



Newsletter.



“ Harvest, Home & Gratitude ”

October: a Month to Honour Our Seniors

October begins with National Seniors Day on October 1, a time to recognize the older adults who have shaped our families and communities. Their wisdom, stories, and resilience are gifts we carry forward. At MCITY Support Services, honouring seniors is at the heart of what we do every day. We help them live safely, comfortably, and with dignity in the homes they love. This month also brings Thanksgiving on Monday, October 12. It is a season to gather, share a meal, and count our blessings. For many older adults, the holidays can also feel lonely. A visit, a phone call, or an invitation to the table can mean more than you know. As the days grow shorter and cooler, let us keep checking in on one another. From all of us at MCITY, thank you for trusting us with the care of the people you love.

World Stroke Day: Know the signs, Act FAST

F

FACE

**Is it drooping
on one side?**

A

ARMS

**Can they raise
both arms ?**

S

SPEECH

**Is it slurred or
jumbled?**

T

TIME

**Call 9-1-1 right
away**

Lowering Your Stroke Risk

- Know your blood pressure numbers and have them checked regularly
- Take medications exactly as prescribed, and never stop without asking your doctor
- Stay active with daily walks or gentle movements that suit your ability
- Eat more vegetables and whole grains, and cut back on salt
- Note the time symptoms start, since it helps the medical team choose treatment

How MCITY Supports Life After Stroke

Recovery continues long after a hospital stay. Our caregivers help with personal care, safe mobility, medication reminders, and daily routines. They also offer the encouragement and companionship that make each day easier. We work alongside families to help clients rebuild confidence at home. Contact us to learn more about our home care services.

Supporting a Loved One After Stroke

- Be patient with speech and memory changes, and give extra time to respond
- Encourage daily exercises from the therapy team, and celebrate small wins
- Make the home safer with clear pathways, grab bars, and good lighting
- Watch for signs of low mood, which is common after a stroke, and tell the doctor
- Take breaks yourself — respite care gives family caregivers time to recharge

Harvest Recipes for Thanksgiving

Maple Roasted Harvest Vegetables

Serves 4 | Prep 15 min | Cook 35 min

Ingredients

- 2 cups butternut squash, cubed
- 2 medium carrots, sliced
- 1 medium sweet potato, cubed
- 1 red onion, cut into wedges
- 2 tbsp olive oil
- 1 tbsp pure maple syrup
- 1 tsp dried thyme
- Pinch of salt and black pepper



Directions

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. Toss the vegetables with olive oil, maple syrup, thyme, salt, and pepper.
3. Spread in a single layer so the vegetables roast rather than steam.
4. Roast for 30 to 35 minutes, stirring halfway, until tender and golden.
5. Serve warm as a side dish or over brown rice for a light meal.

Nutrition note: Squash, carrots, and sweet potatoes are rich in fibre and vitamin A, which support healthy eyes and skin.

Baked Cinnamon Apples

Serves 4 | Prep 10 min | Cook 30 min

Ingredients

- 4 medium apples, cored
- ¼ cup rolled oats
- 2 tbsp chopped walnuts (optional)
- 1 tbsp soft butter or margarine
- 1 tbsp brown sugar or honey
- 1 tsp cinnamon
- ½ cup water



Directions

1. Preheat the oven to 350°F.
2. Mix the oats, walnuts, butter, sugar or honey, and cinnamon in a small bowl.
3. Stand the apples in a baking dish and fill each one with the oat mixture.
4. Pour the water into the dish around the apples.
5. Bake for 30 minutes, until the apples are soft. Cool slightly before serving.

Nutrition note: A warm, naturally sweet dessert with fibre from apples and oats. Leave out the walnuts for anyone with a nut allergy.

Tips for a Safe & Happy Thanksgiving Gathering

- Offer a comfortable chair with arms, close to the table and away from busy walkways
- Serve softer options, like mashed vegetables, for guests who find chewing difficult
- Keep the meal on the usual schedule when medications need to be taken with food
- Refrigerate leftovers within two hours to keep food safe
- Include loved ones who can't attend with a phone or video call

Jokes & Health Trivia

Why did the turkey join the band?

Because it had the drumsticks!

What did the leaf say to the tree in October?

"I'm falling for you!"

What do you call a pumpkin that guards the beach?

A life-gourd!

Why don't skeletons ever go trick-or-treating alone?

They have no body to go with!

Health Trivia: Did you know?

Stroke is an emergency: the brain can lose close to 2 million nerve cells every minute it goes untreated.

About 1 in 8 Canadian women will develop breast cancer, and men can get it too.

In any given year, about 1 in 5 Canadians experiences a mental health problem or illness.

Glaucoma often has no early symptoms, so regular eye exams are key to protecting your sight.

October Awareness Calendar

- Oct 1: National Seniors Day
- Oct 4–10: Mental Illness Awareness Week
- Oct 10: World Mental Health Day
- Oct 12: Thanksgiving
- Oct 29: World Stroke Day

October Awareness: Breast Health & Mental Health

Breast Cancer Awareness Month

Breast cancer is the most common cancer among women in Canada, and finding it early makes treatment more successful. Men can develop breast cancer too, so everyone should know what is normal for their body.

Changes to Watch For

- A new lump or thickening in the breast or armpit
- A change in the size or shape of the breast
- Dimpling, redness, or puckering of the skin
- Changes to the nipple, or unusual discharge

See your doctor or nurse practitioner if you notice any of these

Screening in Ontario

- Ages 40 to 74 can book a mammogram without a referral, covered by OHIP
- From age 50 to 74, a mammogram every 2 years is recommended
- Over 74? Speak with your doctor about whether to keep screening
- Book through the Ontario Breast Screening
- Program: 1-800-668-9304

MCITY can help: our caregivers can help clients keep track of screening appointments and follow-up care. Talk to your coordinator about the support you need

Mental Illness Awareness Week & World Mental Health Day

Mental Illness Awareness Week runs from October 4 to 10, ending with World Mental Health Day on October 10.

Mental health matters at every age. Shorter days, health changes, and time alone can affect mood, 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
- Do something you enjoy, such as 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: Fall Vaccines Are Here

HEALTH ALERT

Ontario's free fall vaccine program has started. Flu, COVID-19, and RSV vaccines help protect older adults and people with chronic conditions from serious illness during respiratory virus season. Getting vaccinated early also protects your family, friends, and caregivers.

Now Available

Flu and COVID-19 vaccines for people aged 65+, residents of long-term care and retirement homes, and hospital patients

October 26

Flu and COVID-19 vaccines open to everyone in Ontario

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

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 from Scams

October is Cyber Security Awareness Month in Canada. Scammers often target older adults by phone, text, and email, using fear or urgency to rush people into sending money or sharing personal information. A few simple habits go a long way toward keeping you and your savings safe.

“If it feels urgent, slow down.”

Hang up, pause, and check with someone you trust

Watch for the “Emergency” Call

A caller may claim to be a grandchild, police officer, or bank employee who needs money right away. Hang up and call your family member or bank at a number you know.

Never Share Codes or Passwords

Your bank, the government, and Canada Revenue Agency will never ask for your password, PIN, or a one-time code by phone, text, or email.

Think Before You Click

Do not open links or attachments in unexpected messages, even when they look official. When in doubt, go directly to the organization’s website.

No Gift Cards or Crypto

Real organizations never ask for payment in gift cards, cryptocurrency, or wire transfers. A request like this is a sign of a scam.

Questions about our services? We’re here for you.
Call 647-243-6507 | www.mcitysupportservices.com
MCITY Support Services — Because We Care