

Meet our R.N. Care Managers!

Judy Ophus, R.N. Care Manager

7 years with Baywood Home Care (formerly Homewatch Home Care)

Care Manager for clients in the North & Northeast areas of the Twin Cities.



I have worked in home care nursing for over 22 years. For 12 of those years, I served as the Director of Nursing for a Medicare Certified Home Care Agency. I am currently continuing my education, working towards my master's degree as a Nurse Practitioner. The most fulfilling thing about working at Baywood Home Care is the clients and the time I get to spend getting to know them, while enabling them to live life to the fullest at home. I currently reside in Lino Lakes with my husband of 26 years and dog, Libby. I have raised two children, my daughter is an accountant and my son is a plumbing apprentice. I enjoy spending my free time at our cabin in Northern Minnesota, reading, snowmobiling, and gardening.

Karen Freer, R.N. Care Manager

2 years with Baywood Home Care (formerly Homewatch Home Care)

Care Manager for clients in the East & Southeast areas of the Twin Cities.



I have been an R.N. for over 23 years. Much of that time was spent in the hospital setting in both critical care and trauma units, in Minnesota and Arizona. For the seven years prior to working with Baywood Home Care, I served as a Case Manager and Admissions Clinician for a Medicare Certified Agency. I find working for Baywood very rewarding. I enjoy being part of a team that prides itself on providing exceptional care that enables clients to remain living in their own homes. When not working, I enjoy taking care of my 2-year old granddaughter and spending time with family and friends.

Jennifer Segal, R.N. Care Manager

6 years with Baywood Home Care (formerly Homewatch Home Care)

Care Manager for clients in the West & Northwest areas of the Twin Cities.



I have worked in long-term care for over 12 years. I started as an Occupational Therapy Assistant in a short-term rehabilitation unit before I went on to earn my degree as an R.N. I was also trained in the Parish Nurse program. Over the last 9 years, I have worked in both a continuing care community and in home care. My favorite thing about being a Baywood Home Care Manager is the personalized one-to-one care that I am able to provide to our clients. I constantly feel rewarded when I see the overall joy that our clients experience as they continue living life - they way they choose, in their own homes. When I am not working, I enjoy time with my husband and two children, reading, or socializing with friends.

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Baywood Home Care

Your Home. Our Support. Your Peace of Mind.

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Ann Rock, R.N. Care Manager

3 years with Baywood Home Care (formerly Homewatch Home Care)

Care Manager for clients in the South and Southwest areas of the Twin Cities, as well as select areas in South Central Minnesota.



I have been a Registered Nurse for over 15 years. Prior to that, I was an LPN. I have worked as a nurse in Arizona, Pennsylvania, and Minnesota. The majority of my nursing career has been in hospitals, both in the ER and ICU. In my years with Baywood Home Care, I have come to most enjoy the amount of time that I get to spend interacting with the clients and their families, long-term. When I am not working, I enjoy spending time with my grandchildren!

Linda Finnestad, R.N. Care Manager

3 years with Baywood Home Care (formerly Compassionate Nursing Care)

Care Manager for clients residing in Southern Minnesota.

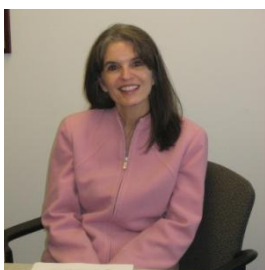


My nursing career began in 1977 as an LPN. In 1979, I joined the US Navy and served as a Hospital Corpsman for 13 years. While in the Navy, I earned a BSN degree & have been an RN for 18 years. I absolutely love what I do! Most of my experience has been in the Medical/Surgical inpatient & outpatient areas. I have been working in Home Care since my retirement from the Navy in 2001. One of the things I enjoy about home care is the opportunity to develop a professional relationship with our clients and their families. In my free time I enjoy volunteering, reading, mentoring, and outdoor activities.

Kathleen Hodges, R.N. Care Manager

3 years with Baywood Home Care (formerly Compassionate Nursing Care)

Care Manager for clients residing in Southern Minnesota.



I began working in health care when I was in High School, as a Home Health Aide in a nursing home. In 1974, I went on to become an LPN. I worked at Mayo in Rochester while earning my RN. Some of the wonderful experiences that I had include working in the areas of ICU, ER, Neurosurgery, Nursing Instructor and Management. In the past few years, I have been blessed in my career move to Home Care. To see the joy and peace that our clients and their families experience with home care is very rewarding. The possibilities for helping someone stay in their home are endless! I am proud to be part of Baywood's professional and dedicated team. When I am not working, I am enjoying life with my husband, five children, and five grandchildren.