

# DRAKE MEDOX COLLEGE

[www.drakemedoxcollege.ca](http://www.drakemedoxcollege.ca) | 604-629-0196

## OCTOBER 18TH IS HEALTH CARE ASSISTANT DAY!



October 18th has been proclaimed as **HEALTH CARE ASSISTANT DAY** in BC.

A day to celebrate and recognize the invaluable contributions HCAs are making to our healthcare system.

Health Care Assistants play a vital role in supporting vulnerable members of our community with a range of needs, ensuring comfort, dignity, and quality of life for their clients/residents.

At Drake Medox College, we are proud to be training the next generation of health care assistants by equipping them with the skills, knowledge and empathy needed to make a positive difference in the lives of others.

This day is not only about acknowledging the hard work of those already in the field but also encouraging our students to look ahead at the impactful careers they are preparing for. As an HCA student, it's important to remember that your journey starts in the classroom, but your dedication to providing care will shine even brighter when you start working with clients. Taking care of yourself is crucial to providing care to others. Long shifts, both during placements and in your future roles, can be very demanding. We encourage you to practice self-care and ergonomics to ensure both your physical and mental wellbeing. Pay attention to proper body mechanics when assisting clients and avoid strain by using the tools and techniques taught in your classes.

Let's take this day to celebrate the hard work of HCAs and remind ourselves of the incredible impact they have on the lives of those they serve. Your dedication is inspiring, and we are proud of your commitment to this rewarding profession.

*THANK YOU FOR ALL YOU DO!!!*



## INSTRUCTOR OF THE QUARTER AWARD

Congratulations to **John Tinkess**, our Instructor of the Quarter! John exemplifies excellence in student experience, program enhancement, and administrative support. As a dedicated ESL instructor, he's known for his patience, kindness, and ability to foster a respectful and confidence-boosting learning environment. John has also been a key support during his team leader's absence, stepping in to assist with classes and administrative tasks.



## EMPLOYEE OF THE QUARTER AWARD

We are excited to announce **Pratitee Kamal** as our Employee of the Quarter! Pratitee has consistently demonstrated excellence in customer service, initiative, and team collaboration. Her professionalism and warm demeanor leave a positive impact on all students—past, present, and future. She's a true team player, seamlessly balancing her own responsibilities while stepping in to support business priorities when needed. Congratulations, Pratitee, and thank you for your exceptional contributions!



## HALLOWEEN COSTUME CONTEST



It's time for our Annual Halloween Costume Class Contest! Check out our social media posts throughout the month for details and updates.

All classes are encouraged to dress up in their most creative costumes for a chance to win a Class Pizza Lunch. Which class will take the prize this year?!?!?



## SAFECARE BC ANNUAL HCA HEARTS & HANDS CONFERENCE

Drake Medox College will once again be participating in the annual Hearts and Hands Conference on October 2nd, which brings together healthcare professionals dedicated to promoting professional development, collaboration and the sharing of best practices.

We have invited 40 of our current HCA students to join us in the fun and learning at this year's event.