



Newsletter

SPRING & SUMMER 2024



About Mosaic, Our Community Resource Centre, and our Newsletter

We are an internationally recognised provider of person centered community integrated home care. Our model addresses the wider social and emotional needs of the person and their families both in their homes and in their communities.

We operate a resource centre and pop-up events around the GTA. These provide a wide range of events to the community as well as information on community resources. Our events are mostly free and include social, educational, physical, cognitive, historical, festive and many other monthly activities. We host Memory Cafés and Community Cafés and provide regular pole walking and knitting group activities.

This newsletter provides information on our many events as well as our wider community outreach and speaking events. People of all ages are welcomed and respected as persons of meaning, being and community.

What a difference we make®!

Featured Events



ONLINE PROGRAMS ON ZOOM

ONGOING:

Mosaic's Knitting & Crochet Group (Zoom)

Every other Wednesday starting from April 3rd to June 19th, 2024.



Mosaic's Growing Wellness Cafe (Zoom)

Gentle warm-up and brain exercises. Experience this month's garden and nature theme through poetry, art, and activities. A Memory – Friendly Community Program.

Thursdays, April 4th, May 2nd, June 6th, July 4th, and August 1st, 2024

Functional Fitness with Joanne Picot (Zoom)

Join Joanne once a month online for a complete body workout featuring simple exercises to build muscles, flexibility, and boost heart health.

Fridays, May 10th, June 14th, and July 12th, 2024

Dance Fitness with Jenn Hicks (Zoom)

Join us on Zoom for this low impact dance fitness class with Jenn that uses diverse music and simple dance movements to create a dynamic and energizing aerobic workout.

Thursdays, May 30th, June 27th and July 25th, 2024

HIGHLIGHTED IN-PERSON SPRING/SUMMER EVENTS AT MOSAIC'S COMMUNITY HUB



Dance Fitness Weekly at Armour Heights with Jenn Hicks (In-Person)

– This low impact dance fitness class with Jenn uses diverse music and simple dance movements to create a dynamic and energizing aerobic workout. With easy-to-follow moves that can be done seated or standing.

Mondays, every week from April 1st to July 29th, 2024

Movement, Minds and Magic – With Robin Gertin & Jennifer Hicks (In-Person) – Full morning program that offers movement, socializing and creativity for our community. (A Memory – Friendly Community Program).

Mondays, April 29th, May 27th & June 24th, 2024

Fashion, Looking Your Best at Any Age – An Afternoon Tea and Chat on Refreshing Your Look for 2024 – Featuring Marilyn Wetston from 740 AM Zoomer Radio (In-Person)

Thursday April 18th, 2024



Mosaic's Community Café

Scheduled Workshops: (In-Person)

- Tuesday April 30th, 2024 – Twiddlemuff Making with Mosaic
- Thursday May 9th, 2024 – “Sound Advice for a Happy Retirement” with Sheldon Parker
- Thursday June 13th, 2024 – Rimbala Movement & Music with Dr. Daniel Rubinoff

Mosaic's Walking Club Program (In-Person)

Tuesdays, July 9th to September 24th, 2024

IN-PERSON SPRING/SUMMER EVENTS HELD IN THE COMMUNITY ORGANIZED BY MOSAIC HOME CARE

Forest Bathing in Hoggs Hollow with Emma Rooney from Blooming Caravan (In-Person)

Friday May 24th, 2024

Tour the Evergreen Brick Works with Mosaic! (In-Person)

Thursday May 30th, 2024

Tour The Toronto Botanical Gardens with Mosaic (In-Person)

Wednesday June 12th, 2024

Stay Tuned! Come Celebrate Seniors Month and World Elder Abuse Awareness Day with North York & Scarborough Elder Abuse Networks “Presentations, resources, panel speakers from local community agencies”. Refreshments provided by Forestview Retirement Residence.

Date: June 14th, 2024 **Time:** 1:30 p.m. to 3:30 p.m.

Location: North York Seniors Centre, 21 Hendon Avenue, North York

To register contact reception desk at 416.733.4111



Join Mosaic Home Care on AM740's Updates on Home Care & Community	
featured on... <i>From a Woman's Perspective</i>	
Saturday mornings at 8am April 20 th , May 18 th , June 15 th , July 20 th & August 17 th , 2024	



Mosaic Home Care Services is happy to welcome

Nikita Ravuvari, BSW, RSW, Client Services, Family Social Worker Consultant back to our Mosaic Team!

She is returning from maternity leave.



Caregiver Community Spotlight

Introducing our caregiver spotlight with a special focus on our in-person events! In the past few months, our caregivers Sarat, Catherine and Giovanna have attended our events and have done a wonderful job in assisting our hosts and guests. It has been a delight to see our caregivers come into our events, interact with our event members, and take in a change of scenery. Mosaic has always thrived on operating home care services while running events simultaneously. To see the 2 “sides” of Mosaic come together allows our community to see our caregivers “in action”, and our caregivers to experience the versatility, buzz and optimism surrounding our events.

We’d like to thank Sarat, Catherine and Giovanna for sharing their compassion, warmth and kindness with our guests and we look forward to including even more caregivers in these special opportunities.



Sarat I. (Attended Holiday Festive Tea)

“I am really delighted to have attended the holiday tea event, it was a great event, well planned and organized. I assisted in welcoming the guests and making them feel comfortable, this gave me the opportunity to see another side of Mosaic.

The turnout was impressive, clients attended in large numbers, with their families and friends, community members were not left out. They were all graciously hosted to a fantastic piano performance played by a Mosaic client as they sipped their tea/coffee, healthy lunch was also served, courtesy of the organizers.

It was highly exciting to see the attendees as they interacted with each other happily, they were treated to interesting videos, I really loved the one by Christian Teasdale that talked about what is meant to be a PERSON. I also had the honour to take pictures with some of the attendees.

The timing was perfect, the event started and ended promptly. It was a great success and I’m so glad for being able to play my role as a caregiver.”



Catherine M. (Attended “Keeping Life, the Person, & The Family in the Bigger Picture”)

“I would like Mosaic to know how proud I am to witness such an event. The way you managed the event is amazing and I’m so thankful and proud I am one of your employees. Jane and Nathalie are such an inspiration.

What I learned about last night event? People are kind and friendly, everybody works together as a team to make sure everybody is in the same page. Mosaic is bigger than I thought, this company is not all about profit it’s more about helping the community and Mosaic really did provide this service. Again I am very proud of Jane and Nathalie creating this company.”



Giovanna C. (Attended Community Café: “An Afternoon in Bordeaux France”)

“It was a new, different, but great experience to work in the Community Resource Centre. I was able to interact with the attendees and they asked about my work. I was also able to learn about southern French travel and something similar in Toronto, as I also like to explore new places, different foods and new experiences. The food and drink were great and plentiful. Topic was interesting. Speakers were highly experienced, very knowledgeable and well prepared. Very informative videos.

Thank you for the opportunity.

To more interesting and significant events!





An Update from the Principal Owners of Mosaic Home Care Services & Community Resource Centre

Jane and Nathalie

A mild and fortunately barely noticeable winter is now behind us. By the time this newsletter reaches you we will have passed into a new spring. Time to reconnect more fully to nature and experience the wonderful parks and neighbourhoods of the GTA, as well as its different foods, cultures, lifestyles, identities, and experiences.

For those of you who know us well, Mosaic’s community integrated, person-centered model of homecare is fundamentally different from the standard model of home care prevalent in our communities.

Mosaic’s well developed and integrated person centered care processes colour and shape what the person as client and family experience, our frontline care teams (many of whom have been with us for 10 years or more), and our client services (similarly) and community engagement teams all the way up to senior management.

The standard model is however typically task orientated, siloed, and medically focused, emphasizing incapacity rather than intrinsic capacity. Much of care today has little time for addressing social emotional needs, hobbies, interests, community, social connections, and human meaning. We believe it is a dangerous marketplace that assumes all care is the same and all care is basic.

Differentiating the Mosaic model from the standard service model is becoming more and more difficult as more and more organizations incorporate person centered terminology in their communications. The other day I overheard a health care professional commenting on how Mosaic was no different from any other care provider in the community. The inference appeared to be that words were cheap. Fortunately, I was able to spend time explaining our differences and reversed this opinion. The moral of the story here is that perceptions of care quality should be evidence based. Informed choice of care is important.

With respect to our community outreach, we would like to thank those who likewise reach out to us: to those who participate, attend, and enrich our programs, to those who collaborate and invest in community, to those who volunteer and sponsor. This bigger frame enriches us all and informs and underpins our lives and our model of care.

So let us look forward to more of being outside, walking, running, biking, parks, picnics, barbecues and getting together with friends and family. And of course, join us at our community hub at the Armour Heights Presbyterian Church. This is a space where personal relationships are formed, social capital is developed and innovative ideas fostering wider community engagement made real.

And here are some of our highlights from January to March 2024:

On January 18th, 2024, Mosaic held a wonderful relaxed event for family caregivers and health professionals. Verity Toronto/ Women’s Club provided an amazing backdrop and ambiance to host this event.

Neela White, Senior Portfolio Manager and Elder Care Expert from Raymond James® was the MC for the evening and set the stage for our panel speakers consisting of:

- Alzheimer Society Toronto, Ontario Caregiver Coalition
- Mosaic Home Care’s Person Centered Community Model of Care, Reminisart Inc.
- Stretch Break with Jenn Hicks, Robin Gertin, Chartwell Retirement Residence, Blooming Caravan and My RecreoHealth



Neela White from Raymond James® & Jane Teasdale Mosaic Home Care Services



Appetizers, wine, and Meaningful Conversation, with the panelists of the evening. A chance to pick-up some wonderful resources on staying connected to community or to nature!

Panelists from Raymond James®, Alzheimer Society Toronto & The Family Caregiver Coalition getting ready to present!



Stay tuned for more presentations organized by Mosaic Home Care.



An update from Nathalie: As of March 2024 Our 2nd group of front-line employees will have completed the Baycrest’s Baycrest@Home™ 7-week intensive training program. The program’s comprehensive modules provide our front-line teams with a “working toolbox” to help address the care needs of those persons living with dementia and cognitive change.

Professional Conferences & Larger Community Events Mosaic will be involved in:

- March 27th, 2024: Lauren & Diane will be attending and providing resources to health professionals on Person Centered Care at End-of-Life at the SCHC Palliative Care Conference.
- April 12th, 2024: Lauren & Martha will be attending the RGP Clinical Education Day, “Ageing Well Together” and providing professionals with Mosaic’s information, resources, and social programs.
- May 9th, 2024: Death & Dying in A Digital Age – Person-Centred Medical Care & the use of Digital Technology. Jane Teasdale & Diane Roberts will be speaking on “When it Matters Most: Person Centered Care at End of Life.”

Jane Teasdale and Nathalie Anderson

MOSAIC HOME CARE SERVICES, we are here for you and your family!

The Person Matters at Mosaic



We are more than just home care

All home care services should be delivered by qualified and vetted caregivers. In Ontario, these are primarily Personal Support Workers (PSWs). For complex clinical conditions this may also involve, to lesser or greater extent the input of a registered health care worker, for example a nurse with a RN or RPN designation.

We provide care by the hour, overnight, 24-hour care and look after a wide range of personal needs in the home, wherever the home may be. These needs are primarily:



Social and emotional needs



Care sensitive to medical conditions



Physical supports associated with daily living (bathing, toileting, dressing, feeding etc).



Medication monitoring



Mobility and safe transferring within the home and community.



Palliative and end-of-life care

About Our Service Level

The service level at Mosaic is quite different than others in our industry. Mosaic has an integrated client services team that includes social work, nursing, counselling and other specialized areas of expertise. This allows us to provide qualified oversight to our families and clients. At Mosaic, it's about more than the intermediary model of care that is most commonly offered. We believe that all caregivers should be sensitive to a person's physical and mental health, their abilities, their wishes, and personal preferences with respect to care – this approach is woven into Mosaic's culture.

About Our Industry

Contracted agencies (government/public sector) receive funding and only provides caregivers enough time to deliver a minimal service level by only focusing on an individual's personal care. All too often, the amount of support granted does not cover all the areas of need to the individual. It is not possible for workers under these government programs to go into the detail and oversight that Mosaic provides, such as focus on the person and much needed and wanted companionship. Our model of care is well-respected and internationally recognized as a company of choice, recommended by social workers, hospitals, community agencies, doctors and the Home and Community Care Support Services (HCCSS).

Elder Care Plus®

Family Counselling & Navigation Services

For many, navigating the health care system and making decisions is a private and often stressful struggle taking up time and effort. At a time when public health and governments are still finding ways of assisting families in their home and community care journey, Mosaic offers you its knowledge, experience and its innovation.

Our approach to family Counselling and Navigation is unique to Mosaic.



Our EC Plus™ and Family Counselling Services are here to support your wider needs. Everyone is different. Some persons may just need to be pointed in the right direction while others may need higher level supports.

We offer our clients a 50% reduction in EC Plus™ and Family Counselling service fees. Why? We will already know your circumstances and can advise and guide quickly and effectively.

For more information contact Mosaic Home Care, Client Services at info@mosaichomecare.com or by calling **416.322.7002**.



Our Mosaic Lifestyle Companions® are individuals that deliver a friendly visiting service as opposed to personal care. This service will build on our “The Meaning of Me®” person centered care model. This model of care, serves as both a conversation and a journey of exploration that places the individual front and centre of our care-based service relationships.



Mosaic Lifestyle Companions®

Our Lifestyle Companions® will provide companionship and conversation in the home, retirement home or long-term care facility.

Duties will include:

- Conversations
- Letter writing & typing
- Reading
- Companionship
- Grocery shopping/errands
- Meal preparation and working together with client
- Activities, hobbies and interests of the client

Our Lifestyle Companions® support and maintain your independent way of life!


For more information on Mosaic Lifestyle Companions® or our exciting events and services, please call our offices and speak with our Client Services Team at: **416.322.7002** | www.mosaichomecare.com or info@mosaichomecare.com

Lifestyle Companions® services do not include personal care.

Should an individual's care needs change, rates may vary; for example if a PSW is integrated with this service.



Circle of Care
Sinai Health



Form new connections and make friends from the comfort of your home!

Join us as we connect together through interactive phone discussions and activities. This is a great way to get to know new people, engage in interesting discussions and continue to socialize, even as the weather gets colder. This is a FREE program for seniors where you can participate as little or as much as you want.



All you need is your phone!

To learn more, contact:
Devorah at (437) 339-6433
dbenchimol@circleofcare.com

Uplifting Senior's Voices: Being Heard and Respected



April 25, 2024
10 AM - 3 PM



Armour Presbyterian Church
105 Wilson Avenue
Toronto, ON

This facilitated workshop will provide seniors an opportunity to *AMPLIFY* their voices to:

- Share their experiences with AGEISM
- Learn about positive healthy relationships
- Access information about community support services and resources that help safeguard against FRAUDS and FINANCIAL ABUSE
- Meet volunteers, EAPO staff and community partners working to prevent elder abuse.



Please contact us **TODAY** to secure your spot for this forum and the opportunity to meet local Elder Abuse Prevention Volunteers and Staff!

Complimentary Refreshments & Lunch provided, BUT PRE-REGISTRATION is REQUIRED to attend.

REGISTER NOW

Register on-line or call:

416-916-6728

admin@eapon.ca

www.eapon.ca



**SCAN
HERE**



**Elder Abuse
Prevention
Ontario**

Hosted in partnership with:



**Scarborough
Elder Abuse
Network**



Ontario



Elder Abuse
Prevention
Ontario

SAVE THE DATE

World Elder Abuse Awareness Day (WEAAD) National Event!

Elder Abuse Prevention Ontario will join communities locally, regionally, nationally and across the world to heighten awareness of elder abuse on **World Elder Abuse Awareness Day (WEAAD) – June 15th**. WEAAD focuses our attention on the need for all of us, to take responsibility in preventing elder abuse.

Since the inception of WEAAD, communities around the world used this day as an opportunity to raise awareness of elder abuse and neglect of older persons, by sharing information about the facts of elder abuse, the rights of older persons and promote resources and services to support seniors' safety and well-being.

This year, we invite you to join our **National Virtual World Elder Abuse Awareness Day Forum** being held on **June 12, 2024** from **12:30 – 2:00 pm**. Be sure to reserve your seat now by Registering Here: https://us02web.zoom.us/webinar/register/WN_9w9V52BNRgSH7NDDS0irSw#/registration

More details will be revealed soon with Guest Speakers and Special Features in the Program.



Greetings from NeighbourLink North York!

NeighbourLink North York is a charity and community development organization with 30 years of service in Willowdale. Our mission is to empower and engage neighbours to care for each other in practical, relational, and sustainable ways. Through collaborative efforts we have mobilized neighbours to:

- Support 150 families at our **415 Food Hub** and 28 families through our **food delivery program**
- Connect neighbours to essential support
- Hold events for **isolated seniors, newcomers, and single moms**
- Run **youth programming** and **summer camps** for an under-resourced part of Willowdale
- Foster community connections through our **Christmas Market, Yard Sale Day, Let's Move Willowdale Move-a-thon & BBQ** and **Taste of North York**

If you or someone you know in the community needs assistance, please fill out our **Get Help Form** on our website or connect with our team. You can also join our network of dedicated volunteers and make a positive impact on our community.

We hope to see you at our next community event, **Let's Move Willowdale Move-a-thon & BBQ**, which is fun for the whole family! To stay up to date on this and our other events follow us on social media or sign up for our newsletter which you can do on our website.

We look forward to seeing you in the neighbourhood!

FAMILY FUN!

Walk, Run, Bike

LET'S MOVE WILLOWDALE

COMMUNITY MOVE-A-THON & BBQ



SUPPORT LOCAL CHARITIES

MEET NEIGHBOURS
4KM WALK/RUN - 8KM RIDE
LIVE MUSIC & DANCE
DELICIOUS FOOD
KIDS ACTIVITIES & PRIZES

SAT. MAY 4 • HENDON PARK
11AM MOVE-A-THON • 12PM BBQ



neighbourlink.org • @neighbourlinkny
416.221.8283 • info@neighbourlink.org

WALK-IN OR REGISTER AT neighbourlink.org/letsmove



MOSAIC'S GROWING WELLNESS CAFE

A Memory – Friendly Community*

Brighten your month with inspiration from nature

Easily awaken your senses with a gentle warm-up and brain exercise. Experience the month's **garden and nature theme** through poetry, art, and activities. Participate in a friendly group discussion. Leave the virtual cafe feeling connected to community and with new knowledge and tools to grow your wellness naturally.



*We are an inclusive community that welcomes everyone, including those living with memory loss and their care partners.

Dates: Thursdays, April 4th, May 2nd, June 6th, July 4th, August 1st, 2024

Time: 2:00 p.m. to 3:00 p.m. EST

Location: Zoom

Registration required



Emma Rooney - Certified Forest Therapy Guide and Horticultural Therapy Practitioner with a passion for helping others connect to the benefits of nearby nature. (www.bloomingcaravan.ca)



Victoria Muir-Burcea - Wellness Advocate and Certified Life Coach with a passion for helping others connect and create more health and joy in their lives. (www.myrecreo.health)

To register for all programs call our offices at **416.322.7002** or info@mosaichomecare.com if you need more information. A Zoom link for the program will be sent once you have completed the registration.



Movement, Minds and Magic

A Memory – Friendly Community Program

Join our warm and welcoming **full morning program** that offers movement, socializing and creativity to our community. Everyone at every age and ability is welcome to join the Dance Fitness class and then we'll enjoy tea, coffee and a light snack as a group.

We'll explore relatable universal themes with a creative angle that might include:

- Learning how to create line drawings
- Watercolour, still-life and collage work and more!

Dates: Mondays, April 29th, May 27th, June 24th, 2024

Time: 10:00 a.m. to 12:30 p.m. **Cost:** \$10 (Collected upon arrival)

Location: Armour Heights Presbyterian Church (105 Wilson Avenue, North York)

(Free parking. Close to public transit.)

ARMOUR
HEIGHTS



PRESBYTERIAN
CHURCH

Registration required



Robin is a Certified Expressive Arts Therapist with extensive experience supporting groups and individuals being creative through visual arts, drama play, creative writing, music and movement. She is currently an artist with the Alzheimer's Society of Toronto and the Bitove Method.



Jenn is a Dance Fitness Instructor and Certified Personal Trainer who also runs a private practice in Speech-Language Pathology. Currently she is offering virtual and in person programs through The Alzheimer's Society of Toronto, Baycrest@Home, Mosaic and The Centre for Addiction and Mental Health (CAMH).

To register for all programs call our offices at **416.322.7002** or info@mosaichomecare.com if you need more information.



FUNCTIONAL FITNESS

with Joanne Picot

Joanne Picot has a history of working in the health wellness and fitness industry and has graduated from Yoga Alliance Canada – Certified Yoga Teacher.

Join us once a month for a complete body workout featuring simple exercises to build muscles, flexibility, and boost heart health. Joanne will lead you through a variety of energizing standing and seated exercises using light free weights.

If you don't have weights, you can use a filled water bottle or a small ball that you can grip with one hand as a substitute. Get fit and learn some great workouts!

Dates: Fridays, May 10th, June 14th, July 12th, 2024

Time: 10:00 a.m. to 11:00 a.m.

Location: Zoom

Registration required

To register for all programs call our offices at **416.322.7002** or **info@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.

Dance Fitness with Jenn Hicks



Jenn Hicks is a Personal Trainer Size and Inclusive Fitness Specialist who has taught dance fitness classes for the past 17 years. She was named NOW Magazine's Best Virtual Fitness Instructor for 2020. Jenn customizes routines for every class and helps attendees modify steps or movements whenever they need a little extra care.

Join us on Zoom for this low impact dance fitness class with Jenn that uses diverse music and simple dance movements to create a dynamic and energizing aerobic workout. With easy to follow moves that can be done seated or standing, this upbeat class is set to positive, playful and uplifting music. You will be motivated by the joyful, welcoming and supportive environment that encourages you to let go and have fun! No experience required. Come along: you belong here!

Dates: Thursdays, May 30th, June 27th, July 25th, 2024

Time: 1:00 p.m. to 2:00 p.m.

Location: Zoom

Registration required

To register for all programs call our offices at **416.322.7002** or **info@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.

Featured Community Café – Sound Advice for a

happy retirement with Sheldon Parker

Join us for an engaging presentation from the experience of Sheldon Parker on how to live your best during your retirement years!



- How to truly enjoy your retirement, without falling into the emotional and social pitfalls that lurk all around us.
- Practical, and effective advice and solutions to enjoy your retirement...because life is too short to drink bad wine.

Date: Thursday May 9th, 2024 **Time:** 1:00 p.m. to 2:00 p.m.

Location: Armour Heights Presbyterian Church (105 Wilson Avenue, North York)

(Free parking. Close to public transit.) *Light refreshments provided*

Registration required



Mr. Parker is a graduate of Osgood Hall Law School. Sheldon was a founding partner Parker and Zener LLP, specializing in Real Estate, Commercial and Estate Files. Throughout his legal career he was a frequent lecturer on legal issues at banks and real estate offices. He retired from active practice in early 2016. Sheldon lectures extensively on politics, fraud, elder abuse and estate planning through the GTA.

To register for all programs call our offices at **416.322.7002** or info@mosaichomecare.com if you need more information.

Experiencing Rimbala: Sun, Moon, and Stars



Check out this video clip of Rimbala by copying and pasting this link into your web browser:
https://youtu.be/p-XmgpzNgBw?si=apuWtz9Tvje8V_aK

This video clip depicts the beginning of a Rimbala class. The warm-up is a gentle and encouraging invitation into the interplay of music and movement. We warm up the whole person: body, all parts of the brain and the emotional/social aspect. We use beat, rhythm, word, gesture, and togetherness to prepare ourselves for more involved activities that follow. The phrase: “sun, moon and stars” is intoned in a specific rhythmic pattern that will be used as the basis of walking, singing, circle and gestural games. The Rimbala curriculum consists of a bank of music and movement activities that improve the physical, cognitive, and socio-emotional development of the older adult. The instructor develops a structured lesson plan in which a musical goal acts as the inspirer and regulator of the movements. For every sound there is a gesture, and for every gesture, a sound. The variety and pacing of the activities provide ample opportunities to increase social interaction, social intelligence, gait regularity through different musical tempi and rhythms (falls prevention) and a wide range of aesthetic experiences relating to the music and its associated movements.



and cognitive resources that decline over time. This is why those with dementia and other brain-related disabilities are at least twice as likely to fall. The reason that Rimbala has the highest falls prevention numbers on a global basis is because music is a systemically multi-tasked activity that includes beat, rhythm, tempo, style, orchestration, counterpoint, and harmony. Rimbala acts as a platform for the older adult to develop neuroplastic responses to music and restore a strong multi-tasking ability directed toward a specific goal – embodying the music and moving through life without falling, which is the greatest cause of long-term hospitalization among the older adult population.

As we age, we need to retain our ability to multi-task, because the simple act of walking demands a myriad of physical

**Dr. Daniel Rubinoff will be featured at
Mosaic Home Care Services
& Community Resource Centre**

**for a program on
Thursday June 13th from 11:00am - 12:00pm!**

**For more information call 416-709-8381
or email Doctor.Rimbala@gmail.com**

©2024, Daniel Rubinoff



Mosaic's Community Café

Join Mosaic for an afternoon of ideas, fun, connection and social interaction! Our café is a space for everyone whether you want to sit and listen, talk and take part or lead the group in a discussion about your hobbies and interests. There will be activities and events as well as discussions. Stay engaged, active and involved in our communities!

April



- **Twiddlemuff Making with Mosaic**
(Armour Heights Presbyterian Church - 105 Wilson Ave)
Help us make sensory-stimulating muffs that will be donated to people living with Alzheimers. Twiddlemuffs help to provide comfort and ease anxiety for those who 'twiddle' with the textures and attachments. No sewing/knitting experience necessary!
Tuesday April 30th, 2024 from 12:00 p.m. to 2:00 p.m.

May



- **'Sound Advice for a Happy Retirement' with Sheldon Parker**
(Armour Heights Presbyterian Church - 105 Wilson Ave)
Join us for an engaging presentation from the experience of Sheldon Parker on how to live your best during your retirement years!
Thursday May 9th, 2024 from 1:00 p.m. to 2:00 p.m.

June



- **Rimbala Movement & Music with Dr. Daniel Rubinoff**
(Armour Heights Presbyterian Church - 105 Wilson Ave)
Join us for Rimbala, an innovative falls-prevention program for seniors that combines movement and music in a new way. Rather than using pre-recorded music as an accompaniment to repetitive exercises, Rimbala classes are led by a professional musician who improvises the music in real time, in order to create a wide variety of musical speeds, textures, styles and moods.
Thursday June 13th, 2024 from 11:00 a.m. to 12:00 p.m.

To register for all programs call our offices at **416.322.7002** or **info@mosaichomecare.com** if you need more information.

Walking & Talking: The Best Way to Improve your Brain Health

As the nicer weather approaches, we may find ourselves outside more often and going on walks with family and friends. We enjoy each other's company, we talk about our day and what we observe, but did you know that this is also an effective way of improving your brain health and preventing neurodegenerative diseases such as Alzheimer's?

Research suggests that a multimodal approach to treating cognitive decline is most effective, meaning that patients should manage stress, maintain a healthy diet, sleep well, and exercise regularly.¹ Regular exercise is the key, specifically a form of exercise called 'dual-task exercise', which refers to an act of engaging in both physical and cognitive tasks at the same time.² The easiest example of this is walking and talking, something that many of us do already!

Engaging in exercise that includes both physical and cognitive simulation means that you're getting the most out of the effort you're putting in. If you are on a walk with a loved one experiencing cognitive decline you could

ask them to recall a significant birthday, or past travels, or ask them to identify and talk about the plants and animals that you see on your walk. Of course, you can also engage in dual-task exercise by yourself as well, such as listening to an audiobook as you walk or multiplying numbers in your head. However, the benefits of walking and talking are increased by the social connection that is present by engaging in these activities with others, as reducing social isolation is another important factor in the multimodal approach to preventing cognitive decline.

At Mosaic, we know that staying connected and having meaningful conversations are important to our health and wellbeing, which is why you can walk and talk with us every week starting this July by taking part in **Mosaic's Walking Club!** This is a great way to enjoy the outdoors, maintain social connections, get in some exercise, have great conversations, and improve your brain health all at the same time! As we age it is more important than ever to take a preventative approach to our health and Mosaic is here to help you achieve that.

See below for more information on how to join Mosaic's Walking Club!

¹ Sandison, H., Callan, N. G. L., Rao, R. V., Phipps, J., & Bradley, R. (2023). Observed improvement in cognition during a personalized lifestyle intervention in people with cognitive decline. *Journal of Alzheimer's Disease*, 94(3), 993–1004. <https://doi.org/10.3233/jad-230004>

² Jardim, N. Y. V., Bento-Torres, N. V. O., Costa, V. O., Carvalho, J. P. R., Pontes, H. T. S., Tomás, A. M., Sosthenes, M. C. K., Erickson, K. I., Bento-Torres, J., & Diniz, C. W. P. (2021, January 20). *Dual-task exercise to improve cognition and functional capacity of healthy older adults*. *Frontiers*. <https://www.frontiersin.org/articles/10.3389/fnagi.2021.589299/full>

Mosaic's Walking Club at Armour Heights



Keep fit and engaged with your community this summer by joining our weekly walking club around the Armour Heights neighbourhood!

Bring friends, enjoy meeting new people and exploring your community. Participants can enjoy refreshments after the walk.

Free parking available along Saunders St. Bring walking poles if needed, a water bottle and dress appropriately for the weather. Closed-toed shoes are required. In the event of extreme weather, a cancellation will be sent out in advance to all participants via email.

Dates: Every Tuesday from July 9th to September 24th, 2024

Time: 9:30 a.m. to 11:00 a.m.

Location: Armour Heights Presbyterian Church (105 Wilson Avenue, North York)
(Meet near the colourful Friendship Benches near church entrance)

Registration required. Walk departs promptly at 9:40 a.m.

To register for all programs call our offices at **416.322.7002** or **info@mosaichomecare.com** if you need more information.

FASHION, LOOKING YOUR BEST AT ANY AGE

*An Afternoon
Tea and Chat
on Refreshing
Your Look
for 2024!*



FASHION, LOOKING YOUR BEST AT ANY AGE

Featuring **Marilyn Wetston** from 740 AM Zoomer Radio

Date: Thursday April 18th, 2024

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

Location: Armour Heights Presbyterian Church
(105 Wilson Avenue, North York)
(Free parking. Close to public transit.)

Cost: \$5.00 (cash at the door)

RSVP before: Friday April 12th, 2024

Marilyn will demonstrate how we can look our best using accessories to update and refresh our look for 2024!

- ~ How to take charge of our lives and live our best every moment we have.
- ~ Share uplifting stories and give solid advice on an array of topics that we can all use as a GPS for living well.
- ~ Share information, health tips and resources that she covers on her show by some of her expert guests.

At the end of our time with Marilyn we will have listened, played with accessories, and learned a little about lots of assorted things and we'll be empowered to make informed decisions "From a Woman's Perspective".



Marilyn Wetston is host and producer of the radio show "From a Woman's Perspective". She has assembled a team of experts and each Saturday morning at 8:00 a.m. on AM 740, Zoomer Radio they share their experience, knowledge and expertise so listeners are empowered to make informed decisions and take charge of their lives. Marilyn shines the spotlight on the limitless possibilities each person regardless of their age or ability has to explore.

She is also known as the Wardrobe doctor and empowers women to speak their truth and dress confidently to look their best without forfeiting their comfort.

Sponsored by:



Forest Bathing Walk in Hoggs Hollow



with
**Emma Rooney
& Delmanor
Northtown**



Date: Friday May 24th, 2024

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

DELMANOR
Inspired Retirement Living

Meeting Location: 5 Old York Mills Road

(York Mills TTC Passenger Pick-Up at the Southeast corner of Yonge St. and York Mills Rd.)

Please RSVP by Thursday May 16th, limited spots available!

Join us on a mindful **forest bathing** experience in Hoggs Hollow. A chance to learn about the history of forest bathing and some of the health benefits associated with this nature practice that started in Japan. Certified Forest Therapy Guide Emma Rooney will lead us on a **slow sensory walk**. Immerse yourself in the colours and scents of the season and deepen your relationship to the wild things in our city.

After our forest bathing experience, we will enjoy a herbal tea ceremony and light refreshments in the park. This event is wheelchair and walker accessible. Please wear comfortable walking shoes and dress appropriately for the weather.



Please meet outside of the TTC entrance at 5 Old York Mills Road to sign in with Mosaic. Parking is available at 3995 Yonge Street. More information will be provided upon registration.



Emma Rooney, Blooming Caravan

Emma is a horticultural therapy practitioner in long-term care and a certified forest therapy guide with the Association of Nature and Forest Therapy. Her mobile business brings her love of gardening and nature into the lives of older adults. As someone who lives, works, and volunteers in High Park, Emma is committed to creating opportunities for more people to experience this incredible place in the heart of the city and build their relationship to the more-than-human world.

To register for all programs call our offices at **416.322.7002** or **info@mosaichomecare.com** if you need more information.



Join Mosaic for a guided tour of Evergreen Brick Works which covers the fascinating tale of this important Toronto site from its deep history to modern day use.

Please meet Mosaic outside the café to sign in. Tour will be wheelchair/walker accessible, and 1hr in length with some walking breaks. Light refreshments provided.

Please register by May 22nd, limited spots available!

Date: Thursday May 30th, 2024 **Time:** 10:00 a.m. to 12:00 p.m.

Location: Evergreen Brick Works (550 Bayview Ave)

The free Evergreen Brick Works shuttle bus departs every 30-45 minutes from Broadview Station, or you can take the 28 Bayview South TTC bus from Davisville station. Paid parking is also available on site.

Cost: \$5 (Collected upon arrival, cash only)

To register for all programs call our offices at **416.322.7002** or info@mosaichomecare.com if you need more information.

Tour the Toronto Botanical Gardens!



Enjoy a beautiful day exploring Toronto Botanical Gardens on a guided tour with Mosaic. You'll learn about the history of these gardens and the beautiful selection of plants, pollinators, and ecological aspects.

Please meet Mosaic outside of the main building to sign in. Tour will be wheelchair/walker accessible, and 1hr in length with some walking breaks. Light refreshments provided.

Please register by June 4th, limited spots available!

Date: Wednesday June 12th, 2024 **Time:** 10:00 a.m. to 12:00 p.m.

Location: Toronto Botanical Gardens (777 Lawrence Avenue E)

Cost: \$5 (Collected upon arrival, cash only)



To register for all programs call our offices at **416.322.7002** or info@mosaichomecare.com if you need more information.



MOSAIC'S KNITTING & CROCHET GROUP

Drop-in to knit, chat and make new friends virtually on Zoom!

Join us for an opportunity to chat, knit and make new friends. Knitting has been proven to: reduce stress and anxiety, slows cognitive decline and can help prevent arthritis and tendonitis.

Dates: Every other Wednesday beginning April 3rd to June 19th, 2024

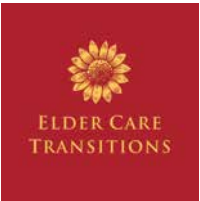
Time: 1:00 p.m. to 2:00 p.m.

Location: Zoom

Registration required



To register for all programs call our offices at **416.322.7002** or info@mosaicshomecare.com if you need more information. A Zoom link for the program will be sent once you have completed the registration.



We Make Change Easy

Article by **Elder Care Transitions**

With any major life change, any person is better off with an advocate. Someone who can stand by their side through the entire process, until they feel their feet under them again.

That's our goal at Elder Care Transitions. It's more than logistics, and scheduling elevators, and a move team. Our entire mission is to support our clients and their family members through a major life change.

Moving for an elderly person at a time in their life when it's usually a needs-based move, can come with a heavy emotional component; sometimes impacting family members too.

Our mission is to come in to each situation never losing sight that each of our clients has a unique story, with unique circumstances, and to treat each situation with compassion and a focus on handling the logistics but also supporting our clients and their family members with the emotional stress so many of these moves come with.

We have a dedicated move coordinator for each of our moves, someone who our clients can call on at any point

from the first consultation until even after their move day, if they need anything at all – including just to talk.

We also have a team lead who is briefed ahead of each move on any unique details that are important to note before entering our clients' home on move day. This makes a big difference, as our approach must change depending on the circumstances.



We are always in touch with our clients, checking in at every step of the way, ensuring we go above and beyond what is expected of a regular moving company. After all, moving is only a small part of what we do. **Make Change Easy** takes more than just coordination; it takes empathy and compassion and a deep understanding that these moments in our clients' lives are significant and layered. Our job is to lift the heavy burdens along with the heavy furniture.

For more information about our services contact:

Elder Care Transitions
415-170 The Donway W. Toronto, ON M3C 2G3 ☀️ www.ectransitions.com ☀️ 647-268-3295



Community Events RECAP



2024 has been off to a great start at Mosaic with lots of fun in-person events and online programming to keep our community members engaged and connected during these cold winter months!

In January we hosted a **Community Dinner** for folks to come out and enjoy a meal together while catching up with old friends and making some new ones during the cold winter months. We had a delicious Greek meal catered by Mr. Greek, and of course finished off with some sweet



treats for dessert! In February we hosted a **Pizza Party** where guests got to make their own personal pizzas! We all became chefs as we rolled out our dough and topped our pizza just how we like it with fresh ingredients to make our own unique combinations. Food brings us together and we will most definitely host more programs like these in the future since they were such a hit!



This season we also featured our Mosaic client **Frances** in an online presentation all about her life as a concert pianist. She just turned 100 years old and still plays the piano so beautifully! Jane interviewed her about her magnificent life attending Julliard and being taught by some of the greatest pianist, and she even



provided us with some great advice about never giving up on your dreams. You can check out the video and hear her play on our YouTube channel; Mosaic Home Care.

We also worked on creating some **Twiddlemuffs** to donate to the hospital with the help of the Armour Heights Presbyterian Church youth group and some Mosaic community members. Twiddlemuffs are knitted muffs that have things like buttons, ribbons and other items attached that are given to patients living with dementia or Alzheimer's to 'twiddle' with that helps to ease anxiety and fidgeting. Archie, a member of our



knitting group, generously knitted the beautiful muffs, and Sandy, another Mosaic community member brought a plethora of materials along with her knitting and sewing skills to our meeting with the youth group to teach us how to attach all the bits and bobs to the muffs. These Twiddlemuffs have been donated to North York General and Sunnybrook Hospital where they will be given to those in the geriatric wards. If you would like to be a part of our next Twiddlemuff making session, then check out our upcoming program on April 30th (see **page 13** for more information).

We are so grateful to everyone who came out to a Mosaic program in person or online this season, you all truly make Mosaic the fun and caring community that it is! We hope to see you all this spring and summer as well!



Lauren

Community Resource and Social Engagement Coordinator

We Focus First and Foremost on You

Whether your needs are companionship or help in your day to day, more support in your personal care or intensive around the clock care, we focus first and foremost on you. Your personal preferences, your social and emotional needs, your physical and mental abilities are our focus. This continues along the cycle of care, from the active living, through the palliative, and to the end of life.

As a professional provider of home care support services, we also need to be knowledgeable and sensitive to medical conditions and how they impact your life experience. This is the case whether you are living with dementia, Parkinson's, stroke, diabetes, heart conditions, depression or any manner of physical or mental health concern.



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Home Care Support and
Lifestyle Companionship

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Quality, Person-Centered Care for all your Home Care Needs!

PERSON-CENTERED HOME CARE

- Our complete Home Care Package + our Lifestyle Services to include the integration of our "The Meaning of Me®" model for the person under our care.

The Meaning of Me® – Person-Centered Care has been around for ages but it is the model that Mosaic has created that makes us different from other private home care companies.

- Client services monitor care and are available after hours and weekends
- Caregivers are personally introduced and we regularly perform home visits
- Caregivers trained for complex care needs

NURSING

- Medication, pain and symptom management
- Monitoring, charting and care plans
- Complex care needs (palliative, dementia, Parkinson's etc)

COMMUNITY RESOURCE CENTRE

- Resources for families with care needs
- Regular fun, educational and social events
- Mosaic's Memory Cafés/Mosaic Community Table Talks

MOSAIC'S ELDER CARE PLUS®

- Care Management integrated with home care
- Expert advice provided by registered Social Workers



What a difference we make!

Mosaic Home Care Services & Community Resource Centre

105 Wilson Avenue, Second Floor, Toronto, ON M5M 2Z9

Tel 416.322.7002

www.mosaichomecare.com | info@mosaichomecare.com



Close to public transit | Free parking