

COLLEGE MARCH 2023 NEWSLETTER

DRAKE MEDOX COLLEGE

www.drakemedoxcollege.ca | 604-629-0196



DO YOU KNOW WHAT TO DO WHEN YOU WITNESS AN EPILEPSY ATTACK?

March is Epilepsy Awareness Month in Canada

As students who will go into healthcare, caring for vulnerable population requires readiness in reacting to a medical emergency such as an epileptic seizure. Epilepsy is a neurological disorder characterized by repeated seizures of *various* types and severity (1).

WHAT TRIGGERS SEIZURES? (1)

 Seizures can be triggered by an isolated incident such as high fever, infection, exposure to toxin, and metabolic abnormalities like hypoglycemia, but are frequently evidence of an underlying medical condition

WHAT TO DO IN CASE OF CONVULSIVE SEIZURES? (2)

- Ease the person to the floor.
- Turn the person gently onto one side. This will help the person breathe.
- Clear the area around the person of anything hard or sharp. This can prevent injury.
- Put something soft and flat, like a folded jacket, under his or her head.
- Remove eyeglasses.
- Loosen ties or anything around the neck that may make it hard to breathe.
- Time the seizure. Call 911 if the seizure lasts longer than 5 minutes.

WHAT NOT TO DO IN CASE OF CONVULSIVE SEIZURES? (2)

- Do not hold the person down or try to stop his or her movements.
- Do not put anything in the person's mouth. This can injure teeth or the jaw. A person having a seizure cannot swallow his or her tongue.
- Do not try to give mouth-to-mouth breaths (like CPR). People usually start breathing again on their own after a seizure.
- Do not offer the person water or food until he or she is fully alert.

(1) https://www.epilepsy.ca/what-is-epilepsy

WELCOME TO THE DRAKE MEDOX FAMILY KHIARA!



Khiara Villanueva is
Drake Medox College's
new Student Services &
Marketing Coordinator!
You will find her at our
Surrey Campus from
Wednesdays to Mondays.

MARCH REMINDERS:

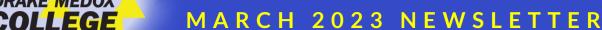
DAYLIGHT SAVINGS TIME STARTS

On March 12, clocks will go forward an hour. Reminder to adjust your clocks and don't be late for class!



T2202 TUITION AND ENROLLMENT CERTIFICATE FOR INCOME TAX FILING

If you were eligible to receive a tuition credit for year 2022, you should have received an email allowing you to access and download your T2202 form. If you have any questions call us at 604-629-0196.







HERE2TALK: FREE COUNSELLING SERVICES FOR COLLEGE STUDENTS

Mental health support is available 24 hours a day, seven days a week via **Here2Talk**, a free online and virtual counselling service offered by the BC provincial government.

Students can speak to a counsellor by phone, toll free at 1 877 857-3397 or direct 604 642-5212. Students can also chat with a trained counselor by downloading the Here2Talk app

https://news.gov.bc.ca/releases/2021AEST0064-001934

MAY 19TH GRADUATION CEREMONY



RSVP by March 15th
email drakemedoxcollege@gmail.com
or call Mirat at 640-629-0196

EVENT DETAILS:

Where: Italian Cultural Centre
When: May 19th 2023 5pm - 10pm
Tickets: \$75 adult and \$40 child
All attendees must have a paid ticket

WHERE ARE THEY NOW?



AN INTERVIEW WITH JOVELYN ESPANOL 2019 HCA GRAD What is your current job title?

"Community Health Worker/Care Aide."

Where are you working right now?

"Vancouver Coastal Health."

What do you enjoy the most at your current job?

"I really enjoy having the chance to get to know each of my clients and their families from different walks of life listening to their stories and experiences. I also like making friends with my colleagues, and seeing different places day by day. Most of all it is very rewarding to support vulnerable clients with their needs."

What is your favourite memory from your time at Drake Medox College?
"My favorite memories are when we gathered for lunch and shared everyone's speciality dish. I made friends for keeps!"

What is your advice to current students?

"Just keep on going, stay focused, have fun and I know you will make it to the finish line. It is indeed true that your future looks bright with Drake Medox College"