



NEWSLETTER

April 2026 Volume 3

Your Health, at Home



Comfort Comes Home

True care begins where comfort and familiarity meet. Our Home Care Services bring professional healthcare to your doorstep, ensuring safety, support, and peace of mind for you and your loved ones.

Because Home Matters

Our licensed nurses and trained caregivers offer personalized services, from medical support and post-surgery care to assistance with daily living and elderly care. Every care plan is tailored to individual needs, ensuring both physical health and emotional well-being.



**Where Care
Feels Right**

Our Home Care Services provide professional healthcare in the comfort of your own home, ensuring every patient receives attention, respect, and personalized support.

Understanding Parkinson's Disease

April is Parkinson's Awareness Month — a time to raise understanding, reduce stigma, and celebrate the strength of those living with Parkinson's disease and the families who support them. At MCITY Support Services, we stand with the Parkinson's community and are proud to support clients and caregivers as they navigate this journey.

What is Parkinson's Disease?

Parkinson's disease is a progressive neurological condition that affects movement, muscle control, and balance. It occurs when nerve cells in the brain that produce dopamine — a chemical that coordinates smooth movement — are damaged or lost over time.

Common Signs & Symptoms

- Tremors or shaking, often beginning in the hands or fingers
- Slowed movement (bradykinesia) makes simple tasks more difficult
- Muscle stiffness or rigidity
- Impaired posture and balance
- Changes in speech, writing, or facial expression
- Non-motor symptoms such as fatigue, sleep disturbances, and cognitive changes



The Parkinson's Tulip

The red tulip is the international symbol of Parkinson's awareness. In April, communities around the world display tulips to honour those living with Parkinson's disease and to advocate for research, support, and understanding

How MCITY Supports Parkinson's Clients

Living with Parkinson's often means needs evolve over time. Our personal support workers and care team are experienced in providing compassionate, hands-on assistance with daily activities, including:

- Personal care: bathing, dressing, grooming, and hygiene
- Mobility assistance and fall prevention
- Medication reminders and routine support
- Meal preparation and nutrition support
- Companionship and emotional well-being
- Respite care to support family caregivers

Our care team works closely with clients, families, and healthcare providers to create personalized care plans that adapt as needs change — always with dignity and respect at the centre.



**Delivering Quality
Healthcare at Home**

By delivering quality healthcare at home, we make it easier for patients and families to focus on recovery and well-being without the stress of traveling to medical facilities.

Program SPOTLIGHT

Family-Managed Home Care: Your Choice, Your Care

Family-Managed Home Care (FMHC) enables eligible patients or their substitute decision-makers to take a more active role in managing home care services. With funding from Ontario Health atHome, clients can hire personal support, nursing, or other approved services based on a personalized care plan.

At MCity Support Services, we can help you understand if you may qualify for FMHC, support you through the process, and provide the trusted care services you choose. Whether it's helping you explore options, understand the process, coordinate care, or deliver services directly — our team is here to support you every step of the way.

Who May Benefit?

- Children with complex medical needs
- Adults with acquired brain injuries
- home-schooled individuals
- patients with extraordinary circumstances

What We Can Help With

- Determining if you qualify for FMHC
- Navigating the application process
- Coordinating and managing your care
- Delivering approved personal support and nursing services

Caregiver SPOTLIGHT



*Happy
birthday!*
Shahida S

Meet Olabisi Akintunde: a dedicated health care professional at MCity Support Services with over 6 years of experience. Olabisi is widely recognized by both clients and colleagues for her diligence, compassion, and commitment to supporting seniors and younger individuals throughout their recovery. Her primary goal is to ensure that every individual receiving our services is well cared for and satisfied. She takes great pride in being part of a system that brings joy and support to those in need..

LAUGHTER IS THE BEST MEDICINE

A Little Humour Goes a Long Way

They say laughter is the best medicine, and it's free, has no side effects, and works on everyone.

Enjoy this month's dose!

What's a nurse's favourite type of Music?

Anything with a good pulse

I told my doctor I broke my arm in two places.

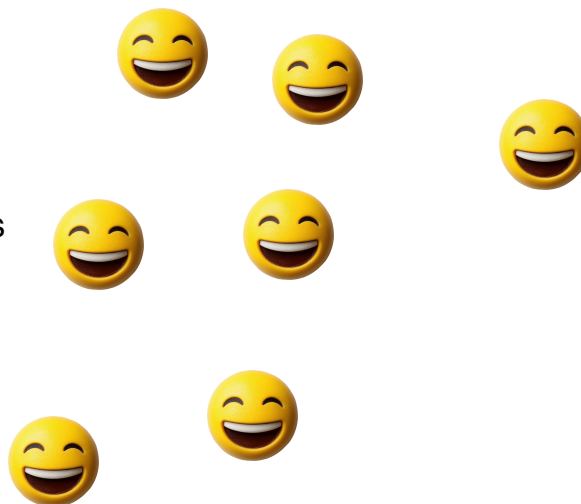
He told me to stop going to those places

Why did the skeleton go to the party alone?

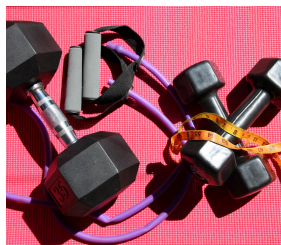
Because he had nobody to go with him

The best time to go to the dentist?

Tooth-hurty.



HEALTH TRIVIA DID YOU KNOW???



Exercise can slow Parkinson's progression

Regular physical activity-especially tai chi, dancing, and walking- has been shown to improve balance, mobility and quality of life for people living with Parkinson's disease. Even 30 minutes of moderate movement most days makes a meaningful difference



Your brain is about 60% fat

Healthy fats, particularly omega-3 fatty acids found in salmon, walnuts, and flaxseed, are essential for the brain cell structure and function. A diet rich in these fats supports memory, mood and long-term cognitive health



Bananas contain a natural mood booster

Bananas are rich in tryptophan, which the body converts into serotonin, the "happy hormone." They contain vitamin B6 , which supports healthy nerve function, making them a great snack for both brain and mood



Staying Hydrated supports brain clarity

Even mild dehydration, as little as 1-2% fluid loss, can impair concentration, memory, and mood. Older adults are especially at risk because the sense of thirst diminishes with age. Aim for 6-8 glasses of water daily.



Laughter really is good for your heart

Research shows that laughing increases blood flow and improves blood vessel function, which can help protect against heart attack and cardiovascular disease. it also reduces stress hormones and boosts feel-good endorphins

HEALTHY RECIPES



Nourish Your Body & Brain

Good nutrition plays a powerful role in heart health and brain function. This month, we're sharing two simple, delicious recipes, one to support your heart and one to nourish your brain.

RECIPE 1- Brain Health/Parkinson's Friendly

Salmon & Walnut Power Bowl

Rich in omega-3s and antioxidants to support dopamine production and neural health

Ingredients

- 1 salmon fillet (approx. 150g)
- 1 cup cooked brown rice or quinoa
- ½ cup steamed broccoli
- ¼ cup walnut halves
- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt, pepper & fresh dill to taste

Instructions

- Season salmon with salt, pepper, and dill
- Drizzle with olive oil
- Pan-fry or bake salmon at 200°C for 12-15 minutes until cooked through
- Arrange brown rice or quinoa in a bowl
- Top with salmon, steamed broccoli and walnuts
- Drizzle with lemon juice and serve warm

RECIPE 2- Heart Healthy

Oat & Berry Breakfast Parfait

Packed with fibre and antioxidants to support healthy cholesterol and blood pressure

Ingredients

- 1 cup rolled oats (cooked or overnight)
- ¾ cup plain low-fat Greek yogurt
- ½ cup mixed berries (blueberries, strawberries)
- 1 tbsp ground flaxseed
- 1 tbsp honey or maple syrup
- ¼ tsp cinnamon
- Small handful of sliced almonds

Instructions

- Prepare in your preferred way, warm on the stovetop or overnight in the fridge with a splash of milk
- In a glass or bowl, layer half the oats as the base
- Spoon in Greek yogurt as the next layer
- Top with mixed berries, sliced almonds and a sprinkle of flaxseed
- Drizzle with honey and dust with cinnamon
- Serve immediately

Have questions about home care? Contact our team to learn more about available programs and coverage options.

647 243 6507 www.mcitysupportservices.com