

# Makenzie Rae

Chilliwack, BC

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## Skills

- Strong communication
- Self-motivated and hardworking
- Natural leader
- Ethical
- Patient
- Compassionate

## Employment Experience

December 2015 - September 2016

**Fraser Valley Physiotherapy, Chilliwack, BC** - *Cleaner*

- Cleaning, folding, and putting away laundry
- Changing pillowcases and bedding
- Stocking rooms with supplies
- Filing of patient records
- Organizing and managing equipment

September 2017 - November 2018

**Norman Manor, Chilliwack, BC** - *Server*

- Serving residents food and drinks
- Assisting residents with mobility issues
- Assistance with walkers
- Assisting residents with dementia related confusion
- Response and assessment for personal patient alarms
- Restocking supplies
- Providing customer service

November 2018 - October 2019

**Bethesda Christian Association, Chilliwack, BC** - *Support Worker*

- Ensuring safety in the community and the home
- Assisting with daily living and teaching life skills (i.e. household chores, personal care, errands around town, social activities and events)
- Driving individuals in the community
- Assisting residents with medication management
- Applying topical medications
- Key Worker duties (i.e. managing personal goals in Share Vision)

October 2019 - August 2020

**Ridge Meadows Association for Community Living- Residential Worker**

- Ensuring safety in the community and the home
- Assisting with daily living and teaching life skills (i.e. household chores, personal care, meals, errands around town, social activities and events)
- Driving individuals in the community
- Administration of medications

August 2022 - July 2023

**Maple Ridge Wellness Centre Inc. - Registered Massage Therapist**

- Patient centered care
- Assessments, treatment and reassessments
- Continued education
- Demonstrating and teaching patients homecare

August 2023 - Present

**Heritage Chiropractic and Sports Medicine - Registered Massage Therapist**

- Patient centered care
- Assessments, treatment and reassessments
- Continued education
- Demonstrating and teaching patients homecare
- Keyholder

## Education

September 2020 - April 2022

**West Coast College of Massage Therapy**

2017 Fall Semester

**University of Fraser Valley, Chilliwack, BC**

## Certificates and Training

- First aid and CPR level C
- Hearing Voices Workshop
- Bethesda Level 1 training
- Self advocates conference
- Non-violent Crisis Intervention Training
- Beginners Sign Language Level 1

## Hobbies & Interests

- Hiking and camping
- Soccer
- Yoga

- Human anatomy and physiology
- Sports medicine

## References

Available upon request.