

# Phone: (605) 222-8102 Email: kady.trainor@rhd.org

# **Information About Me:**

I grew up in a small town called Philip, South Dakota, one of my favorite places! I attended college in Spearfish at Black Hills State University where I graduated in May of 2018 with a degree of Bachelor of Science in Human Services and Sociology! I worked for DSS for a few years before moving back to the Spearfish area in August of 2020.



### What People Like & Admire About Me:

- Hard working—Seeing a need and helping out, especially for those who need it most
- \* Loyal
- Good Listener
- Have a big heart—Always try to make the world a better place
- \* Determined and passionate

# What's Important to Me:

- Family– especially my husband and three beautiful nieces!
- \* Spending time with my dog, Kacy!
- Going to the lake, small town events, playing and watching sports, and community activities.
- \* Developing meaningful and lasting relationships!
- \* Keeping a positive. mind set.
- Being a hard worker in everything I do and giving it my all!
- Making a difference—Helping someone make positive life changes is the best accomplishment I have ever had and I want to continue to do that.

### How to Support Me:

- Communication is always key! Text messages or emails is my preference but I am flexible!
- Be patient with me and understand my goal is to always be helpful and to my best but keep in mind I have bad days too.
- I am constantly learning and growing too, so please share your opinions and thoughts openly; Do NOT be afraid to let me know what you are thinking and be honest!
- Be loyal—if you have a concern with me or anything, just ask me or talk to me about it.

