

## PERSONAL ASSISTANTS

This list is maintained to assist seniors in locating help with typical routine domestic household matters. These assistants do not work for Rancho Bernardo Senior Services (RBSS), and we do not research their background. You should conduct your own background check to ensure they are fit for whatever service you employ them. RBSS is not liable for anything they do should you decide to use their services.

12/18/2025

| NAME                 | PHONE NO.    | COOK | CLERICAL | DRIVER | HANDYMAN | CLEANING | LAUNDRY | PET CARE | SHOP |
|----------------------|--------------|------|----------|--------|----------|----------|---------|----------|------|
| Adams, April         | 925-997-5577 | X    | X        | X      |          | X        | X       | X        | X    |
| Amend, Jill          | 303 519 6539 |      | X        | X      |          |          |         | X        | X    |
| Amir, Sima           | 858-442-2676 | X    |          | X      |          | X        | X       | X        | X    |
| Aurea, Rebecca       | 858 722 8605 | X    |          | X      |          | X        | X       |          | X    |
| Aykol, Nuray         | 858 922 8367 | X    | X        | X      | X        | X        | X       | X        | X    |
| Ayres, Gabrielle     | 619 709 0069 |      | X        |        |          |          | X       |          | X    |
| Cabugas-Gravel, Eva  | 858-405-8334 | X    | X        | X      |          |          |         |          |      |
| Chamberlain, Melvin  | 858-705-3091 |      |          | X      |          |          |         |          | X    |
| Chesley, John        | 858-485-1441 |      |          | X      |          |          |         |          |      |
| Denton, Doug         | 858-722-3715 |      |          | X      | X        | X        |         | X        |      |
| Dwinell, Michelle    | 619-943-7996 |      |          | X      |          |          |         |          |      |
| Ekberg, Alan         | 858-344-1747 |      | X        | X      | X        | X        |         | X        | X    |
| Foxe, Carol          | 858-262-0763 | X    |          |        |          | X        | X       |          |      |
| Garcia, Kathy        | 858 335 2016 | X    | X        | X      |          | X        |         |          |      |
| Glaser, Ken          | 661-565-6681 |      |          |        | X        |          |         |          |      |
| Hall, Veronica       | 858 663 4639 | X    |          |        |          |          | X       | X        |      |
| Haeusler, Gretchen   | 619-419-9060 | X    | X        | X      | X        | X        | X       | X        | X    |
| Hernandez, Alejandra | 760 871 3544 | X    | X        | X      |          | X        | X       | X        | X    |
| Rob Hood             | 760-936-5242 | X    |          | X      |          | X        | X       | X        | X    |
| Hort, Lucia          | 619-218-5188 |      | X        | X      |          | X        | X       | X        | X    |
| Jimenez, Rebeca      | 858-245-7242 |      | X        |        |          |          | X       | X        | X    |
| Johnson, Dominga     | 858-442-2624 | X    |          | X      |          | X        | X       | X        | X    |
| Mendoza, Allie       | 303-915-0637 | X    |          | X      |          |          |         | X        | X    |
| Morales, Alva        | 760 571 1217 | X    | X        | X      |          | X        | X       | X        | X    |
| Orther, Cora         | 760 317 9797 | X    |          | X      |          | X        | X       |          | X    |
| Pacheco, Eve         | 858 648 0729 | X    | X        | X      |          | X        | X       |          | X    |
| Peterson, Vienna     | 858-414-1553 |      |          | X      |          |          |         |          | X    |
| Phillips, Lesa, CNA  | 858 335 6634 | X    | X        | X      |          | X        | X       | X        |      |

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| Quintero, Lourdes  | 760 712 2492 | X    | X        |        |          |          | X       | X        | X    |
| Rezazadeh, Soheila | 858 761 8337 | X    | X        |        | X        | X        | X       | X        | X    |
| Rodriguez, Pedro   | 619-782-1086 | X    | X        | X      | X        | X        | X       | X        | X    |
| Smith, Jackie      | 858 776 3515 | X    | X        |        |          | X        | X       | X        | X    |
| Taguacta, Deborah  | 858-999-1513 | X    | X        | X      | X        | X        | X       | X        | X    |
| Taylor, Isabel     | 760-702-6747 | X    |          | X      | X        | X        | X       | X        | X    |
| Versari, Marcia    | 858 663 9704 | X    |          |        |          |          | X       |          | X    |
| Yale, Beatriz      | 858 674 1611 |      |          |        |          | X        | X       |          | X    |