



## SEASONAL AFFECTIVE DISORDER (SAD)

Seasonal Affective Disorder (SAD) – is a type of depression that is related to a changing of the seasons which usually begins and ends at the same time of year. For most people symptoms will start in the fall and continue into the winter months but some do experience these symptoms in spring and summer months. Symptoms include:

- Feeling sad or down most of the day, everyday
- Loosing interest in activities you usually enjoy
- Feelings of low energy and sluggishness
- Sleeping more than usual
- Difficulty concentrating
- Cravings for carbohydrates, overeating and weight gain
- In severe cases, feelings of hopelessness, worthlessness and not wanting to live

If you are feeling down for many days in a row and can't get motivated, see your health care provider. Treatment for this condition may include light therapy, psychotherapy and medications. If you recognize any of these symptoms in your clients/person's served, encourage them to see their healthcare provider to help them improve their symptoms.

*Ms. Melissa guided me through the application process, helped me understand the program requirements, and answered all my questions. She provided me with detailed information about the curriculum, class schedules, and financial aid options available to me. She was friendly, supportive, and made me feel confident about my decision to pursue a career in healthcare. The Administrative team were always helpful, responsive, and efficient in assisting me with any questions I had. Their professionalism and dedication made my academic journey smoother and more enjoyable.*

*The college is known for its quality healthcare training programs, experienced instructors, and supportive staff. Overall, I found my time at Drake Medox to be rewarding and a stepping stone towards a successful career in healthcare.*



**JOCELYN ANADON CARIAGA**  
**HEALTH CARE ASSISTANT GRAD**

## REMEMBRANCE DAY - LEST WE FORGET

Remembrance Day is Monday November 11th, 2024. On this day members of the armed forces including soldiers, sailors and airmen and women are recognized and commemorated for the sacrifices they have made and continue to make in armed conflict around the world. On the 11th hour of the 11th day of the 11th month in 1918, armies stopped fighting World War 1 and ever since this day has been designated as a time to reflect and give thanks to those who have given so much for our freedoms.

## CONGRATULATIONS!

Thanks to all the classes who participated in our Annual Halloween Class Costume Contest.

Congratulations to this year's winners with the most votes. Both classes will enjoy a Pizza Lunch on us!

**# 4 - Raquel's Vancouver HCA**

**#7 - Rex's Surrey HCA Combo**

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

### 2024 HALLOWEEN CLASS COSTUME CONTEST WINNERS

**WITH THE  
MOST VOTES**

**OUR WINNERS ARE  
#4 & #7**

## TIME TO CELEBRATE!

Graduation Ceremony is **Friday November 15th** for those that have RSVP'd and paid for their tickets. The ceremony starts at 5:00pm sharp at the Italian Cultural Center. Check your emails the day before for reminders. Drake Medox College looks forward to welcoming and celebrating all graduates attending this ceremony.

Our **next ceremony is scheduled for Friday February 21st** stay tuned for your invitations.

