

WORLD ALZHEIMER'S MONTH

September is World Alzheimer's Month. The aim of the month is to raise awareness and challenge the stigma surrounding Alzheimer's and dementia.

Here are a few warning signs to look out for if you are concerned for someone you care for to ensure as early a diagnosis as possible.:

Sign 1: Memory loss that affects day-to-day abilities

A person living with dementia may forget things more often or may have difficulty recalling information that has recently been learned.

Sign 2: Difficulty performing familiar tasks

A person living with dementia may have trouble completing tasks that have been familiar to them all their lives, such as preparing a meal or playing a game.

Sign 3: Problems with language

A person living with dementia may forget simple words or may substitute words such that what they are saying is difficult to understand.

Sign 4: Disorientation to time and place

People living with dementia can become lost on their own street, not knowing how they got there or how to get home.

Sign 5: Impaired judgment

A person living with dementia may experience changes in judgment or decision-making, such as not recognizing a medical problem that needs attention or wearing heavy clothing on a hot day.

Sign 6: Changes in mood and behaviour

Anyone can feel sad or moody from time to time. However, someone living with dementia can show varied mood swings – from calmness to tears to anger – for no apparent reason.

Sign 7: Misplacing things

Anyone can temporarily misplace a wallet or keys. However, a person living with dementia may put things in inappropriate places. For example, an iron in the freezer, or a wristwatch in the sugar bowl.

For a complete list of Warning Signs and other great resources visit: <https://alzheimer.ca/en/about-dementia/do-i-have-dementia/10-warning-signs-dementia>

ESL/HCA STUDENT CLAIRE BUYSER, WRITING REFLECTION

My goal for studying at Drake Medox College as a Health Care Assistant was to acquire the comprehensive knowledge, practical skills, and ethical values required to provide empathetic and competent care to individuals in need. When I became an ESL-HCA student, this goal changed.

I indeed acquired healthcare knowledge and skills while developing my English language proficiency to provide quality care and communicate effectively in an English-speaking environment. The ESL program offers a job specific approach to enhancing English language skills. It also promotes a supportive learning environment for non-native English speakers. Over time, the ESL program improved my confidence and proficiency through effective teaching methods, engaging materials, and professional instructors.



The difficulties in comprehending and communicating complex medical terminology and instructions is one of challenges that I have encountered as an ESL-HCA student. I learned to embrace cultural diversity and nurture empathy, which enhances my ability to provide compassionate and culturally sensitive care to diverse patients. As a student I developed the ability to learn different perspectives and gained confidence in my language proficiency. As a healthcare practitioner I developed patient-centered care skills while promoting a deeper connection with patients and providing complete and inclusive healthcare services. It helped improve my language fluency, adaptability, and cross-cultural communication, enabling myself to connect with diverse individuals and communities more effectively. As I move forward to my new career, all the learnings in the ESL Program will be helpful to me as a Healthcare provider.



Employee Of The Quarter: Gurpreet Saran

Congratulations to our **Employee of the Quarter Gurpreet Saran**, our Financial Services Coordinator. Gurpreet is instrumental in supporting our students throughout the student loan application and repayment process and always goes above and beyond to ensure that students understand the Student Loan requirements. **Thank you for all you do to educate, mentor and support our students throughout their studies Gurpreet!**