



FEBRUARY 2026 NEWSLETTER

Staying Connected, Staying Warm, Staying Healthy.



Exciting News: MCITY is Expanding Across Ontario!

We are thrilled to announce that MCITY Support Services is growing! In response to the overwhelming demand for quality, compassionate home care, we're expanding our services to four new communities across Ontario:



Ottawa	Hamilton	Sudbury	London
Opening Q1 2026	Opening Q1 2026	Opening Q2 2026	Opening Q2 2026

*Do you know someone in these areas who could benefit from our services? Our Client Referral Program rewards you for spreading the word! **See details on page 5.***



Caregiver Spotlight: Meet Melodene

Melodene Carter, PSW

Years with MCITY: 4 years

Specialization: Dementia and Alzheimer's Care

"Working with MCITY has been the most rewarding experience of my career. Every day, I get to make a real difference in people's lives. Whether it's helping Mr. JD enjoy his nighttime routine or supporting Mr. BH with his meal prep, I'm reminded why I chose this profession. The families trust us, and that trust is sacred. MCITY's commitment to quality care and staff development makes me proud to wear this badge."

Client Testimonial:

"Melodene is an angel. She's not just my mother's caregiver—she's family. Her patience and kindness have given our whole family peace of mind."

— *Diane W., Whitby*



Birthday Celebrations

Join us in celebrating our team members and clients with birthdays this quarter!

February

Jovanna Peart - February 2

Kaydene Campbell - February 25

WINTER SAFETY TIPS FOR SENIORS

Your safety is our top priority.
Here are essential winter safety tips:

Prevent Slips and Falls

- Wear non-slip footwear with good tread
- Use ice grips on boots
- Keep walkways clear and salted
- Use assistive devices (canes, walkers)
- Install grab bars in bathrooms

Stay Warm

- Keep home at 20-21°C
- Layer clothing indoors
- Use space heaters safely
- Drink warm beverages
- Check heating system regularly

Medication Safety

- Store medications properly
- Use pill organizers
- Set medication reminders
- Keep updated medication lists
- Never share prescriptions

Health Monitoring

- Schedule flu/COVID vaccinations
- Monitor blood pressure regularly
- Stay hydrated (8 glasses/day)
- Report unusual symptoms promptly
- Keep emergency contacts handy



HEALTHY WINTER RECIPES

Hearty Vegetable Soup

Ingredients:

- 2 cups low-sodium vegetable broth
- 1 cup diced carrots
- 1 cup diced celery
- 1 can diced tomatoes
- 1 cup kale, chopped
- 1 can white beans, drained
- 2 cloves garlic, minced
- Herbs: thyme, bay leaf

Instructions:

1. Sauté garlic until fragrant
2. Add carrots and celery, cook 5 min
3. Pour in broth and tomatoes
4. Add beans and herbs
5. Simmer 20 minutes
6. Add kale, cook 5 more minutes
7. Perfect for cold winter days!

Immune-Boosting Smoothie

Ingredients:

1 cup spinach, 1 banana, 1/2 cup blueberries, 1/2 cup orange juice, 1 tbsp honey, 1/2 cup Greek yogurt

Instructions:

Blend all ingredients until smooth. Packed with Vitamin C and antioxidants!



LAUGHTER IS THE BEST MEDICINE

Q: Why did the nurse bring a red pen to work?

A: In case she needed to draw blood!

Q: What did the doctor say to the rocket ship?

A: Time to get your booster shot!

Q: Why don't some seniors never get cold?

A: They're too cool for that!



HEALTH TRIVIA

Did You Know?

- Laughing for 15 minutes burns approximately 40 calories – the same as walking for 10-15 minutes!
- Your heart beats about 100,000 times per day, pumping approximately 2,000 gallons of blood.
- Regular social interaction can reduce the risk of dementia by up to 40% in seniors.
- Walking just 30 minutes a day can reduce the risk of heart disease by 40%.
- The human body has enough fat to make approximately seven bars of soap!



Referral Programs – Earn Rewards

Client Referral Program

1. Refer a Friend or Family Member
2. When someone you refer becomes an MCITY client:
3. YOU receive: A referral fee
4. THEY receive: 10% off the first month of service
5. No limit on referrals!

Staff Referral Program

1. Know a Caring Professional?
2. When you refer a qualified caregiver who joins our team:
3. YOU receive: A referral fee after 90 days
4. Help us grow our compassionate team!



Share Your Experience – Win an Amazon Gift Card!

We Value Your Feedback!

Leave us a Google review
and be entered to win an:

AMAZON GIFT CARD

How to Participate:

1. Search 'MCITY Support Services' on Google
2. Click 'Write a Review'
3. Share your experience honestly
4. You're automatically entered to win!



*Winner drawn monthly.
All reviews appreciated!*

Follow Us on Social Media

Stay connected with MCITY! Follow us for daily wellness tips, healthcare news, inspiring stories, and community updates.



MCITYSupportServices Home Care



@MCITYHSS



MCITY Support Services

Tag us in your posts using #MCITYCare #CompassionateCare