

# Drake Medox College

[www.drakemedoxcollege.ca](http://www.drakemedoxcollege.ca)

## Reflections of an ESL-HCA student

I had been working as a registered nurse in the Philippines before I decided to study here in Canada. I always had a passion working in the medical field, so when given the opportunity, I enrolled at Drake Medox.



The demand for Health Care Workers now is very high in Canada. For me, taking the ESL-HCA program was a wise decision. At first, I expected ESL to be like a refresher from the knowledge I had gained from past English classes. But over time, I learned a lot from this program which would benefit me in delivering quality care to my patients.

Some people say that English is one of the hardest languages to learn, and I totally agree with that. For the reason that some of its rules are not followed - there are some exemptions, which cause confusion for those whose first language is not English, like me. However, Drake Medox College has excellent, dependable instructors that help their students along the way. All in all, I consider English as a very fun language to learn. You just have to put your heart into it.

As I look back over the past several months, I can say that I have been through a lot. Being an international student in a strange country for me is hard. I came from the Philippines, which has a very different culture compared to Canada. Taking the ESL program helped me to become a more confident person in all aspects. Interacting with the people I meet, colleagues at work, and even my family and friends has become easier and more comfortable. I have gained respect from those people around me. Also, as a future healthcare practitioner, I can definitely say that I will be able to deliver quality care to my clients using the knowledge and skills I have gained from this program. – **Mary Nor Ponce, HCA graduate**

## Get to know HCA Instructor Ron Gallon

**Background:** Ron obtained his BSN-RN at Langara College and completed Wound Care Specialty at the University of Toronto. He has 10 years of experience in the fields of nursing, acute care, long-term care, and community.

**Encouraging Message:** Ron encourages his students to hone their foundational knowledge and skills, so they come out well-equipped and an asset in their chosen field. He pushes his students to think outside of the box. He always says, "Be a problem solver, not an excuse maker!"



## 3 Tips for Preventing Falls This Autumn Season

The beauty of the autumn season may also present safety hazards for older adults, including season-related slips and falls. Luckily, there are proactive ways to prevent falls this autumn. Here are some helpful tips:



### Be aware of slippery surfaces

Leaves on the ground can be dangerous falling risks for older adults. Be sure all walkways are clear of fallen leaves, which can become slippery when it rains. As the weather gets even chillier, snow and ice can pose further risks for dangerous falls, so be extra careful!

### Wear sensible shoes

Your choice of footwear can often be your first line of defense against dangerous falls. As we head into colder months, look for comfortable footwear that fits properly and offers plenty of traction to avoid slipping or tripping. Remember, wearing shoes with high heels or slick soles can be unsafe, even on carpeted surfaces!

### Lighten up your living space

With less daylight, older adults may be at risk for unexpected falls. If you have an older loved one who lives alone, do a walkthrough to ensure their home is equipped with plenty of light sources. Ensure that dark areas without natural light such as hallways, bathrooms, and bedrooms are well lit with night-lights. Installing a handrail and non-slip mats can also help prevent dangerous falls in bathrooms.

Source: <https://bethanylutheranvillage.org/3-tips-preventing-falls-autumn-season/>

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## Welcome to the DMC family, Barbara and Wagisha!

**Barbara** recently relocated to the Lower Mainland. Her background is working with people who have come to Canada to study or immigrate.

Barbara's passion is to see everyone feel welcome & feel a sense of belonging. With this in mind, Barbara will greet all who enter Surrey Campus with a big smile!



**Wagisha** is an MBA graduate and experienced in student services, admissions, and marketing.

Wagisha loves to learn about the hobbies, talents, and passions of the students she comes in contact with. She is very excited to start her role as an Admissions Advisor at our Surrey campus!

