

Dear Family,

Greetings to a dear family!

I'm Thelma Tabaco, a caregiver from The Philippines, 43 yrs. old with 3 children ages 12, 11 & 7 yrs. I'm the eldest in the family of 4 and my husband is an associate pastor in our local church. My parents are both alive and all of my family are living in the Philippines.

I'm currently working here in Israel as a caregiver since December 19, 2013 to an 83 yr. old man. He is diabetic, hypertensive & paralyzed on the left side of his body and needs daily assistance.

My regular duties & responsibilities includes the following:

1. Blood pressure monitoring
2. Taking his blood sugar
3. cooking & preparing his meals & medicines
4. Bathing & assisting him in his hygiene
5. assisting him to sit in his wheelchair
6. accompanying him to his physician whenever necessary
7. housekeeping & laundry

Before I came to Israel, I worked in a small hospital in our town at the dental department for 12 yrs. I worked diligently in which I maintained a good working relationship with my co-workers & clients. But I would like to work also as a nanny or caregiver because I consider it a decent job and I'm confident of doing the work because of my experience as a mother. My friends describe me as responsible, patient and hardworking.

I can also cook and can follow instructions. I'm always optimistic of learning new things. I like reading, embroidery, cooking, baking and going out also with my friends on holidays.

Lastly, I'm looking forward to work there in Canada for a better future of my family.

Thank you very much to my future employer and hope you will like me.

Sincerely Yours,

Thelma Tabaco
(caregiver)