

# Drake Medox College

www.drakemedoxcollege.ca T: 604-629-0196

## COPING DURING COVID-2<sup>nd</sup> WAVE

We are living in a very challenging time; the global pandemic and its uncertainty has impacted our lives in ways we could never have imagined. COVID has brought on overwhelming feelings and with the 2<sup>nd</sup> wave upon us has us all asking... "WHEN IS THIS GOING TO END?"

Even in the face of these unique circumstances, there are many things we can do to help manage our anxiety and fears:

### Monitor your "Media Diet".

Limit the time you spend online. There is A LOT of information out there, and unfortunately some of it is misinformation or stories which incite panic. It is important to focus on reliable sources and to filter what you read and watch. HealthLinkBC contains current and accurate updates:  
<https://www.healthlinkbc.ca/public-health-alerts>

### Focus on the things you can control.

There are so many things out of our control right now, including the behaviors of people around us and the growing number of cases in our communities. All we can do is control our own behaviors in order to reduce the risk to ourselves and those around us:

- **Follow all recommended protocols** such as regular hand washing and the use of face masks.
- **Stay home as much as possible**, even if you do not feel sick. Avoid all non-essential outings.
- **Get 6-8 hour of sleep each night**, to help support your immune system.



### Find safe ways to stay socially connected.

Humans are social creatures by nature. We are hardwired for connection. Physical distancing can create a sense of isolation, and isolation can quickly develop into loneliness and depression, which can impact our physical and mental health.

- Make it a priority to stay connected with family and friends using different video chat technologies.
- Organize walks or outdoor activities which present less of a risk

Try not to let Coronavirus dominate your conversations. Take a break from stressful thoughts and simply enjoy the company of your loved ones —laugh, share stories, and focus on all the other positive things going on in your lives!

## JOB OPPORTUNITIES

Last month we received job opportunities from the following employers:

- **Amica – multiple sites**
- **Fraser Health Authority**
- **Louis Brier Home & Hospital**
- **Care at Home Services**
- **Home Care Assistance**
- **Greater Vancouver Community Services Society**
- **Vancouver Coastal Health**

Please be sure that you keep us informed of your most current email address and that you "Like" us on Facebook to have access to all the job postings that we receive on a weekly basis. Do not forget to check our Job Board under Student/Alumni on our website

<https://www.drakemedoxcollege.ca>

**Drake Medox College  
graduates are in demand!!**

## NEW ACTIVITY ASSISTANT CLASS COMING February 2021

Call us @ 604-629-0196 to learn more  
about this part-time program!



## MICHAEL AARON PINEDA'S STORY

**"I will be a nurse in this country".** That was what I told myself the day I landed in Canada. I put so much effort to hasten things, to get back to the job that I really loved. I took the entry exam, but I failed. I was frustrated and in denial, because I could not practice my profession despite my educational background and the work experience that I had.

Holding a degree from back home had given me a great sense of self-worth however it also cost me so many opportunities. I wasted so much time stuck on this that I did not grow personally and professionally for a period.

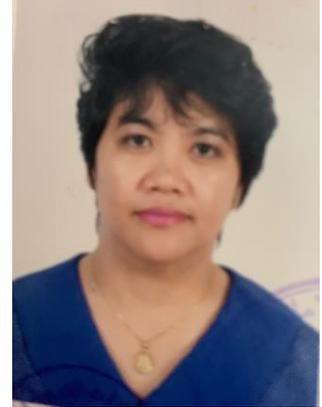


After I accepted that my degree from back home did not mean much in Canada, and that I had to start from zero, I decided to upgrade my knowledge and skills to fit in this new environment. I decided to go back to school and enrolled myself at Drake Medox College for the Health Care Assistance program.

I am certain that the knowledge and skills that I have learned in this program will provide me with many opportunities and open many new doors. It might be a long journey, but I will get there!

**Lesson learned, never let your EGO get into your way and block your path to a brighter future!**

## MEET NANCY GUZMAN CLINICAL INSTRUCTOR AT DRAKE MEDOX



HCA students who completed their practicum @ Broadway Lodge will have met our energetic CI Nancy.

Nancy has been with Drake Medox College since 2013, and has mentored hundreds of students throughout her time with us

With an extensive background in nursing she has a passion for teaching and mentoring students as they prepare for their new careers.

Anyone who knows Nancy will tell you how much she loves to dance! She also enjoys signing, fishing, and spending time with her family and friends.

### AND THE WINNERS ARE.....

Congratulations to our Random Draw Winners

*\*Thank you to everyone who participated in our FB contest\**



Jessie Talaro



Diana Rose Bongar



Zyrheil Peroy

**\*\*Please call Angela @ 604-495-4208 to claim your prizes\*\***

### VIRTUAL CLASS-TIPS FOR SUCCESS

- ✓ Treat your virtual class as you would any other in-person class
- ✓ Create a dedicated and organized learning space free of distractions
- ✓ Practice time-management by scheduling time each week to complete your online studies prior to each class
- ✓ Actively participate in your virtual classes to help you stay engaged and get the most learning out of each session.