

STUDENT REFLECTION BY ASEFASH TAREKE



Celebrating Our Cultures...we all smile in the same language.

A tradition is a belief or behaviour passed down within a group or society with symbolic meaning or special significance with origins in the past. As an HCA student studying at Drake Medox College, I have classmates with different traditions. My classmates are from Eritrea, Ethiopia, the Philippines and other areas. Eritrea and Ethiopia have similar cultures and traditions, and even in some areas of Eritrea and Ethiopia people speak the same language.

As a person with Eritrean traditions, in the beginning, it was easier for me to connect and communicate with my classmates from Ethiopia as we have a lot in common culturally. On the other hand, I did not make immediate connections with my classmates from the Philippines and other cultures as we have different traditions, languages, food, beliefs and behaviours.

But slowly, I started to approach them and tried to learn one common word, how to say "hi" in their native language. That opened a door for me to communicate and make friends with people from different backgrounds. I never had a Filipino friend or someone from other countries in my life before I joined the program. But now, I have friends with different traditions. I speak with them about food, culture, ways of life, and we even try to teach each other how to say things in our native languages. I have tried their traditional food and they have tried my traditional food. I'm happy to know them and call them my friends, they are kind and decent human beings.

From this experience, I learned that when you approach people from different traditions, start with something simple. It could be learning to say something in their language such as "hello" or "thank you". Make an effort to know them by asking questions and showing respect and understanding.

ROLLING WITH NATHAN

On February 21st HCA and CSW students were hosted to a very informative talk by Nathan Shipley. Shortly after birth, Nathan was diagnosed with Cerebral Palsy Quadriplegia, and he has dedicated his life to spreading the message of the importance of inclusion and diversity, as well as helping create awareness for persons with disabilities.

Nathan and one of his support workers Ziya answered a number of student questions; leaving us all with a much better understanding of a day in their lives, and the importance of our roles as caregivers and support workers in ensuring the best quality of life possible for those we serve.

To learn more about Nathan and the work he does visit his website:

rollingwithnathan.weebly.com



**ASK US ABOUT OUR NEW
SPECIAL \$2000
GRANT**

**COMMUNITY SUPPORT WORKER DIPLOMA
New Batch Starting on March 20, 2021**

****All CSW Classes Starting Before May 15th Eligible****



"An investment in knowledge pays the best interest"

- Benjamin Franklin

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MARCH 2021 NEWSLETTER

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MARCH IS MUSIC THERAPY AWARENESS MONTH

The Canadian Association of Music Therapists defines Music Therapy as *"a discipline in which Certified Music Therapists (MTAs) use music purposefully within therapeutic relationships to support development, health, and well-being."*

However, you do not need to be a certified MTA to appreciate and enlist the many positive benefits that music can offer the clients you serve as Health Care Assistants, Community Support Workers and Activity Assistants.

The health benefits of music include:

- Helps to reduce anxiety and agitation.
- Provides comfort and eases symptoms related to depression.
- Evokes memory and cognition for those with Alzheimer's.
- Elicits the positive emotions which dominate musical experiences.

It is almost impossible to find someone who does not have a strong connection to music. Make time today to find out what kind of music your clients enjoy....." ***sometimes music is the only medicine the heart and soul need.***"



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Congratulations to the Winner of our Valentines Day Photo Contest

Gurpreet Mahal received a \$100 Mall Gift card!

