



MOSAIC

Home Care Services & Community Resource Centre

FALL 2023 *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:

Mosaic's Knitting & Crochet Group (Zoom)

Held every Wednesday starting from September 6th to December 13th, 2023

Mosaic's Growing Wellness Cafe (Zoom)

A Memory-Friendly Community

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

Thursdays, September 7th, October 5th, November 2nd, and December 7th, 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, September 22nd, October 13th, and November 10th, 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, September 28th, October 26th, and November 30th, 2023

Mosaic's Community Café (Zoom)

Scheduled Workshops:

- **Monday October 16th, 2023 – “Activating Your Brain Health with Nutrition, Fitness and Mindfulness!” with Rani Glick (Zoom)** – Join Rani Glick in this webinar as she explains the relationship between the brain, movement, nutrition and coping with stress.

HIGHLIGHTED IN-PERSON FALL EVENTS AT MOSAIC'S COMMUNITY HUB

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

Every Friday from September 1st to September 22nd, 2023

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 September 11th to December 11th, 2023

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

Mondays, September 18th, October 23rd, and November 20th, 2023

Mosaic's Community Café (In-Person)

Scheduled Workshops:

- **Monday September 18th, 2023 – Qigong with Steffi Black (In-Person)** – Join us outside in the garden (weather permitting) to participate in Qigong, simple movements, and meditation.

- **Tuesday November 21st, 2023 – “An Afternoon in Bordeaux France” with Jane & Lauren (In-Person)** – We bring Bordeaux to Toronto in an afternoon of tastes, sights and discussions.

A Primer on Wills, Powers of Attorney, and Real Estate Issues featuring Sheldon Parker (In-Person) – Time to get your affairs in order? The time to do that is while you are still capable, and able. Tuesday September 19th, 2023

3rd Annual Community Fall Fair at Armour Heights Presbyterian Church (In-Person) – Kick off the start of the season with Mosaic Home Care and Armour Heights Presbyterian Church at our Fall Fair. Saturday September 30th, 2023

Very Superstitious, A Halloween Luncheon with Lianne Harris (In-Person) Wednesday October 25th, 2023

Holiday Festive Tea at Mosaic Home Care (In-Person) – Introducing Frances Hernick (née Pratz) a talented pianist, distinguished graduate of the Royal Conservatory of Music. Friday December 8th, 2023

FEATURING OUR SPECIAL COMMUNITY EVENTS

Sowing Seeds of Gratitude – Join Mosaic for a three-part celebration of fall's bounty. A Fall Garden Festival with Emma Rooney & Mosaic Home Care at Sunshine Centres for Seniors (Ward's Island, Toronto Island Park) (In-Person) Monday September 25th, 2023 for more information review (page 11) in the fall newsletter.

Seed Saving and Seed Ball Making with Blooming Caravan (Zoom) Monday October 2nd, 2023

Grow Your Own Garlic with Blooming Caravan (Zoom) Monday October 16th, 2023

“Dance Through the Decades” An Intergenerational Dance Party at Evergreen Brick Works (In-Person) – Whether you're 5 or 95 there's fun for the whole family! Saturday October 14th, 2023

Erin Stone

“Attending “A Night Under the Stars” was truly one of the highlights of my summer! Being together in community on the spectacular rooftop patio of The Sumach by Chartwell overlooking the city was an experience I will never forget. The food, drinks, and incredible music by 2B1 Music Duo kept us energized and dancing the whole night! What another incredible example of Mosaic's partnership with community organizations to bring people together to create joyful memories, connections, and a sense of true belonging. I can't wait to see what Mosaic has in store for the fall!”



Jinky R.

June 13, 1974 ~ June 16, 2023

MOSAIC'S STAFF REMEMBRANCE

In memory of Jinky ~ our highly regarded and treasured Personal Support Worker with Mosaic from 2012 – 2018

Jinky was a well-respected and highly professional employee of Mosaic. She was loved amongst her teammates and clients and often described as kind and sweet. Jinky always connected with her team in a warm and friendly manner. Many of our clients would request her care because of her compassionate and conscientious work ethic. Although Jinky parted ways with Mosaic in 2018, she always remained close to our hearts and will forever be a memorable part of our team. Some compliments we would hear from our members were: *"Nothing compares to Jinky", "She is so lovely", "I am so pleased with the wonderful care my mom is receiving from Jinky."*

She truly was one of a kind and will be deeply missed by all of us here at Mosaic.

“We were very blessed to have Jinky on our team and in our lives for over 5 years at Mosaic. We remember her fondly! Jinky always had such a fantastic big smile that lit up a room, with a personality to match. She was ‘the best of the best’ and will forever be remembered.”

~ Nathalie Anderson & Jane Teasdale,
Directors/Owners of Mosaic Home Care

I Fall Asleep

By Samuel Butler

*I fall asleep in the full and certain hope
That my slumber shall not be broken;
And that though I be all-forgetting,
Yet shall I not be forgotten,
But continue that life in the thoughts and deeds
of those I loved.*



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

Jane and Nathalie

As fall nudges closer, the marketing team at Mosaic have organized some wonderful events and social programs for the September to December period (2023).

As always, a big thank you to our front-line caregivers and in-house staff for all their continued dedication to the person, their communities and social connections that embodies person centered care.

We would also like to thank the many community partners we collaborate with, a collaboration that values inclusive social connection, self fulfilment, and personal growth. We are particularly grateful for the support that enables Mosaic to deliver its many wonderful programs to our communities. Our joint efforts are helping to shape and invigorate the fabric, the heart and soul, of our constantly evolving greater city and its neighbourhoods.

Mosaic Home Care is celebrating its 13th complete year of being in the business of person-centered care and the social enterprise that is represented by its resource centers, past and present, our social programs and the social capital we bring to the table. We are now entering our 14th year.



Nathalie Anderson
in action at Mosaic
Home Care.

Nathalie is Mosaic's Director of Operations who along with Jane Teasdale is a principal owner and founding member of Mosaic Home Care and Community Resource Centre.

Nathalie oversees operations at Mosaic and is responsible for the many necessary processes, policies, procedures, and systems that a home care organization requires to run effectively. Mosaic's policies and procedures are designed to meet ISO9000 and industry accreditation standards. Making sure that policies and procedures also reflect and reinforce the requirements of person centeredness is an evolving responsibility as the company pushes the boundaries of organization at this detailed level.

An update from Nathalie: *We are pleased to announce that Baycrest@Home™ will be providing Mosaic's front-line employees with a "working toolbox" to manage more complex levels of dementia and cognitive changes. Our team will develop advanced skills and techniques to better serve persons with more challenging care needs and behaviours.*

Highlights in 2023:

Jane & Lauren from Mosaic attending Alliance for Healthier Communities. Social Prescribing – First ever in-person Ontario Community of Practice, held June 6th, 2023. Since inception in 2010, Mosaic has provided



our person centered care model "The Meaning of Me®" and have provided links to other community organizations, resources and continue to host free social interest-based hobby based and social programs to keep our communities engaged.

North York Elder Abuse & Scarborough Elder Abuse Network June 14th, 2023, event for World Elder Abuse Awareness Day.



A big thank you to The Sumach by Chartwell Retirement Residences for organizing the luncheon for this event and volunteering on the day.

Under The Stars at The Sumach by Chartwell, July 21st, 2023.

Under the Stars Event which was a collaborative community event that Mosaic and The Sumach by Chartwell had organized. We wanted to create an event which included residents of the Sumach and people from all our communities, as well as professionals and practitioners interested in this important dimension of personhood. We would like to extend a special thank you to Grant Hooper, Rene Vanderheage, Elton Ly and all The Sumach Staff.

This event helped raise money for Pat's Place under Family Service Toronto. Lisa Manual, Director of Clinical Services, described Pat's Place as a temporary haven for older people experiencing abuse. It offers a welcoming environment where residents can take time out from their current situation.

Podcast with the Profs Episode 12 Part two Person Centered Care – Professor Andrew Miles and Professor Sir Jonathan Asbridge discuss the second part "Person Centered Care? Together we can do it, but it needs us all", featured on our Mosaic's You tube channel

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



Check out our podcasts featured on Spotify Community Life in Podcast "Person Centered Care? Together we can do it, but it needs us all." – Mosaic's Community Life Podcast | Podcast on Spotify

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

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, September 22nd, October 13th, November 10th, 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, September 28th, October 26th, November 30th, 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

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

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

Dates: Every Wednesday
from September 6th to December 13th, 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 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, September 7th, October 5th, November 2nd, December 7th, 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 the benefits of nearby nature. (www.bloomingcaravan.ca)

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



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



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



- **Qigong with Steffi Black**

(Armour Heights Presbyterian Church - 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 September 18th, 2023 from 1:00 p.m. to 2:00 p.m.

October



- **"Activating Your Brain Health with Nutrition, Fitness and Mindfulness!" with Rani Glick (Zoom)**

Join Rani Glick in this webinar as she explains the relationship between the brain, movement, nutrition and coping with stress.

Monday October 16th, 2023 from 1:00 p.m. to 2:00 p.m.

November



- **"An Afternoon in Bordeaux France" with Jane and Lauren (Armour Heights Presbyterian Church - 105 Wilson Ave)**

We bring Bordeaux to Toronto in an afternoon of tastes, sights, and discussions about this walkable city and all its social spaces and culture!

Tuesday November 21st, 2023 from 1:00 p.m. to 2:30 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

A Memory – Friendly Community Program

Join our warm and welcoming **full morning program** that offers movement, socializing and creativity to our community. Everyone at every age and ability is welcome to join the Nia Fitness class and then we'll

enjoy tea, coffee and a light snack as a group.

During our time together we'll begin to explore universal themes that everyone can relate to with a creative angle that might include:

- Learning how to create line drawings
- Watercolour, still-life and collage work
- Sing-a-long and original poetry
- And more! No art experience necessary!



**Become a 'MMM' Member
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, September 18th, October 23rd, November 20th, 2023

Time: 10:00 a.m. to 12:30 p.m.

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

Cost: \$10 per class (Collected upon arrival)

Registration required

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What is *Movement*, *Minds* and *Magic*?

Movement, Minds & Magic is all about moving to great music, thoughtful conversation and hands on opportunities to get creative (including drawing, painting, poetry and more!) in a brand new, totally unfussy way. Jenn and Robin create a warm, safe environment for socializing while exercising bodies, minds and hearts. Their gentle humour and innovative strategies for engaging everyone regardless of ability make you feel good. We think this is a great program for individuals looking for social connection and stimulation.

Hear what MMM Members are saying!

"Thank you for the organizing this program! [I have] been looking for something like that for a long time. [I have] attended events organized by City of Toronto but mostly catered for people with dementia. [I] was very glad she found event where [I] learned something new. It was a whole new experience for [me]."

~ N.M.

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

A Primer on Wills, Powers of Attorney, and Real Estate Issues



Time to get your affairs in order? The time to do that is while you are still capable, and able. Not doing this in a timely fashion can lead to very significant consequences.

Join Sheldon Parker in an informative session where we discuss;

- What is the difference between a Power of Attorney and a Will? Do you need both?
- What is the difference between a Power of Attorney for Personal Care, and a Power of Attorney for Property?
- What if I don't bother preparing any of these documents? And more!

Light refreshments will be served!

Date: Tuesday September 19th, 2023

Time: 12:30 p.m. to 2:00 p.m.

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

(Free parking. Close to public transit.)

Registration required



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.

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



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

featured on...

*From a
Woman's Perspective*

**Saturday mornings at 8 a.m.
Starting September 23rd, 2023**



**ZOOMER RADIO
AM740/96.7 FM**

*From a
Woman's Perspective*

**Tune in to hear
Jane Teasdale talk about
topics in health and
home care provision
in and around our
communities.**

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

September 23 | October 21 | November 25 | December 23

Stay Tuned...



Community Café:

An Afternoon in Bordeaux France with Jane & Lauren



Bienvenue à Bordeaux! Community spaces are not built in a day, but Bordeaux does it right!

Enjoy an afternoon exploring the architecture, history, food and culture of this walkable pedestrian city. Visit the Darwin Eco-système, stroll down the Rue Sainte-Catherine, enjoy delicious French treats and more, all from Toronto! **Limited space available, reserve your spot now!**

Date: Tuesday November 21st, 2023

Time: 1:00 p.m. to 2:30 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.

Nia

Fitness Weekly

at Armour Heights Presbyterian Church



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 at Armour Heights Presbyterian Church once a week 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 & Time: Mondays at 10:00 a.m.

Every week from September 11th to December 11th, 2023

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

(Free parking. Close to public transit.)

Registration required

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



Sowing Seeds of Gratitude A Fall Garden Festival

Join Mosaic for a three-part celebration of fall's bounty.

Share a harvest meal and learn about the natural cycle of growing and seed saving.

A Harvest Festival at Camp Sunshine on Ward's Island will kick off the festivities on September 25th! Spend the day exploring Toronto Island Park, learn about the natural environment, and participate in hands-on garden demonstrations.

Participants will leave the Harvest Festival with seed balls and garlic bulbs to plant at home. Two follow-up workshops, held online, will walk you through how to get planting this fall.

Limited spots available for this special three-part festival! Registration closes on September 15th! Free event for seniors made possible by TD Park People Grants.

Please visit www.mosaichomecare.com/events for full event details, or contact lauren@mosaichomecare.com with any questions.

Dates | Times | Locations



Harvest Festival with Sunshine Centres for Seniors (Ward's Island, Toronto Island Park)

Monday September 25th, 2023 from 10:45 a.m. to 2:45 p.m.
Ferry departs from Jack Layton Ferry Terminal (Queens Quay) at 10:30 a.m.



Seed Saving and Seed Ball Making with Blooming Caravan (Zoom)

Monday October 2nd, 2023 from 10:00 a.m. to 11:00 a.m.



Grow Your Own Garlic with Blooming Caravan (Zoom)

Monday October 16th, 2023 from 10:00 a.m. to 11:00 a.m.



Registration required



TD Park People Grants



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.

3rd Annual Community *Fall Fair* at Armour Heights Presbyterian Church

Hosted by:

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

Date: Saturday September 30th, 2023

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

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

Kick off the start of the season with Mosaic Home Care and Armour Heights Presbyterian Church at our 3rd Annual Community Fall Fair! Featuring lots of food, prizes, and fun! Come out and celebrate community and connection with us.

Featuring...

- Popcorn and Bake Sale
- Face Painting and Caricature Artist
- Live Music from 2B1 Music Duo
- Interactive Workshops
- Kids Crafts & Games
- Marketplace Vendors
- Community Organizations
- And more!



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"DANCE THROUGH THE DECADES"

An Intergenerational Dance Party
at Evergreen Brick Works



2B1 Music Duo

Whether you're 5 or 95 there's fun for the whole family with crafts, a caricature artist , prizes and more! **2B1**

Music Duo will be singing your favourite songs live, along with **Samba Dancers**, **Drag Performances** and a

Nia Fitness dance class with Jennifer Hicks!

Check out the Farmer's Market and stay for the party as we sing and dance to celebrate our community and all the diversity that Toronto has to offer!



Date: Saturday October 14th, 2023

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

Location: BMO Atrium at Evergreen Brick Works
(550 Bayview Avenue, Toronto)

*The free Evergreen Brick Works shuttle bus departs every 30-45 minutes
from the parkette on Erindale Ave, east of Broadview Ave
(just north of Broadview subway station)*



To register for all programs call our offices at **416.322.7002**

or **info@mosaichomecare.com**

if you need more information

or visit

www.mosaichomecare.com



VERY SUPERSTITIOUS

A Halloween Luncheon with Lianne Harris

Calling all ghouls and boys!
Join us for a spooktacular lunch
and presentation on the mystery of
'SUPERSTITIONS'!

We've all heard of witches and their black cats, unlucky number 13 and saying 'bless you' after a sneeze. It still lingers in movies, urban legends and novels – immediately embraced by those curious to understand the supernatural.

Take a spooky 1-hour journey with Lianne Harris as we look at the fascinating history of witchlore and superstitions, their origins, their importance and why these ideas persist today.

Don't forget to dress up!
Prizes for the best costume!



Date: Wednesday October 25th, 2023

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

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

(Free parking. Close to public transit.)

Please RSVP by Friday October 13th, 2023



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.

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

HOLIDAY FESTIVE TEA

Date: Friday December 8th, 2023

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

Location: Armour Heights Presbyterian Church
105 Wilson Avenue

(Free parking. Close to public transit.)

We invite you to join Mosaic Home Care and Armour Heights Presbyterian Church at our second annual Holiday Tea! We will enjoy coffee, tea and festive baked goods, featuring a recorded piano performance from Mosaic Community Member Frances Hernick (née Pratz)!

Get ready to deck the halls of Armour Heights and have a jolly time!

Please RSVP by Thursday November 23rd, 2023
at **416.322.7002** or **info@mosaichomecare.com**



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Introducing *Frances Hernick (née Pratz)*:

Frances Hernick (née Pratz) is a talented pianist, distinguished graduate of the Royal Conservatory of Music, and conclusive proof that music keeps you young. She was born in Toronto in 1924 and began piano lessons at the age of six and studied with the acclaimed Royal Conservatory of Music faculty members. When she was 13 years old, she was awarded a scholarship to the The Juilliard School in New York City. At the age of 14 years she received first class honours from the University of Toronto School of Music and began teaching as well as performing and attending competitions. When she was 16 years old, Frances had the opportunity to study with renowned international concert pianist and teacher, Mieczyslaw Munz, who also taught many well known pianists, including Emanuel Ax. As a professional musician, Frances was a member of a trio that performed at various venues in Toronto and she was also a regular soloist on the CFRB 1010 radio show,

Stardust. In 1941, she was invited to perform Gershwin's *Rhapsody in Blue* with the CBC Symphony Orchestra, a performance that was broadcast on the radio. Frances married her husband Jack in 1943, after which she retired from her career as a professional musician in order to raise a family. She played piano infrequently for some time, but returned to practicing and playing for her family and friends about 40 years ago. At the age of 91 she recorded an album of her favourite pieces by Chopin.

Community Events RECAP



What a fun spring and summer it has been at Mosaic! We have had the pleasure of hosting so many wonderful events and programs online, at Armour Heights Presbyterian Church and around the city, connecting people to new friends and new places. We hosted a variety of workshops including brain fitness, Qigong, and even a live cooking demonstration, and also introduced a new morning program titled “Movement, Minds and Magic” that has been well-loved by our community members.

We kicked off springtime with “The Bees Knees Lunch & Learn” featuring local beekeeper Vlad Sorin who told us all about his hives and the importance of bees. We got up close and personal with real honeycombs and even got a chance to sample some of his delicious honey!

In May we took a trip to The Old Spaghetti Factory where we dined on an Italian feast of pasta, breadsticks, and ice cream in one of Toronto’s most unique restaurants. After our bellies were full, we walked over to the historic St. Lawrence Market and explored the local vendors selling fresh meat, cheese, produce and baked goods. Toronto has so many amazing local food options and there is always something new to try when you visit the market.

We wrapped up the summer by partnering with The



Sumach by Chartwell to host our “Under the Stars Dinner and Dance” which took place on the rooftop terrace of The Sumach that overlooks the stunning Toronto skyline. 2B1 Music Duo got us all up and dancing the night away as the sun set over a wonderful night. This event was in support of Pat’s Place, a temporary safe haven for older adults experiencing abuse, and they received many generous donations to help support their wonderful organization.

This fall is certain to be a busy one with many big events for the whole family including our annual Community Fall Fair in September, and our ‘Dance Through the Decades’ dance party happening at the Evergreen Brick Works in October. Mosaic has also received a generous grant from TD Parks People to host an event series which will feature a Harvest Festival on Ward’s Island in

collaboration with Sunshine Centre for Seniors. More information can be found on the events flyers and our website, so be sure to register so you don’t miss out on any of the fun!



Lauren

Community Resource
and Social Engagement
Coordinator



Welcome to Mosaic's Person Centered Care Model

The Meaning of Me®

Person centered care is the pinnacle of care provision for human beings. Knowing about the person, engaging with the person, and supporting and enabling their capacities requires high levels of organizational commitment and support for persons engaged in the provision of care. Despite all the improvements and definition of person-centered care there remain considerable barriers to its implementation. One organization that has been a central cog in the research and dissemination of the ethics and the wide body of developing knowledge that encompasses person centered care, of which Mosaic is a member, is the European Society for Person Centered Healthcare.

The Meaning of Me®

How do we address the social and emotional needs of persons we are providing services for?

Part of our solution is creating a space for ongoing conversation between our Mosaic Home Care members and our caregivers. A conversation we think you may also wish to extend to a much wider audience. This conversation is explained further in our booklet, The Meaning of Me®. Our booklet is an interactive journey into 'your' past and 'your' present, into key moments in 'your' life, and 'your' family and friends and pets, 'your' interests, and hobbies. We believe that the person is more than the sum of a series of events and experiences. Personal values and beliefs all shape who we are.

Mosaic goes beyond personal supports, nursing, and homemaking to include meaningful conversation with the person and interaction with interests, activities, and community. We provide higher level of service oversight when looking after those with complex care needs and commitments to person centeredness throughout. **We are all beings of meaning in community.**

In April, May & June 2023 Martha Miller and Jane Teasdale of Mosaic Home Care Services provided training to three different groups of our caregivers on our model of "The Meaning of Me®" our Person Centered Care Integrated Model.



In this newsletter we again highlight two of the world's leading thinkers on person-centered care: Professor Andrew Miles & Professor Sir John Elliott Asbridge from The European Society for Person Centered Healthcare. You can read one of their articles on Person Centered Care on our website. Most recently you can hear their in-depth interview on **Mosaic's Community Life Podcast Channel** <https://mosaichomecare.com/podcast/> and our **you tube channel** <https://www.youtube.com/channel/UCOKEvoBnxBA2yCdm7DO9FVA>

Testimonial from Mia

one of Mosaic's personal support workers on her expression of Person Centered Care!

“So far, we did the Royal Family Crossword puzzle. Since the client likes to do word search and crossword puzzles you can see the excitement from her, especially the category, which is the royal family, it gives more excitement to her while doing the puzzle. What I did was read the questions to her so both of us are involved during the activity. What I noticed while doing the activity was, she was familiar with the family member's names, but she is having a little bit of difficulty in the spelling of their names and she is not very familiar with the new members like the son of Megan and Harry and some other younger members of the Royal Family, but otherwise the activity went well.

My client likes to stay outdoors when the weather is nice, she enjoys especially when the birds are chirping and she's very happy when she sees the squirrels chasing each other. She also likes to talk about her family life in Germany. She likes to listen to interesting facts, like my last shift with her we talked about flowers, and I shared a rare flower that we have back home (Philippines), and I showed her from google how beautiful the blossom of the flower and she was very enthusiastic about it.

She also likes to listen to classical music, and I'm surprised to learn that we have the same favourite musician Andre Rieu that we both like. We watch the concerts on Youtube when we get a chance. The client told me that she watched the musician's live concert in Toronto before and she went to see the concert together with her husband.”

We ♥ our Volunteers



Thank You! Mosaic would like to extend our deepest appreciation to the wonderful volunteers and generous donations that make our programs and events possible! The extra hands and loving support do not go unnoticed, from helping to prepare packages, donating snacks, or helping to clean up, we are incredibly appreciative of all the work our volunteers do!

We would like to extend a special shout out to Mosaic Community Members Leona, Ruth, Sandy, Calvin, Sharon, and Beth, as well as Rene Vanderhaeghe and Grant Hooper from Chartwell and Keisha Telfer from Transitions Realty who have all generously contributed their efforts to the success of our Mosaic events.

If you would like to donate to help Mosaic continue to provide free and fun programs to the community, please contact lauren@mosaichomecare.com for more information.

What Mosaic Members are saying!

"My mother and I have only good things to say about Mosaic! As a daughter and caregiver, I'm very lucky to have Mosaic in our community. Jane and Lauren not only provide great events like Nia Fitness, Walking Club, Magic-Minds-Movement but also unique events which include community speakers, trips and of course the Mosaic Café. Jane and Lauren have an array of knowledge regarding all things involving the Senior community and have been helpful beyond the classes and events they provide. I wish more people knew about Mosaic and the irreplaceable work they do for the community. My mother and I are forever grateful to Mosaic and look forward to the next event!"
~ E.S



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.

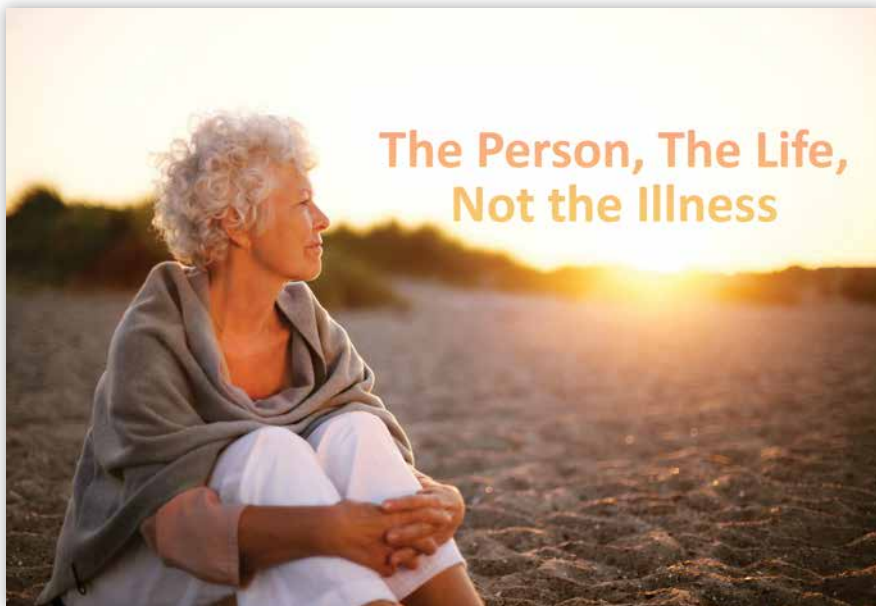
Our approach to family Counselling and Navigation is unique to Mosaic.



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).

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

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

PERSON-CENTERED HOME CARE

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

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

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

NURSING

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

COMMUNITY RESOURCE CENTRE

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

MOSAIC'S ELDER CARE PLUS®

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



What a difference we make®!

Mosaic Home Care Services & Community Resource Centre

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

Tel 416.322.7002

www.mosaichomecare.com | info@mosaichomecare.com

Close to public transit | Free parking

