



MOSAIC

Home Care Services & Community Resource Centre



Fall 2022 *Newsletter*



MOSAIC

Home Care Services & Community Resource Centre

105 Wilson Avenue, Second Floor

Toronto, ON M5M 2Z9

www.mosaichomecare.com

About Mosaic, Our Community Resource Centre, and our Newsletter

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

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

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

What a difference we make®!

Featured Events

ONLINE PROGRAMS ON ZOOM

ONGOING:

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 October 6th & November 10th, 2022

Note: In-Person session September 8th, 2022

Mosaic's Knitting & Crochet Group

Held every Wednesday starting from September 7th to December 14th, 2022

Note: In-Person sessions Wednesday September 28th, October 26th, November 30th, and December 14th, 2022

Zoom Functional Fitness with Joanne Picot

Join Joanne once a month online and in-person for a complete body workout featuring simple exercises to build muscles, flexibility, and boost heart health. Wednesdays October 12th and November 16th, 2022

Note: In-Person session on September 14th, 2022

Mosaic's Community Café

Mondays, September 19th, October 17th & November 21st, 2022

Note: Monday October 17th In-Person at High Park

Scheduled Workshops:

- Monday September 19th, 2022 – Beautiful birds of our area with Marcie Jacklin (Zoom)
- Monday October 17th, 2022 – (In-Person) Forest Bathing Walk in High Park with Emma Rooney
- Monday November 21st, 2022 – A Walk Down Memory Lane: The History of Lytton Park with Raymond Goodman (Zoom)

Mosaic's Memory Café

Tuesday October 25th and November 29th, 2022

Note: Tuesday October 25th – (In-Person)

Scheduled Workshops:

- Tuesday October 25th, 2022 – (In-Person) Interactive Drumming Circle with Terri Segal Engage in collaborative and fun rhythm-based activities with Terri Segal, an Expressive Arts Therapist, Facilitator and Educator.
- Tuesday November 29th, 2022 – Meditation Workshop with Almeiri Santos (Zoom) Learn about the benefits of meditation practice with Almeiri Santos, a skilled Meditation Teacher and Reiki Master.

MOSAIC'S COMMUNITY SOCIAL PROGRAMS (IN-PERSON)

Nia Fitness with Jenn Hicks

September 8th, 2022

- In-Person at Armour Heights Presbyterian Church

Mosaic's Knitting & Crochet Group

September 28th, October 26th, November 30th, and December 14th, 2022.

- In-Person at Armour Heights Presbyterian Church

Functional Fitness with Joanne Picot

- Join Joanne Picot for a complete body workout featuring simple exercises to build muscles, flexibility, and boost heart health. This program will be In-Person at Armour Heights Presbyterian Church on Wednesday September 14th, 2022.

Walk Willowdale with Nathalie Prezeau, local author of popular self-published guides for the curious minds. Thursday September 22nd, 2022

- In-Person at Canterbury Place Retirement Residence

Community Leaders & Focus Groups

Monday October 3rd, 2022

- In-Person at Armour Heights Presbyterian Church

Mosaic's Zoom Community Café

Scheduled Workshops:

- Monday October 17th, 2022 – (In-Person) Forest Bathing Walk in High Park with Emma Rooney. Join Emma Rooney for a Forest Bathing experience in High Park followed by lunch at The Chartwell Grenadier Retirement Residence.

Mosaic's Memory Café

Scheduled Workshop:

- Tuesday October 25th, 2022 – (In-Person) Interactive Drumming Circle with Terri Segal Engage in collaborative and fun rhythm-based activities with Terri Segal, an Expressive Arts Therapist, Facilitator and Educator.

Holiday Festive Tea with Lianne Harris

- Thursday December 1st, 2022 – (In-Person) at Armour Heights Presbyterian Church

HIGHLIGHTED IN-PERSON FALL EVENT

2nd Annual Fall Fair at Armour Heights Presbyterian Church hosted by Armour Heights Presbyterian Church & Mosaic Home Care Services

- Rain or Shine! Date: Saturday October 15th, 2022

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

Zoom & Phone Participation

In moving ahead into the rest of 2022 & 2023 we will be implementing a hybrid model of presentations both online and in-person in our resource centre 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.

Stay Tuned for a New Program Coming January 2023

Spotlight On...

A Very Special Longterm Care Team!



We wanted to take this opportunity to shout out a very special care team here at Mosaic! Elsa B., Virgie R. and Josephine I. have worked with one of Mosaic's longest standing members. Additionally, they became a 3-person team since the beginning of the pandemic, caring for their client 24hrs a day, 7 days a week – now that is dedication!

Through the years, Elsa, Virgie and Josephine have demonstrated excellent teamwork skills, and they are flexible and accommodating for their client and for each other. Their compassionate and consistent care is the basis of the strong relationships they've grown. Their client knows that she is loved and taken care of in the best way!

What a difference we make®!

Our Caregiver Says...

"Coming to work and seeing my client well makes me feel good and brings me joy, because it only proves that my client and her family are satisfied with my care. Mosaic is very supportive which makes me comfortable working with them for many years. We give our best to make our job more productive and to bring joy and happiness to valued clients." - Elsa B.

"I worked with my client for about 6 years now. I'm really lucky to work with her, she's a very nice lady, and her family too - they're very supportive to her and us as caregivers. What makes me satisfied, happy and inspired about working with my client is when I see her smile, in good mood and well looked after. I'm very thankful to Mosaic because all the staff are very nice, accommodating, and flexible. Thank you so much Mosaic family for everything. God bless us!" - Virgie R.

"Working at Mosaic can provide incredible learning opportunities and the chance to connect with people. It feels good, secure and safe. It's like all your hard work is being rewarded. Working with my client gives me fulfillment because I help to make her life better." - Josephine I.



Passion



Compassion



Education



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

Jane and Nathalie

Cooler fall weather may be just around the corner and the evenings are starting to slowly draw in. Parents will soon be hurrying around for last minute school supplies and following that the lovely vibrant colours of fall will be seen in parks and neighbourhoods. Cottagers in Ontario may also be glancing wistfully at the encroaching horizon, preparing to close their cottages for the winter.

This summer has been easier for most as many of the restrictions for COVID-19 have lifted. It is lovely to see individuals enjoying lives and re-establishing connection with family, friends, and community. Community agencies in GTA are now organizing more in-person programs and events. Many may have had the opportunity to see the Toronto Jazz Festival, Open Streets Toronto, Old Market Street events and many other venues in and around the city.

Mosaic was busy from May to June with many successful community events. Starting off, and in-person, was a presentation from Marilyn Reed, Audiologist from Baycrest on Hearing and Aging: What Can you Do About it? Information about their program can be found here: <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.

In May we moved our whole corporate and resource centre from The Shops on Steeles and 404 to our existing new home at Armour Heights Presbyterian Church. We are sad to leave The Shops on Steeles and had 12 wonderful years at this location and a great many amazing events in the mall and our resource centre. Nathalie and I appreciated the mall management at The Shops on Steeles and 404. They were amazing, community focused and a role model for how retail organizations can work together with community resources for the benefits of all. They made us feel welcome and welcomed all we did. Many events were featured in

the mall where we collaborated to bring amazing events and celebrations to centre court.

At our Armour Heights location our administrative offices are located on the 2nd floor. We will be working a hybrid post Covid model with staff working both from home and at our Armour Heights location. Our resource centre is open to the public and there are some wonderful spaces in the church for in-person social events and exercise programs. These events are all listed in this edition of the newsletter. We will continue to provide online programming, alongside our in-person events, as we find these a useful way to connect more widely to our community.

Highlights of our Programs from June to August 2022

- **A Mid-Summer's Evening of Music, Theatre & Dinner.** Sixty people attended and partial sponsorship for the dinner was provided by Canterbury Place Retirement Residence.



- **Mosaic Heroes Recognition Day** for all our staff and front-line employees. A day of food, fun, music, laughter, and conversations were had by all. A big shout out to Bill and Elfi for their generous donation to this event. This donation was made in memory of Elfi's mother (Christina Waitschies, a Mosaic Member).



- **Presentation online for IFA** IFA Global Café: In conversation with Ms. Jane Teasdale (Mosaic Home Care) and Ms. Jayne Armstrong (880 Cities). Person Centered Care & The Seniors Outdoor Activation Toolkit.



Jane Teasdale and Nathalie Anderson

Join the **Growing Wellness Café** online to brighten your day with inspiration for getting your hands dirty and growing your connection to nature. Hosts Emma Rooney Blooming Caravan and Victoria Burcea (Recreo) will guide you through some gentle movements, introduce a monthly nature theme and engage us through poetry, art, and a short photo slideshow. Join us for a lively group chat and hands-on gardening activity that you can try at home. We are proud to be a memory-friendly community.



**Stay Tuned
for a New Program Coming January 2023**



Nia Fitness with Jenn Hicks

Featuring
an In-Person
Session



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, September 8th, October 6th, November 10th, 2022

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

Location: ☀️ September 8th In-Person at Armour Heights Presbyterian Church, 105 Wilson Avenue (Scott Duncan Hall)

*In person session is subject to change or cancellation due to COVID-19 restrictions, participants will be notified

- October 6th on Zoom
- November 10th on Zoom

Registration required

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



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Close to public transit | Free parking



MOSAIC'S KNITTING & CROCHET GROUP

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 7th to December 14th, 2022

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

Location: • On Zoom

☀️ In-Person meetings at Armour Heights Presbyterian Church (105 Wilson Avenue, North York)

*In person session is subject to change or cancellation due to COVID-19 restrictions, participants will be notified
Wed., Sept. 28th | Wed., Oct. 26th | Wed., Nov. 30th | Wed., Dec. 14th

Registration required

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



FUNCTIONAL FITNESS with Joanne Picot

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

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

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

Dates: Wednesdays, September 14th, October 12th, November 16th, 2022

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

Location: ☀️ September 14th In-Person at Armour Heights Presbyterian Church, 105 Wilson Avenue (Wilson & Avenue Road) *In person session is subject to change or cancellation due to COVID-19 restrictions, participants will be notified

- October 12th on Zoom
- November 16th on Zoom

Registration required

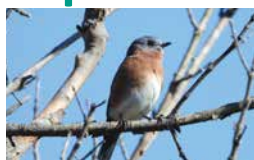
To register for all programs call our offices at **416.322.7002** or **info@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.

Featuring
an In-Person
Session

Mosaic's Community Café

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

September • Birds of Southern Ontario with Marcie Jacklin (on Zoom)



Join us for a presentation of the beautiful birds of our area. You may know some of these birds from your feeders but others are often a short distance away.

Monday September 19th, 2022 from 1:00 p.m. to 2:00 p.m.

October



☀️ Forest Bathing Walk in High Park with Emma Rooney (In-Person)*

Join Emma Rooney for a Forest Bathing experience in High Park followed by lunch at The Chartwell Grenadier Retirement Residence

Monday October 17th, 2022 from 9:30 a.m. to 1:00 p.m.

Location: The Grenadier Chartwell, 2100 Bloor St W, Toronto, ON M6S 1M7

***Limited Registration Available**

November • A Walk Down Memory Lane:



The History of Lytton Park with Raymond Goodman (on Zoom)

Three developers and three homeowners are explored in-depth to reveal the history of an area, featuring fun stories about the local racetrack, legal disputes, and interesting property owners.

Monday November 21st, 2022 from 2:00 p.m. to 3:00 p.m.

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



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Close to public transit | Free parking



FEATURED EVENT



WALK WILLOWDALE with Nathalie Prezeau



Event brought to you by
Canterbury Place Retirement Residence
and **Mosaic Home Care**



Willowdale is a wonderful section of North York, which was developed with the well-being of its community in mind. Nathalie Prezeau will guide us through the neighbourhood in a 2 km walk, with surprising urban nature, hidden historical buildings and lovely public art, with enough anecdotes to discover this part of town.

Overview of Event:

- Sign-in and refreshments at Canterbury Place
- Walking tour by Natalie Prezeau
- Lunch at Canterbury Place

Date: Thursday September 22nd, 2022 **Time:** 10:00 a.m. to 1:00 p.m.

Location: Canterbury Place Retirement Residence
(1 Canterbury Place, North York, ON M2N 0G7)

Please RSVP by September 16th at 416.322.7002 or info@mosaichomecare.com



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 Willowdale.

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



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Mosaic's Memory Café



Join Mosaic Home Care for our Mosaic's Memory Café held the last Tuesday of every month either online or in-person. This program is for those with memory and cognitive issues and their family carers. We have a number of interesting speakers and activities that make our café a place to look forward to.

Programs online and in-person include educational sessions from community organizations and professionals, discussion topics and activities, with a focus on creative arts (music, movement, art and meaningful discussions and activities), interesting hobbies and hands-on workshops.

Dates: Tuesday October 25th, and Tuesday November 29th, 2022

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

Location: ☀️ Tuesday October 25th In-Person at Armour Heights Presbyterian Church, 105 Wilson Avenue (Wilson & Avenue Road)

*In person session is subject to change or cancellation due to COVID-19 restrictions, participants will be notified

- Tuesday November 29th on Zoom

Registration required



Interactive Drumming Circle with Terri Segal:

- Tuesday October 25th | 1:00 p.m. to 2:00 p.m. | In-Person
- In-Person at Armour Heights Presbyterian Church
- Refreshments provided by The Sumach by Chartwell

Engage in collaborative and fun rhythm-based activities with Terri Segal, an Expressive Arts Therapist, Facilitator and Educator.



Meditation Workshop with Almeiri Santos:

- Tuesday November 29th | 1:00 p.m. to 2:00 p.m. | on Zoom

Learn about the benefits of a meditation practice with Almeiri Santos, a skilled Meditation Teacher and Reiki Master.

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



Meeting the Social and Emotional Needs of Persons within Healthcare and our local Communities



In this article we look at how a person's social and emotional needs and their associated physical, cognitive, cultural and spiritual intrinsic capacities can be better supported and encouraged within our communities. We look at two perspectives.

In the first, Kahir Lalji looks at Social Prescribing and the formal healthcare system's role in addressing social and emotional needs and personal interests through social prescriptions. In the second, Jane Teasdale looks at how home care providers, a person's supportive social networks and the community at large can do the same.

Social Prescribing:

A holistic approach to healthcare



Kahir Lalji, M.A., CPG
Provincial Director,
Government Relations
& Programs

United Way British Columbia
Lower Mainland
kahirl@uwbc.ca

What is it?

Social Prescribing is a holistic approach to healthcare that brings together the social and medical models of health and wellness. It provides a formal pathway for health providers to address the diverse determinants of health, using the familiar and trusted process of writing a prescription.

Social Prescribing bridges the gap between clinical and social care by referring patients to local, non-clinical services that are chosen according to the individual's interests, goals, and gifts. It allows doctors, nurse practitioners, and interpro-

fessional health providers to formally refer patients to community-based programs.

It empowers the individual to improve their health by developing new skills, participate in meaningful activities, and become more connected to their communities.

A social prescription can include participating in an exercise group, receiving a healthy meal, taking an art or dance class, joining a bereavement network or community garden, exploring a local hiking trail with a group of peers, and much more.

Successfully implementing a Social Prescribing program means removing the barriers people experience to doing these things. These barriers may be economic, geographical, interpersonal, or psychological.

Social Prescribing is about listening deeply, providing necessary supports, and empowering people to be co-creators in improving their own health and wellbeing.

History

The Social Prescribing movement and similar approaches began in the United Kingdom in the late '90s and has since become a key component of the UK National Health Service long-term strategy.

The evidence demonstrated strong potential to improve individual wellbeing as well as ease the load on the healthcare system. Since then, Social Prescribing has become a global movement gaining momentum throughout Australia, New Zealand, Europe, and North America.

Why is it important

Evidence shows that as much as 80-90% of our health outcomes are driven by social determinants of health (Magnan 2017). For a person to thrive in health and wellbeing, they must have access not only to appropriate clinical care and material supports, but also to meaningful social support and a community where they feel they belong.

Statistics suggest that 20% of patients consult their GP for what is primarily a social problem (Torjese, 2016). Some of the key issues that seniors are facing

are depression, loneliness, and isolation. Loneliness and social isolation have been described as major health threats, suggesting that “people with a weak sense of community belonging are more likely to be in the top five per cent of users of health care services; this 5 percent accounts for more than 50 percent of total health care spending... Costs that could be reduced if these individuals were part of connected communities” (Ontario’s Chief Medical Officer of Health).

Social Prescribing has been found to:

- Reduce isolation
- Improve mental health, resiliency, self-esteem, and quality of life
- Create community resilience and nurture community assets
- Create stronger connections between systems
- Reduce frequent primary care use
- Enhance social infrastructure
- Reach marginalized groups

Glimpse into SP in Canada

Social Prescribing is increasingly recognized as the next step in improving and better integrating healthy systems in Canada. Social Prescribing frameworks have been adopted in Canada and are being implemented in various provinces including British Columbia, Alberta, and Ontario. These three provinces are working collaboratively in their effort and have formed the Canadian Social Prescribing Community of Practice. Within this Community of Practice there a focus on learning, sharing, and building knowledge and creating systems and programs that will be sustainable overtime.

If you would like to know more about Social Prescribing in Canada, or would like to be involved in advancing this movement, please contact Kahirl@uwbc.ca and we will be happy to direct you to right partners closest to you.

Addressing meaning, being and community within home care



Jane Teasdale

Principal, Director of
Business Development

Mosaic Home Care
Services & Community
Resource Centre

jane@mosiachomecare.com
www.mosiachomecare.com

Every person has capacity for social and emotional, cognitive, physical, spiritual and cultural engagement with others, irrespective of health, age, and life stage.

As a home care provider, we believe it is important to interact with people as persons of meaning, being and community. People should not be defined by illness or by what they cannot do.

First and foremost, we should be connecting with the person at a meaningful level through conversation. Finding out about the person also allows us to

better connect them with interests and activities and to help maintain and or develop social and emotional connection. An important part of person centered home care services is therefore assessing, supporting, and facilitating a person’s capacity to engage along a number of dimensions.

Addressing and engaging with the wider social and emotional requires training in person centered care, and in developing a deeper understanding and awareness of empathy. Delivering this wider set of services also requires evolved assessment and care planning processes and deeper knowledge of community assets and resources.

We have staff with specific responsibility for such engagement who work with PSWs, clients and their families (Client Services Liaison) as well as a social work component for addressing more complex needs.

Part of addressing these wider set of needs and abilities is collaborating with the person’s social support network and in identifying how this network can be developed and maintained. Understanding how we deal with social isolation and loneliness is also important. Additionally building up a picture of the local community assets, those within the immediately walkable or accessible areas is vital. We work with clients and families in developing this local map. Beyond this, connecting with other social capital in our communities and in encouraging businesses and other community assets to be openly person centered will help build the type of environment where people can engage, create, contribute, and be accepted.

To achieve the ultimate goals of social prescribing and the social supports of evolved home care we all need to work together, to better understand one another and to reinforce the importance of the person and the ability to actualise meaning and being and connection.

So be creative and think of new ways of doing things and of connecting with others, nature and community. For example, why not go forest bathing? This is becoming more and more popular. Here is the link to a blog from Ontarioparks.com on the subject and an interesting article forest bathing in British Columbia.

Community Leaders & Focus Groups

At Mosaic we believe that persons are beings of meaning, being and community and that engagement with our communities and our neighbourhoods are important to our health and well-being.

Since 2018 we have spent time in research and looking at micro-mapping and community mapping through Mosaic Home Care Services & Community Resource Centre. We had stopped the Community Leaders and Focus Groups during COVID-19 for 2 ½ years since many of the community programs and initiatives were closed.

We would like to start up our community focus groups across the GTA again and are looking for individuals to join us as Community Leaders. These groups will help provide guidance and advice for our community outreach as well as other community agencies and partners.

Dates: Monday October 3rd, 2022

Time: 10:00 a.m. to 12 noon
(refreshments provided)

Location: 105 Wilson Avenue
(lower-level boardroom)

Free parking located on Saunders Street
(front of the church enter through the brown doors)

We are looking for volunteers from all walks of life and all ages to come together to help define our age and person friendly communities. These focus groups will help mobilise social capital, encourage collaboration across the public, for profit and not for profit sectors and help influence and inform decision makers and policy makers across our Greater Toronto Area. We are looking for insight, experience and ideas and we look to solicit input from a wide range of personal experiences as we build our age and person friendly communities.

Please contact info@mosaichomecare.com or **416.322.7002** for more information.



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

Mosaic Lifestyle Companions®

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

Duties will include:

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

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

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

Lifestyle Companions® services do not include personal care.

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



Introducing... Lauren McNair to our Mosaic Team!



Lauren McNair, BHSc (Hons),
Community Resource and
Social Engagement Coordinator

My name is Lauren McNair and I am the new Community Resource and Social Engagement Coordinator at Mosaic Home Care. In this position I am able to combine my passion and skills to develop a variety of in-person and online social programming for community members that connects them with community organizations, resources and with each other. I began this role this past May and since then I have had the pleasure of facilitating an array of events for our Mosaic community, and best of all, meet many of you!

As a recent Health Science graduate, I have developed a passion for working towards optimizing health through health promotion initiatives and understand the importance of social connection in achieving this. Mosaic Home Care and Community Resource Centre's person-centered care model creates a welcoming environment that prioritizes one's feelings and values while emphasizing the importance of community connectedness through social prescribing. There are clear benefits of creating social support systems that seek to uplift and connect our community, and I am excited to have the opportunity to contribute to enhancing the lives of others in fun and engaging ways.

I would love to hear from you! Do you have an idea for a future event? Are there any resources or community agencies you would like me to connect you with? If so, please do not hesitate to reach out at **905.597.7000** ext. **242**, or **647.824.1195**, or send an email to **lauren@mosaichomecare.com**.

I am so grateful to be a part of an organization that goes above and beyond for their caregivers, clients, staff, and community, and I am honored to be part of the Mosaic family.

Lauren

What a difference we make~!

Toni

Dear Jane & Lauren:

We truly appreciate our enjoyable "picnic-in-the-park" on the 20th.

Your kind generosity and friendship to our knitting group continuous to bond all of us together after so many years.

The past 28 months of Zoom each week were a blessing, we thank you and the team very much.

Lauren welcome to Mosaic, it was wonderful meeting you. Good luck in your new career!

Sincerely
Toni

PS The food was delicious 😊

Care Partner Community Resources Oversight Emotional
Sensitivity Advance Care Planning Preferences Mental Health
Connection Hobby Groups Palliative Personal Supports Medical
Person Centered Social Network
Cognition Client Liaison Social Work The Meaning of Me®
Assessment Dementia Neighbourhood Oversight Team Counselling
Nurse Social Programs
Personal Growth Care Planning
PSW Advocacy Navigation Social Abilities Community
Parkinson's End of Life Person

Calvin

I joined a lot of Mosaic programs (online and on site) which are informative and enjoyable, especially in the last 2 years. I will continue to do it. Thanks Mosaic!

JACK

Dear Jane and the Mosaic Organization:

I have been an ardent fan of the different programs that you put on through the year.

Keep up the good work.

Forget about the 5 Stars, you deserve 10 Stars.

Yours truly,
Jack

From a First Link® Memory Café online attendee from 2022

"The Memory Café is an amazing program, that benefits those living with Dementia and or other Cognitive Impairments and their Caregivers. This program is not only informative through wonderful guest speakers, but also interactive. I highly recommend attending."



Don't keep
Mosaic
as Toronto's
best kept secret
for Home Care and
Community Events.

**TELL YOUR
FRIENDS
ABOUT US!**

We would love to connect with more people
to offer our services and create community,
so tell your friends and family about all that we do at
Mosaic Home Care and Community Resource Centre!

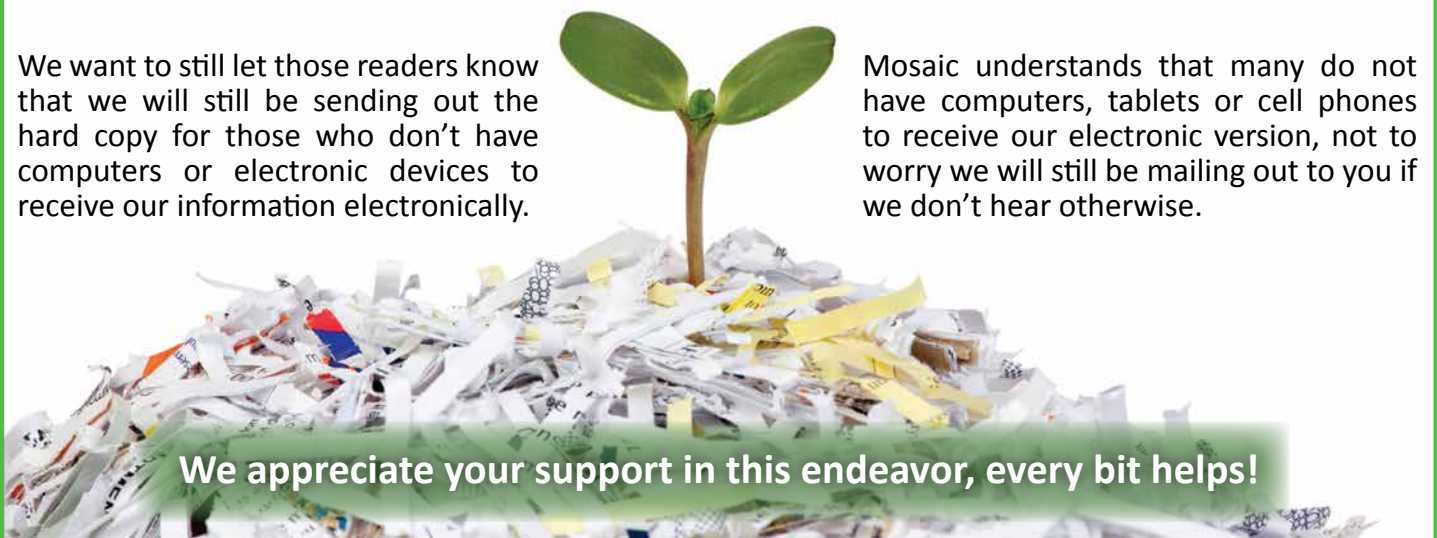
Help Mosaic Save Paper!

In an effort to be environmentally conscious,
Mosaic is hoping to reduce the amount of paper newsletters we send out.

If you are currently receiving a hard copy of our newsletter to your mailing address and would like to receive it only by email, please contact us at info@mosaichomecare.com with the subject line "Mailing List Opt-Out" with your full name to let us know.

We want to still let those readers know that we will still be sending out the hard copy for those who don't have computers or electronic devices to receive our information electronically.

Mosaic understands that many do not have computers, tablets or cell phones to receive our electronic version, not to worry we will still be mailing out to you if we don't hear otherwise.



2ND ANNUAL FALL FAIR

at Armour Heights Presbyterian Church

Hosted by: Armour Heights Presbyterian Church
& Mosaic Home Care Services & Community Resource Centre

Rain or Shine!

Date: Saturday October 15th, 2022

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

Location: Armour Heights Presbyterian Church | 105 Wilson Avenue, North York
Free Parking on Wilson Avenue & Saunders Street



Join Mosaic Home Care and Armour Heights Presbyterian Church at our 2nd annual Fall Fair, featuring lots of food, prizes, and fun! Come out and celebrate community and connection with us.

- Popcorn Machine, Refreshments, Bake Sale
- Caricature Artist
- Clown
- Music & Drumming Circle with Terri Segal
- NIA Fitness Class with Jenn Hicks
- Community Agencies
- And more!

To Register Contact:

Erin at estone@armourheights.org | 416.485.4000

OR Mosaic Home Care

info@mosaichomecare.com | 416.322.7002

Please RSVP by Friday October 7th, 2022



ARMOUR
HEIGHTS



PRESBYTERIAN
CHURCH



DELMANOR
Inspired Retirement Living



Qualicare
Home Care

THE SUMACH
by CHARTWELL

FEATURED EVENT



**Blooming
Caravan**

creative journeys from home



Home Care Services & Community Resource Centre

Forest Bathing Walk in High Park with Emma Rooney

A Part of Mosaic's Community Café Series

Event brought to you by

Mosaic Home Care Services and

The Chartwell Grenadier Retirement Residence



Date: Monday October 17th, 2022 **Time:** 9:30 a.m. to 1:00 p.m.

Location: The Grenadier Chartwell (2100 Bloor St W, Toronto, ON M6S 1M7)

(No charge for this event. Free parking. Close to public transit.)

Please RSVP by Friday October 7th at 416.322.7002 or info@mosaichomecare.com

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



We will meet at **The Chartwell Grenadier** for light refreshments and registration, and then depart on our walk at 10:00 a.m. After our Forest Bathing experience, we will return to The Chartwell Grenadier for lunch.

Accessibility: The walk will be a slow pace throughout, following designated pathways and trails but sometimes covering uneven terrain. The total walk distance is approximately 2km. Dress appropriately for the weather. Closed-toed shoes are required. A walking stick or poles is encouraged. This experience is 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 **416.322.7002** or **info@mosaichomecare.com** if you need more information.



Home Care Services & Community Resource Centre

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

HOLIDAY FESTIVE TEA WITH LIANNE HARRIS

AT

MOSAIC HOME CARE

In-Person
Event!

Date: Thursday December 1st, 2022

Time: 12:00 p.m. to 2:00 p.m.

Location: Armour Heights Presbyterian Church
105 Wilson Avenue

(No charge for this event. Free parking. Close to public transit.)

We invite you to join Mosaic Home Care and Armour Heights Presbyterian Church at our first annual Holiday Tea! We will enjoy coffee, tea and festive baked goods while enjoying a holiday presentation from Lianne Harris. Get ready to deck the halls of Armour Heights and have a jolly time!

Please RSVP by Thursday, November 24th
at **416.322.7002** or **info@mosaichomecare.com**

Featured Presentation – Christmas: Stories & Symbols

Celebrate the season with a refreshing look at the cherished stories and symbols surrounding Christmas. Join Lianne Harris for a 1-hour presentation as we go back in time and explore various cultures to better understand the origins, significance, and popularity of our most recognized Christmas motifs and well-loved stories.



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. Appearing on TV and interviewed on the radio many times, she is always happy to have a live audience.

ARMOUR
HEIGHTS



PRESBYTERIAN
CHURCH

DELMANOR
Inspired Retirement Living



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Close to public transit | Free parking

A few words from... Nikita Ravuvari, BSW, RSW, Client Services, Family Social Worker Consultant

The client services integrated team brings together working professionals to compliment each other, enhancing person-centred care, in a private home care organization. As a social worker on the team, my role focuses on working with families and clients to build connections and gain resources, which in turn, is valuable. I work with clients and their families to secure other services within the community, pairing them with Mosaic services. An example of one of these programs is Home Care Community Supports Services (HCCSS). This one can provide benefits to families with them receiving additional help.

Being a social worker, it is important to connect with my colleagues on a regular basis. This allows me to obtain insights on different perspectives and come up with solutions to situations that I may not have conceptualized on my own. I also participate in conversations with other professionals in the field which allows me to get a better understanding of the services they could potentially offer. This enhances Mosaic's networks and builds a stronger community that we can then provide to our clients.

Mosaic's social work and nursing dynamic allows us to offer a premium service we call Elder Care Plus®. This focuses on assisting families that require us to provide a larger oversight role. This is especially beneficial to families who may live out of province/country. Under this program, we provide more hands-on services that can include transitioning a loved one to Retirement Living/Long-term care, to assisting with obtaining additional services

from external providers. I am fortunate to work along side our team Nurse Consultant, Karyn Terrell because it brings the two professions of social work and Nursing together to provide our clients with services that compliment each other.

My passion for social work is what drives me to learn about individuals. Not only about their stories, but about their families and communities too. Getting to know each individual on a more personal level helps me to understand more about them, including their hobbies and interests. I work along side the Client Services Team who bring to the table other professional approaches, and experience. Together we are Mosaic!

You can reach me about our home care services and our Family Counselling Navigation, Elder Care Plus® by emailing nikita@mosaichomecare.com or calling **416.322.7002**.

Nikita

Nikita is pictured here relaxing with her dog Maco who is over 2 years old. Maco is Huskey, Sheppard Lab mix.



Elder Care Plus® Family Counselling & Navigation Services

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

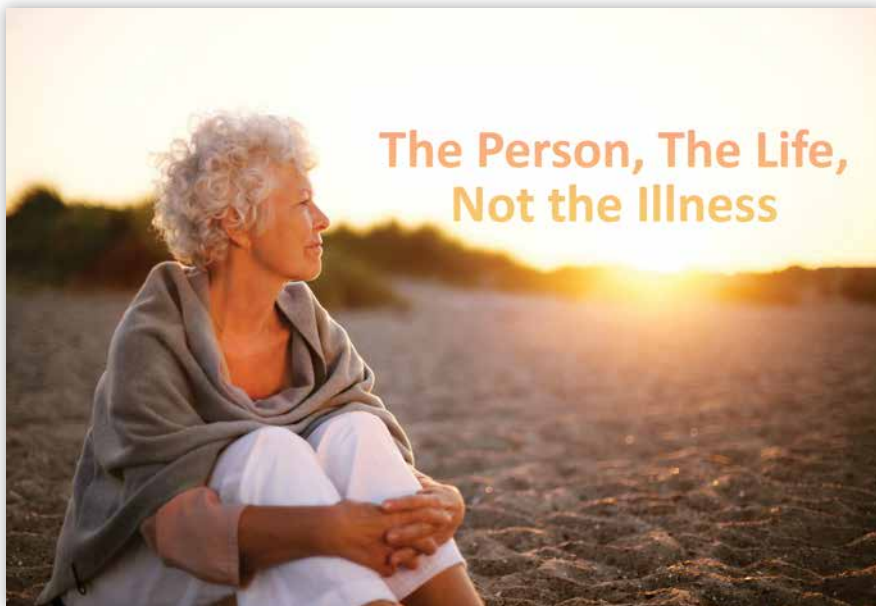
Our approach to family Counselling and Navigation is unique to Mosaic.



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

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

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



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
Centre**

**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 CENTRE

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

MOSAIC'S ELDER CARE PLUS®

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



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