

SPRINGING INTO WELLNESS

Welcome to the April Drake Medox College Newsletter! April comes from the Latin verb “aperire” which means “to open.” Many like to believe that April is the gateway to spring and describes the flowers and trees opening in the springtime. Is April the time for you to open yourself up to new opportunities, learn some new skills and secure a better future for your family?

[Get Outside and Move in Different Ways](#)

With longer days and warmer weather upon us, now is the perfect time to start incorporating more outdoor activities into our daily routine. Activities such as going for a walk, jogging, or trying out some new hiking destinations are all great ways to get outdoors and into the fresh air, sunshine or rain rather than snow!

[Spring Nutrition](#)

After a long cold winter of overindulging now is a great time to start incorporating more fresh foods and fish into your diet. Get out and walk around the local farmer's markets starting up again and add more fresh foods and produce to your weekly menu planning. How about incorporating “meatless” Mondays to get extra doses of vegetables and plant-based foods into your diet?

[Sleep Pattern Changes](#)

A good night's sleep has many health benefits so with the longer days ahead it can be more challenging to ensure you are getting the 7-9 hours of sleep you need to recharge your batteries. Try to stay away from your devices at least 2 hours before bedtime, instead try listening to music or reading a good book.

[Keep Hydrated](#)

As you get more active during the spring and engage in more outdoor activities are you ensuring you are keeping hydrated enough? If you haven't already fallen in love with water, now is the time to do so. Carry a refillable water bottle with you and ensure you are drinking at least 3-4 bottles of water per day along with other liquids. Don't like plain water, try adding bubbles or zero-calorie flavors to make it more enjoyable.



DRAKE MEDOX ALUM IS EMPLOYEE OF THE MONTH

Vancouver Healthcare Worker and Drake Medox alumna Marjorie was recently awarded Classic LifeCare Employee of the Month. This recognition was achieved during her first month of working at Classic LifeCare, as a result of her impressive hard work ethic and compassion for her clients.

“I would like to extend my appreciation to your team, especially my instructor Ronel Gallon who taught us a lot, not only theory but he showed us what to expect in the real world and always encouraged us to always think outside the box. This gave us the confidence to do a good job during our practicum. I would also like to inform you that I was awarded employee of the month during my first month at my new job. I am happy to share this achievement with your team. Again, thank you very much.” - Marjorie

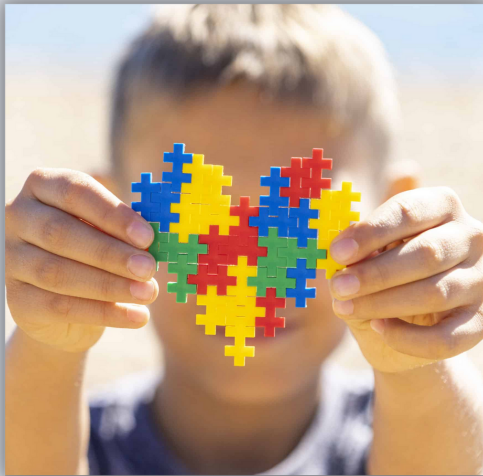
CAMPUS EASTER EGG HUNT



Both our Vancouver & Surrey campus will be hosting a fun Easter Egg Hunt on Saturday, April 8th and Sunday, April 9th for all students on site.

Fun prizes include Starbucks & Movie gift cards!!

APRIL IS AUTISM AWARENESS MONTH



Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech, and nonverbal communication.

There is not one autism but many subtypes, most influenced by a combination of genetic and environmental factors. Because autism is a spectrum disorder, each person with autism has a distinct set of strengths and challenges. The ways in which people with autism learn, think and problem-solve can range from highly skilled to severely challenged. Some people with ASD may require significant support in their daily lives, while others may need less support and, in some cases, live entirely independently.

Several factors may influence the development of autism, and it is often accompanied by sensory sensitivities and medical issues such as gastrointestinal (GI) disorders, seizures or sleep disorders, as well as mental health challenges such as anxiety, depression, and attention issues.

Signs of autism usually appear by age 2 or 3. Some associated development delays can appear even earlier, and often, they can be diagnosed as early as 18 months. Research shows that early intervention leads to positive outcomes later in life for people with autism.

- The Drake Medox College **Community Support Worker Program** teaches students to support, mentor, and coach individuals with many diverse abilities including those with autism or on the autism spectrum of disorders to lead as independent and productive a life as their abilities will allow. Interested in learning more about the role of the Community Support Worker and the many job openings available for this career please call Myrine, Cynthia, Melissa, or Sanchita at 604-629-0196 today to discuss.

MEDICATION ADMINISTRATION CERTIFICATE - FAQs

WHO can take this course? Anyone with an HCA or CW Certificate or equivalent (i.e. LTC Aide Diploma, RCA Diploma, etc), or BC Care Aide & Community Health Worker Registry Number is eligible to enrol.

WHY take this course? This enhanced training will allow you to take your HA career to the next level by upgrading your competency in Medication Administration.

WHAT will you learn? This course prepares students to assist with and administer medications in community-based Home Support, group homes, Assisted Living and residential care settings under the supervision of a nurse.

HOW will I learn this? This is a 20 hour self-paced on- line course with in person lab practice, skills assessment and exam. You will have up to 2 months to complete everything.

WHEN can I enroll? You can start your course any time you are ready by contacting one of our Admissions Advisors at 604-629-0196.

**ASK ABOUT OUR SPECIAL
DRAKE MEDOX ALUMNI
GRANT TO SAVE UP TO \$125**

