

## MAY 2021 NEWSLETTER

[www.drakemedoxcollege.ca](http://www.drakemedoxcollege.ca) | 604-629-0196

### Instructor Spotlight

CONNIE ALMADIN



#### BACKGROUND:

Connie is an LPN with 10 years of experience. In addition to being an HCA instructor at Drake Medox College, she is also the Care Manager at Inglewood, which is one of the practicum sites for our students.

#### FAVOURITE THING AT DMC:

Diversity! She loves meeting people from different ethnicities and the opportunity to learn about different cultures and beliefs, enhancing her own knowledge.

#### ENCOURAGING MESSAGE TO STUDENTS:

*Success is achieved through patience and perseverance.*

## LETTER OF APPRECIATION

Florinda Palencia (HCA Graduate)



I would like to take this opportunity to show my appreciation to everyone; most especially to my Clinical Instructors: Ms. Nancy Guzman and Ms. Royce Aquino for the effort they put in to taking the practicum experience to the next level.

I am most grateful to Ms. Royce for being very supportive. I truly appreciate the confidence she instilled in me by letting me deal with residents' fluctuating moods and different needs. She worked so hard in shaping me into the HCA I am today, and certainly she did the same for the rest of my classmates. I thank her for being such an amazing Clinical Instructor and for all her great lessons. I feel fortunate to have been placed under her supervision. She has been tremendously helpful over the course of my practicum.

Finally, I am very proud for all that I have accomplished, and the eye-opening experiences gained through my practicum. I look forward to more success, which I know I am now capable of because of all the support and knowledge I have obtained at Broadway Lodge. – *Florinda Palencia*



### MOTHERS DAY PHOTO CONTEST

Share your favorite MOM photo on our Facebook Page & automatically be entered in a draw to win 1 of 3 Sephora \$50 Gift Cards

\*Deadline to submit entries May 7th\*



# YOUR BRAIN ON EXERCISE

Do you know that a simple walk around the block or a 10 minute (online) work out will not only positively affect your day but also have long-term effects on your brain?

Physical exercise builds brain new brain cells, according to a neuroscientist, Wendy Suzuki, PHD at New York University. She states, *“every time you work out, you are giving your brain a neurochemical bubble bath, and these regular bubble baths can also help protect your brain in the long term from conditions like Alzheimer’s and dementia.”*

One workout increases neurotransmitters, which can be described as mood boosters, such as dopamine and serotonin. These mood boosters help improve your memory and focus for up to three hours afterwards. Good news for work, right.

Physical exercise is good for our mental health too. In an informal study in 2020, Dr. Suzuki had her students take a five-minute anxiety assessment. Then she had them participate in a 10-minute workout and take the assessment again.

The first time the participants took the assessment, they scored at close to clinical anxiety levels, but after the 10-minute workout, their anxiety scores fell to normal levels. By incorporating bursts of activity in your day, it benefits your mental health and improves your cognition.

How much exercise is enough to make a difference? There is no set answer to this question, but it is recommended to fit in 30-minute sessions of physical movement 3-4 times per week. Think of a vigorous session of vacuuming or taking the stairs instead of an elevator. It all adds to a happy brain!!

*Written by Tracy Lewis -Currie, Health and Safety Coordinator -Drake International*

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