

Humanity In Healthcare

We are a non-partisan humanitarian group dedicated to medical justice, preserving patient and caregiver empowerment within each unique medical/legal environment. We LISTEN to your needs and help you with a hands-on approach for all of life's Transition Decisions. From home to hospital to a facility perfectly matched for you, when the time is right.



The Choice is Clear: YOUR TRANSITION SQUAD

For a Team approach
to get you
where you're going next.



SQUAD SERVICES INCLUDE:
Medical Advocacy, Legal Resources,
Placement in a Broad Range of
Facilities, "Right-Sizing Your Home,"
Decluttering/Organizing/Junk
Removal, Real Estate Services
including Staging, Funeral and Flower
Connections, & so much more.

NURSE DINA, RN 34 Years
FOUNDER

NurseDina4u@gmail.com
nursedinaassociates.com
(916) 792-0700

Ruby Trammel
"Places for Everything"
Organizer Extraordinaire
rubydtrammel@gmail.com

Catherine J Smith
Placement Consultant * Realtor
catherinejsmithrealty@gmail.com



Your Life is Changing.
YOUR TRANSITION SQUAD
is here for you
every step of the way.

2322 Butano Dr #211
Sacramento CA 95825
Phone: (916) 792-0700

Visit our website at nurseadvocateassociates.com

Catherine J. Smith

REALTOR®/PLACEMENT FACILITATOR



"Your Realtor for Life"
RE/MAX GOLD

916 792 0700

catherinejsmithrealty@gmail.com
catherinejsmith.com

- Placement Assessment per Nurse Dina in a Broad Range of Facilities
- Free Consultations for Possible Home Sales
- Free Market Analysis and Neighborhood Assessments
- Free Staging/Bark Spreading
- All Real Estate Transactions



Nurse Dina, RN

Founder, Nurse Advocate Associates®
Healthcare coaching, consulting & advocacy.



The Lymphatic Whisperer®
HandsOn Global Health Systems®

What is a Nurse Advocate?

One who pleads on another's behalf, an intercessor, a supporter or defender. A professional responsibility to protect and defend basic human rights in healthcare. Consistently insisting on quality of care, serving as a link between patients and their healthcare system.

Medical Team Navigation

What do we do?

- Attend Doctor Appointments
- Coordinate Care Team
- Family Collaboration

End of Life Planning

- Family Discussions
- Surrogate Decision Making
- Legal Team Coordination

HandsOn Services: Lymphatic Therapy,
Pain Management, Pneumonia Prevention.

2322 Butano Dr. #211
Sacramento, CA 95825
(916) 792-0700

www.nurseadvocateassociates.com
<https://www.thelymphaticwhisperer.com>



Ruby Trammel

Professional Organizer
PLACES FOR EVERYTHING



Ruby Trammel knows that transitions can be stressful. She can help you with everything from deciding what to do with one piece of paper, or decluttering your entire home. Ruby will laugh and cry with you through every step of your journey. When your life is in order, you have more peace of mind.

- Decluttering
- Organizing
- Donation/Junk Removal
- Paper Management
- Support System Building
- Family Budgeting
- Estate/Legal Organization
- Packing/Unpacking
- Space Planning
- Grief Processing
- Chaplain Services

Your Life is Changing:
Your Transition Squad is Ready!