Newsletter.

July 2026-Vol. 06

MCITY SUPPORT SERVICES
Because We Care



"Summer Wellness, Safety & Community Support"

A July Message from MCITY Support Services

Summer is in full swing, and with it comes a season of sunshine, gatherings, and a little more time outdoors with the people who matter most. As we move through July, we want to take a moment to thank our clients, families, and caregivers who make our community what it is.

This time of year can also bring its own kind of busyness. Whether you're planning summer activities, managing care for a loved one, or simply trying to keep up with the heat, please remember that support is always within reach. Our team remains here for you throughout the season for questions, check-ins, or just a friendly conversation.

This issue is all about staying well this summer: protecting your own well-being, knowing the services available to you, and a few timely safety reminders tied to two important awareness days this month. We hope you enjoy it and that your July is filled with warmth, connection, and care.

With gratitude,
The MCITY Support Services Team



This Month's Service Spotlight

Community Support and Client Check-Ins

Each month, we like to highlight one of our services so clients and families know exactly what's available to them. This July, we're spotlighting our Community Support and Client Check-In service.

Who it helps

This service is designed for clients who live independently or with limited family nearby, as well as those recovering from illness, adjusting to a new diagnosis, or simply wanting regular contact with someone who cares. It's also a valuable resource for family members who want extra reassurance that their loved one is doing well **between visits.**

What it includes

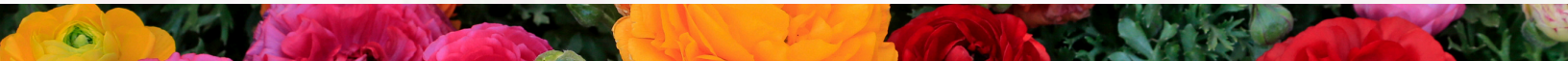
- Regular wellness check-ins by phone or in person, on a schedule that suits the client
- A friendly point of contact for questions about care, services, or daily concerns
- Early identification of changes in health, mood, or safety — so small concerns don't become bigger ones
- Coordination with family members or other care providers when needed

How to access it

Speak with your care coordinator, or contact our office directly at 647-243-6507 or through www.mcitysupportservices.com to set up check-ins or learn more.

Why it matters

Regular check-ins build a safety net — catching small issues early, reducing isolation, and giving clients and families peace of mind. A short conversation can make a meaningful difference in someone's day and in their overall well-being.





Healthy Recipes

Strawberry & Cream Parfait

Ingredients

- 2 cups fresh strawberries, sliced
- 1 cup plain Greek yogurt
- 2 tbsp honey or maple syrup
- ½ cup granola
- Fresh mint, for garnish (optional)

Instructions

Layer yogurt, strawberries, and granola in a glass
Drizzle with honey or maple syrup
Repeat layers and top with mint
Served chilled - a refreshing, protein-rich treat for warm days

💡 Rich in calcium, protein and antioxidants

Grilled Corn & White Bean Salad

Ingredients

- 2 ears corn, grilled and kernels removed
- 1 can white (cannellini) beans, drained and rinsed
- 1/2 red onion, finely diced
- ¼ cup fresh parsley, chopped
- 2 tbsp olive oil + 1 tbsp lemon juice
- Salt and pepper to taste

Instructions

Combine corn, beans, onions and parsley in a bowl
Whisk olive oil. lemon juice, salt and pepper: pour over salad
Toss gently and chill before serving
A light, fibre-rich side that pairs well with anything off the grill



💡 Packed with fibre, plant protien & Folate

LAUGHTER IS THE BEST MEDICINE

Q: Why did the maple tree apply for a job?

A: "It heard there were great "syrup-visor" positions available!"

Q: What do you call a Canadian who can tell time without a clock?

A: "A timber-wolf- they always know when it's thyme"

Q: Why don't fireworks ever get cold on Canada Day?

A: because they're always so fired up!

HEALTH TRIVIA

Did You Know?

- *Canada Day marks the anniversary of Confederation in 1867 — it became an official statutory holiday in 1879.*
- *Staying socially engaged during community celebrations can reduce feelings of isolation, which is especially important for older adults.*
- *Sunscreen should be reapplied every two hours when outdoors, even on cloudy days.*
- *A brisk 10-minute walk can boost mood for up to two hours afterward — a great excuse for an evening stroll.*
- *Watermelon is over 90% water, making it one of the best hydrating foods for hot summer days.*



Canadian Injury Prevention Day — July 6

A reminder that most injuries are preventable

Canadian Injury Prevention Day is a national reminder that the leading causes of injury — falls, heat-related illness, and accidents at home or at work — are largely preventable with a little awareness and planning.

Preventing Falls

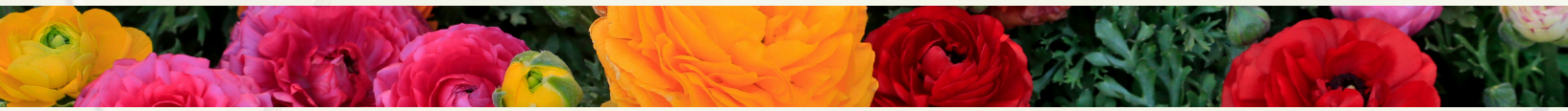
- Keep walkways, stairs, and entryways clear of clutter, cords, and loose rugs.
- Ensure good lighting in hallways, bathrooms, and stairwells, especially at night.
- Use handrails on stairs and grab bars in bathrooms where needed.
- Wear supportive, non-slip footwear, even indoors.

Preventing Heat-Related Illness

- Stay hydrated and limit outdoor activity during peak afternoon heat.
- Watch for dizziness, confusion, or excessive sweating in yourself or those in your care.
- Use fans, air conditioning, or a cooling centre when home temperatures climb.

Preventing Workplace & Home Accidents

- Store cleaning products, medications, and sharp tools safely and out of easy reach.
- Test smoke and carbon monoxide detectors monthly.
- Take breaks during physical tasks and ask for help with heavy lifting.
- Report any home safety concerns to your care team — a quick fix now can prevent an injury later.



International Self-Care Day — July 24

A day to pause, reflect, and prioritize your own well-being.

International Self-Care Day falls on 7/24 each year — a date chosen to represent caring for your health 24 hours a day, 7 days a week. It's a fitting reminder that self-care isn't a once-in-a-while event but an everyday practice.

Ways to Practice Self-Care This Month

- Rest without guilt. Permit yourself to slow down, especially during the heat of summer.
- Ask for help. Whether it's a family member, friend, or our care team, support is there when you need it.
- Set boundaries. It's okay to say no to extra commitments when you need to protect your energy.
- Stay hydrated and nourished. Small, consistent habits add up to big differences in how you feel.
- Check in on your mental health. Stress, sadness, or anxiety deserves the same attention as physical symptoms.
- Reach out before a crisis point. Support services — including ours — are most effective when accessed early, not just in emergencies.

If you or someone you care for is struggling, please don't wait until things feel unmanageable. Our team is here to talk, to listen, and to help connect you with the right support.



Self-Care Is Not Selfish

Simple Ways to Protect Your Well-Being This Summer

Whether you're a client, a family caregiver, or part of our support team, it's easy to put your own needs last, especially during a busy season. But caring for yourself isn't a luxury; it's what allows you to keep showing up for the people and things that matter to you.

- Drink water throughout the day, even before you feel thirsty — hydration affects energy, mood, and focus.
- Stay connected. A short call or visit with a friend or family member can lift your mood and ease feelings of isolation.
- Take real breaks. Stepping away — even for ten minutes — helps prevent burnout, especially for caregivers.
- Manage stress with small daily habits: a short walk, deep breathing, or time in the sun can all help.
- Get enough rest. Heat and longer daylight hours can disrupt sleep — keep a consistent bedtime routine where you can.
- Reach out for help before you reach your limit. Asking for support is a sign of strength, not weakness.

If you're a caregiver supporting a loved one, remember: you cannot pour from an empty cup. Taking care of yourself is part of taking care of them

