

# Al-Mahdi Alston

## **Integrity care360**

Hartford, CT 06112

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Caregiver

## Work Experience

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### **Mosquito Technician**

NaturaLawn of America-Rock Hill, SC

April 2024 to Present

### **Aerator**

TruGreen Scotts Lawncare-Rocky Hill, CT

July 2023 to October 2023

Aerator and seeding

### **FedEx Package Handler**

South Windsor, CT

August 2022 to July 2023

### **Amazon Delivery Driver**

Windsor Locks, CT

May 2022 to August 2022

Complete number of stops in my itinerary for the day. Drive by company guidelines

Left the job because I was supposed attend school on campus. Unfortunately that fell apart.

### **PCA/Caregiver**

Integrity care 360-Hartford, CT

April 2021 to August 2022

### **Junk removal**

College Hunks Hauling Junk and Moving

January 2022 to April 2022

### **Front Desk Receptionist/cleaner**

Planet Fitness-Bloomfield, CT

October 2020 to March 2021

Cleaning

Adding members

Canceling membership

### **Home goods**

HomeGoods-Bloomfield, CT

June 2020 to August 2020

### **Seasonal Support Associate**

Sears-Manchester, CT

October 2019 to December 2019

- Assisted customers with finding and processing online orders.
- Completed and prepared online orders for customers.
- Stocked items within the store.

### **Mail Sorter**

Snelling-Windsor, CT

August 2019 to November 2019

Separated mail by alphabetical order, to be able to reach the correct person or location.

### **Auto Detailer**

Romes car wash-Hartford, CT

March 2019 to August 2019

Got my certification and training at siminoz car wash in West Hartford. But at times car wash we did full details, full car washes by hand we did it all.

### **Maintenance Worker**

Healthtrax Fitness & Wellness-Enfield, CT

January 2019 to July 2019

- Maintained the cleanliness of the locker room for guests and members.
- Checked members in and out.
- Maintaining organization within the gym for members and guests.
- Help fix machines with tools.

### **Housekeeping Attendant**

Marriot-Windsor, CT

January 2018 to August 2018

- Maintained cleanliness of the rooms for guests.
- Collected dirty linen, towels, rags, etc. and placed them to wash.
- Attended to guests wishes and desires for cleanliness.

### **Amazon Delivery Driver**

Amazon DSP-Windsor Locks, CT

## Education

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### **N/a in HVAC**

Lincoln tech institute - New Britain, CT

June 2024 to Present

### **Associate in Business Marketing**

Capital Community College - Hartford, CT

May 2021

### **High School Diploma**

Windsor High School - Windsor, CT

June 2018

## Skills

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- Customer Service Skills
- Cash Handling
- Sales
- fast learner
- Driving
- Customer service
- Marketing
- Landscape maintenance
- Landscaping
- Mechanical knowledge
- Lawn care
- Mowing
- Handyman experience
- Computer skills
- Microsoft Excel
- Organizational skills
- Communication skills
- Front desk
- Hospitality
- Delivery driver experience
- English
- Basic math

## Certifications and Licenses

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### **Driver's License**