



Newsletter.



“
Healthy
Beginnings,
Hopeful Futures.
”

May is Mental Health Awareness Month–You Are Not Alone

Every year in May, communities across Canada come together to recognize Mental Health Awareness Month, a time dedicated to breaking the silence around mental health and reminding us all that our minds matter just as much as our bodies. Mental health is not a luxury — it is a vital part of who we are and how we show up for ourselves and the people we love. This month is a call to check in, speak up, and reach out — whether you are going through something difficult or simply want to be there for someone who is. At MCITY Support Services, we believe that every person deserves to feel supported, seen, and never alone on their journey. Together, let us make May a month of compassion, connection, and healing



Mind, Body & Bloom

WELLNESS TIPS FOR MAY

As we bloom into May, nurture your whole self with these wellness reminders:

Mental Health

- Talk to someone you trust
- Take breaks without guilt
- Limit social media use
- Practice deep breathing daily

Social Connections

- Call a friend or family member
- Join a community activity
- Share a meal with someone
- Say a kind word to a neighbour

Mindfulness

- Sit quietly in nature for 10 mins
- Write down 3 things you're grateful for
- Listen to calming music
- Let yourself rest — it is enough

Physical Wellness

- Take a 20-minute walk outdoors
- Stay well hydrated each day
- Prioritize consistent sleep
- Stretch in the morning sun

Home & Safety

- Open windows for fresh spring air
- Clear pathways of clutter
- Check smoke detector batteries
- Update your emergency contacts

Caregiver Wellness

- You cannot pour from an empty cup
- Use your breaks — really use them
- Reach out to your Coordinator if needed
- Ask for help — it is a strength





BIRTHDAY CELEBRATIONS

JOIN US IN CELEBRATING OUR TEAM
MEMBERS AND CLIENTS WITH
BIRTHDAYS THIS MONTH!

MAY
Karen

Healthy Recipes

Mango Mint Smoothie

Ingredients

- 1 cup frozen mango chunks
- ½ banana
- ½ cup plain Greek yogurt
- ½ cup orange juice
- 5 fresh mint leaves
- 1 tsp honey (optional)
- Ice as desired

Instructions

Add all ingredients to a blender
Blend until smooth and creamy
Pour into a glass over ice
Garnish with a mint sprig and enjoy!

Rich in Vitamin C, potassium & probiotics!

Spring Veggie Stir-Fry

Ingredients

- 1 cup snap peas
- 1 cup broccoli florets
- 1 medium carrot, sliced thin
- ½ red bell pepper, sliced
- 2 cloves garlic, minced
- 2 tbsp low-sodium soy sauce
- 1 tbsp sesame oil + 1 tsp honey

Instructions

Heat sesame oil in a large pan over medium-high heat
Add garlic, stir 30 seconds until fragrant
Add vegetables and stir-fry 5–6 minutes until tender-crisp
Mix soy sauce and honey; pour over and toss well
Serve over brown rice or noodles

Packed with fibre, iron & antioxidants!



LAUGHTER IS THE BEST MEDICINE

Q: What did the stethoscope say to the heart?

A: "I hear you loud and clear!"

Q: What did the bandage say to the wound?

A: "I've got you covered."

Q: Why did the witch go to the doctor?

A: She had a dizzy spell.

HEALTH TRIVIA

Did You Know?

- Mental Health Awareness Month has been recognized in Canada every May since the 1950s — awareness saves lives.
- Drinking water before you feel thirsty can help maintain better energy levels — thirst is actually a late signal of mild dehydration.
- Taking slow, deep breaths can activate your body's "rest and digest" system, lowering heart rate and blood pressure within minutes.
- Standing up and moving for 2–3 minutes every hour can offset some of the negative effects of sitting all day
- Stretching for even 5 minutes a day can reduce stiffness and improve posture over time.

Health Alert: Tick Season in Ontario

SOURCE: PUBLIC HEALTH ONTARIO

As warmer weather returns, tick season is getting underway in Ontario. Ticks are biting pests that can transmit pathogens to humans, companion animals, livestock, and wildlife. In recent years, some tick species have expanded into new areas across Ontario — making it more important than ever to know which ticks are present, the risks they pose, and how to protect yourself and those in your care.

Key Facts About Ontario Ticks

- Ontario is home to more than 40 tick species
- Only a few species commonly bite people
- Blacklegged ticks (deer ticks) pose the greatest health risk
- They can transmit Lyme disease and other infections
- Ticks are active when temperatures are above 4°C — including cool spring days
- Ticks do not jump or fly — they latch on from low vegetation as you brush past

Health Risks to Know

- Lyme Disease — most common tick-borne illness in Ontario
- Early symptoms: fever, fatigue, headache, muscle aches, bullseye rash
- Anaplasmosis & Powassan virus — less common but serious
- Risks apply to humans, dogs, cats, and horses
- Removing a tick within 24–36 hours greatly reduces infection risk

How to Protect Yourself & Those in Your Care

- Wear light-coloured clothing, long sleeves and pants in wooded or grassy areas
- Tuck pants into socks — ticks crawl upward looking for warm skin
- Use insect repellent containing DEET or Icaridin on exposed skin and clothing
- Walk on cleared paths; avoid tall grass, leaf piles, and wooded edges
- Do a full-body tick check on yourself, children, and pets after time outdoors — check hairline, armpits, groin, and behind the knees
- Shower within 2 hours of coming indoors to wash off unattached ticks
- Remove attached ticks with fine-tipped tweezers — grasp close to skin, pull straight up; do not twist
- Clean bite area with rubbing alcohol or soap and water after removal
- If rash, fever, or flu-like symptoms develop after a tick bite — contact a healthcare provider promptly