



SAMANTHA NOELLE PECK

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SUMMARY

Compassionate and motivated Health & Wellness professional with hands-on experience supporting diverse populations in assisted living and mental health settings. Skilled in de-escalation, active listening, and building meaningful relationships with clients to promote emotional well-being and stability. Experienced in coordinating therapeutic activities, managing daily resident care, and fostering positive, supportive environments. Known for strong communication, empathy, and a commitment to enhancing the quality of life for individuals receiving mental health and community support services. CPR, AED, and First Aid certified, with a background in social work and exercise science to support holistic care approaches.

SKILLS

- Multitasking
- De-escalation
- Active listening
- Communication
- Problem solving
- Instruction and coaching
- Empathy and compassion
- Health and safety oversight
- Program and activity coordination
- Client support and relationship building

EXPERIENCE

SWIM INSTRUCTOR / Aquaracers Swim Club

07/2025 - Current

As a swim instructor at Aquaracers Swim Club, I coach groups of 15–20 young swimmers, teaching and improving essential swimming techniques, while organizing practices and maintaining strong communication with parents. I also support students' overall well-being by fostering confidence, physical development, and mental health through structured aquatic training.

- Trained groups of 15–20 children improve swimming technique and confidence across multiple skill levels.
- Coordinated practice schedules and communication, ensuring consistent attendance, and smooth parent–student engagement.
- Enhanced young swimmers' physical and mental well-being through structured aquatic activities that promoted resilience and overall development.

MENTAL HEALTH RELIEF WORKER / West Bergen Mental Healthcare

07/2025 - Current

As a Mental Health Relief Worker at West Bergen Mental Healthcare, I support resident well-being by overseeing medication administration, supervising daily activities, and ensuring a safe, stable environment. I provide structured care—from meal assistance to overnight monitoring—to promote consistency, comfort, and emotional stability for residents.

- Administered medications accurately, supporting resident stability, and adherence to treatment plans.
- Prepared meals and supervised lunchtime routines to promote healthy eating habits, and daily structure.
- Facilitated craft activities that improved resident engagement, creativity, and emotional expression.

- Monitored residents overnight to ensure safety, behavioral stability, and prompt response to emergent needs.

ASSISTED LIVING VOLUNTEER / Vandykes Assisted Living Facility

02/2024 - 06/2025

As an Assisted Living Volunteer at Vandykes Assisted Living Facility, I engage residents in cognitive, creative, and social activities to enhance morale, motor skills, and overall well-being. I also provide personalized support and companionship, fostering meaningful connections, and improving residents' daily experiences.

- Organized games to stimulate cognitive function and boost resident morale.
- Assisted residents with limited mobility in accessing activities, increasing participation, and inclusion.
- Led arts and crafts sessions to enhance creativity, fine motor skills, and engagement.
- Provided one-on-one attention, building personal connections.

FRONT DESK ASSOCIATE / United Neighborhood Center

10/2024 - 02/2025

As a Front Desk Associate at the United Neighborhood Center, I manage daily resident check-ins, distribute food and clothing, and coordinate engaging activities. I also design and implement nutrition-focused menus to meet the specific dietary needs of the elderly population, enhancing their health and satisfaction.

- Distributed food tickets efficiently, ensuring residents received proper resources and timely support.
- Checked in personnel for food and clothing, maintaining accurate records and a smooth service flow.
- Designed and implemented trivia games, increasing resident engagement, and social interaction.
- Created nutrition-focused menus, improving dietary balance, and supporting the health of elderly residents.

EDUCATION AND TRAINING

BACHELOR OF ARTS: HEALTH & WELLNESS, MINOR IN SOCIAL WORK & EXERCISE SCIENCE

05/2025

Marywood University

CERTIFICATIONS

CPR, AED & First Aid, American Red Cross, 06/01/25

MISCELLANEOUS - ACHIEVEMENTS

- Dean's List, Marywood University, 2024
- Named 'Atlantic East' All Academic Team, 2024