

It takes a really special person to engage and really connect with a client that you're working with. Over time that client comes to know you and you to know them. The client looks forward to your visits. Independent You is lucky enough to have such a team member in Lisa Fiedorek. Lisa has been working as a friendly visitor in our Helping Hands program for more than six years. Lisa enjoys getting to know her clients, listening to them talk about their lives and reminiscing about their youth. She is able to help them and their families navigate issues that arise and works in connection with our Geriatric Care Managers to enhance their quality of life.

Lisa was born in upstate New York. Her father served in the US Army which provided the family with an opportunity to live throughout the United States and Europe. She earned her bachelor's degree in Communications from the State University of New York at Buffalo. Lisa settled in Northern Virginia with her husband. Her early career was spent working at trade associations in Washington, DC. She put her career plans on hold while she raised her children. Due to her love of helping her grandparents and elderly aunts and uncles, with whom she spent precious time with over the years, her desire to work in eldercare began.

In her spare time, Lisa enjoys spending time with her family. She loves the outdoors; is an avid hiker, loves kayaking, paddle boarding, yoga and traveling.