

# JULY 2024 NEWSLETTER

# DRAKE MEDOX COLLEGE

www.drakemedoxcollege.ca | 604-629-0196

## INTERNATIONAL SELF-CARE DAY

July 24th was selected as International Self-Care Day because self-care should be practiced “24 hours a day/7 days a week”

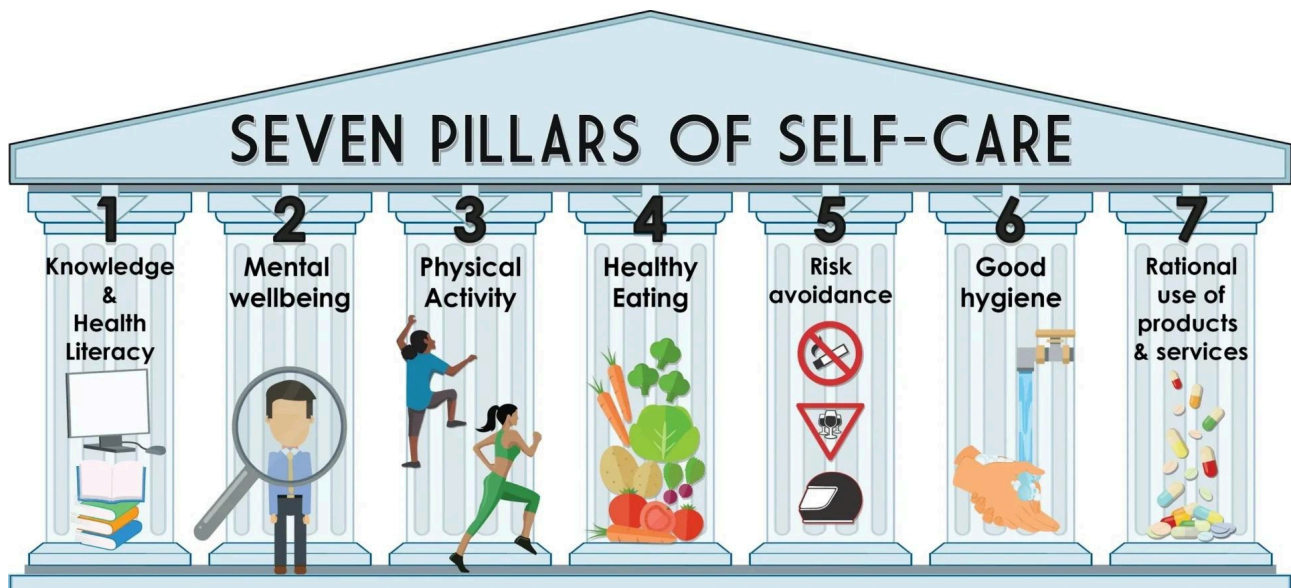
As healthcare and social support workers, you all have a role to play in promoting and maintaining not only the wellbeing of your clients/residents but also your own health. *You cannot take care of anyone else unless you first take care of yourself.*

As we get older, we are challenged by the temptations of life including the indulgence of over-eating, use of tobacco, abuse of alcohol, and the opportunity for sedentary lifestyles. Unfortunately, these unhealthy habits can lead to heart attacks and strokes, cancers, diabetes, chronic respiratory disease, and other ‘noncommunicable diseases.’

The International Self-Care Association’s model suggests there are seven pillars for promoting self-care. Through your training and work experience you have a good understanding of healthy habits which support mental and physical health, yet when it comes to taking care of ourselves, we often stray.

Take some time this month to evaluate your habits and routines and ask yourself:

*What are three things I can do this month to advance my own mental and physical wellbeing?*



\*Source:www.isfglobal.org

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Drake Medox College is very fortunate to have Vida Khatibi as one of our HCA instructors for the last 11+ years, and we look forward to many more!

We are grateful to her not only for the exceptional training and mentoring she has offered her hundreds of students, but also for all the work she has done over the years in creating and updating curriculum for our Health Care Assistant, Community Support Worker and most recently Medication Administration programs. She was also instrumental in the introduction of our Combo delivery program. Vida excels in everything she does and is an outstanding example for her students and peers. Thank you, Vida, for all you have done and continue to do to support the success and growth of our college.

**THANK YOU VIDA**

## EMPLOYER TESTIMONIAL

At Drake Medox, we pride ourselves in offering best-in-class learning experiences and outcomes for our students.

At the end of the day, our success is tied to the job success of our students, which is why we are immensely proud that over 98% of our graduates are working in their field of study.

We are equally proud of the reputation we have established among employers over the years, making our graduates among those most sought out by hiring managers.



**DRAKE MEDOX  
COLLEGE**  
Your Future Looks Bright!

"We can see the difference in training when our HCA employees come from Drake Medox College. The level of quality in training reflects in their confidence and knowledge gained, which in turn benefits our clients.

When potential candidates need certification, I always recommend Drake for their HCA education."

SUSANA MEJIA PORTILLO -  
ANA'S CARE & HOME SUPPORT  
[WWW.ANASCARE.CA](http://WWW.ANASCARE.CA)



## FATHER'S DAY CONTEST WINNER!!

Charmaine Talusan was selected as the winner of a Napoleon portable barbeque. She shared the best advice her father ever gave her:

*"My father worked really hard so that I could finish college. He said that education is the best investment and once acquired no one can take it away from me. And here I am taking his advice and studying again. I agree that it's the best investment and it will help me become successful in the future. Fathers know best!"*