

Newsletter.

MCITY SUPPORT SERVICES
Because We Care



"Remember, Care & Connect"

November: a Month to Remember and Prepare

November opens with the end of daylight saving time, and the earlier evenings remind us that winter is on its way. It is a month to pause and remember. On Wednesday, November 11, we observe Remembrance Day and honour the veterans and service members who have served our country, and the families who stand behind them. November is also Diabetes Awareness Month and Falls Prevention Month, two good reasons to check in on our health and our homes before the cold season settles in. At MCITY Support Services, we help clients live safely, comfortably, and with dignity in the homes they love. As the days grow shorter, a visit, a phone call, or a warm meal can mean more than you know. From all of us at MCITY, thank you for trusting us with the care of the people you love.

World Diabetes Day: Know the Signs

THIRST

DRINKING

Always thirsty, even after drinking?

URINE

BATHROOM

Needing to go much more often?

TIRED

ENERGY

Unusually tired or weak?

HEALING

SKIN

Cuts or sores slow to heal?

Blurred vision can be a sign too. These signs can have other causes, and only a health care professional can diagnose diabetes. Talk to your doctor if you notice them.

Living Well with Diabetes

- **Ask your doctor or pharmacist about diabetes screening, especially if diabetes runs in your family**
- **Take medications exactly as prescribed, and never stop without asking your doctor**
- **Stay active with daily walks or gentle movements that suit your ability**
- **Choose vegetables, whole grains, and water over sugary drinks and sweets**
- **Check your feet every day, and tell your care team about any sores or changes**

How MCITY Supports Living Well with Diabetes

Daily habits make the biggest difference. Our caregivers help with meal preparation that follows your care plan, medication reminders, and safe daily activity. They notice changes to pass on to your care team, and offer the encouragement and companionship that make healthy routines easier to keep. We work alongside families and your health care team. Contact us to learn more about our home care services.

Supporting a Loved One with Diabetes

- **Ask the care team what low and high blood sugar look like, and what to do if they happen**
- **Offer meals and snacks that fit their meal plan, and eat together when you can**
- **Join them on short walks, and celebrate small wins**
- **Be patient: managing diabetes every day can feel tiring, and encouragement helps**
- **Take breaks yourself. Respite care gives family caregivers time to recharge**

Cozy Recipes for Cold Days

Hearty Lentil & Vegetable Soup

Serves 6 | Prep 15 min | Cook 35 min

Ingredients

- 1 tbsp olive oil
- 1 onion, 2 carrots, and 2 celery stalks, diced
- 3 cloves garlic, minced
- 1½ cups dried red or brown lentils, rinsed
- 1 can (796 mL) diced tomatoes
- 6 cups low-sodium vegetable broth
- 1 tsp cumin and 1 tsp paprika
- 2 cups chopped spinach or kale
- Juice of ½ lemon, and black pepper

Directions

1. Warm the oil in a large pot. Cook the onion, carrots, and celery for 5 minutes.
2. Stir in the garlic, cumin, and paprika for 1 minute.
3. Add the lentils, tomatoes, and broth. Bring to a boil.
4. Simmer 25 to 35 minutes, until the lentils are tender.
5. Stir in the greens for 3 minutes. Finish with lemon juice and pepper.



Nutrition note: Lentils and vegetables are rich in fibre and plant protein, which help you feel full longer. Choose low-sodium broth to keep the salt down.

Maple Poached Pears

Serves 4 | Prep 10 min | Cook 25 min

Ingredients

- 4 firm pears, peeled, halved, and cored
- 3 cups water
- 1 cinnamon stick
- 1 tbsp pure maple syrup
- 1 tsp vanilla
- ½ cup plain yogurt, to serve
- 2 tbsp chopped pecans (optional)

Directions

1. Combine the water, cinnamon stick, maple syrup, and vanilla in a medium pot. Bring to a gentle simmer.
2. Add the pears, cut side down. Cover.
3. Simmer 15 to 20 minutes, until a knife slides in easily.
4. Serve warm with a spoonful of yogurt and the pecans.



Nutrition note: A warm, lightly sweet dessert with fibre from the pears. Fruit still counts as carbohydrate, so if you are managing diabetes, ask your dietitian about portion size. Leave out the pecans for anyone with a nut allergy.

Tips for Staying Warm & Safe as Winter Nears

- Change the batteries in smoke and carbon monoxide alarms when you change your clocks
- Keep walkways, steps, and entrances clear of leaves and clutter, and salt or sand icy spots
- Dress in layers, and keep the home at a comfortable temperature
- Keep a few days of medications and non-perishable food on hand in case of bad weather
- Check in on older neighbours and loved ones by phone or with a visit

Jokes & Health Trivia

Why did the scarecrow win an award?

Because he was outstanding in his field!

What is a snowman's favourite breakfast?

Frosted Flakes!

Why did the cookie go to the doctor?

Because it felt crummy!

What do you call a bear with no teeth?

A gummy bear!

Health Trivia: Did you know?

World Diabetes Day on November 14 honours Dr. Frederick Banting, who co-discovered insulin with Charles Best in 1921.

About 1 in 3 people in Canada is living with diabetes or prediabetes, according to Diabetes Canada.

Falls are the leading cause of injury among older adults, and 20 to 30 per cent of older adults fall each year.

Washing your hands with soap for at least 20 seconds helps stop the spread of colds and flu.

November Awareness Calendar

- Nov 1: Daylight saving time ends
- All month: Diabetes Awareness Month and Falls Prevention Month
- Nov 11: Remembrance Day
- Nov 14: World Diabetes Day

November Awareness: Falls Prevention & Caring for Your Mind

Falls Prevention Month

Falls are the leading cause of injury among older adults in Canada, and many falls can be prevented. Parachute, Canada's national injury prevention charity, sums it up in three steps: Move, Improve, Remove.

Move. Improve. Remove.

- **Move:** stay active with strength and balance exercises that suit you
- **Improve:** have your vision checked, review medications with your pharmacist, and wear sturdy, non-slip footwear
- **Remove:** clear clutter, loose rugs, and cords, and add lighting and grab bars

If a Fall Happens

- Tell your care team about any fall, even if you feel fine
- If you feel hurt or dizzy, stay where you are and call for help
- Call 9-1-1 for severe pain, a head injury, or if you cannot get up
- Keep a phone or alert device within easy reach

MCITY can help: our caregivers help clients move safely around the home and keep daily routines steady. Talk to your coordinator about the support you need.

Remembrance Day & Caring for Your Mind

Remembrance Day is Wednesday, November 11. We honour the veterans and service members who have served, and the families who stand behind them. The day can also bring back strong memories and feelings. Shorter days and less time outdoors can affect mood too, especially for older adults and caregivers.

Simple Ways to Care for Your Mind

- Stay connected with a daily call, visit, or chat
- Get outside, or sit by a bright window, each day
- Keep a regular routine for sleep, meals, and activity
- Share a story or memory with someone, or enjoy music, faith, or crafts

When to Reach Out

If low mood, worry, or loss of interest lasts more than two weeks, or makes daily life harder, talk to your doctor. Asking for help is a sign of strength. Caregivers need support too, so make time to rest and recharge.

In crisis or thinking about suicide? Call or text 9-8-8, any time, day or night.
In an emergency, call 9-1-1.

Health Alert: Flu, COVID-19 and RSV Vaccines

HEALTH ALERT

Ontario's free fall vaccine program is under way. Flu, COVID-19, and RSV vaccines help protect older adults and people with chronic conditions from serious illness during respiratory virus season. It is not too late to get yours, and getting vaccinated also protects your family, friends, and caregivers.

Open to Everyone

Free flu and COVID-19 vaccines for everyone aged 6 months and older in Ontario

Since October 26

Flu and COVID-19 vaccines have been open to the general public. Book soon.

RSV Vaccine

Free for adults 75+ and for adults 60 to 74 who meet high-risk criteria

Where to Get Your Shots

- Participating pharmacies
- Your local public health unit
- Participating doctor and nurse practitioner offices
- For RSV, ask your doctor or nurse practitioner. Pharmacies do not currently give the publicly funded RSV vaccine.

Tips for Your Vaccine Visit

- Bring your Ontario health card and a list of your current medications
- Call ahead or book online. Many pharmacies take appointments.
- Ask whether you can get more than one vaccine at the same visit
- Wear a short-sleeved or loose top for easy access to your upper arm
- A sore arm or mild tiredness for a day or two is common and usually passes

Here to Help You Stay Well This Season

Our caregivers can help clients keep track of appointments and stay on top of daily wellness routines. Call your MCITY coordinator at 647-243-6507 to talk about the support you need.

Source: Ontario Ministry of Health Fall 2026 immunization program announcement. Eligibility and dates may change. Check with your pharmacist, doctor, or public health unit.

Digital Corner: Staying Safe While Shopping

November kicks off the busiest shopping season of the year, with Black Friday on November 27. Scammers take advantage of the rush with fake deals, fake delivery messages, and fake charity requests. A few simple habits go a long way toward keeping you and your savings safe.

> **"If it looks too good to be true, pause."**
>
> Slow down, check the seller, and ask someone you trust

Check the Seller

Shop on websites you know, and type the address yourself. Look for contact details and reviews from real customers before you buy.

Fake Delivery Texts

A message about a missed delivery with a link may be a scam. Go straight to the carrier's website or app, and do not click the link.

Pay Safely

A credit card offers more protection than a debit card or a money transfer. Never pay with gift cards, cryptocurrency, or a wire transfer.

Give Wisely

The Remembrance and holiday seasons bring charity requests. Before you donate, check that the charity is registered with the Canada Revenue Agency.

Questions about our services? We're here for you.
Call 647-243-6507 | www.mcitysupportservices.com
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