

FALL 2021 *Newsletter*

About Mosaic, Our Community Resource Centres 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.

Our community resource centres and our social outreach programs, delivered through our community resource centres and through many of our community partners, are currently affected by the important social distancing response to the NOVEL COVID-19 virus. The timeline on the resumption of these community services is uncertain.

Our present focus is on the safe and effective delivery of important care within protocols that minimise the risks of viral transmission to the people we look after, their families, our care workers and our community.

What a difference we make®!

Featured Events

ONLINE PROGRAMS ON ZOOM

ONGOING:

Mosaic Home Care featuring an Exercise Program with Joanne Picot

September 2nd, & 16th, 2021

October 7th & 21st, 2021

November 4th & 18th, 2021

Mosaic Home Care featuring our Knitting & Crochet Group

Held every Wednesday starting from September 1st to December 15th, 2021

Mosaic's Community Café

September 20th, 2021

October 18th, 2021

November 22nd, 2021

Scheduled Workshops:

- Monday September 20th, 2021 – Journey to Kenya: An amazing wildlife adventure with Marcie Jacklin
Come and join Marcie as she relives her favourite memories of birds, elephants and the people of Kenya.
- Monday October 18th, 2021 – The story of ABBA with Marcel Deurvorst
Marcel will present the fascinating story of ABBA, the Swedish Pop Group which became one of the most commercially successful acts in history of popular music.
- Monday November 22nd, 2021 - Winter tales with Tim Greenwood storyteller.

First Link® Memory Café Programs

Tuesday September 28th, 2021

Tuesday October 26th, 2021

Tuesday November 30th, 2021

Scheduled Workshops:

- Tuesday September 28th, 2021 – Music Therapy with Dorothy Davies
Join us to learn and experience music therapy with Dorothy!
- Tuesday October 26th, 2021 – Laughter Yoga with Cathy Nesbitt
Join Cathy to learn the benefits of laughter yoga.
- Tuesday November 30th, 2021 – Safe Driving for Seniors + Winter Driving Tips

Fall Pole Walking With Mosaic (Toronto)

Thursday September 9th, 2021 &

Thursday October 14th, 2021

Fall Pole Walking with Mosaic (Markham)

Friday September 10th, 2021

Friday October 15th, 2021

SPECIAL ONLINE PROGRAMS:

Mosaic Home Care Services Presents

The Secret Lives of Romans with Lianne Harris

Friday September 17th, 2021

Mosaic Home Care Presents

An Australian Wildlife Visual Tour with Julie Williams

Friday November 19th, 2021

COMMUNITY PROGRAMS OUTSIDE OF MOSAIC HOME CARE

Welcome Community to 2021 Fall Fair hosted by

Armour Heights Presbyterian Church & Mosaic

Home Care Services & Community Resource Centres – 105 Wilson Avenue, registration required.

Saturday October 16th, 2021

Additional Updates with regards to registrations for the above programs and information from Mosaic Home Care.

Zoom & Phone Participation

Since the start of COVID-19 in March 2020, Mosaic has gone online with most social programs using the Zoom platform. Participants can register for programs by contacting Beth Eshete at info@mosaichomecare.com or **905.597.7000** and the links will be sent via email.

Participation through the telephone is also possible if you do not have access to a computer or internet. Local phone numbers for program participation are sent at the time of registration.

Registration Contact

If you need guidance, contact Beth at info@mosaichomecare.com

SIGN UP

To subscribe to our Mosaic's newsletter –

<https://www.mosaichomecare.com/newsevents/newsletter>

To sign up for our Mosaic Blog – Jane's GTA Café

<https://janestacafe.ca>

Mosaic's Facebook Page – <https://www.facebook.com/Mosaic-Home-Care-Community-Resource-Centre-152643828123852>

YouTube – <https://www.youtube.com/channel/UCOKEvoBnxBA2yCdm7DO9FVA>

Mosaic's Twitter – @mosaichomecare



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

Jane and Nathalie

Fall is fast approaching.

In some ways the last few months have been momentous – finally connecting again with our families, friends and work colleagues and having greater freedom of movement and access to places of interest. In other ways, our world remains surreal – we still have to wear masks, keep socially distanced and take special care when interacting with others. And, of course, many people are still isolated and feeling lonely and may not have opportunities to connect with others.

On a positive note, more people have been getting vaccinated, and Canada leads the world in this respect! Nevertheless, we need to remain cautious and watchful with respect to the risk of contracting a COVID variant. Up close, especially with those you do not know, and indoors where there is little ventilation, we need to remain vigilant: keep physically distanced, wear masks (indoors and in close proximity with others). And get vaccinated and follow Public Health guidelines.

It is now mandatory for Personal Support workers and health care staff to be vaccinated and all vaccinations need to be completed for many health care professionals by September 7th.

It takes the marketing team months to compile the quarterly newsletter, so we hope that you will spend some time, with a cup of tea or coffee, to flip through it. Individuals can sign up to receive our newsletter either on-line or to receive it in the post, just call our offices at **905.597.7000** and we will send one out to you.

Past News and in the Pipeline?

Mosaic contributed to Armour Heights Presbyterian Church one of two special benches. These benches are called “Friendship Benches”, they first started in Zimbabwe, Africa. Two benches were placed just outside Armour Heights Presbyterian Church. The benches are colourful, inclusive, create a safe space, a sense of

belonging and are intended to encourage community interaction and empathic interaction.

Mosaic, with Armour Heights Presbyterian Church, is organising a fall community fair to be held on Saturday October 17th from 1:00 p.m. to 3:00 p.m. Although to be held outside, we ask that face masks be worn and that people submit to contact tracing. See our flyer for more information in this newsletter. There will also be a ribbon cutting and short speeches to incorporate the two “Friendship Benches” into our community.

Mosaic has now entered its 11th year of business. We have still to hold our 10 year Anniversary party, postponed last year because of COVID.

Mosaic, will also be presenting on home and community care at the International Federation On Aging’s 15th Global Conference – Ageing “Rights Matter”, on November 9th to 12th, 2021 in Niagara Falls. For more information visit their website **www.ifa2021.ngo**.

Also, please stay tuned for the launch of our New & Improved Website. This will be up and running in the middle of September. Content will cover a Mosaic Social Club, a Family Caregiver corner, information on specialized services, as well as details on Person Centered Care, “The Meaning of Me®” and Elder Care Plus® Family Counselling Social Work & Navigation Services. You will find a full listing of our on-line events and social events in the community under events and Mosaic’s Social Club.

And last, but not least, Nathalie and I would like to thank Mosaic’s marketing, operations and client services

teams, front-line caregivers and nurses, Mosaic Lifestyle Companions® and our families, clients and community partners. Thank you all for your empathy, compassion and commitment to ethical person centered care throughout the everchanging protocols and stresses of COVID-19.



Friendship Benches

Jane Teasdale and Nathalie Anderson

Spotlight On...



Kate (left) and Barb (right)
Lifestyle Companions

Mosaic's Caregiver Recognition

As a team, we feel Kate and Barb deserve this recognition for many reasons:

Kate and Barb play an integral role in the organization as Lifestyle Companions. They embody the values and person-centered approach to care that Mosaic stands for. During the pandemic, social isolation and loneliness have been observed for many individuals and Kate and Barb have provided much needed social and emotional support to our members. Their roles as Lifestyle Companions are even more crucial during these tough times. They truly care about their clients – respecting their lifestyle and supporting as needed.

Kate and Barb provide thorough, insightful and detailed reports to Client Services, which is valuable, particularly in the current environment where in-person home visits are limited. We have grown to appreciate the relationship they develop with their clients and their observations about the person.

What a difference we make®!

Our Caregiver Says...

"Mosaic's core values of passion, compassion and education are ones close to my heart, and how I knew they were right for me on both a personal and professional level. The person-centred approach at Mosaic is what allows our clients to receive the best care possible, recognizing uniqueness and individuality every step of the way. Just like the clients themselves, the care that they receive is one of a kind! Mosaic provides training and educational resources that help our team to continuously learn and grow. It is wonderful and fulfilling working with Mosaic, and I can feel the difference I make for clients each and every day."

~ Kate, Lifestyle Companion

"I pride myself on choosing to work for employers with a good reputation, which Mosaic has. Any questions, concerns I ever have are always met by staff with respect and encouragement. Mosaic cares about the people we serve recognizing the whole person. Employees are matched very well with those we serve. I really appreciate that!"

~ Barb, Lifestyle Companion



Passion



Compassion



Education

Saying Goodbye To Staff Is Hard To Do – Sarah McGilvray moving on in taking her Masters of Social Work at York University.

It was a great pleasure to have **Sarah McGilvray** work within our client services team over the last three years. Within the team she has helped provide an important social work and navigation component, alongside care planning and other key services.

Sarah has provided invaluable assistance to many families and helped, in a professional, confident and relaxed manner and addressed the many complexities of care. While acting with empathy and by putting the person first she has helped support the evolution of person centered service process and care culture within our organization. Our families will miss her listening ear. Over the years Sarah has been with us she has spent much time with our families when needed, provided direction and guidance to other resources and supports.

Sarah is leaving Mosaic for a Masters of Social Work program at York University.

Good luck Sarah in all your endeavors and paths that you will be taking in your life.

(Jane & Sarah) sitting outside our resource centre and offices on the new Friendship and conversations bench that Mosaic donated to Armour Heights Church so that people can have “meaningful discussions and conversations”.

We welcome **Nikita Ravuvari**, BSW, RSW as our new Client Services, Family Social Worker Consultant to our Client Service Integrated Team! To find out more about our services offered to include navigation and advocacy, including enhanced services for complex care needs and family counselling and assistance give us a call and speak to our client services division at **905.597.7000** or **info@mosaichomecare.com**.



Sarah McGilvray, BSW, RSW
Client Services, Family Social
Worker Consultant



Mosaic's Newest Employee



Nikita Ravuvari, BSW, RSW
Client Services Team

My name is Nikita Ravuvari, I am a registered Social Worker with OCSWSSW. I am very fortunate to work alongside the Client Services team, who are very inclusive and supportive in my transition to my new role. I have experience in working with complex needs, from adolescences in schools' settings to older adults in the community and long term care settings. My experience has given me the opportunity to work with many individuals within the community. To grow and learn from their experiences, as well as my own, is not only beneficial to my personal growth, but to also ensure my presence is meaningful and beneficial to individuals, families and their communities.

Working with people has always been a passion of mine, to learn and grow from their lived experiences, is truly a gift. Mosaic is a well-known home care agency, which works from the core of a person-centered care. The mission, vision and values of the company work alongside with my professional and educational experience within the field. To always build from the individual and their family is truly an empowering model, which provides the most growth and success. Person Centered Care is a huge passion of mine and I look forward to working with the Mosaic team to better learn and grow from their experiences.

During my spare time, I enjoy going on long hikes and playing fetch with my dog. I find my time to be most meaningful when we're engaging in activities and training which helps build a strong bond between us. I also enjoy playing softball and beach volleyball during the summer months, but most importantly I enjoy spending the winter months going snowboarding. I enjoy trying new activities and having new experiences. I look forward to the opportunity to work for Mosaic and look forward to connecting and meeting new people.

Nikita

What a difference we make®!

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.



At Mosaic we will provide you and your family with a plan of care to support you and/or your family member in your daily life in a way that respects you as a human being with meaning. Our client services team will assess your personal support and nursing service needs and develop a plan of care in collaboration with you, nominated family members and those with power of attorney, to meet those needs. We adjust our care plans according to your needs and your feedback over time.

More than that we are also here to monitor care provision and to react to questions and concerns you may have. But there are times when our provision of home care services may not address all your needs.

Beyond our core care services, and for an additional cost, we are also here to provide professional counselling and advice for persons and families navigating through the health care system, for those transitioning to and from hospital, retirement and long-term care residential settings, for those receiving palliative care and those moving towards the end of life. In the event of a crisis things can also happen quickly. Having access to

experienced professionals to guide and provide counsel and to direct you and advocate for you, at these times, can be vital. Moreover, preparing and planning for future care needs can also be important in helping maintain independence and improving quality of life for person and family. Our focus is on the person, their relationships and life journeys. There are many ways our team of experienced professionals can help you and your family.

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.

Our core services, covered in our basic pricing, cover many incidental navigation and guidance needs. More information on this service will be communicated to our families and community in the coming months.



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** or **905.597.7000** | **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.



info@mosaichomecare.com
www.mosaichomecare.com

Mosaic Home Care Services & Community Resource Centres

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Reducing Loneliness for Healthy Ageing

Loneliness and its effects on well-being have gotten a lot of attention lately because of the COVID-19 pandemic and restrictions on social interactions. But what do scientists know about loneliness and its risks?

Loneliness can be used to describe many different feelings and situations. Scientists generally think about loneliness as having two linked components. The first is 'emotional loneliness'¹, which occurs when a person lacks close relationships and confidants. In other words, Do you have strong relationships with people who support you? Are there people that you can talk to when you're feeling good or bad?

The second component is called 'Social loneliness'², which occurs when a person lacks an extensive social network. Here the main question is, Do you have enough social interactions and do you generally feel like a part of the community? This component reflects our more casual interactions, like friendly talks with people you encounter in your day-to-day life. Even though these interactions are less deep, they help us feel like we belong to our communities.

Of course, these two different measures are often related to each other for individuals, but changes that occur during ageing may affect one area more than another. For example, having close family members or friends move away or die may more strongly affect emotional loneliness. On the other hand, retirement would reduce the number of casual social interactions that you have at work, while an illness that affects mobility may make it harder to attend regular social events. Both of these would have a bigger effect on social loneliness. Some life events can affect both. For example, hearing loss may reduce your ability to understand others, which could affect the closeness of your relationships. It may also make casual social

interactions more difficult and make you more likely to avoid these situations.

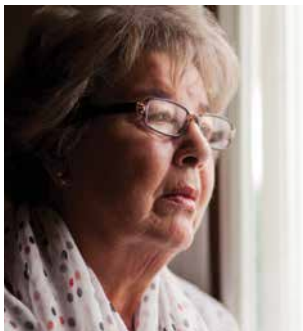
Both components of loneliness are important for healthy ageing, but they pose different critical risks for health and well-being. A lack of quality social relationships is linked to increases in cardiovascular disease³ and depression⁴, and is a risk factor for dementia⁵. A reduced social network has been shown to have increase mortality and decrease life span in older people. It may seem surprising, but the effects of loneliness are just as strong as those of smoking, obesity, and physical inactivity⁶. So, it's really important to maintain strong emotional and social relationships.

How much social interaction is ideal to combat loneliness? There isn't one right answer because it depends on how often you feel lonely. If you do feel lonely, you aren't alone. In a recent study we conducted⁷, more than 75% of older people reported that they often feel lonely. This high level of reported loneliness in older people is consistent with reports from many countries¹.

What can you do if you are feeling lonely? Unfortunately, there are not yet a lot of scientifically tested approaches to address loneliness. We're in the process of running a survey to help us develop ways to overcome loneliness, particularly in older people. In the meantime, there are a few steps you can take to figure out what type of loneliness you are experiencing. To test out whether you are feeling socially or emotionally lonely, you can make an effort to have a few more social engagements, either group meetups or one-on-ones (in a pandemic-safe way of course). If more social interactions are not helping, then you might need to work on developing deeper relationships.

The key point to remember is that social interactions are a critical part of our wellbeing and should be considered as important as our diet and exercise. Making sure we have regular social interactions, even if they have to be virtual, is key for maintaining our health as we age.

Tara Keck
Professor of Neuroscience



¹ Masi et al., 2011

² Domenech-Abella et al., 2017

³ Knox and Uvnas-Modberg, Psychol Bull, 1998;
Yang et al., Proc Natl Acad Sci, 2016

⁴ Santini et al., J Affect Disord, 2015

⁵ Livingston et al., The Lancet, 2017

⁶ Holt-Lundstad et al., PLoS Medicine, 2010

⁷ <https://ba.unfpa.org/en/publications/changes-behaviors-and-projected-health-benefits-members-healthyliving-centres-bosnia>



Mosaic Community Updates



Happy Fall to our Mosaic Community!

We are excited to share our fall 2021 program line up with you all. Although most programs will remain online through Zoom, we do have one in-person program planned for the community, the Community Fall Fair at Armour Heights Presbyterian Church (please see program details in this newsletter). We also have our pole walking classes in Toronto and Markham that will be running in-person once a month. We are excited to have you join us for any and all programs this fall, here is a testimonial from one of our program participants that joined us this summer!:



"I am just thrilled with the Mosaic Online Program Schedule. Whether it is an exercise program with Joanne Picot or the many excellent and varied presentations. They certainly brighten my day as I am sure they do many others. Thank You for your Care & Commitment to helping us at home be involved & entertained."

~ Mosaic Program Participant

If you are interested in joining us for our fall programs please feel free to reach Mosaic at 905.597.7000 or Beth at beth@mosaichomecare.com.

Beth Eshete



Community Resource & Social Engagement Coordinator
Mosaic Home Care & Community Resource Centres

Zoom Tips and Tricks

BY BETH ESHETE | COMMUNITY RESOURCE & SOCIAL ENGAGEMENT COORDINATOR

Dear Community Members,
Here are some tips and tricks on how to use Zoom!

Download Zoom To Your Device



This is an **optional step**, you **do not** have to download Zoom in order to participate in a program; you can also just click on the link provided by the host. <https://zoom.us/download>

[download](https://zoom.us/download)

Joining A Program

Join by clicking the **Zoom link** in the email invitation:

Join Zoom Meeting

<https://us04web.zoom.us/j/>

Meeting ID:

Password:

Once you click the link, you will follow the prompts to get onto the Zoom program. Sometimes, you will need to wait for your host to let you into the program if they have added the waiting room feature for the event (in this case, just hang tight until admitted!).

OR



Join the program through **telephone participation**. When your host sends an email link they will usually send corresponding local telephone numbers that participants can use to dial into the program using a cell phone or landline. You can dial one of the numbers and follow the prompts to get on the Zoom.

Zoom Etiquette & Other Considerations:

- Keep yourself on mute unless otherwise stated by facilitator or individual presenting.
- Ask your presenter or facilitator to show you where the "Raise Hand" button is to ask a question.
- Limit the noise in your background for interactive programs where you won't be on mute so participants can hear you clearly.
- If you have a question, type it in the group chat or write it down so you don't forget to ask during the Question and Answer portion of the program or event.

If you have questions about the Zoom software or would like more information, please contact Beth Eshete at beth@mosaichomecare.com.



MOSAIC'S KNITTING & CROCHET GROUP ON ZOOM

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 Wednesday
from September 1st to December 15th, 2021

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

Registration required



To register for all programs call our offices at **905.597.7000** or info@mosaichomecare.com or beth@mosaichomecare.com if you need more information. A Zoom link for the program will be sent once you have completed the registration.



ZOOM 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 on Zoom twice 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: Thursdays, September 2nd & 16th, 2021 | October 7th & 21st, 2021 | November 4th & 18th, 2021

Time: 11:00 a.m. to 12:00 p.m.

Registration required

Note: There has been a change in time for this program. Program start time was 12:00 p.m. and now is 11:00 a.m.

To register for all programs call our offices at **905.597.7000** or info@mosaichomecare.com or beth@mosaichomecare.com if you need more information. A Zoom link for the program will be sent once you have completed the registration.



What is Music Therapy?

You don't need to be a musician to benefit from music therapy.

Music therapy is a therapeutic service that addresses **clinical, non-musical goals** and is beneficial for people of **all ages and abilities**.

What is neurologic music therapy?

Neurologic music therapy (NMT) is a specialized area of music therapy that requires additional training. NMT services are provided by an accredited music therapist (MTA). It is a research and evidence-based system built on how music perception and music production influences the brain.

Areas that can be addressed may include development and/or training within cognitive, motor, and speech/language domains. Developmental, social/behavioural, and mental health/emotional domains can also be addressed through music therapy services.

Who can benefit from music therapy?

You may have heard the common saying that “music is a universal language.” Music therapy has the unique ability to benefit people of **all ages and abilities**. This includes toddlers, children, adolescents, adults, and elderly individuals. Some examples of client populations that can benefit from music therapy include:

- Alzheimer’s/Dementia
- Stroke
- Brain injury
- Parkinson’s Disease
- Palliative care (end-of-life care)
- Speech disorders
- Developmental disabilities
- Autism spectrum disorder (ASD)
- Mental health (e.g., depression, anxiety)



How can music therapy help?

Music therapy interventions can address clinical domains such as **cognition, motor, speech/language, developmental, social/behavioural, and mental health/emotional domains**.

Services can be offered on a 1:1 basis and/or group setting. Clinical aims are often assessed during an initial assessment phase, after which the music therapist will create a care plan specific to the individual/group’s needs. Clinical aims may be modified throughout the treatment period.

...Continued on page 12

What does it look like?

For example, musical exercises may aim to train and/or rehabilitate functional abilities. These may aim to reduce cognitive decline (e.g., memory declines, attention-related declines, etc) associated with neurodegenerative conditions (e.g., Alzheimer's/ Dementia, memory loss). It may also involve musical exercises aimed to (re)train speech/language abilities following a stroke and/or brain injury. This may involve (re)learning functional phrases (e.g., I am hungry) and/or regaining oral/motor mechanisms related to speech using musical elements such as rhythm and melody.



Another example of music therapy services may involve individual and/or group song lyric analysis and song discussions, which can encourage social interactions as well as emotional processing and self-expression. Song-writing is another tool that can be used to provide opportunities for self-expression and self-exploration, which can help alleviate feelings of depression and/or anxiety.

Group programs such as vocal choirs and bell choirs can provide opportunities for sharing an enjoyable experience with peers, social interactions and engagement, exercising vocal and/or motor abilities, and reducing feelings of loneliness, depression, and/or anxiety.

Interested in learning more about music therapy services?



Please refer to www.cornerstonemusictherapy.com for more information. For music therapy updates, follow Cornerstone Music Therapy on Facebook, Instagram, and Twitter. You can also reach the music therapist, Dorothy M. Davies, at dorothy@cornerstonemusictherapy.com.

Mark Your Calendar!

Dorothy Davies will be doing a presentation at Mosaic Home Care at the **First Link® Memory Café** program on Zoom. Please see page 13 in this Newsletter for details.

Date: Tuesday September 28th, 2021

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

Registration required

To register for all programs call our offices at **905.597.7000** or info@mosaichomecare.com or beth@mosaichomecare.com if you need more information. A Zoom link for the program will be sent once you have completed the registration.

UPCOMING First Link® Memory Café PROGRAMS ON ZOOM



The First Link® Memory Café Program on Zoom is a collaborative program run by Mosaic Home Care and Alzheimer Society York Region for those living with memory issues and their caregivers. Here are the upcoming presentations and workshops online for the First Link® Memory Café featured through Zoom through Mosaic Home Care Services.

September

Music Therapy with Dorothy Davies

Join us to learn and experience music therapy with Dorothy!

Tuesday September 28th, 2021
from 1:00 p.m. to 2:00 p.m.

October

Laughter Yoga with Cathy Nesbitt

Join Cathy to learn the benefits of laughter yoga.

Tuesday October 26th, 2021
from 1:00 p.m. to 2:00 p.m.

November

Safe Driving for Seniors + Winter Driving Tips

Learn about the current trends and statistics for older drivers, vehicle and safe winter driving tips with Lisa from the Ministry of Transportation.

Tuesday November 30th, 2021
from 1:00 p.m. to 2:00 p.m.

To register for all programs call our offices at **905.597.7000** or **info@mosaichomecare.com** or **beth@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.



Join Mosaic for an afternoon of ideas, fun, connection and social interaction! Our café is a virtual 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!

September

Journey to Kenya: An Amazing Wildlife Adventure with Marcie Jacklins

Come and join Marcie as she relives her favourite memories of birds, elephants and the people of Kenya.

Monday September 20th, 2021
from 1:00 p.m. to 2:00 p.m.

October

The story of ABBA with Marcel Deurvorst

Marcel will present the fascinating story of ABBA, the Swedish Pop group which became one of the most commercially successful acts in the history of popular music.

Monday October 18th, 2021
from 1:00 p.m. to 2:00 p.m.

November

Winter Tales with Tim Greenwood

Winter is coming, stock up with a generous supply of fresh, fun and inspiring tales from local storyteller Tim Greenwood.

Monday November 22nd, 2021
from 1:00 p.m. to 2:00 p.m.

To register for all programs call our offices at **905.597.7000** or **info@mosaichomecare.com** or **beth@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.



THE SECRET LIVES OF ROMANS with Lianne Harris

Join Lianne Harris for a fun, interactive presentation about everyday life in Ancient Rome. Using various items from her personal collection of authentic Roman antiquities, Lianne builds a story about who may have owned these items, and what their lives might have been like living, working, raising a family, entertaining, and traveling in Ancient Rome.

Date: Friday September 17th, 2021

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

Registration required



Lianne Harris currently works as the History, Culture and Social Studies Resource Specialist Consultant with the Toronto Board of Education and curriculum advisor for Upper Canada College, having taught over 80,000 teachers and students (usually in authentic period clothing). Appearing on TV and interviewed on the radio many times, she is always happy to have a live audience.

To register for all programs call our offices at **905.597.7000** or **info@mosaichomecare.com** or **beth@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.



Mosaic Home Care Services & Community Resource Centres

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Tel **905.597.7000** Fax 905.597.5446

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105 Wilson Avenue

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Fall Pole Walking with Mosaic

A Free Walking and Nordic Pole Walking Club in **Toronto** and **Markham**

Mosaic's Pole Walking program returns with appropriate social distancing and other protection measures.

Participants must bring their own walking poles, water bottles and wear comfortable clothing. Contact tracing questions will be asked when registering and again before the pole walking sessions. **All pole walking dates are subject to change or cancellation due to COVID-19 restrictions, participants will be notified.**



Where: CNIB – 1929 Bayview Avenue, Toronto

Dates: Once a month on Thursday September 9th, Thursday October 14th, 2021

Address: CNIB – 1929 Bayview Avenue, Toronto

(Meeting outside the building near the garden area)

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

No charge for event. Close to public transit. Paid parking onsite.

Where: Mosaic Home Care & Community Resource Centre (Markham office)

Dates: Once a month on Friday September 10th, Friday October 15th, 2021

Address: 2900 Steeles Avenue East, Markham

(Meeting outside mall at Wimpy's entrance)

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

No charge for event. Free parking. Close to public transit.

COMMUNITY CREATES CUDDLY CRITTERS for Homeward Family Shelter (Juliette's Place)

Mosaic's knitters have a long history of donating their creations to the community. On Friday 30th July Beth Eshete, Mosaic's Community and Social Resource Engagement Coordinator dropped off an amazing troupe of cuddly animals to Juliette's Place (thank you Simone and Ilkin at Juliette's Place).



In Beth's own words: "Last Friday I had the privilege of dropping off some lovely knitted stuffed animals, donated and created by one of our Mosaic knitters (Ruth), to a local family shelter. Ruth has been working on her critters for some time and since she is homebound due to health reasons she did not know how to donate. We were able to come up with a plan and decided



Ilkin of Juliette's Place receiving the "works of art"!

on a shelter and put her plan into action. **Juliette's Place** (operating as Homeward Family Shelter) in Scarborough were so happy to receive the animals for the kids staying there with their mothers. I think it's so cute that our knitters are making a difference!

Mosaic is grateful to its community members and their continued contributions to our wider community during COVID. Let us work together, and provide opportunities for giving, self-expression and creativity."

An update sent by Ruth who received a thank-you card from Jane Teasdale & Beth Eshete from Mosaic.

"THANK YOU for the Thank You card!!!!!! 😊😊 I totally forgot that you mentioned you were going to send me a card, Beth!!!"

"I went onto your Mosaic website and found the **"Community Creates Cuddly Critters for Homeward Family Shelter (Juliette's Place)"** story – THANK YOU for this!!!!!! That just made my weekend!!!!!!

I hope you all have a good rest of your week (and summer.. I can't believe it's almost over!!!).

Take care, 'cause I care." *Ruth*

Welcome Community to 2021

FALL FAIR

Hosted by

**Armour Heights Presbyterian Church &
Mosaic Home Care Services & Community Resource Centres**

Rain or Shine!

Date: Saturday October 16th, 2021

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

Address: Armour Heights Presbyterian Church | 105 Wilson Ave., North York

Registration Required



Festivities Include:

- Ribbon Cutting at 1:30 p.m. for the new addition of the Friendship benches for the community!
- Activities for all ages: clowns, popcorn, art activity table for children, theatre vignettes by Theatre in the Web, resources from local community organizations
- Free back massages provided by Urban Health Group
- Music Trio
- Food and refreshments
- Door Prizes
- Tour of Mosaic's Community Resource Centre

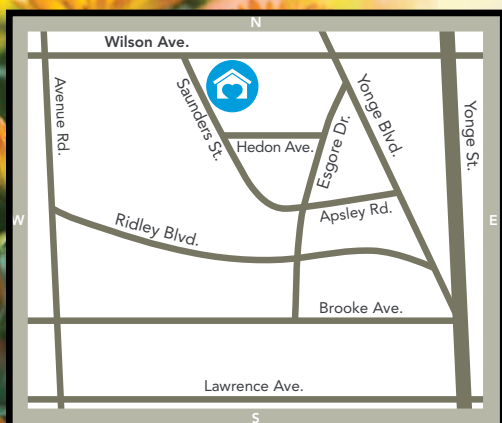
To Register Contact:

Erin at estone@armourheights.org | 416-485-4000

OR

Mosaic Home Care info@mosaichomecare.com

416-322-7002



**Free Parking on
Wilson Avenue and Saunders Street**

ARMOUR
HEIGHTS



PRESBYTERIAN
CHURCH



Mosaic Home Care Presents Australian Wildlife Visual Tour with Julie Williams



Join Julie on a stunning visual tour of the Land Down Under on Zoom! From the bustling city of Sydney and its landmark features – the iconic Opera House, the Botanical Gardens and the Grounds of Alexandria. Along the way we will meet delightful creatures: koala bears, seals, kangaroos, rainbow lorikeets, and penguins. All aboard!

Date: Friday November 19th, 2021 | **Time:** 1:00 p.m. to 2:00 p.m.
Registration required



Julie Williams has enjoyed being the official photographer for a number of high-profile organizations including the Women's Law Association of Ontario and the Town of Whitchurch-Stouffville. Her images have received international recognition and awards.

Julie uses her experience and skills in documentary-style reporting to produce coffee table photobooks, fine art, custom jigsaw puzzles and calendars. She enjoys sharing her love of being a visual artist and storyteller through speaking opportunities in the hopes she will inspire the inner creativity in others!

To register for all programs call our offices at **905.597.7000** or **info@mosaichomecare.com** or **beth@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.



Mosaic Home Care Services & Community Resource Centres

Corporate Office

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15th Global Conference on Ageing Rights Matter

The IFA is thrilled to announce that the 15th Global Conference on Ageing “Rights Matter” will be convened, for the first time, both virtually and in-person in Niagara Falls, Canada from 10-12 November 2021, with 2 pre-conference summits, one convention and two master classes to be held on 9 November 2021.

The 15th Global Conference on Ageing “Rights Matter” aims to bring together delegates around the world across governments, NGOs, industry, and academia to learn and advocate for policies and practices that create an environment that will enable older people to do what they have reason to value.

Action areas of the **Decade of Healthy Ageing 2021-2030** form the structural pillars of this conference: Ageism, age-friendly cities and communities, primary health care, long-term care, alongside older people and pandemics.

During the three-day event, virtual and in-person delegates will have the opportunity to benefit, interact, listen, and learn from five themes, fifteen sub-themes, three keynote speakers, three high-level presidential symposiums, one interactive orientation workshop and one exhibition space.

For more information visit, please visit ifa2021.ngo

15th Global Conference on Ageing

9-12 November 2021 / ifa2021.ngo



Conference:

When: 10 - 12 November 2021

Where: Virtually and in-person at Niagara Falls, Canada

Time: 8:30 a.m. to 6:00 p.m.

Pre-conference:

When: 9 November 2021

Where: Virtually and in-person at Niagara Falls, Canada

Time: 8:00 a.m. to 4:00 p.m.

URL: <https://www.ifa2021.ngo/pre-conference/>

Now is not the time to stand aside – join delegates from around the globe and experts in the field of ageing to help drive the change.

The IFA appreciates your support and looks forward to seeing you in November 2021.

The IFA is actively monitoring the COVID-19 and related travel and health advisories. At this time, the 15th Global Conference on Ageing “Rights Matter” 2021 continues to be an in-person and virtual event as planned.

If you wish to know the actions the IFA will take at the in-person conference to ensure a safe experience, please visit: <https://www.ifa2021.ngo/safety-measures/>



Directed by Jane Teasdale and Beth Eshete from Mosaic Home Care Services & Community Resource Centres come and have a listen to our **Community Life in Canada Podcast** where we have interesting guests, organizations, professionals discussing aging, person centered care, social connections, Ageism, Rights of Older Persons in our communities and social programs.

FEATURED GUESTS:

- **Tara Keck** August/September interview on Isolation and Loneliness
Tara Keck an American British Neuroscientist and Professor of Neuroscience and Welcome Trust Senior Research Fellow at the University College of London England.
- **The Bitove Method** airing in September 2021 – Jane Teasdale Interviewing Kristin Bartlett, Artistic Program Manager & Katia Engell, Visual Artist from The Bitove Method – an online creative, virtual arts-based program

- **October 2021** – Special guest **Greg Shaw** Director, International and Corporate Relations from the International Federation On Aging will be discussing their 15th Global Conference on Ageing “Rights Matter”.

Check out our upcoming podcasts either click on the links below or google us and subscribe to our podcasts.

google: <https://podcasts.google.com/feed/aHR0cHM6Ly9hbmNob3luZm0vcy81NWJiZmQyOC9wb2RjYXN0L3Jzcw==>

apple: <https://podcasts.apple.com/us/podcast/mosaics-community-life-podcast/id1564979634>



COVID-19 Vaccine



Why should I get the vaccine?

The vaccine will protect you from getting sick with COVID-19. Some people can get very ill from COVID-19, needing hospital care.



How does the vaccine work?

The vaccine tells our body to make antibodies. The antibodies will protect us from getting sick if we are exposed to COVID-19. The vaccine does not have the virus, so you cannot catch COVID-19 by getting the vaccine.



Is the vaccine safe?

Yes. The vaccine has been tested for safety, and Health Canada has approved it for use in Canada. The vaccine is safe for people with diabetes, high blood pressure, heart disease and asthma.



I have allergies. Can I get the vaccine?

The COVID-19 vaccine does not contain eggs, gelatin, preservatives or antibiotics. The nurse will review the list of vaccine ingredients with you to make sure it is safe for you before you are vaccinated.



I've already had COVID-19. Do I need to get the vaccine?

Yes. Immunity from having COVID-19 may not protect you for very long. It is possible to get COVID-19 again. It is better to get the vaccine to stay protected.



Are there any side effects?

The vaccine can cause pain or redness at the injection site, headache, fever, and muscle aches. Most side effects will go away in a few days. A nurse will monitor you for any reactions after you get vaccinated.

Have questions? Call us at 416-338-7600.

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

Person
Centered
Home Care



Nursing



Community
Resource
Centres

Mosaic's
Elder
Care Plus®



Mosaic's
Lifestyle
Companion®



The
Meaning
of Me®



Gold Medal
of the European Society For
Person Centered Healthcare



The Person Matters at Mosaic – Mosaic is more than just home care

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 CENTRES

- Resources for families with care needs
- Regular fun, educational and social events
- First Link® Memory Café at Markham, Mosaic's Community Cafés/Mosaic Community Table Talks

MOSAIC'S ELDER CARE PLUS®

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



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