

Newsletter

SPRING & SUMMER 2022

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.

We operate resource centres in 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:

Nia Fitness with Jenn Hicks

Join us on Zoom once a month for a full body workout through music, dance and strength-enhancing movements!

Thursday April 7th, May 5th, and June 2nd, 2022

Mosaic's Knitting & Crochet Group

Held every Wednesday starting from April 6th to August 24th, 2022

Mosaic's Community Café

Mondays, April 11th, May 16th, June 20th, 2022

Note: (Monday June 20th will be in-person at High Park)

Scheduled Workshops:

- **Monday April 11th, 2022 – Staycation Canadian Signature Travel Experiences, Leila Lavaee (Zoom)**
Join travel designer, Leila Lavaee, while she takes us on an exploration of the best places to visit in Canada!
- **Monday May 16th, 2022 – The Garden: History and Stories of Famous Flowers, Lianne Harris (Zoom)**
A beautiful flower garden in the past was a sign of culture-but also great wealth... join Lianne Harris for this interesting presentation.
- **Monday June 20th, 2022 – (In-Person)**
A Summer Solstice Walk in High Park with Emma Rooney

Zoom Functional Fitness with Joanne Picot

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

Wednesdays, April 13th, May 4th, and June 1st, 2022

First Link® Memory Café

Tuesday April 19th, 2022, Tuesday May 31st, 2022, Tuesday June 28th, 2022

Scheduled Workshops:

- **Tuesday April 19th, 2022 – De-Stress Seminar & Workshop with Rosalyn Bentar.** Learn mindful meditation and breathing techniques with practical tips!
- **Tuesday May 31st, 2022 – Hearing & Memory Loss: Connections, Effects on Communication & What to Do, Akram Keymanesh**
- **Tuesday June 28th, 2022 – Re-imagining Dementia, Emerson Lee, Nicolette McDermott and Nancy Nelson** Learn about the different ways this organization is changing the way we understand dementia.

SPECIAL ONLINE PROGRAMS:

Living Safely at Home: Tips for Avoiding Accidents & Staying Active with Margot McWhirter

Thursday July 21st, 2022

Margot is a gerontological occupational therapist and Founder of Inclusive Ageing.

MOSAIC'S COMMUNITY SOCIAL PROGRAMS (IN-PERSON)

Summer Pole Walking with Mosaic Mid-town at CNIB
Held every Thursday starting June 2nd to August 11th, 2022

NEW PROGRAM – Mosaic's Walking Club held at Armour Heights Presbyterian Church

Held every Friday from July 8th, to August 12th, 2022

Walk the Regent with Nathalie Prezeau – organized by Mosaic Home Care & the Sumach Retirement by Chartwell.

Nathalie Prezeau will guide us through the old and new sections of the neighbourhood in a 3 km walk.
Thursday May 12th, 2022

Hearing and Aging: What Can You Do About It?

Join Marilyn Reed, Audiologist from Baycrest in a presentation featured at Armour Heights Presbyterian Church.
Tuesday May 17th, 2022

A Summer Solstice Walk in High Park with Emma Rooney – A part of Mosaic's Community Café Series
Join Emma Rooney from Blooming Caravan to celebrate the start of summer in High Park and learn about some of the park's history.
Monday June 20th, 2022

HIGHLIGHTED SUMMER EVENT

A Mid-Summer's Evening of Music, Theatre and Dinner
Join Mosaic Home Care Services and Armour Heights Presbyterian Church in this wonderful evening of Opera, Jazz, and Theatre Performances.
Thursday June 23rd, 2022

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

Zoom & Phone Participation

Will move ahead into 2022/2023 and we will be implementing a hybrid model of presentations both online and in-person in our centres and within the community.

Participants can register for programs by going online to <https://mosaichomecare.com/events/> to complete the registration form for the program you are interested in attending. You can also contact our offices by sending an email to info@mosaichomecare.com or by calling **416.322.7002**. Once registered you will receive an email with the appropriate link for the program or instructions for attending events in-person.

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.

Spotlight On...

'PERSON CENTERED CARE':

'safe, loved, happy, active (mind, body and spirit) and comfortable'

Here are some examples of how our personal support workers stay engaged and show the true meaning of what it means to be person centered. It is not just about the person's medical decline, disability or illness but person to person relationships, hobbies, interests, goals, capacities and social networks.



Carol

"Going for a walk to Edward Gardens, enjoying the sun's rays while listening to classical music, observing the birds and squirrels while playing in the garden or having a coffee in the hospital cafeteria after some procedure. These are some details or examples that make a difference when we seek to preserve the essence of each person. Give them safety, peace and adapting ourselves to their routines, beliefs and passions is our focus. Every person is unique and giving themselves the time to discover, makes every moment special."

GIOVANNE

"Help yourself by helping others", an impactful life motto of one of my male clients. He greatly inspired me to be more helpful and charitable to others.

Caring for clients involves meaningful communication. Through their reflections, words of wisdom, or just ordinary talk, I learn about my client as a person; his hobbies, values and preferences, even his lifestyle. What makes him smile or sing, or even unknowingly take a shower. One day during a day-long power outage and no TV, my client was agitated because of boredom. My cellphone still has enough battery, so I played Frank Sinatra songs on Spotify, and boy, did I ever enjoy an exclusive front row Frank Sinatra concert from my baritone-voiced senior client. He said he was a good dancer and a good singer. He burst into a song of "I had a bunch of lovely coconuts, small ones, big ones, some as big as your head." He's happy when his companion-for-life poodle sat with him and rested her head on his lap while he stroked her head. He was a junior hockey player and an avid Yankee baseball fan. He will get up from his recliner and call me to sit with him and watch the New York Yankees vs. Toronto Blue Jays.

Catherine

"Working with my client is always fun, everyday! The first time I met her, I knew I would have fun! She is smart, adventurous, caring, and she has a lot of deep knowledge about life and principles. She also has a sense of humour. So, I gathered all of those qualities and apply it to my daily interaction with her. We go for a walk everyday, except when we go out for an extra special occasion. I read a lot of articles to her about her country of origin, books about Queen Elizabeth, sports, children's books she used to read when her son's were young. And picking out photos from her albums and transferring them to the big screen TV so she can see them clearly. We exercise, cook delicious and healthy foods, have tea together in the afternoon. She teaches me basic German language whenever she is up to it. My client enjoys listening to classical music and I have really started to enjoy listening to it as well. Everyday I have a different activity for her to keep our days more interesting and fun! I'm working on our next project – I came up with the idea of writing to Queen Elizabeth (we will see if we get a response!!) and let my client check and correct my grammar (she was an executive secretary back in the day) so that is quite exciting for me and for her too!"

My purpose of working with my client is to make sure she is safe, loved, happy, active (mind, body and spirit) and comfortable. The days and time go by so fast because we keep ourselves busy. When she is resting, I look for some activities or articles I can share with her.

It is always my pleasure to see her happy and comfortable living in her own house with lots of love from her family and friends."

ABI

"I encourage my client if we could attend the event at the lobby, there will be choir and a chance to sing some songs. We attended the event and listened to the choir. My client verbalized that she enjoyed it and she said it's been a while since she attended an event like that.

One afternoon. My client couple and I sat down in the dining room. They were having drinks and we had a lovely conversation. My client would explain to me about his life experienced in Australia, and also about his experience as a professional football player in the UK. He said he had a wonderful life and it was nice to reminisce about those days."





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

Jane and Nathalie

As we step into spring and think of summer we are hoping to leave many of the COVID-19 mandates and protocols behind us. Many are looking forward to continue with their lives and reestablishing fuller connection with families, friends and community.

We would like to thank all our staff and frontline workers for their commitment and dedication over the last year and to thank our clients, their families and our community likewise. It has been an unsettling and stressful time for everyone.

Mosaic will slowly reintroduce face-to-face programs at our community centres and throughout the community, but our online Zoom programs will continue into the fall and 2023. We feel that online programs are beneficial to many, especially those who may find it difficult to get out of their homes.

Mosaic will continue to monitor changes to social distancing protocols and rules and how best to engage socially and sensitively to those still wishing to retain higher level protection to the coronavirus and variants.

Things are opening up for conferences now and Mosaic will be sponsoring the virtual GTA Rehab Networks Best Practices Day on May 6th, 2022. We are also very excited to be attending and exhibiting at the Provincial Summit on Aging in Vancouver BC towards the end of April 2022.

We would also like to let you know that Beth Eshete (Community Resource & Social Engagement Coordinator) at Mosaic for over 3 years will be moving on. She will be leaving at the end of March. She has worked extremely hard over the COVID-19 Pandemic and has been instrumental in getting our social programs out to the community and in maintaining connection for many in our community who have been especially isolated. The team and many individuals and organizations in our community will miss Beth's enthusiasm, person-centered touch and compassion. We wish you all the best Beth! We look forward to introducing her replacement in the coming months.

Jane Teasdale and Nathalie Anderson



Mosaic Heroes Recognition Day™



On Saturday June 25th the two principals of Mosaic (Jane & Nat) will be hosting a Mosaic Heroes Recognition Day™ for all staff! We would also like to thank Bill and Elfi who will be contributing in Memory of Elfi's mother (Christina Waitschies).

A word from Christina Waitschies Family

"My husband and I are very pleased for the opportunity to contribute to (Mosaic Heroes Recognition Day™) in memory of my mother **Christina Waitschies**.

We are so very thankful for the excellent care that she received from the time she needed help until she passed away. You allowed her to stay in the home that she worked so hard for and loved dearly. You helped her through her last few months of life with compassion, dignity and comfort as well as some laughs. I don't need to name you, you know who you are. She loved you all so very much. Not a day went by without her asking me where I found all these wonderful people.

None of this would have come to pass without the coordinator team. They were without fail, responsive and sensitive to mom's needs and turned themselves inside out to be helpful.

After mom's passing, I had the fortune to meet your founders. They have the wellbeing of their clients in their hearts. No wonder you have such a successful organization.

My husband and I look forward to seeing you and our families at your special event and to help you celebrate your well-deserved achievements."

Bill and Elfi

Mosaic Heroes Recognition Day™

We appreciate our employees all year round, but we wanted to have a day where it was highlighted especially. This is a time to come out with your families and children, have fun, and meet with your Mosaic Family!



Every single Mosaic employee contributes to our success, and we truly could not have accomplished what we have thus far without each person giving their best and doing it with passion, compassion, person-centeredness, and empathy.

HOLD THE DATE: Saturday June 25th, 2022 **TIME:** 2:30 p.m. to 5:30 p.m.

PLACE: Armour Heights Presbyterian Church – 105 Wilson Avenue (Lower level)

(Close to York Mills Station, bus stop close to building, parking on Saunders Street).

Enter through the wooden doors closest to Wilson.

REFRESHMENTS AND A LIGHT DINNER INCLUDING FILIPINO TREATS WILL BE PROVIDED!

We would like all staff to attend and would love to see you!

Pop in anytime between 2:30 p.m. - 5:30 p.m. – Just confirm the time you will be attending when you RSVP!

A generous donation was contributed to Mosaic Heroes Recognition Day™ by Bill and Elfi in memory of Elfi's mother (Christina Waitschies – Mosaic Member). We are pleased to have them part of this special event!

LET'S CONNECT AND CELEBRATE!

Presentations begin at 3:00 p.m. from Mosaic owners, Jane and Nathalie. You can look forward to games, clown and balloons, popcorn machine, refreshments, door prizes and Karaoke!

★ ★ **COME AND JOIN IN THE FUN!** ★ ★

To register, please note now many members of your family will be attending.

Email info@mosaichomecare.com or contact **416.322.7002**

(Please specify any food allergies or dietary restrictions)



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



Nia Fitness with Jenn Hicks



Jenn Hicks is a black belt Nia instructor and Size Inclusive Fitness Specialist who has taught all over the world. 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 once a month for a full body workout through music, dance, and strength-enhancing movement! Nia incorporates martial arts, self-awareness, body positivity and fitness all in one. Nia is effective and enjoyable for all bodies: no matter your age, ability, shape, size, or mobility.

Benefits of Nia:

- Increases the range of motion and stamina
- Helps build cardio and flexibility
- Decreases stress and anxiety

Dates: Thursdays,
April 7th, May 5th, June 2nd, 2022

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

Location: Zoom

Registration required

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





Mosaic's Zoom Community Café

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!

April

Staycation: Canadian Signature Travel Experiences, Leila Lavaee (Zoom)

Join travel designer, Leila Lavaee, while she takes us on an exploration of the best places to visit in Canada!

Monday April 11th, 2022 from 11:00 a.m. to 12:00 p.m.

May

The Garden: The History and Stories of Famous Flowers, Lianne Harris (Zoom)

A beautiful flower garden in the past was a sign of culture—but also great wealth . . . and maybe a bit of bribery, smuggling and extortion as well. Let Lianne Harris lead you down the garden path and find out!

Monday May 16th, 2022 from 11:00 a.m. to 12:00 p.m.

June

A Summer Solstice Walk in High Park, Emma Rooney (In-Person)*

Join Emma Rooney from Blooming Caravan to celebrate the start of summer with a 2km walk in High Park to learn about some of the park's history.

Monday June 20th, 2022 from 10:30 a.m. to 1:30 p.m.

Cost: \$5.00

Location: The Grenadier Café in High Park, 200 Parkside Dr. Toronto, ON (Participants to meet at this location to begin walk)

***Limited Registration Available. More information on page 11.**

To register for all programs call our offices at **905.597.7000** or **info@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.

April

De-Stress Seminar & Workshop, Rosalyn Bentar

Learn mindful meditation and breathing techniques with practical tips!

Tuesday April 19th, 2022
from 1:00 p.m. to 2:00 p.m.

May

Hearing & Memory Loss: Connections, Effects on Communication & What to Do, Akram Keymanesh

Older adults with untreated hearing loss are more likely to develop dementia, join Akram to learn more!

Tuesday May 31st, 2022
from 1:00 p.m. to 2:00 p.m.

June

Reimagining Dementia, Emerson Lee, Nicolette McDermott and Nancy Nelson

Learn about the different ways this organization is changing the way we understand dementia.

Tuesday June 28th, 2022
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** if you need more information. A Zoom link for the program will be sent once you have completed the registration.



Mosaic Community Updates

Dear Mosaic Community,

We survived the winter, and spring is right around the corner! Mosaic has many exciting programs and events planned for the next couple of seasons that you will not want to miss. We are happy to announce that we have included both online and in-person/outdoor programming options between June and August. All appropriate safety protocols will be followed and implemented at these events to ensure everyone's safety, please check specific details on relevant program flyers.

This winter, Mosaic and our knitters lost a loved member of our Knitting and Crochet group. Sophia joined the Mosaic Knitting group at the start of 2021, mid-pandemic. She was looking for place to knit, enjoy chatting about her current projects and make new friends



from the comfort of her home. In the short time that Sophia was a part of the group, she donated over a dozen hand-knit stuffed animals to a local women's and children's shelter through Mosaic, this was a testament to her kind and charitable nature. Although we are all saddened by the loss of our dear friend, her kindness will always be remembered. If you are interested in learning more about the fight against Multiple Chemicals Sensitivities, which Sophia was an advocate for, please visit [www.https://aseq-ehaq.ca](https://aseq-ehaq.ca)

As I close out this update, I want to announce that I will be leaving Mosaic to pursue another career opportunity. It has been my sincerest pleasure serving this community and I will always remember my time here. In the three and a half years working at Mosaic I was able to develop wonderful friendships, work with outstanding partner organizations and learned so much from individuals from the community. This was no easy decision, as I have become very close to so many of you, but I am wishing you all happiness and joy in all things that you do and wherever life takes you.

With love,

Beth Eshete

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

FEATURED EVENT

WALK THE REGENT *with Nathalie Prezeau*

Event brought to you by
The Sumach by Chartwell
and **Mosaic Home Care & Community Resource Centres**

THE SUMACH

by CHARTWELL



Regent Park is such an urban development success story that it was able to attract United Nations agency, the UN-Habitat, to form the Regent Park World Urban Pavilion. Nathalie Prezeau will guide us through the old and new sections of the neighbourhood in a 3 km walk, with plenty of public art to enjoy and enough anecdotes to discover how a city can transform for the better.

Overview of Event:

- Meet & Greet in the The Sumach Courtyard with refreshments and small snacks
- Lunch on the Terrace
- Walking the Regent

Date: Thursday May 12th, 2022

Time: 10:00 a.m. to 2:00 p.m.

Location: 146 Sumach St.
(Meet at building entrance)

Registration required

A portion of this event will be held in The Sumach building and will require rapid testing to participate. Dress appropriately for the weather. Closed-toed shoes are required. This experience is not walker or wheelchair accessible.



Nathalie Prezeau is the local author of popular self-published guides meant for the curious minds. After years of catering to parents with the five editions of her best seller *Toronto Family Fun*, Nathalie started to write for her girlfriends (as she puts it) with four walking guides: *Toronto Urban Strolls for Girlfriends 1 & 2*, *Toronto Street Art Strolls*, and her latest, *Toronto Best Urban Strolls*, published during the pandemic. She can't wait to introduce you to the great urban gems around Regent Park.

To register for all programs call our offices at **905.597.7000** or **info@mosaichomecare.com** if you need more information.



Mosaic Home Care Services & Community Resource Centres

Corporate Office

The Shops on Steeles and 404

2900 Steeles Avenue East, Suite 218

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Tel **905.597.7000** Fax 905.597.5446

Toronto Office

105 Wilson Avenue

Second Floor

Toronto, ON M5M 2Z9

Tel **416.322.7002**





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 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: Wednesdays, April 13th, May 4th, June 1st, 2022

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

Location: Zoom

Registration required

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

Summer Pole Walking with Mosaic A Free Walking and Nordic Pole Walking Club in Toronto!

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.



Dates: Every Thursday starting June 2nd to August 11th, 2022

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

Place: CNIB – 1929 Bayview Avenue, Toronto
(Meeting outside the building near the garden area)

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

All pole walking dates are subject to change or cancellation due to weather or COVID-19 restrictions, participants will be notified.

To register for all programs call our offices at **905.597.7000** or **info@mosaichomecare.com** if you need more information.

FEATURED EVENT



**Blooming
Caravan**
creative journeys from home

A Summer Solstice Walk in High Park with Emma Rooney

A Part of Mosaic's Community Café Series

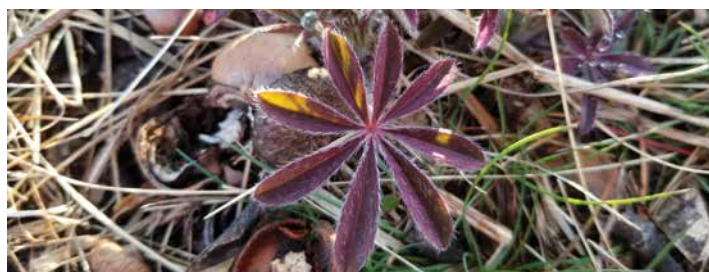
Date: Monday June 20th, 2022

Time: 10:30 a.m. to 1:30 p.m.

Cost: \$5.00 (Collected in person on the date of event)

Location: The Grenadier Café in High Park, 200 Parkside Dr., Toronto, ON
(Participants to meet at this location to begin walk)

Registration required



Join Emma Rooney from Blooming Caravan to celebrate the start of summer in High Park and learn about some of the park's history. Expect to find out about the plants and animals that call High Park home and the people who care for this land. Join Mosaic for a discounted lunch after our walk at The Grenadier Café in High Park!

The total walk distance will be under 2 km and moderately paced walk with frequent stops. Dress appropriately for the weather. Closed-toed shoes are required. A walking stick or poles is encouraged. This experience is not walker or wheelchair accessible.



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 **905.597.7000** or **info@mosaichomecare.com** if you need more information.



MOSAIC

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Time to get your social life back – Is your hearing up for it?



We hear a great deal about the negative effects of social isolation on health and well-being. It's no coincidence that the same can be said of hearing loss, which has a profound effect on communication and social engagement. Social relationships and communication with loved ones are central to healthy aging and quality of life, and hearing, among all the senses, connects us to meaningful conversations and activities. When you can't hear enough to easily understand what is being said, it can be so frustrating and exhausting to communicate, that many people simply give up and withdraw from social activities.

Despite evidence of a clear association between hearing loss and social isolation and their negative effects on physical, mental and cognitive health, hearing loss goes largely unreported and unidentified in older adults and is often accepted as a benign consequence of aging. Many are unaware or deny having hearing loss and delay seeking help for a decade or more, and only about 1/5 of those who could benefit from them use hearing aids.

The Covid-19 pandemic has made communication a challenge for all of us, particularly those with hearing loss, with precautions such as mask wearing and social distancing preventing lip reading and

adding to hearing difficulty. It has certainly made many of us aware that we may indeed have some loss of hearing that requires attention!

Spring is the season of raising awareness about hearing loss and its importance to health and quality of life:

- March 3 is World Hearing Day and last year the WHO launched the first ever World Report on Hearing, recommending that all adults from the age of 50 years should be screened regularly for hearing loss with the aim of identifying, at the earliest possible stage, those who would benefit from the use of hearing technology or other interventions such as education, counselling, or training in communication and listening skills.
- May is Hearing and Speech month, when audiologists and speech-language pathologists raise public awareness about communication disorders and their importance to healthy aging.

Join us in our webinar on May 17th to learn more about hearing loss and what you can do about it.

And if you think everyone mumbles or others tell you your TV's too loud, try the WHO's hearing screening app and see if it's time to take action!



<https://www.who.int/health-topics/hearing-loss/hearwho>

To learn more about help for hearing loss, visit our website

<https://www.baycrest.org/Baycrest/Healthcare-Programs-Services/Clinical-Services/Hearing-Services>

or to see an Audiologist, call Baycrest Hearing Services at 416-785-2476

Marilyn Reed, MSc, Reg. CASLPO

Audiology Practice Advisor, Baycrest Health Sciences

Baycrest



Hearing and Aging: What Can You Do About It?

Hearing loss is very common among older adults and yet is frequently overlooked. Age-related hearing loss impacts communication and can affect social engagement and daily activities, at great cost to health and quality of life. Improving your hearing contributes to maintaining independence and staying connected. Hearing is key to healthy aging!

Join **Marilyn Reed**, Audiologist from Baycrest to learn about:

- How to know if you or a loved one have hearing loss
- Why you have trouble hearing in noise
- Why you should get your hearing tested
- How to get help for hearing loss
- Some options for managing hearing loss
- Answers to your questions about hearing loss!



Date: Tuesday May 17th, 2022

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

Location: 105 Wilson Ave, Armour Heights Presbyterian Church
(Mosaic's Community Resource Centre on Lower Level)

Registration required

To register for all programs call our offices at **905.597.7000** or **info@mosaichomecare.com** if you need more information.



FEATURED EVENT



A Mid-Summer's Evening of Music, Theatre and Dinner

Join Mosaic Home Care Services and Armour Heights Presbyterian Church in this Wonderful Evening of Opera, Jazz and Theatre Performances.

Erin Stone, an administrator by day and comedic soprano by night, has been an active performer in Toronto for the past fifteen years. Known for her clear voice, comedic wit and dramatic sensitivity, Erin can be seen around the city performing in a wide variety of genres.



Jazz performed by **Mark Athanasiadis Jazz Troupe – Humber College**

Online performance by **Theatre in the Web**

The meal is kindly sponsored partially by
Canterbury Place Retirement Residence and
Mosaic Home Care Services & Community Resource Centres

If you are able to make a donation for future events, please do so at the incoming registration desk. All donations gratefully received will be directed to future community programming at Armour Heights Church with Mosaic Home Care.

Date: Thursday June 23rd, 2022

Time: 6:00 p.m. to 9:00 p.m.

Location: Armour Heights Presbyterian Church 105 Wilson Avenue (Scott Duncan Hall)
Dinner, Dessert and Coffee & Tea will be served.

Limited Seating - Reserve Early! You must register to attend this event by contacting Mosaic Home Care at **416.322.7002** or **info@mosaichomecare.com** or by contacting Armour Heights Presbyterian Church **estone@armourheights.org** or **416.485.4000**



ARMOUR
HEIGHTS



PRESBYTERIAN
CHURCH

Mosaic will continuously monitor the changes and protocols that are recommended and outlined by Toronto Public Health Officials.



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



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 April 6th to August 24th, 2022

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** if you need more information. A Zoom link for the program will be sent once you have completed the registration.

Mosaic's Walking Club at Armour Heights



Keep fit and engaged with your community
this summer by joining our new walking club
located in the Armour Heights area.

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 Friday from July 8th to August 12th, 2022

Time: 9:30 a.m. to 10:30 a.m.

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

Registration required

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Plan Today for a Healthier Tomorrow: Make Your Future Age-Friendly

Margot McWhirter runs her Toronto-based occupational therapy practice, *Inclusive Aging*, which focuses on family-centred aging-in-place services. She is passionate about the connection between housing and health care, and the impact that both have on quality of life. Margot is committed to helping people embrace growing older, regardless of age or ability.

There is no 'one best way' to plan for a healthier future as you age. Yet there is still value in thinking ahead and taking action in a few key areas. These areas include: your health, housing, finances, social connections, and access to services. A deficit in one or more of these areas – especially if the losses are sudden or unexpected –



can create an overwhelming crisis for you and your family.

Healthy aging involves being personally adaptable or resilient in the face of Life's inevitable ups and

downs. It's also helpful to consider how adaptable your home is, or could be – especially when it comes to safety and ease of living. Whether as a courtesy to visitors or a convenience for you, here are some tips for making your home more age-friendly:

- Install lever door handles & faucets
- Increase lighting, particularly around stairs (indoors & outside)
- Get rid of excess clutter, area rugs & scatter mats

- Opt for furniture that is slightly higher, firm & not too deep
- Install grab bars near the toilet & in the shower or bathtub
- Store frequently used items in easy-to-reach spots in the kitchen, bathrooms & bedrooms
- Replace bathtub with stepless-entry shower, preferably on the ground level
- Relocate washer & dryer to the main living level



As a gerontological Occupational Therapist and Founder of *Inclusive Aging*, I love working with individuals, couples and families to guide them in their aging journey – and to stay at home longer. Specifically, I combine my almost 30 years of clinical knowledge, skills and experience to provide the following services to clients and caregivers:

- Home safety assessments
- Home modifications and assistive devices (coordination)
- Trusted advice & referrals for a range of community services
- Coaching/training & caregiver support

Aging is inevitable. Aging well, in the comfort of your home, is possible. If you or a loved one needs help to figure out how to make that happen, I invite you to reach out to me today. Your future – and current – self will thank you!

I will be presenting on July 21st, 2022 from 1:00 p.m. to 2:00 p.m. online
Living Safely at Home: Tips for Avoiding Accidents & Staying Active
register through Mosaic Home Care.

CONTACT

Margot McWhirter | Email: margot@inclusiveaging.com | Phone: 416-488-5280
www.inclusiveaging.com

Living Safely at Home: Tips for Avoiding Accidents & Staying Active

with Margot McWhirter



They say that 'home is where the heart is'. It's not surprising then that most Canadians choose to stay in their own home even if they face a minor (or major) health challenge. Adapting your home, and perhaps your lifestyle, to prevent accidents before they happen is sage advice. But aging doesn't mean that you have to slow down! In this presentation, Margot will give you plenty of ideas and inspiration for living life to the fullest while staying safe and active at home.

Join Margot to learn:

- How to prevent falls & other accidents around your home
- Essential equipment & home renovation ideas for staying active
- Tips for aging well & living later life to the fullest

Date: Thursday July 21st, 2022

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

Location: Zoom

Registration required



Margot McWhirter is a gerontological occupational therapist and Founder of *Inclusive Aging*. After more than 25 years in healthcare and training roles, Margot now works with individuals, couples and families to guide them in their aging journey. She is passionate about age-inclusive spaces, products and services that support people to stay at home longer, more safely and with greater peace of mind.

To register for all programs call our offices at **905.597.7000** or **info@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

The Shops on Steeles and 404

2900 Steeles Avenue East, Suite 218

Markham, ON L3T 4X1

Tel **905.597.7000** Fax 905.597.5446

Toronto Office

105 Wilson Avenue

Second Floor

Toronto, ON M5M 2Z9

Tel **416.322.7002**



Elder Care Plus®

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.

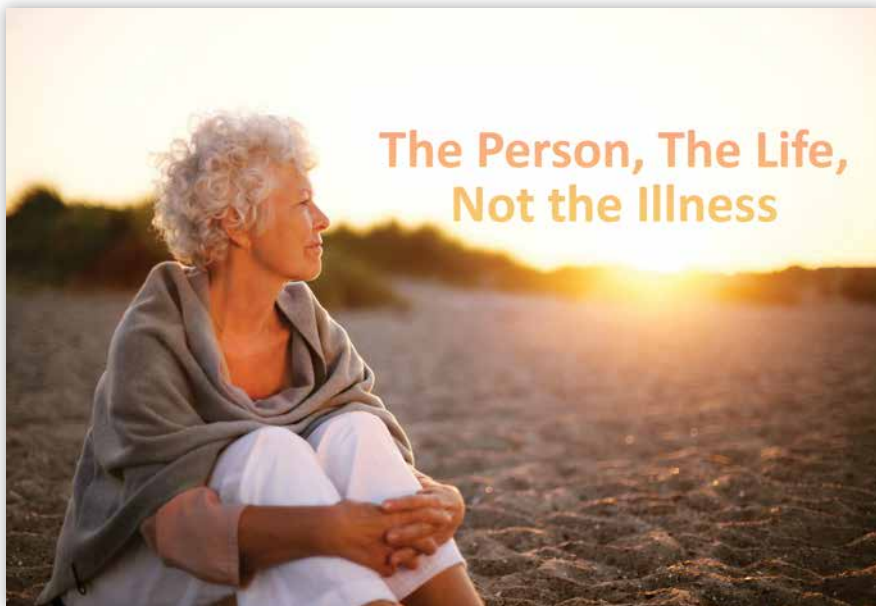
Beyond our core care services, and for an additional cost, we are also here to provide professional counselling and advice for persons and families navigating through the health care system, for those transitioning to and from hospital, retirement and long-term care residential settings, for those receiving 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.



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 feeding etc).



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 Local Health Integration network (LHIN).

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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