



Newsletter.

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**Crisp Air, Comfort
&
Care**
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September is Arthritis Awareness Month

Every September, communities across Canada recognize Arthritis Awareness Month — a time to support the millions of Canadians living with joint pain, honour the caregivers who walk alongside them, and raise awareness of a condition that is too often dismissed as “just part of getting older.” At MCITY Support Services, we believe no one should have to manage pain alone, and that the right support can help every person keep doing the things they love. Arthritis is one of the most common chronic conditions in Canada, affecting people of every age, though it is especially prevalent among older adults. It causes pain, stiffness, and swelling in the joints, making everyday tasks like dressing, cooking, and climbing stairs a challenge. While there is no cure, early diagnosis, gentle movement, healthy eating, and quality care can make a profound difference in comfort, mobility, and quality of life.

Living Well with Arthritis: Tips for Healthy Joints

- Keep moving — gentle, low-impact activity like walking, swimming, or chair exercises keeps joints flexible and muscles strong
- Warm up in the morning — a warm shower or heating pad eases stiffness, while a cold pack helps calm swollen, achy joints
- Maintain a healthy weight — even a small amount of weight loss takes real pressure off knees, hips, and ankles
- Eat to fight inflammation — fish, leafy greens, nuts, beans, and colourful fruits and vegetables support joint health
- Pace yourself — balance activity with rest, break big tasks into smaller steps, and use helpful tools like jar openers or reachers
- Protect your joints — carry bags on your forearms or shoulders, push instead of pull, and mind your posture
- Don't dismiss ongoing pain as “just aging” — early diagnosis and treatment can slow damage and preserve mobility

How MCITY Supports Clients Living with Dementia

Our caregivers understand that some days are harder than others. We provide hands-on help with the tasks stiff joints make difficult — dressing, meal preparation, light housekeeping — along with walking and mobility support, gentle encouragement to stay active, and medication reminders. We work closely with families so every client can move through their day with dignity and comfort in their own home. Contact us to learn more about our personal support services.

Caregiver
SPOTLIGHT



Meet Toni-Ann, a proud Personal Support Worker with four years of experience in both long-term care and home care. With a background in pharmacy, she brings a strong understanding of medication management, keen attention to detail, and a commitment to providing safe, high-quality care. Toni-Ann believes in treating every client with the same kindness, respect, and compassion she would offer her own family. Her goal is to build meaningful relationships with those she supports, promote their independence, and make a positive difference in their lives every day.

Healthy Recipes



Cozy Butternut Squash Soup



Rich in vitamin A, fibre & anti-inflammatory nutrients
Gentle on the joints!

Ingredients

- 1 medium butternut squash, peeled & cubed
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 apple, peeled & chopped
- 4 cups low-sodium vegetable broth
- 1tbsp olive oil
- pinch of cinnamon & nutmeg
- Salt & pepper to taste

Instructions

Sauté onion and garlic in olive oil until soft.
Add squash, apple, and broth; simmer 20–25 minutes until tender.
Blend until smooth and season with cinnamon, nutmeg, salt, and pepper.
Serve warm with whole-grain bread
— perfect for cool September evenings!

Apple Cinnamon Overnight Oats

Ingredients

- 2½ cup rolled oats
- ½ cup milk or fortified plant milk
- ¼ cup plain Greek yogurt
- 1 apple, grated or diced
- ½ tsp cinnamon
- 1 tsp maple syrup or honey
- 1 tbsp chopped walnuts

Instructions

Combine oats, milk, yogurt, cinnamon, and maple syrup in a jar.
Stir in apple, cover, and refrigerate overnight.
Top with walnuts in the morning and enjoy cold or gently warmed.
Pairs well with a cup of tea and a good conversation!



Packed with fibre, protein & heart-healthy goodness!



LAUGHTER IS THE BEST MEDICINE

Q: Why did the doctor carry a red pen in September?

A: "In case she needed to draw some fall colours!"

Q: What do you call a helpful pumpkin?

A: "A community squash-worker."

Q: Why do leaves always visit the doctor in the autumn?

A: Because they feel like they're falling apart!

HEALTH TRIVIA

Did You Know?

- Arthritis is not just one disease — it is an umbrella term for more than 100
- conditions affecting the joints, and it can occur at any age.
- Gentle movement is medicine: regular low-impact activity like walking, swimming,
- or stretching can reduce joint pain and stiffness over time.
- September is also Prostate Cancer Awareness Month — a great reason for the men
- in your life to talk to their doctor about screening.
- Getting your flu shot in early fall gives your body about two weeks to build
- protection before flu season peaks.
- Apples are one of September's best harvests — the fibre in one apple supports
- heart health, digestion, and steady energy.



Health Alert: Summer Heat in Ontario

SOURCE: PUBLIC HEALTH ONTARIO

As September arrives, so does the start of respiratory virus season in Ontario. Influenza, RSV, and COVID-19 pose a serious risk — especially for seniors, individuals with chronic conditions, and those receiving home care. Older adults are more vulnerable because immune defences naturally weaken with age. Our caregivers are trained to monitor for early signs of illness and follow strict infection-prevention practices in every home.

Key Facts About Heat & Seniors

- Seniors account for the majority of flu-related hospitalizations each year
- Flu shots are updated annually — last year's shot does not protect you this season
- A high-dose flu vaccine is available for adults 65 and older — ask your pharmacist
- Flu, RSV, and COVID-19 vaccines can often be received at the same visit
- Handwashing remains one of the most effective defences against infection

Warning Signs to Watch For

- Fever, chills, or body aches
- Cough, sore throat, or runny nose
- Unusual fatigue or weakness
- Loss of appetite or dehydration
- Trouble breathing or chest pain — call 911 immediately
- Confusion or sudden decline in an older adult — seek urgent care

How to Protect Yourself & Those in Your Care

- Get your flu shot in early fall — and ask your health care provider about RSV and COVID-19 vaccines
- Wash hands often with soap and water for at least 20 seconds, or use hand sanitizer
- Cover coughs and sneezes with your elbow, and stay home when you feel unwell
- Clean and disinfect frequently touched surfaces such as doorknobs, phones, and remotes
- Keep indoor air fresh — open windows briefly or use air filtration when possible
- Eat well, stay hydrated, and get enough sleep to keep your immune system strong
- Check in on elderly or vulnerable neighbours as the weather turns — a quick call matters
- If symptoms worsen or you are at high risk, contact your doctor early — antiviral treatment works best when started quickly

THE NEW TREND 7 DIGITAL CORNER

Trend: Wearables that Watch Over You

Have you ever wished someone could keep a gentle eye on your well-being without hovering? One of the biggest trends in home wellness today is the smart wearable: watches and pendants that quietly track your health and call for help when you need it. They are comfortable, discreet, and easier to use than ever. You simply wear them — and they do the rest!

“It looks like you've taken a hard fall. Do you need help?”
[Smartwatch with Fall Detection]

Fall Detection

Many smartwatches can sense a hard fall and automatically call emergency services and notify family if you don't respond — peace of mind on every walk.

Health at a Glance

Track heart rate, sleep, and daily steps automatically. Some devices can even flag an irregular heart rhythm worth mentioning to your doctor.

Gentle Reminders

Set soft vibrating reminders to take medications, drink water, or stand and stretch — right on your wrist, no phone needed.

Family Connection

Share your location and activity with the loved ones you choose, so family can check in without checking up on you. Staying connected has never been simpler.

Did you know? Devices like the Apple Watch, Samsung Galaxy Watch, and medical alert pendants are available at most electronics stores and pharmacies — and can be set up in minutes. 🌟 MCITY Can Get You Set Up!