



SAMEERAH A WOODS

232 Academy St, Wilkes Barre, Pa 18702, 5707099205, sameerah.woods@yahoo.com

PROFESSIONAL SUMMARY

Compassionate Caregiver with strong healthcare background and commitment to delivering top-notch care to every person. Seek every opportunity to improve quality of life and well-being by going beyond medical standards to offer companionship and support. Trained in personal safety and medication procedures.

SKILLS

- Basic housekeeping
- Meal preparation
- Basic injury care
- Documentation
- Vital signs documentation
- Bedside care
- Equipment cleaning

EXPERIENCE

Caregiver October 2020 - Current

Maxim Healthcare Services | Plains, Pa

- Assists residents with activities of daily living, including bathing, dressing, grooming, toileting, transferring and getting to and from activities and meals according to the individual service plan. Allows and encourages residents to do as much of their own care as possible.
- Offered care and companionship to homebound clients with varying mental and physical capacities.
- Helped with post-operative recovery, encouraging ambulation and checking dressings.
- Assisted with client nutrition by shopping for healthy ingredients and preparing balanced meals.

Construction Flagger

May 2014 -

Century Traffic Control | Wilkes Barre , Pa

Current

- Organized job sites for smooth operation.
- Used signs and cones to guide traffic safely through work areas.
- Signaled motorists to indicate obstacles or repair work ahead.
- Set out signs and cones around work areas to divert traffic.

Merchandiser

January 2019 - June

Mondelez International | Wilkes Barre , Pa

2020

- Adapted tagging, rotating, and product placement methods based on individual retailer requirements.
- Drove sales through effective product placement and memorable visual displays.
- Maintained organized merchandising standards with regular cleaning and recovery.

- Upheld store merchandising standards through proper fixture assembly and signage required for new and remodel stores.

Program Secretary/Medical Assistant

March 2012 - March

Commonwealth Health-Behavioral Health Services | Wilkes Barre , Pa

2016

- Collaborated with team members to meet daily demands and handle challenging projects.
- Updated office files daily and kept records organized.
- Oversaw patient check-in by pulling charts, verifying data, and organizing paperwork.
- Supported medical staff by answering phones, updating patient data, and preparing orders to restock inventory.

EDUCATION

Certified Personal Trainer

November 2020

International Sports Science Association , Phoenix, AZ

- Member of ISSA
- Personal Trainer Award recipient
- CPR and AED Certifications
- Preventing Bloodborne infections: Preventing Transmission, Protecting Yourself (w/Video) Certification
- Preventing Bloodborne Infections: Bloodborne Viruses (w/Video) Certification
- Safety (Home Health Aide In-Service Training) Certification

Certified Medical Assistant

March

Fortis Ins., Forty Fort, Pa

2012