

# Crystal Stowe

Fond du Lac, WI 54935

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Authorized to work in the US for any employer

## Work Experience

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### **Sewing Machine Operator**

RIPON ATHLETIC-Berlin, WI

July 2023 to Present

- Operated sewing machines to stitch fabric pieces together according to specified patterns and instructions
- Adjusted machine settings such as tension, stitch length, and speed based on fabric type and thickness
- Maintained a clean and organized work area, including regular machine maintenance and troubleshooting
- Identified and resolved any issues or defects in the stitching process promptly
- Operated specialized sewing machines for specific tasks such as buttonholing or hemming
- Worked with different types of fabrics including cotton, polyester, denim, silk, etc
- Ensured efficient utilization of materials by minimizing waste during the sewing process

### **Caregiver**

our family homes inc-Princeton, WI

March 2020 to May 2023

- Provided compassionate care and support to elderly clients, ensuring their safety, comfort, and well-being
- Assisted with daily activities such as bathing, dressing, grooming, and medication management
- Monitored vital signs and promptly reported any changes or concerns to healthcare professionals
- Maintained a clean and organized living environment for clients by performing light housekeeping duties
- Prepared nutritious meals according to dietary restrictions and assisted with feeding when necessary
- Engaged clients in meaningful activities such as reading, puzzles, crafts, or outings to promote mental stimulation
- Managed medical appointments and transportation arrangements for clients as needed
- Collaborated with healthcare professionals, family members, and other caregivers to ensure continuity of care
- Administered medications accurately following prescribed dosages under the supervision of a nurse or doctor
- Assisted with end-of-life care, offering emotional support to both clients and their families
- Attended training sessions and workshops to enhance caregiving skills and stay updated on best practices

## Education

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### **HSED**

Moraine Park Technical College-Fond du Lac, WI

September 2001 to May 2002

## Skills

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- Basic math
- Garment construction
- Sewing machine
- Attention to detail
- Sewing
- English