

Drake Medox College

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NEW SURREY CAMPUS

After some unexpected delays, we are pleased to announce that our New Surrey Campus will be **OPENING SEPTEMBER 1st.**

Conveniently located at The Dell Shopping Centre on King George Hwy, we are a short walk from both Surrey Central and Gateway Skytrain stations, with lots of free parking available!

In addition to our current HCA evening and weekend classes, we are adding new HCA schedules, and will be introducing both our Activity Assistant and Community Support Workers Programs. Here are just a few of our NEW offerings:

Community Support Worker:

- Tuesday/Thursday evenings & Saturdays

Activity Assistant:

- Sundays

Health Care Assistant:

- Full-Time In-Class Days: Tuesday to Friday
- Combined Delivery Fridays
- Combined Delivery: Monday/Wednesday Evenings

Contact Melissa @ 604-495-4210 to learn more and join us on Facebook for a LIVE chat on July 9th



You are invited.....

Join us for an interactive Facebook Live Health Care Assistant Info Session
Thursday July 9th @ 6:00PM

<https://www.facebook.com/DrakeMedox.College>



Get To Know Zoraida



If you are or were a student at Drake Medox College over the last 5 years, you have met Zoraida.

Her primary responsibility is coordinating all practicum placements and FoodSafe/CPR bookings; however, she also supports the college in many other activities such as Marketing & Facilities Management.

Here are 3 things you may not know about Zoraida:

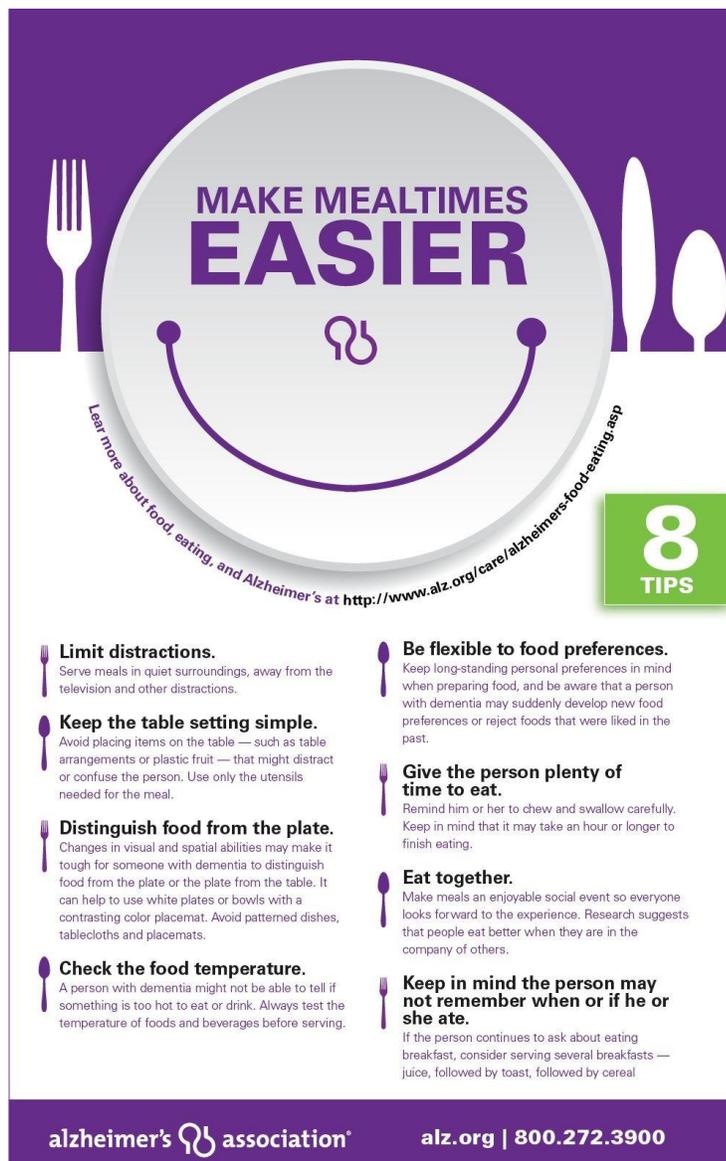
1. Before coming to Canada, she worked as a Physiotherapist in her homeland Spain.
2. She speaks 4 languages: English, Arabic, Spanish & French
3. She is super passionate about health and fitness and gets up at 4:30 every morning to exercise before work.

We would like to take this opportunity to thank Zoraida for all the extra time and effort she has put in to supporting the college and our students throughout COVID.

MEALTIME -ALZHEIMER'S/DEMENTIA

Maintaining a healthy, balanced diet often becomes difficult for a person with dementia.

As a caregiver, it is important to understand how dementia affects the ability to eat. As Alzheimer's disease affects each area of the brain, certain functions or abilities can be lost. For example, as dementia progresses, the brain might not be receiving triggers from the stomach to encourage eating or drinking. A person with dementia will need help with eating and drinking as the disease progresses because of difficulties that may arise with activities such as remembering how to use cutlery, not knowing what to do with food that is placed in front of her, putting too much food in her mouth at once, eating too quickly, trying to swallow without chewing or trying to eat inedible items (*alzheimer.ca.*) Here are some tips....



MAKE MEALTIMES EASIER

Learn more about food, eating, and Alzheimer's at <http://www.alz.org/care/alzheimers-food-eating.asp>

8 TIPS

- Limit distractions.**
Serve meals in quiet surroundings, away from the television and other distractions.
- Keep the table setting simple.**
Avoid placing items on the table — such as table arrangements or plastic fruit — that might distract or confuse the person. Use only the utensils needed for the meal.
- Distinguish food from the plate.**
Changes in visual and spatial abilities may make it tough for someone with dementia to distinguish food from the plate or the plate from the table. It can help to use white plates or bowls with a contrasting color placemat. Avoid patterned dishes, tablecloths and placemats.
- Check the food temperature.**
A person with dementia might not be able to tell if something is too hot to eat or drink. Always test the temperature of foods and beverages before serving.
- Be flexible to food preferences.**
Keep long-standing personal preferences in mind when preparing food, and be aware that a person with dementia may suddenly develop new food preferences or reject foods that were liked in the past.
- Give the person plenty of time to eat.**
Remind him or her to chew and swallow carefully. Keep in mind that it may take an hour or longer to finish eating.
- Eat together.**
Make meals an enjoyable social event so everyone looks forward to the experience. Research suggests that people eat better when they are in the company of others.
- Keep in mind the person may not remember when or if he or she ate.**
If the person continues to ask about eating breakfast, consider serving several breakfasts — juice, followed by toast, followed by cereal.

alzheimer's association | alz.org | 800.272.3900

FATHER'S DAY CONTEST WINNERS

Thank you to everyone who participated in our Father's Day Photo contest on Facebook. We were thrilled to receive 93 entries,

Congratulations to the 2 random winners of \$100 Sport Chek gift cards!!

JOYCE COOK



JULIUS JANDOC

