



Newsletter.



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**Sun, Strength
&
Summertime Care**

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June is Alzheimer's and Brain Awareness Month

Every June, communities across Canada pause to recognize Alzheimer's & Brain Awareness Month, a time to honour those living with dementia, support the families who care for them, and break the stigma that too often surrounds memory loss. At MCITY Support Services, we believe that every person deserves to feel safe, valued, and understood, no matter where they are on their journey. Alzheimer's disease is the most common form of dementia, affecting over half a million Canadians today. It is a progressive brain condition that affects memory, thinking, behaviour, and the ability to carry out everyday tasks. While there is currently no cure, early recognition and quality care can make a profound difference in quality of life

Early Signs to Watch For

- **Memory loss that disrupts daily life — forgetting recently learned information or important dates**
- **Difficulty planning, problem-solving, or following familiar recipes and routines**
- **Confusion with time, place, or recognizing familiar people**
- **Withdrawal from social activities, hobbies, or conversations**
- **Changes in mood, personality, or increased anxiety and depression**
- **Trouble completing familiar tasks at home, at work, or during leisure activities**

How MCITY Supports Clients Living with Dementia

Our caregivers are trained in person-centred dementia care — providing consistent routines, compassionate companionship, gentle reminders, and a safe home environment. We work closely with families to ensure every client feels dignity and comfort in their own home. Contact us to learn more about our specialized dementia care services.

Caregiver SPOTLIGHT



Meet Andrea Gordon, a compassionate and dedicated Personal Support Worker for the past eight years. Andrea has acquired extensive experience in long-term health, community health, and in-home health care. She is highly skilled in providing personal, dementia, palliative, and rehabilitative care. All her clients are treated in the order of dignity, independence, preference, privacy and safety. I am committed to improving patients' quality of life.



Healthy Recipes

Watermelon Mint Refresher

Ingredients

- 3 cups seedless watermelon
- Juice of 1 lime/lemon
- 6 fresh mint leaves
- 1 cup cold water or sparkling water
- Ice as desired
- Pinch of Salt (optional)

Instructions

Blend watermelon, lime juice, mint, and water until smooth.

Pour over ice in a tall glass.

Garnish with a mint sprig or lime/lemon slice.

Enjoy immediately, perfect for hot summer days?



Rich in hydration Vitamin C, & electrolytes

Simple Summer Greek Salad

Ingredients

- 2 cups cucumber, diced
- 1 cup cherry tomatoes, halved
- ½ red onion, thinly sliced
- ½ cup Kalamata olives
- 100g feta cheese, crumbled
- 3 tbsp olive oil + 1tbsp lemon juice
- Salt, pepper & dried oregano

Instructions

Combine cucumber, tomatoes, onion, and olives in a large bowl.

Whisk together olive oil, lemon juice, salt, pepper and oregano.

Pour dressing over vegetables and toss gently. top with crumbled feta and serve chilled.

Pairs well with grilled chicken or pita bread!



Packed with fibre, healthy fats & antioxidants!



LAUGHTER IS THE BEST MEDICINE

Q: What did the stethoscope say to the heart?

A: "To get a little brighter!"

Q: What do you call a sleep dinosaur?

A: "a dino-snore."

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

A: In case she needs to draw blood!

HEALTH TRIVIA

Did You Know?

- June is both Alzheimer's & Brain Awareness Month and Men's Health Month — two important reasons to check in on the people you love
- The human brain contains approximately 86 billion neurons — each one capable of forming thousands of connections.
- Staying socially connected can reduce the risk of cognitive decline by up to 70% — a great reason to call a friend today!
- Drinking water before feeling thirsty helps maintain energy levels — thirst is actually a late signal of mild dehydration
- Just 150 minutes of moderate activity per week — like walking — can significantly improve brain health and mood.



Health Alert: Summer Heat in Ontario

SOURCE: PUBLIC HEALTH ONTARIO

As temperatures rise this June across Ontario, heat-related illness is a serious risk — especially for seniors, individuals with chronic conditions, and those receiving home care. Older adults are particularly vulnerable because the body's ability to regulate temperature naturally decreases with age. Our caregivers are trained to monitor and respond to signs of heat-related illness.

Key Facts About Heat & Senior

- Heat stroke can develop in under an hour on very hot days
- Certain medications can increase sensitivity to heat — ask your pharmacist
- Seniors may not feel thirsty until they are already dehydrated
- Humidity makes heat harder to tolerate, even at lower temperatures
- Air conditioning is the most effective protection against extreme heat

Warning Signs to Watch For

- Heavy sweating, pale or flushed skin
- Weakness, dizziness, or fainting
- Nausea, vomiting, or headache
- Confusion or disorientation — call 911 immediately
- Muscle cramps or rapid pulse
- Skin that is hot, red, dry — a sign of heat stroke emergency

How to Protect Yourself & Those in Your Care

- Drink 6–8 glasses of water daily, even if not feeling thirsty — and avoid alcohol and excess caffeine
- Keep blinds, curtains, and windows closed during the hottest part of the day (12 PM – 4 PM)
- Wear lightweight, loose-fitting, light-coloured clothing and a wide-brimmed hat outdoors
- Never leave anyone — including clients, children, or pets — in a parked car, even briefly
- Plan outdoor activities for early morning or evening when temperatures are cooler
- Check in on elderly or vulnerable neighbours during heat alerts — a quick call matters
- If you feel unwell from the heat, move to a cool space immediately and call for help
- Use fans and air conditioning; visit a local cooling centre if your home gets too hot

THE NEW TREND 7 DIGITAL CORNER

Trend: Tech that Feels Like Family

Have you ever wished for a simpler way to keep track of your daily routine without staring at a tiny smartphone screen? One of the biggest trends in home wellness today is the use of Voice Assistants — like Amazon Alexa or Google Home.

These little countertop speakers are changing the game for independent living, and they are incredibly easy to use. You don't even need to know how to type — you just talk to them!

**“ Alexa, remind me to take my blue pill
at noon. ”**

[🗣️ Voice Device]



Gentle Reminders

Program it to softly remind you to take medications, drink water, or do your morning stretch — no phone needed.



Hands-Free Entertainment

Just say, “Play music from the 1960s” or “Read my audiobook,” and your room fills with sound instantly.



Instant Information

Curious about the weather before stepping outside? Just ask, “What is the temperature today?” — no searching required.



Easy Connection

Many devices let you make hands-free phone calls to family just by saying their names. Staying connected has never been simpler.

Did you know? Amazon Echo Dot, Google Nest Mini, and Apple HomePod Mini are available at most electronics stores and can be set up in minutes.



MCITY Can Get You Set Up!