



# Newsletter

## SPRING & SUMMER 2023



### About Mosaic, Our Community Resource Centre, and our Newsletter

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

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

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

*What a difference we make®!*

# Featured Events

## ONLINE PROGRAMS ON ZOOM

### ONGOING:

#### Mosaic's Growing Wellness Cafe (Zoom)

Gentle warm-up and brain exercises. Experience the month's garden and nature theme through poetry, art, and activities.

Thursdays, April 6<sup>th</sup>, May 4<sup>th</sup>, June 1<sup>st</sup>, July 6<sup>th</sup>, and August 3<sup>rd</sup>, 2023

#### Nia Fitness with Jenn Hicks (Zoom)

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

Thursdays, April 27<sup>th</sup>, May 25<sup>th</sup>, June 29<sup>th</sup>, and July 27<sup>th</sup>, 2023

#### Functional Fitness with Joanne Picot (Zoom)

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

Fridays, April 14<sup>th</sup>, May 12<sup>th</sup>, June 9<sup>th</sup>, and July 14<sup>th</sup>, 2023

#### Mosaic's Knitting & Crochet Group (Zoom)

Held every Wednesday starting from April 5<sup>th</sup> to August 23<sup>rd</sup>, 2023

#### Mosaic's Community Café (Zoom)

Mondays, May 1<sup>st</sup>, and June 5<sup>th</sup>, 2023

#### Scheduled Workshops:

- **Monday May 1<sup>st</sup>, 2023 – Brain Exercise with Victoria-Muir Burcea (Zoom)** – Enjoy gentle movement, brain fitness exercises and awareness education to improve memory, decrease brain fog, and support greater cognitive function.
- **Monday June 5<sup>th</sup>, 2023 – The Accidental Opera Singer with Maria Soulis (Zoom)** – Join us on Zoom for an in-depth conversation with Maria Soulis about her life on the operatic stage across Europe!

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

**Nia Fitness Weekly at Armour Heights with Jenn Hicks (In-Person)** – Join us for a full body workout through music, dance and strength enhancing movements!

Mondays from April 3<sup>rd</sup>, to August 28<sup>th</sup>, 2023

#### Mosaic's Community Café (In-Person)

Mondays, April 10<sup>th</sup>, and July 10<sup>th</sup>, 2023

#### Scheduled Workshops:

- **Monday April 10<sup>th</sup>, 2023 – Let's Cook Together – Live Cooking Demonstration with Jane and Lauren. (In-Person)**
- **Monday July 10<sup>th</sup>, 2023 – Qigong with Steffi Black (In-Person)** – Join us outside in the garden (weather permitting) to participate in Qigong, simple movements, and meditation.

#### The Bee's Knees Spring Tea (In-Person)

Friday April 21<sup>st</sup>, 2023

#### Mosaic's Walking club at Armour Heights (In-Person)

Every Friday from July 7<sup>th</sup>, to September 22<sup>nd</sup>, 2023

#### Movement, Minds and Magic – With Robin and Jennifer Hicks (In-Person)

Full morning program that offers movement, socializing and creativity for our community.

Mondays, April 17<sup>th</sup>, May 29<sup>th</sup>, June 26<sup>th</sup>, and July 24<sup>th</sup>, 2023

#### North York Elder Abuse & Scarborough Elder Abuse Network – Presents Sheldon Parker – 10 Tips for a Happy Fulfilling Life (In-Person)

Wednesday June 14<sup>th</sup>, 2023

## OFF-SITE COMMUNITY EVENTS (In-Person)

#### Mosaic's Spaghetti Factory Luncheon with a visit to St. Lawrence Market (In-Person)

Enjoy a day in the city with Mosaic as we enjoy a delicious lunch and visit to St. Lawrence Market

Friday May 19<sup>th</sup>, 2023

## OFF-SITE COMMUNITY EVENTS WITH LOCAL COMMUNITY ORGANIZATIONS: (In-Person)

#### Smile Theatre Production & Refreshment at North York Seniors Centre (In-Person)

Tuesday May 16<sup>th</sup>, 2023

#### Garden Party on the Patio & Drumming Circle with Terri Segal at Chartwell Lansing Retirement Residence (In-Person)

Wednesday May 24<sup>th</sup>, 2023

#### Under the Stars Dinner & Dancing with 2B1 Music Duo at the Chartwell the Sumach Residence (In-Person)

Friday July 21<sup>st</sup>, 2023

SIGN UP

To subscribe to our Mosaic's newsletter – <https://www.mosaichomecare.com/newsevents/newsletter>



Facebook Mosaic Home Care & Community Resource Centre



YouTube Mosaic Home Care



Twitter @mosaichomecare & @mosaicgtalinks  
@JaneatMosaic



Jane's GTA Café Blog  
<https://mosaichomecare.com/blog>



Instagram mosaichomecare



## Spotlight On...



Chita A. (left) & Agnes N. (right)

### *Mosaic's Caregiver Recognition*

Meet Chita and Agnes: two very trusted and loyal caregivers at Mosaic!

Both caregivers joined Mosaic back in 2017. At the time, Mosaic had just partnered with Liz Gray who was an enthusiastic and compassionate trailblazer in the community. Chita and Agnes, being part of Liz's organization, fit in to the Mosaic family extremely well. Today, they continue to live out Liz's vision in providing their compassionate care.

Their personalities shine in any interactions they have and they immediately create bonds with the people they care for. Both have long term clients and their families and clients themselves are always singing their praises! We know Chita and Agnes provide a sense of familiarity and comfort to their clients who trust and appreciate them dearly – simply irreplaceable!

*What a difference we make®!*

Congratulations, Chita and Agnes on this special recognition and for upholding a vision that is near and dear to us. Thank you for the warmth, authenticity and love you share with your clients everyday!

### *Our Caregiver Says...*

Mosaic gives importance to their employees. Our working schedules are flexible and the office staff are approachable. They give us continuous training so we can give our clients proper and better care. When with my clients, we share stories about life back home when we were small. They love to watch the birds and enjoy the fresh air and get some tan in the summer. I encourage my clients to do anything while they can, like walking and exercising is very important. Anything to make them happy. At the end of my shift, mission accomplished! ~ Chita A.

Mosaic gave me flexibility to suit my lifestyle and motivated me with support that I needed for my career growth. I can easily reach out to a supervisor when I need something or when I need to ask something. Mosaic stands out because us caregivers feel like we are family, like we are appreciated. I have always had compassion and dedication for helping my clients. I enjoy working with them and I have learned many things from them throughout the years. I make sure that they get the best service I can offer by taking them to various programs and activities and by bringing them around to interact with other residents. I also keep them engaged with various conversation topics during our daily walks. ~ Agnes N.



**Passion**



**Compassion**



**Education**



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

### Jane and Nathalie

Step into Spring with Mosaic Home Care. This is the time of year when daffodils and spring bulbs begin to add their colour to the world. First of all, a big thank you to:

- Our front-line caregivers and in-house staff for all their continued dedication to our culture of person-centered care.
- Our partnership and collaboration with Armour Heights Presbyterian Church.
- Our many community partners.

At Armour Heights Presbyterian Church we are working with the church and community to promote and grow a flourishing and inclusive social gathering place. People of all ages are able to engage with the many social programs that Mosaic now provides in this space and the many hobby, interest, and activity groups that the church has long hosted as a community hub (Bridge Clubs, camps, ballet and dance groups etc).

Nathalie and I would like to thank Rev. Dr. Harris Athanasiadis, Erin Stone and all the volunteers and community of Armour Heights Church for being so welcoming and helpful when we host our events. Mosaic Home Care, a believer in persons of meaning, being and community, is actively committed to using community spaces to connect individuals to other persons, interests, social programs, and resources. We provide many free social events for those to connect and make friends.

Our commitment to person centered culture is executed in our commitment to community, connection, and social community resources. We also work with our community health and social partners in shaping the development of social prescribing, which is the belief that health care is more than just the clinical, it is also the rich social and emotional fabric that we as human beings are capable of bringing to our world.

We continue to work with our community partners both at Mosaic and in the community. A great many help contribute to our social events and sponsorships. We are especially appreciative of the many retirement homes that have helped us over the years – Canterbury Place Retirement, Delmanor Northtown & Wynford, Chartwell Grenadier and The Sumach by Chartwell, 921 Millwood and Teddington Retirement Residence – and the many community agencies across the GTA that we connect with each and every day. Together we can connect, engage and develop our communities as social and supportive spaces.

#### Highlights in 2023:

**Community Tree Mural created by Scarbrite, urban artists in Toronto.** Frannie Potts & Sylvie Stojanovski who worked with the community at our Fall Fair 2022.



**Queens Park, Elder Abuse Prevention Lobby Day**– Jane Teasdale as Co-Chair of North York Elder Abuse was part of a delegation representing Elder Abuse Prevention Ontario (EAPO) that was lobbying for funding to keep our community Elder Abuse Prevention Networks strong and greater collaboration, commitment, and infrastructure to better help those being abused and in crisis.



**Podcast with the Profs** – Professor Andrew Miles and Professor Sir Jonathan Asbridge discuss “Person Centered Care, Together We can do it? But it needs us all.”



**Jane is on Zoomer Radio AM 740 every two weeks from January to July**, talking about health and social care in our homes and our communities.



**Presentation on Raymond James Blue Wing Advisory Group** which was held on Feb. 15<sup>th</sup>, 2023, with Neela White. “The Importance of Social Connection & Personhood within an Integrated Care Model”.

**Dancing Under the Stars Event at The Sumach by Chartwell – with 2B1 Music duo.** This is a community engagement event that is also open to health care professionals and community agencies on July 21<sup>st</sup>, 2023.



**Join @IFAgeing at the 16<sup>th</sup> Global Conference on Ageing** and be a driver of change to help

influence and shape policy that improves the quality of life of current and future generations of older people: <https://www.ifaconf.ngo> #IFA #IFAGlobalConf #HealthyAgeing

And stay tuned to our many more social events in collaboration with our local community agencies – North York Seniors Centre, Better Living – and social programming, such as drumming circles with local retirement homes.

Mosaic Home Care is always learning and creating new experiences for our staff, community, clients, and families. **Come and join our Mosaic Community!**

*Jane Teasdale and Nathalie Anderson*



# 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:** Fridays, April 14<sup>th</sup>, May 12<sup>th</sup>, June 9<sup>th</sup>, July 14<sup>th</sup>, 2023

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

**Location:** Zoom

**Registration required**

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

## 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 27<sup>th</sup>, May 25<sup>th</sup>, June 29<sup>th</sup>, July 27<sup>th</sup>, 2023

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

**Location:** Zoom

**Registration required**

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





## 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 5<sup>th</sup> to August 23<sup>rd</sup>, 2023  
**Time:** 1:00 p.m. to 2:00 p.m.  
**Location:** Zoom  
**Registration required**



To register for all programs call our offices at **416.322.7002** or [info@mosaichomecare.com](mailto: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 weekly walking club around the Armour Heights neighbourhood.

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

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

**Dates:** Every Friday from July 7<sup>th</sup> to September 22<sup>nd</sup>, 2023

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

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

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

To register for all programs call our offices at **416.322.7002** or [info@mosaichomecare.com](mailto:info@mosaichomecare.com) if you need more information.



# Mosaic's Community Café

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

## April



- **Let's Cook Together – Live Cooking Demonstration (105 Wilson Ave)**  
*Join Jane and Lauren in an afternoon of preparing delicious and nutritious spring snacks.*  
**Monday April 10<sup>th</sup>, 2023 from 1:00 p.m. to 3:00 p.m.**

## May



- **Brain Exercise with Victoria-Muir Burcea (on Zoom)**  
*Enjoy gentle movement, brain fitness exercises and awareness education to improve memory, decrease brain fog, and support greater cognitive function.*  
**Monday May 1<sup>st</sup>, 2023 from 1:00 p.m. to 2:00 p.m.**

## June



- **The Accidental Opera Singer with Maria Soulis (on Zoom)**  
*Join us on Zoom for an in-depth conversation with Maria Soulis about her life on the operatic stage across Europe!*  
**Monday June 5<sup>th</sup>, 2023 from 1:00 p.m. to 2:00 p.m.**

## July



- **Qigong with Steffi Black (105 Wilson Ave)**  
*Join us outside in the garden (weather permitting) to participate in Qigong, which seeks to bring the body's energy, or qi, into balance, unblocking states that cause pain or illness through simple body movements and meditation.*  
**Monday July 10<sup>th</sup>, 2023 from 1:00 p.m. to 2:00 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.



# Movement, Minds and Magic



Join our warm and welcoming **full morning program** that offers movement, socializing and creativity to our community. Everyone at every age and ability is welcome.

During our time together we'll enjoy the Nia Fitness class, tea/coffee and light snacks and explore universal themes with a creative angle. Examples include:

- Line drawing
- Water colour, still life and collage
- Sing-a-longs and original poetry
- And more! No art experience necessary!

**This is a fun and healthy way  
to stay engaged, create  
community and enhance  
our quality of life.**



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

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



**Dates:** Mondays, April 17<sup>th</sup>, May 29<sup>th</sup>, June 26<sup>th</sup>, July 24<sup>th</sup>, 2023

**Time:** 10:00 a.m. to 1:00 p.m.

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

(Free parking. Close to public transit.)

**Registration required**

ARMOUR  
HEIGHTS



PRESBYTERIAN  
CHURCH

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





# MOSAIC'S GROWING WELLNESS CAFE

A Memory – Friendly Community\*

## Brighten your month with inspiration from nature

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



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

**Dates:** Thursdays, April 6<sup>th</sup>, May 4<sup>th</sup>, June 1<sup>st</sup>, July 6<sup>th</sup>, August 3<sup>rd</sup>, 2023

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

**Location:** Zoom

**Registration required**



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



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

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



**Join Mosaic Home Care on AM740's  
Updates on Home Care & Community**

*featured on...* **From a  
Woman's Perspective**

**Saturday mornings at 8am  
Starting February 11<sup>th</sup>, 2023**



**ZOOMER RADIO  
AM740/96.7 FM**

*From a  
Woman's Perspective*

**Tune in every two weeks  
to hear Jane Teasdale  
of Mosaic talk about  
topics in health and  
home care provision  
in and around our  
communities.**

**Dates to tune in are on Saturday mornings at 8:00 a.m.**

**April 8 & 22 | May 6 & 20 | June 3 & 17 | July 1, 15 & 29**

*Stay Tuned...*

# 'THE BEE'S KNEES'

## *Spring Tea*

### HEARD THE BUZZ?

You are invited to an afternoon tea that will help us spring into spring! Featuring a fascinating and interactive presentation from beekeeper Vlad Sorin of VeezBeez Apiary, you will learn all about the importance of bees, beekeeping, enjoy a honey tasting, and get up close and personal with a demo beehive. His homemade honey will also be available for purchase!

Join us for light refreshments, fun games, and prizes to be won! Early bird gets the worm so don't forget to RSVP to reserve your spot!



**Vlad Sorin** worked as an engineer and enjoyed his work but had a dream of having bees his entire life. Near his retirement time he decided that it was his last chance to fulfill this dream. What started as a hobby 11 years ago with 2 beehives and it slowly became a small business, Veezbeez Apiary, with over 15 colonies.

**Date:** Friday April 21<sup>st</sup>, 2023

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

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

(Free parking. Close to public transit.)

**Registration required**



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



# Join North York Seniors Centre and Mosaic Home Care for a Theatre afternoon production and refreshments



## And I Never Stopped Dancing



North York Seniors Centre, with support from Mosaic is happy to present a Smile Theatre production at our Active Living Centre

*Smile Theatre, operating since 1972, provides professional theatrical experiences and brings life-affirming interaction, recognition, connection and joy to audiences*



**Date:** Tuesday May 16<sup>th</sup>, 2023

**Time:** 2:00 p.m. to 4:00 p.m.

**Location:** 21 Hendon Avenue, North York

Seats are only \$5.00 per person. Non-members welcome!

**Please RSVP by calling 416.733.4111 by May 9<sup>th</sup>, 2023  
647.547.1814 or [info@mosaichomecare.com](mailto:info@mosaichomecare.com) 416.322.7002**



INSPIRED SENIOR LIVING WITH



## Join Canterbury Place Retirement & Mosaic Home Care for a delightful afternoon of *Nature, Art & Community* with **LYNN KISLOCK (artist)**

### A bit about Lynn Kislock (Artist)

I have been painting for over 30 years and I have been influenced by the beauty of nature, landscapes, and florals. I have been teaching seniors for the past 10 years. The response has been amazing. The participants are so motivated and always pleased with their accomplishments. They are all encouraged to give their paintings to family and friends and the feedback has been very rewarding. Some came to the class encouraged by others who had never painted before and it's wonderful to see their continued interest.



We will be talking about interests and things you enjoy doing in the summer! You will create a collage using cut-out pictures and bring your own picture to incorporate. Paints and craft supplies will be provided. Refreshments will be offered after the program.

**Date:** Thursday May 18<sup>th</sup>, 2023 **Time:** 2:00 p.m. to 3:00 p.m.

**Location:** Canterbury Place Retirement Residence (Country Kitchen area)  
1 Canterbury Place, North York

(No parking available onsite. Use street parking, Green 'P' or public transit).

**RSVP before May 11<sup>th</sup>, 2023 to Maureen Gold [crm2.canterbury@verveseniorliving.com](mailto:crm2.canterbury@verveseniorliving.com) or 416.227.1643 or Mosaic [info@mosaichomecare.com](mailto:info@mosaichomecare.com) or 416.322.7002**

# MOSAIC'S SPAGHETTI FACTORY LUNCHEON with a visit to St. Lawrence Market



Enjoy a day in the city with **Mosaic** as we enjoy a delicious lunch at the iconic Old Spaghetti Factory. Dine with us, connect with new friends, and engage in meaningful conversation over an Italian feast.

After lunch you are invited to join us as we walk over to St. Lawrence market to explore the fresh foods and unique vendors at this iconic Toronto market.

**Only 20 spots are available for this event so make sure you register to reserve your spot!**

**Date:** Friday May 19<sup>th</sup>, 2023

**Time:** 12:00 p.m. to 3:00 p.m. *Lunch begins at 12:30 p.m.*

**Location:** The Old Spaghetti Factory (54 The Esplanade, Toronto, ON M5E 1A6)

**Cost:** \$10.00 (Collected in person on the date of event)

**Registration required**

To register for all programs call our offices at **416.322.7002** or [info@mosaichomecare.com](mailto:info@mosaichomecare.com) if you need more information.

Join Chartwell Lansing Retirement Residence & Mosaic Home Care

## Garden Party on the Patio

An Afternoon of "Meaningful conversation",  
Light Lunch and Interactive Drumming Circle with Terri Segal

**Join Terri Segal (trained Expressive Arts Therapist and Drum Circle Facilitator)**



- Engage in collaborative and FUN rhythm based activities through movement, voice and music
- Experience first-hand the health and wellness benefits of Drumming and Creativity
- Learn how to play a variety of Hand Drums and World Percussion instruments

This event is open to all ages, community members, organizations, and health professionals. No previous musical experience is necessary to participate.

**Date:** Wednesday May 24<sup>th</sup>, 2023

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

**Location:** 10 Senlac Road, North York

**RSVP by May 17<sup>th</sup>, 2023 to Donna [dhenrydingwall@chartwell.com](mailto:dhenrydingwall@chartwell.com)  
647.467.5648 or [info@mosaichomecare.com](mailto:info@mosaichomecare.com) 416.322.7002**



To register for all programs call our offices at **416.322.7002** or [info@mosaichomecare.com](mailto:info@mosaichomecare.com) if you need more information.



# Come Together Right Now!

## World Elder Abuse Education Day Event 2023



Join North York Elder Abuse Network & Scarborough Elder Abuse Network Members in this community event on social responsibility & safety for vulnerable seniors.



An afternoon of connection, resources from local community organizations, lunch, music and dancing!

Join the grooves and music of 2B1 Music Duo

Sheldon Parker will present on:  
“10 Tips for a Happy & Fulfilling Life”



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



**Date:** Wednesday June 14<sup>th</sup>, 2023 **Time:** 11:30 a.m. to 2:00 p.m.

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

(Free parking. Close to public transit.)

**Register by:** June 7<sup>th</sup>, 2023

**To Register:** Contact Jane at Mosaic Home Care Services at 416.322.7002 Ext. 223 or send email to: [info@mosaichomecare.com](mailto:info@mosaichomecare.com) or [Jessica.lang@tcare.ca](mailto:Jessica.lang@tcare.ca)

**Donations for Pat's Place, a Family Service Toronto program, will be accepted at the door. Tax receipts will be issued for donations of \$25.00 or more.**

Pat's Place is a temporary haven for older people experiencing abuse. It offers a welcoming environment where residents can take time out from their current situation.

At Pat's Place we believe older people have the right to live a life free of harm. We strive to create an environment where an older person can live with dignity and in peace.



Elder Abuse  
Prevention  
Ontario



United Way  
Greater Toronto



FAMILY SERVICE TORONTO  
For People. For Change.



CHARTwell  
retirement residences



MOSAIC  
Home Care Services & Community Resource Centre

ARMOUR  
HEIGHTS



PRESBYTERIAN  
CHURCH



# UNDER THE STARS

## at THE SUMACH BY CHARTWELL

Join The Sumach and Mosaic Home Care  
under the stars for a night of dinner, dancing and music!



Featuring Live Music from  
**2BI MUSIC DUO**

**Professionals, Community & Residents welcome!**



Sponsored by **The Sumach by Chartwell**  
and **Mosaic Home Care Services**  
& **Community Resource Centre**



**Date:** Friday July 21<sup>st</sup>, 2023

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

**Location:** The Sumach by Chartwell (146 Sumach Street, Toronto)

**RSVP by July 14<sup>th</sup>, 2023** to Grant Hooper

**ghooper@chartwell.com** or **416.910.3431** or **info@mosaichomecare.com**

**Donations for Pat's Place, a Family Service Toronto program, will be accepted at the door. Tax receipts will be issued for donations of \$25 or more.**

Pat's Place is a temporary haven for older people experiencing abuse. It offers a welcoming environment where residents can take time out from their current situation.

At Pat's Place we believe older people have the right to live a life free of harm. We strive to create an environment where an older person can live with dignity and in peace.





# Community Events RECAP



What a winter this has been at Mosaic! 2023 started off with a streak of dark and cloudy days that got us down, but luckily we had our dinner and dancing event "Elevate Your Spirits" to do exactly that! Armour Heights Presbyterian Church was transformed into a swinging Jazz club that got us up and dancing all night long thanks to the amazing musical performance from Esther and Rudy of 2B1 Music Duo. As soon as people walked through the doors, and across the red carpet, the dancing began. I think we could have danced til' the sun came up! It was a beautiful thing to see people connect with each other through music and dance, holding hands, laughing together, and getting back to the fun social events that we have so dearly missed. The loving energy in that room was palpable, and it was a wonderful feeling to know that Mosaic was able to bring some light and joy to what started as a dreary month. This amazing event would not be possible without Chartwell Retirement Residences, our generous sponsor for the evening.

This winter also saw an exciting new edition to our Mosaic program line-up with the introduction of the Growing Wellness Cafe, a nature-based monthly Zoom program that features everything from poetry to plant care tips. Emma Rooney and Victoria Muir-Burcea, our fantastic program facilitators, started this program at the beginning of the Covid-19 pandemic during lockdowns, and have created a community of over 50 participants

from all across Canada who all share a love of gardening, nature, and wellness.

We continued with our weekly in-person Nia Fitness classes which has fostered amazing connections between both the Mosaic and Armour Heights community and has united us through movement, music, and the social time that follows the class. Jane and I also held a live cooking demonstration over Zoom where we made some simple and cozy winter meals, and let me tell you, they were delicious! If you missed out on the fun don't worry! We are hosting another live cooking demonstration in person this spring, check out page 7 for more details.

Thank you to all who have attended our Mosaic programs this season, we are looking forward to a fun spring and summer with you all!

*Lauren*

Community Resource  
and Social Engagement  
Coordinator

**Elaine  
& Eddie**

"Eddie and I would like to thank you so much for putting on the [Elevate Your Spirits] event. The music was fabulous and so was the food. It's people like you and Mosaic that make it possible for us shut in seniors for almost 3 years to get out and have a good time and feel safe at the same time. I felt alive. Been a long time since we were able to go out and feel safe... so thank you from the bottom of my heart for making me come alive and feel normal again.

Judging from all of the people on the dance floor, I think I can safely say that everyone would agree with me."



 **HAPPY**   
*Spring & Summer!*



**Yuliya Goloida, MSW, RSW.**  
Social Worker, Baycrest@Home  
(She/her/hers)

## Can we age-proof our wellness by doing the things that fill our buckets?

**Personal choice hugely impacts sustained attention. That's why Baycrest@Home offers a mix of regularly scheduled programs and one-time special events to introduce new and novel experiences while promoting brain health and aging well.**

**W**ith over 30 hours of live programs each week to choose from, we're helping older adults stay active and engaged in all the recommended activities that research tells us are important for staying physically strong, and mentally well.

Our program mix of movement, arts & discussion groups combines to create meaningful, shared experiences that not only combat social isolation and loneliness as we age – it may even improve health outcomes.

**Our virtual community meets on Zoom, from wherever you call home.**

Aided by simple technology (and our dedicated support team to help you get online), B@H members do everything from daily fitness and Tai Chi to music, stories and discussion, to hands-on arts workshops – all online, together.

**This isn't your usual trip to the community centre.**

In partnership with the *Toronto Symphony Orchestra (TSO)*, B@H has launched Virtual TSO – a series including 5 live performances and 30 intimate concert experiences. Each week, participants meet a featured TSO musician and can ask anything – from learning about individual artistic journeys to the instruments they play.



Baycrest@Home certified Therapeutic Recreationists like Patti foster community, self-expression and stimulation

**Learn more about our recreation programs and how you can sign up to try it, free for one month: <https://baycrestathome.ca>.**

**The Baycrest@Home team is available by phone: 647-576-HOME (4663) and email at [info@baycrestathome.ca](mailto:info@baycrestathome.ca) to answer questions, and help you get started.**

Follow us on Facebook: **@BaycrestAtHome** and Instagram **@baycrestathome** to see what our members have been up to!



# Welcome... Wintana to the Mosaic Community!

**Nikita our Client Services Family Social Worker Consultant has gone on maternity leave. In her place we would like introduce Wintana Berhe.**

My name is **Wintana Berhe**, I am a registered Social Worker with OCSWSSW. I am very excited to work with the client service team, they are welcoming and supportive. I am experienced in mental health and crisis intervention, which has allowed me to work with people from all walks of life and adapt to complex cases. I've been able to grow and learn from my personal experiences, as well as my environment and community.

I'm excited to continue learning and growing in the community at Mosaic. With a passion for learning from the community, I am looking forward to exploring more of Mosaic's model of person centered care. What drew me to the role was the approach Mosaic had for home care and the person-centered care model. The model is centred around the individual and viewing them beyond their physical health. It has been such an eye-opening experience being able to work and learn more about person centered care. I look forward to working with Mosaic and to help integrate person centeredness within home care services.

In my downtime, I enjoy venturing out into the city and experiencing the different activities and wonders Ontario has



to offer. Some of the activities include board game cafés, pottery painting, and road trips such as Tobermory. Also, in the summer I find exploring different dog parks, a fun way to stay active, interact with the community and meet cute furry friends. In the future, I hope to expand and be able to go on more road trips and travel. A personal goal of mine is to be able to go on a backpack trip. Exploring and learning different backgrounds, cultures and food. It is a great educational and eye-opening experience. I look forward to learning and growing at Mosaic. Experiencing some of the amazing, fun activities they have at the community centre and learning for the wonderful team.

*Wintana*  
BA Social Work (Hons)

## Updates from our Client Services Department at Mosaic Home Care

### Introducing... Diane Roberts BA Psychology, Client Services Division at Mosaic



**Diane Roberts**  
BA Psychology,  
Client Services

As part of the Client Services Team at Mosaic, I've had the pleasure of working for over six years with a committed team who share a common goal – supporting others. My background in Psychology, Palliative Care Support as well as Grief and Bereavement Coaching enables me to contribute to the team, our clients and caregivers.

My passion for helping others and contributing to my immediate and larger community has been a 25 year rewarding journey. I recently had the honour of being selected by The Scarborough Centre for Healthy Communities to be recognized by the Province with a 5-year Ontario Volunteer Service Award.

In 2018, I was proud to be part of the creation process for the Bereavement and Palliative Care Support Group at Mosaic Home Care. Along with Martha Miller (Client Services Liaison) and Karyn Terrell (Client Services Nurse Consultant), a team was formed with the goal of providing compassionate support

to Front Line Staff who have lost friends, loved ones and clients in death.

As someone who has been privileged to provide support on many levels to families, individuals, and care providers during the end of life and bereavement process, the level of genuine interest and

compassion Mosaic treats this element of the life journey with is truly unique. Through a holistic approach, person centered values and a vision to help everyone connected to the end-of-life condition, Mosaic Home Care is prepared to provide an elevated level of supportive experience during one of life's most challenging phases.



Diane Roberts (client services) with some of our front-line caregivers at our Mosaic Holiday Event at the Mandarin Restaurant 2022.

*Diane*

## We Focus First and Foremost on You

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

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



*"Call"*  
*Mosaic Home Care*

**Home Care Support and  
Lifestyle Companions**

**416.322.7002**

## 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.

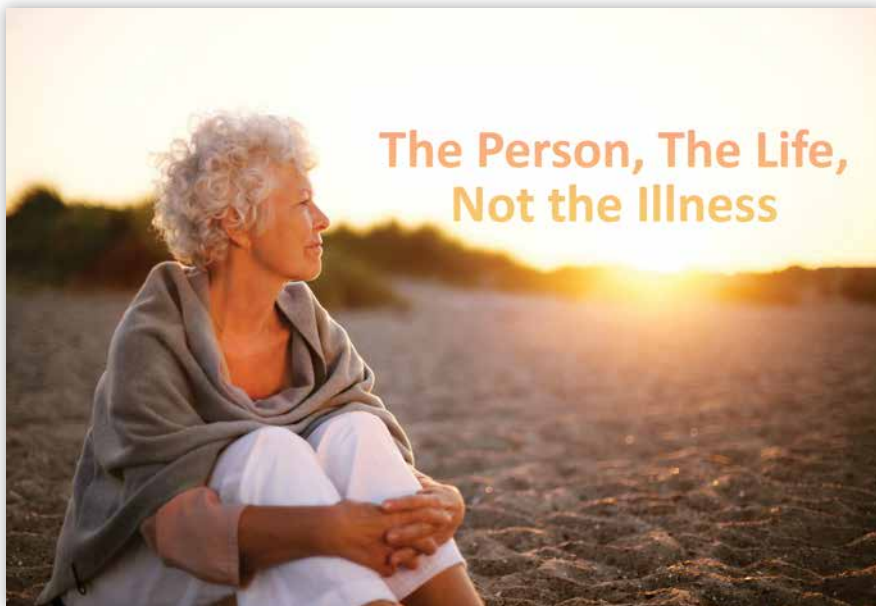
**Our approach to family Counselling and Navigation is unique to Mosaic.**



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](mailto: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



**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