



MOSAIC

Home Care Services & Community Resource Centre

Spring 2013 **Newsletter**

## Upcoming Events

**Tuesday April 23, 2013**

**Paris in the Spring**

*Get inspired with Shabby Chic Decor*

**Thursday May 16, 2013**

**Movie at Mosaic**

*The Best Exotic Marigold Hotel*

**Tuesday May 21, 2013**

**Relieving Caregiver Stress and Distress**

*A Presentation for Families, Health Care Professionals  
and Individuals with Chronic Mental Health or Cognitive  
Disorders*

**Wednesday June 12, 2013**

**Absolutely Fabulous Event for Women**

*Charity event at The Bayview Golf and Country Club*

**Thursday June 27, 2013**

**Laughter Yoga**

*Snicker your Stress Away*



MOSAIC

Home Care Services & Community Resource Centre

2900 Steeles Ave East, Suit 218

Thornhill, ON L3T 4X1

# Mosaic's Newest Members



“ Since joining Mosaic I have learned that this is a very caring organization. Before I came to Mosaic I had a limited knowledge of “home care services” and all they do. However, I have since learned that we have a lot of people who need care and it’s great to help make someone’s day a little easier. I admire the patient and caring way our Client Services Team handles all incoming calls. Everyone here is very helpful. I work with amazing ladies and I look forward to learning a lot more.”



**What has been your favourite mosaic moment so far?**

I feel very honoured to have the opportunity to work at Mosaic. Getting to work with great women has been such a pleasure. Also it feels great knowing that I am helping others and giving back to the community everyday.

**What do you like to do on your free time?**

I enjoy doing stationery design, being outdoors, and my absolute favorite is playing with my beautiful children and watching them grow!

**Words to live by?**

The best things in life aren't things!





Highlights



James Bond  
Bingo & Trivia



First Link Memory Cafe™



# Paris in the Spring

## DIY SHABBY CHIC DECOR



Open those sleepy windows from winters slumber and let warm air circulate the house. Spring is a great time to clean and purge. While going through your home, put aside items you wish were new again; an old lamp, side table or even an old armoire. It's the perfect time to refurbish tarnished treasures. Almost anything in your house can be made new again through French inspired, Do It Yourself 'Shabby chic' decor methods.

- Join us for a French inspired afternoon and learn how to re-claim your old treasures!
- Enjoy a tufted headboard demonstration
- How to create french inspired wardrobes from old and tired drawers
- How to spice up your lighting
- Create a Spring wreath to welcome visitors into your home and the new season

Tuesday April 23, 2013

1:30 p.m. to 3:00 p.m.

Held at Mosaic Resource Centre. Please RSVP 905-597-7000  
Fresh coffee, tea and French pastries will be served

# A Message from Jane and Nathalie...

We are a very community focused home care company. While we take great care in providing important services to our clients, we are also very much aware of how we interface daily with the community and the many other for-profit and not-for-profit companies and organizations that work with the elderly. Caring for the elderly has always been important. But, with limited resources and an increasing demographic, it will be vital that we as a community can find ways to bring all our knowledge, expertise, resources and, our humanity, to bear to meeting this challenge. At our offices we have dedicated a large space to the community (our resource center). Here you can find information on the many resources and services available in the GTA and York Region and attend one of our many community events (attended by people of all ages), or join our volunteer led knitting group run by Susan. Notably, on the not-for-profit front we have just started working with The

Alzheimer's Society of York Region to host the "First Link® Memory Café". We also partner with a mobile dental care company, EPICITI, who provide



dental services in the home and in the community. We have also been hosting educational events for healthcare professionals. Nathalie and I, our staff and our caregivers look forward to serving you. **Jane Teasdale,**

Business Development & Community Relations Director

We have invested heavily in the training of our employees and believe in promoting a culture of safety. This safety conscious attitude streams down to those we care for in their homes and in the community. A small taste of the training topics that we provide include WHMIS (workplace hazardous materials information system), ergonomics, safe driving, fall protection, fire safety, safe knife handling, blood borne pathogens, preventing violence and harassment in the workplace, PPE (personal protective equipment), slips trips and falls, cooking skills, and so many more. We have high standards and do everything that we can to empower our employees, so they will meet or exceed expectations on a consistent basis. **Nathalie Anderson, MBA,** Director of Operations

## VirtualHospice.ca: For life's difficult questions

When living with a life-limiting illness or caring for someone, where can people go to find answers, trustworthy information and support about end of life?

Since 2004, Canadian Virtual Hospice – [www.virtualhospice.ca](http://www.virtualhospice.ca) – has been the most trusted online resource for Canadians in the last phase of life and their families. Whether dealing with advanced disease, providing care or anticipating loss, Virtual Hospice can help people and professionals:

- Find credible information in Topics
- Ask a Professional and connect to a palliative care team
- Find local Programs and Services
- Connect with others in similar situations on the Discussion Forums and the Gallery

"Many people prefer to seek answers anonymously through the website," says Dr. Mike Harlos, who heads the Virtual Hospice clinical team. "It allows them to ask questions that may be difficult to say out loud, and to express feelings that may be tough to talk about face-to-face, even with the closest confidant."

"I'm so glad to have finally found a place where I can express some of the issues that I am dealing with, and there will be people who understand." ~ Virtual Hospice community member

Visit [www.virtualhospice.ca](http://www.virtualhospice.ca) and see how people can find answers to their questions and peace of mind at one of life's most challenging times.

The Canadian Virtual Hospice is a not-for-profit organization funded by the Canadian Partnership Against Cancer, the Winnipeg Regional Health Authority and CancerCare Manitoba. The Canadian Health Libraries Association has ranked Virtual Hospice as one of the best health websites in Canada.

# **Mosaic & the Best Exotic Marigold Hotel**

**Watch a movie with us on our new TV!**

**Thursday May 16,  
2013**

**1:30 p.m. - 3:00 p.m.**  
**Coffee, tea & refreshments**



“British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than its advertisements, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways.”-IMDb

**Held at Mosaic Resource Centre**  
**RSVP 905-597-7000**





# All around the world – Welcome to the Memory Cafe/Alzheimer’s Cafe

The buzz is spreading, from Europe, the United States, and now across Canada: welcome to a cafe style environment geared towards people diagnosed with Early Alzheimer’s disease and/or related dementias, their Care Partners, as well as those who worry about memory problems. The cafes provide a friendly atmosphere where people can socialize and share experiences over a cup of coffee or tea/refreshments.

The “café environment” idea was pioneered by Dr Bére Miesen, a Dutch clinical psychologist in 1997, with his key message: “Do not hide away – come and participate with us, in this safe [AC] space, and in society and life as much as you can. You did not ask to get dementia, and it could happen to any of us. Here we understand – and want to talk about it and learn to live with it.”

According to Dr Marco Blom “an AC is much more than a social gathering. Its purpose is to reduce the stigma surrounding dementia by facilitating social contact and providing education about dementia, for everyone affected by and interested in all types of dementia. Topics relating to dementia are presented and discussed knowledgeably, sensitively and openly with people with dementia and their carers/caregivers.”

These programs can be held in community/senior centres, clubhouses or any place with a relaxed atmosphere where individuals can socialize, play games, listen to guest speakers, and ask questions in a non-threatening environment. Support staff from the Alzheimer’s Society, social workers and other professionals are present to provide support and guidance.

**Two useful sources of information can be found at the following links:**

<http://www.alzheimercafe.co.uk/>

<http://www.alzheimercafecanada.org/>

**To find an Alzheimer’s Cafe in your area:**

Contact the Alzheimer Society of Toronto at [www.alheimertoronto.org](http://www.alheimertoronto.org) 416-322-6560

**First Link @Memory Cafe at Mosaic** started on January 29th, 2013 and will run the last Tuesday of each month from 2:00 p.m. to 3:30 p.m. till the end of June 2013. **For more information contact [www.alzheimer.ca/york](http://www.alzheimer.ca/york) or call 905-895-1337**

Jane Teasdale – Mosaic Home Care & Community Resource Centre

## First Link® Memory Café at Mosaic

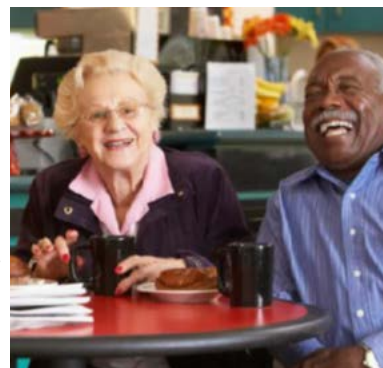
**When:** Last Tuesday of each month next Café at Mosaic –April 30th, May 28th & June 25th

**Time:** 2:00 to 3:30 p.m.

**Where:** Mosaic Home Care Services & Community Resource Centre  
The Shops on Steeles and 404 (Shopping Mall)  
2900 Steeles Avenue East, Suite 218, Thornhill, ON L3T 4X1

**Who:** Are you interested in memory related issues? Individuals who have been diagnosed with Early Alzheimer’s disease and/or related dementias, their Care Partners as well as those who worry about memory problems

**To register:** Please phone 905.597.7000 (ext.223)



For Family Members and Health Care Workers who Provide Care  
for Adults with Chronic Mental Health or Cognitive Disorders

# Relieving Caregiver Stress & Distress

Acknowledging the "Masked" Loss and Grief

Tuesday May 21, 2013  
1:30 p.m. - 3:00 p.m.

Presenting an Innovative Approach to Assist you in:

- Self managing stress and distress
- Moving forward with confidence
- Gain strength in situations including loss



With Eleanor Silverberg, BA, Psych, MSW, RSW,  
Personal & Professional Development Coach  
Assisting those providing care for others and themselves.  
Held at Mosaic Resource Centre. Please RSVP to 905-597-7000





# Laughter Yoga

With Mosaic at Centre Court



**Thursday June 27, 2013**

11:00 a.m. - 1:00 p.m.

**Stress Free - Active Living - All Ages  
Seniors Adults - Children - Live Happy**

## *Lillian Saggiorato*

As an Occupational Health Nurse Lillian had to find a way to help reduce stress and work life balance. She trained to be a Laughter Yoga Leader and commenced using this form of exercise and stress relief with employees. The results after the sessions reinforced positive energy, decreased stress a within the workplace, in seniors homes, community clubs, team building events and groups with special needs. In May 2011, Lillian led a public session at downtown Toronto's Yonge & Dundas Square drawing in many people to a midday laugh. Lillian brings professionalism and the gift of laughter to any session she leads.

**Please RSVP to 905-597-7000**

**theShops**  
on Steeles and 404

laughter yoga  
TORONTO

  
**MOSAIC**  
Home Care Services & Community Resource Centre



# Our Services

Mosaic Home Care & Community Resource Centre provides service to people of all ages and needs in the Greater Toronto Area. We provide care **by the hour, overnight, 24hr as well as live-in care.** We also provide services in **hospitals, retirement homes and long-term care facilities.**

We are proud to offer:

- nursing care
- personal support workers
- light house cleaning services
- companionship
- child care
- medication administration
- meal planning and preparation
- grocery shopping and other errands

**NURSING CARE**



Our nursing team delivers private duty care services tailored to each family's unique needs.


Some of our services include:

- Medication management
- Pain & symptom management
- Palliative care
- Wound care
- Monitoring, charting & adjusting care plan

Our services extend past the home and into retirement communities, hospitals and long-term care facilities.

Call us today for your free in-home assessment  
**905-597-7000**

Relax and let Mosaic take care of your feet!



Clinics are held every 3rd Monday of the month\*. Appointments are booked between 10:00am and 3:00pm in the clinic.

30 Minute Appointments

- Community Clinics \$30.00
- In-Home Treatment \$50.00

Payments options (receipts issued):


- Credit card (Visa, MasterCard)
- Cheque
- Cash or Debt (clinic setting only)
- Veteran's card

\* Except on statutory holidays.

Mosaic Home Care Services & Community Resource Centre  
2900 Steeles Avenue East, Suite 218  
Thornhill, Ontario L3T 4X1  
Tel. (905) 597-7000  
www.mosaichomecare.com


Call us for a complimentary assessment and home safety check at **905-597-7000**

**Part of Your Trusted Care Team!**



Mosaic Home Care Services provides nursing support for all ages and needs in the greater Toronto area, including York Region. We provide care by the hour, overnight, and 24-hours. We are an approved provider for insurance companies and accept Veteran cards.

Look for our presentation series and Blood Pressure Clinics, Assisted by Mosaic's Clinical Nurse Manager, Rhina Pinto

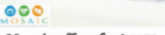



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www.mosaichomecare.com

Mosaic offers foot care services in-home AND during clinic hours at our resource centre!

Our resource centre is a wonderful place to visit for a relaxing cup of coffee or tea and to learn about different services and information in your community

**FOOT CARE**



Mosaic offers foot care services in-home AND during clinic hours

Our registered nurses (RN) have specialized foot care training and can provide the following treatments:

- Assess client's feet, document progress and maintain the client's medical history file
- Cut and file toe nails
- Treat calluses, corns, fungus and ingrown nails
- Provide a foot massage
- Refer to podiatrist as needed

RSVP to book your space  
**905-597-7000**



# Absolutely Fabulous

## Event4Women



Join us on **Wednesday June 12, 2013** from **3:00 p.m. to 6:00 p.m.** as we host an Absolutely Fabulous event for women. Come to the **Bayview Golf and Country Club** for amazing music, food and fashion. We will be giving away **prizes and gifts**. A wonderful event for **all ages** supporting a great cause!

**+Marilyn Wetston** "The Wardrobe Doctor" will be discussing fun accessories and fashion. **+Author Nathalie Prezeau**, featured on the Globe & Mail's 2013 bestseller's list, will be debuting her Spring 2013 guide and signing books.



All ticket proceeds will be going to the Canadian Hadassah-WIZO Toronto Centre. CHW is non-political and volunteer driven. They fund a multitude of programs and projects for children, healthcare in Toronto as well as women in Israel and Canada.  
[www.chw.ca/toronto](http://www.chw.ca/toronto)

Early bird tickets can be purchased for \$10.00 at Mosaic Home Care & Community Resource Centre. Attendees **MUST RSVP** to purchase tickets at the door for \$15.00- Cash only.



905-597-7000





# Stay active in your community

## FOOT CARE CLINIC

MOSAIC HOME CARE & COMMUNITY RESOURCE CENTRE

Next clinic will be held

April 15/17, 2013    May 13/15, 2013  
June 17/19, 2013

9:00 a.m. – 3:00 p.m.

Mosaic's Registered Nurse can provide the following treatments:

Assess clients' feet and document progress | Cut and file toe nails  
Treat calluses, ingrown toe nails, corns, fungus | Referrals to podiatrist | Foot Massage Provided

### CALL TO BOOK AN APPOINTMENT

905.597.7000

- COMMUNITY CLINICS \$35.00
- IN HOME TREATMENT \$50.00

PAYMENTS CAN BE MADE BY VISA, MASTERCARD, CASH OR CHEQUE  
RECEIPTS WILL BE ISSUED | VAC ACCEPTED



Mosaic Home Care Services & Community Resource Centre  
2900 Steeles Avenue East | Suite 218 | Thornhill, ON | L3T 4X1

Tel. 905.597.7000 | Fax. 905.597.5446

www.mosaichomecare.com | info@mosaichomecare.com

Located at the Shops on Steeles & 404 | Second Floor | Near Sears Outlet

Free Parking and Elevator Access



## Join us!

### The Knitting Group



All ages and levels welcome

Time: 1:30 p.m. - 3:00 p.m.

Every Wednesday

Free of charge - materials  
not included

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## RSVP for our events

### 905-597-7000

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