



# Caitie Arbogast

## What Others Like and Admire About Me:

- ⇒ I enjoy meeting new people and socializing with people.
- ⇒ I'm a caring person and always have an open ear.
- ⇒ I'm a great friend and you can trust me to always be there for you!
- ⇒ I enjoy laughing and making others laugh!
- ⇒ I enjoy helping others out and assuring the work is getting done the best it can!

## Professional Background:

- \* I have 7 years' experience supporting people with Developmental/Intellectual disabilities at Center for Independence.
- \* I have training in Person Centered Thinking tools.

## What is Important To Me:

- ⇒ My family is very important to me! I love being the best mom I can be, and enjoy every minute with my daughter she is sure my pride and joy! My fiancé is a truck driver so I enjoy our time together and with his daughter as well. Family time is best!!
- ⇒ Spending time with my friends is important to me. They sure know how to make me laugh!
- ⇒ Attending sporting events is important to me! I enjoy attending all the local HS sporting events and watching NFL on T.V. Go Vikings!! Go Tigers!! Go Warbirds!!
- ⇒ Being organized and having a schedule is important to me. I dislike being rushed.
- ⇒ During summer attending dirt track racing is important to me. It is a family tradition!



## Contact Information:

### Phone Number

605-220-9653

### Email Address-

caitie.arbogast@rhd.org

## How Others Can Support Me:

- ⇒ If you notice, I am getting frustrated just give me some space and turn some music on. Music always relaxes me!
- ⇒ Don't rush me, know that I'm trying my hardest to get the job done and may just need some time.
- ⇒ Assure I can get caffeine in the morning and a good night rest to have a good day!
- ⇒ If change is happening, please inform me and allow me time to get used to it.