

NOVEMBER IS NATIONAL INSPIRATIONAL ROLE MODEL MONTH

National Inspirational Role Models Month is an opportunity to spotlight those role models who embody the qualities and character for lifelong success. It could be a friend, an employer, clergy, teacher, celebrity, or an activist who inspires you to be the best version of yourself. **This month, focus on the person who motivates you and thank them for the leadership.**

How can you be a great role model to others? Stepping into the shoes of the person you look up to the most is likely to stir something inside you that encourages growth as a person. Take a good look at them and their life. What healthy habits do they have? How do they make people feel? If you can mold yourself after them, while keeping your unique personality, you have struck gold!

Be the best person YOU can be this month and thank your inspirational role model for helping you get there; they may not have even realized you were looking up to them. [Here are some ways you can radiate confidence and exhibit positive behaviours which will inspire others to do the same:](#)

- Demonstrate leadership and confidence. Stay positive, look at things from a neutral perspective, and be calm, cool, and collected. Always strive for bigger and better for yourself and others.
- Stand out in the crowd. Be yourself and be proud of it. You don't need to try to "fit in." People are drawn to those who are unique and unapologetically themselves.
- Interact with everyone, not just your friends or the most successful/popular people in the room. Always have an open mind and be a good listener.
- Show others that you care, even if you don't know them well. Being interested and concerned about people around you shows selflessness and great character.
- Be informed, well rounded, and open-minded. Thinking you're the smartest person in the room automatically makes you the dumbest person in the room.
- Admit to your mistakes, and embrace them to become better. Acting as though you are above failure and mistakes shows arrogance, and prevents you from growing.

[Who is your role model and why are they a role model to you? Share your thoughts with us on our Drake Medox College Facebook Page.](#)

HEALTH CARE ASSISTANT SPECIAL CLASS OFFER

HCA: \$6,000
ESL/HCA: \$6,500

Available only on select classes:

- Vancouver Sunday Combo: Dec 4, 2022
- Surrey Saturday Combo: Nov 12 & Dec 3, 2022

*Includes tuition, textbooks and all fees
*Domestic students only



Only a few seats remain...call now to reserve your spot!

Vancouver: 604-629-0196
Surrey: 778-725-2965

2 great class opportunities are available for the Health Care Assistant Combined Delivery Program at both our Vancouver and Surrey campuses.

Don't snooze on this offer for Gloren's Sunday class in Vancouver for Dec 4th start or Virginia's Saturday class in Surrey starting on Nov 12th or Dec 3rd.

Call an Advisor today to reserve your seat:

Vancouver: 604-629-0196 - Surrey: 778-725-2965



HOW TO DEAL WITH CHALLENGING SITUATIONS OR BEHAVIOURS

As Health Care Assistants, Community Support Workers and Activity Assistants, dealing with challenging behaviours or situations will be a daily occurrence in your roles. Here are some strategies you can use to improve your interactions - as presented by guest speaker Brenda Robinson at October's Hearts & Hands Conference:

- **Get off to a good start** - how careful are you to get off to a good start with your conversations with your clients or coworkers? The first 8 words can set us off, so choose them carefully. People are too easily triggered today; try to be more friendly than formal.
- **Ask more questions and do less telling** - people want to be asked or invited to do a task, rather than be told they are going to do it. People like choices. If we give them choices they get busy choosing, if we don't give them choices they may give us push back or make a scene.
- **Engage, involve, and include** - people want to be engaged, involved and included in decisions regarding their care, their meals, their social time.
- **Find common ground** - a focus on what you have in common can bring you together during times of conflict.
- **Tell people why you are about to do something** - when people understand "why" you are doing something, they are less likely to think about "what" you are doing.

Your intention is to get positive results. ***"When you ask me for the behaviour you want I'll give it to you. When you tell me the behaviours you don't want I will give them to you."***



**DAYLIGHT SAVING TIME ENDS THIS COMING SUNDAY, NOV. 6, AT 2 A.M.
REMEMBER TO SET YOUR CLOCKS BACK ONE HOUR WHEN YOU GO TO BED SATURDAY NIGHT**

Wet weather has once again returned to beautiful BC and as the temperature starts to fall, so do the leaves. **Please be very careful while out walking as slips, trips and falls increase significantly at this time of year.** Be sure to wear footwear suited to the changing weather conditions and temperatures and encourage your clients/residents/person's served to do the same. Watch out for those deep puddles hidden in the dark or steps/curbs hidden under piles of leaves that built up due to windy weather conditions. Cooler temperatures are on the way, and it can often be difficult to distinguish icy sidewalks and stairs from wet ones. Be sure of your footing and take your time so as not to slip and fall.



Seniors Living Expo & Job Fair

November 5-6, 2022
Vancouver Convention Centre

Seniors Living Expo and Job Fair Nov 5th & 6th

Come visit Barb & Angela at the Drake Medox College booth this weekend at the Seniors Living Expo and Job Fair at The Vancouver Convention Center. Explore the many job opportunities in the field of seniors living and connect with employers!