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.

10/29/2026

NAME	PHONE NO.	COOK	CLERICAL	DRIVER	HANDYMAN	CLEANING	LAUNDRY	PET CARE	HAIR CARE	SHOP
Adams, April	925-997-5577	X	X	X		X	X	X		X
Allan, Kelly	760-450-5523	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	858 967 2607	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
Boland, Laura	858 354 9379		X	X				X		X
Cabuguas-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
Hollyfield, Amy	919-244-9779	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
Kaias, Rama	619-991-8585			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

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Peterson, Vienna	858-414-1553			X						X
Phillips, Lesa, CNA	858 335 6634	X	X	X		X	X	X		
Quintero, Lourdes	760 712 2492	X	X				X	X		X
Ramirez, Rubi	760 533 2029	X		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
Shakeri, Roy	858-588-9740			X						
Sharon, Paul	858-771-8777				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
Tessier, Kerry	619-813-9145								X	
Versari, Marcia	858 663 9704	X					X			X
Waldie, Jason	858-568-4950				X	X				
Yale, Beatriz	858 674 1611					X	X			X