MARCH 2026

Newsletter

MCITY SUPPORT SERVICES
Because We Care

Welcoming Spring, Embracing Wellness, Growing Together.

~Compassionate Home Care Every Season~

Spring Into Wellness

TIPS FOR SENIORS

As the weather warms up, stay safe with these essential spring tips:

Allergy Management

Keep windows closed on high pollen days
Take allergy medications as prescribed
shower after spending time outdoors

Mental Health

Enjoy natural sunlight daily
Reconnect with outdoor hobbies
Stay socially connected
Practice mindfulness in nature

Safe Outdoor Activity

Stay hydrated during walks
Wear supportive footwear outdoors
Avoid uneven garden surfaces

Spring Home Tips

Check Smoke detector batteries
Clear clutter for walkways
Test Outdoor lighting

LAUGHTER IS THE BEST MEDICINE

Q: Why is March the optimistic month?

A: Because it springs forward!

Q: What did the big flower say to the little flower?

A: Hey there, little bud!

Q: Why did the gardener plant light bulbs?

A: She wanted to grow a power plant!

HEALTH TRIVIA

Did You Know?

- *Spring sunshine helps your body produce Vitamin D, which strengthens bones and boosts your immune system!*
- *Gardening for just 30 minutes can burn about 150 calories, the equivalent of a brisk walk!*
- *Regular social interaction can reduce the risk of dementia by up to 40% in seniors.*
- *The human nose can detect over 1 trillion different scents, - perfect for enjoying spring flowers.*
- *Spending time in green spaces can lower blood pressure by up to 10% in just 20 minutes*



BIRTHDAY CELEBRATIONS

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

MARCH

Hanna
Zaccheaus

Healthy Spring Recipes



Spring Green Salad

Ingredients

2 Cups mixed spring greens
½ cup cherry tomatoes, halved
¼ cup cucumber, diced
2 tbsp feta cheese, crumbled
1 tbsp olive oil+ lemon juice

Instructions

Toss greens in a large bowl
Add tomatoes and cucumber
Sprinkle with feta
Drizzle with dressing
Toss gently and serve fresh!
RICH IN VITAMIN A, C, AND K!

Spring Energy Smoothie

Ingredients

1 cup Strawberries
½ Banana
½ cup mango
½ cup almond milk
1 Tbsp chia seeds
½ cup yogurt

Instructions

Combine ingredients in a blender and blend all ingredients until smooth
Pour into a glass and enjoy immediately for maximum freshness!



CLIENT TESTIMONIAL

We have been with MCITY Support Services since 2022. Our son has complex health needs and both developmental and physical challenges. Jake, at 28 years of age, is developmentally delayed (functioning like a 3-year-old), has a seizure disorder, and is also on the autism spectrum. In 2011, Jake was diagnosed with osteosarcoma, with a tumour above this knee, necessitating amputation surgery. Jake walks adeptly with a prosthetic leg.

Given these challenges, you can imagine that finding Personal Support Workers who meet Jake's needs would be a daunting task.

From our first conversation with Kaydene, who is compassionate and knowledgeable, we felt in good hands. Kaydene is organized and responsive, with good communication skills.

The PSWs we have met through MCITY are extremely capable, caring, and knowledgeable. They take the time to really listen to our concerns and goals for Jake. They are very patient with Jake and work hard to make positive and personal connections with him.

We would highly recommend this organization. From administration to the caring, capable staff, you will not be disappointed.



Kind regards,

Jake 's mother