

## Drake Medox College

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



### HOW TO HELP SENIORS WITH FEELINGS OF LONELINESS DURING THE HOLIDAYS

There is a lot of pressure on people to enjoy themselves during the holidays. The season is supposed to be merry and bright, but many elders feel increasingly isolated and unhappy this time of year—even before the coronavirus pandemic complicated everyday life and special occasions. Understandably, families are still concerned about how minimizing COVID-19 risk will affect their holiday plans with aging loved ones this year.

#### Why Seniors Experience Holiday Loneliness

While aging can bring wisdom and experience, there are inevitable losses that even the healthiest seniors face. Loved ones and friends fall ill and pass away. Energy and mobility levels often decrease, resulting in feelings of lost independence and opportunities. Neighborhoods change over time, leaving even those well enough to remain in their own homes feeling lonely and disconnected from their communities.

#### Tips for Reducing Loneliness During the Holidays

1. Make a point of actively listening when your clients/residents want to talk, even if the discussion is negative. An honest and empathetic conversation can help them process what is bothering them, whether they are mourning a loss or coming to terms with new challenges in life. It may also reveal why they are feeling down and inspire other ways of lifting their spirits.
2. Remind them how important they are in the lives of those who care about them, including you.
3. If the senior is in a long-term care facility, check with the Activity's director about ways to further support them in engaging in meaningful activities such as reminiscing about Christmases past.
4. Help them add festive touches to their home or room.

**The most important thing you can do for seniors experiencing loneliness is to spend a bit of extra time with them over the holidays to show them they do matter!**

<https://www.agingcare.com/articles/elderly-loneliness-during-holidays-148441.htm>

### SPECIAL HCA TUITION GRANT FOR FAMILY MEMBERS

**\$2,500 Off Tuition for Select Classes Starting Before Feb 15, 2022**



### NEW ACTIVITY ASSISTANT CLASS Starting on January 9, 2022

Call us @ 604 629-0196 for more information about this part-time 4-month program. Only a few seats remain so don't delay!





# HOLIDAY DONATION DRIVE



With the holidays quickly approaching, we are organizing a donation drive for staff and students to collect much needed items for less fortunate members of our society who are currently homeless.

Boxes will be set up at both campuses starting Nov 22<sup>nd</sup>, with all donations collected brought to homeless shelters in Vancouver and Surrey after December 17<sup>th</sup>

**Thank you for your support!**

**HOLIDAY DONATION DRIVE**

*'Tis The Season Of Giving*

Join us as we collect the following items for homeless members of our community:

- ❁ **GLOVES**
- ❁ **SCARVES**
- ❁ **TOUQUES**
- ❁ **SOCKS**
- ❁ **BLANKETS**

Donation boxes are set up at both Vancouver & Surrey Campus  
**November 22<sup>nd</sup> – December 17<sup>th</sup>**

**DRAKE MEDOX COLLEGE**  
Your Future Looks Bright!

## **MEET OUR NEW HCA INSTRUCTOR:**

### **RUBY DRIEDGER**



Please welcome Ruby, our new FT Evening Class HCA instructor. She teaches at our Surrey Campus Evenings (M-F).

Ruby has over 13 years of healthcare experience as both an HCA and LPN. She currently works as an LPN at Fleetwood Villa, one of the practicum sites for Drake Medox College students.

**MERRY CHRISTMAS FROM DRAKE MEDOX COLLEGE**

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Your Future Looks Bright!

## **IMPORTANT REMINDER**

**ANNUAL FLU SHOTS ARE REQUIRED FOR ALL PRACTICUMS**

