



MOSAIC

Home Care Services & Community Resource Centre



FALL 2024 *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)

Every other Wednesday starting from September 4th to December 18th, 2024.

Mosaic's Growing Wellness Cafe (Zoom)

Gentle warm-up and brain exercises. Experience this month's garden and nature theme through poetry, art, and activities. A Memory – Friendly Community Program. Thursdays, September 5th, October 3rd, November 7th & December 5th, 2024

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 13th, October 11th & November 8th, 2024

Dance Fitness with Jenn Hicks (Zoom)

Join us on Zoom for this low impact dance fitness class with Jenn that uses diverse music and simple dance movements to create a dynamic and energizing aerobic workout.

Thursdays, September 26th, October 24th & November 28th, 2024

Mosaic's Community Café

Scheduled Workshops: (Zoom)

- Thursday October 17th, 2024 – Connected Community Lightning Talks – How to Stay Active & Engaged!

Discover new resources & organizations to stay engaged in your community! Featuring presentations from 'TTC Transit Training', 'A Friendly Voice', 'Volunteer Success', and 'Toronto Public Library'!

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

Dance Fitness Weekly at Armour Heights with Jenn Hicks (In-Person) – This low impact dance fitness class with Jenn uses diverse music and simple dance movements to create a dynamic and energizing aerobic workout. With easy-to-follow moves that can be done seated or standing.

Mondays, every week from September 9th to December 9th, 2024

Mosaic's Community Café

Scheduled Workshops: (In-Person)

- Friday September 20th, 2024 – 'Sound Advice for a Happy Retirement' with Sheldon Parker
- Thursday November 14th, 2024 – Mosaic's Mix & Mingle Social Hour

Rimbala with Daniel Rubinoff (In-Person)

Rimbala is an innovative falls-prevention program for seniors that combines movement and music in a new way. They are led by a professional musician who

improvises the music in real time, in order to create a wide variety of musical speeds, textures, styles and moods.

Tuesdays, October 1st, 8th, 15th, 22nd, 2024

Aging Well & Staying Informed (In-Person)

Join Mosaic for an engaging and informative afternoon with experts and panelists from the community.

Thursday November 7th, 2024

"Fairytale & Fables" Light Continental Breakfast with Lianne Harris & Mosaic (In-Person)

Friday November 22nd, 2024

Evidence-based Presentation on Falls & Physiotherapy (In-Person)

Featuring Claudia Ehamparam Registered Physiotherapist of Get Right Physio.

Wednesday November 27th, 2024

IN-PERSON FALL EVENTS HELD IN THE COMMUNITY ORGANIZED BY MOSAIC HOME CARE

Mosaic's Harvest Festival at Camp Sunshine on Wards Island (In-Person)

Spend the day learning about local food, seeding saving, and participate in hands-on harvest activities with Emma Rooney, followed by a delicious BBQ picnic lunch and an afternoon of music and fun!

Monday September 23rd, 2024

Le Conciliable Lab Restaurant with The Sumach Retirement Residence & Mosaic Home Care Services (In-Person)

A piece of France perhaps! Join Mosaic for a lovely morning at the French Café – **Le Conciliable Lab** for a café and croissant and to meet the staff of this lovely café.

Wednesday September 25th, 2024

Stay Tuned!... for our Mosaic's Featured Event!

The Holiday Festive Showcase

Join us as we kick off the Holiday season with a night of delicious dinner and festive entertainment, featuring singers, dancers, musicians, and more!

Friday November 22nd, 2024

We'd love to hear from you!



If you've enjoyed our Mosaic services or participated in our online and in-person social programs, please take a moment to leave us a review on Google. Your feedback helps us improve and serve you better!

https://www.google.com/search?q=google+review+Mosaic+Home+Care&og=google+review+Mosaic+Home+Care&gs_lcrp=EgZjaHJvbWUyBggAEEUYOTIGCAEQRRhAMgYIAhBFGDsyBggDEEUYPNIBCDY4NzZqMGoxqAIAAsAIB&sourceid=chrome&ie=UTF-8#lrd=0x89d4d3418a628ea3:0x2ecc2082c04b826,1

Spotlight On...



Afrah M. (left) Shavena B. (right)

Mosaic's Caregiver Recognition

Featuring: Afrah and Shavena for their careful attention to their clients' needs and interests – inside the home and out in the community!

Afrah has a gift of connecting and executing her person centered care approach to create a successful outcome. She can immediately 'tap in' to her gentle techniques of calming a client through conversation, music or subtle distraction. Thinking 'outside the box,' she played some Scottish dancing and Frank Sinatra for her client, not realizing how much joy this brought them!

Shavena intently listens to her clients and navigates through the day thoughtfully, with purpose. She is incredibly supportive and earns trust with her consistency and reliability. Shavena also has observant qualities that have upheld her client's dignity and have provided them with a more fulfilling life. With daily encouragement, she is successful in connecting her client with activities that embrace their interests.

We are proud to have Afrah and Shavena on our team, utilizing their skills on person centered care and connection to community.

What a difference we make®!

Our Caregiver Says...

One of the enjoyable aspects of my job is building positive relationships with my clients and their families. It is incredibly satisfying to see the positive impact we make on their lives. I feel supported through the open communication and collaborative team at Mosaic, and access to necessary resources and supports when I need. As a college student, the flexible scheduling makes a huge difference to maintain healthy work-life balance that is crucial for my well-being. Mosaic's client-centered approach enhances the client's well being and independence. Hearing my clients' stories and learning about their backgrounds, seeing the difference we make in their lives and receiving their gratitude all motivate me to continue providing the best care possible. Additionally, my spiritual belief that "what I do will come back to me" reinforces my commitment to delivering exceptional care. ~ Afrah M.

I enjoy working with Mosaic because I have the opportunity to work in different environments, which gives me more experience with people of all needs. I feel very supported when working at Mosaic because if I face any challenges or workplace issues, Client Services takes action right away. They make sure the environment for the caregiver is safe which I really appreciate. Mosaic also stands out with their events. I hear a lot of people talk about how pleased they are with Jane Teasdale and what she's doing in the community. I enjoy working with my clients everyday and we have a good relationship together, I always work to my best ability to make sure they get the best care. When I greet them, I am happy to see them, and they are happy to see me! ~ Shavena B.



Passion



Compassion



Education



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

Jane and Nathalie

In winter, the warmth of summer does not exist, in summer the same for the cooler air of fall. Many of us are looking forward to the fall and its short window of vibrant colours and cooler nights. Perhaps you are looking forward to country walks, fall festivals and fairs in Toronto and around Ontario and a change of pace from the summer months?

Fall is a time for everyone, and this includes family members who may need additional support to engage with daily activities and the world around. Mosaic can certainly help here, whether this be at home in the community, in retirement residences or Long-Term Care facilities. We can also help with bedside sitting in hospitals and one to one care in trips to the emergency department. We are often asked by retirement homes and our clients to escort them and help them in emergency if the family cannot be there, especially if a hospital is short staffed.

For those of you who know us well, Mosaic’s community integrated, person-centered model of homecare is fundamentally different from the standard model of home care prevalent in our communities.

Much of care today still has little time for addressing social emotional needs, hobbies, interests, community, social connections, and human meaning. We believe it is a dangerous marketplace that assumes all care is the same and all care is basic.

We see more and more providers of home care incorporating person centered terminology in their communications but

failing to back this up with robust person centered care processes and culture. Words are cheap and perceptions of care quality should be evidence based. Informed choice of care is important.

With respect to our community outreach, we would like to thank those who likewise reach out to us: to those who participate, attend, and enrich our programs, to those who collaborate and invest in community, to those who volunteer and sponsor. This bigger frame enriches us all and informs and underpins our lives and our model of care.

And here are some highlights from our North York & Scarborough Elder Abuse Network Program

On June 14th, 2024 North York & Scarborough Elder Abuse Networks organized an event for World Elder Abuse Awareness Day (WEEAD). “Staying Safe in our Communities” presented by NYEAN & SEAN collaborated with North York Seniors Centre and refreshments were provided by Forest View Retirement Residence.

Jane Teasdale & Jessica Lang of North York Elder Abuse Network & Scarborough Elder Abuse Network. Panel discussion to include our network members from NYEAN & SEAN, Better Living, Circle of Care, North York Seniors Centre, RISE, Toronto Police Services, & TransCare.



Event Pictures from the day!

Professional Conferences that we attended:



Mosaic Home Care Services & Community Resource Centre (Jane Teasdale & Diane Roberts) presented on May 9th, 2024: Death & Dying in a Digital Age – Person Centered Medical Care & the use of Digital Technology.

Jane Teasdale & Diane Roberts spoke on “When it Matters Most: Person Centered Care at End of Life.” **If other community organizations, professionals, hospitals, retirement or Long-term care facilities would like to have us present, please contact Jane Teasdale at Mosaic Home Care. jane@mosaichomecare.com**

Alliance for Healthier Communities

Mosaic Home Care Services & Community Resource Centre attended Alliance for Healthier Communities in May 2024. “Co-Designing the Future of Primary Health Care” Annual Conference. Mosaic Home Care provided a very thoughtful, person centered, imaginative, and connected to nature & community, exhibitor table.



North York General Hospital

Mosaic attended North York General Hospital’s Nursing Week Festivities and provided an information booth on our home care services, social programs from both online and in-person at Mosaic’s community hub. Karyn and Lauren represented Mosaic Home Care Services at this nursing week event!

Jane Teasdale and Nathalie Anderson

MOSAIC HOME CARE SERVICES, we are here for you and your family!

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.



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 Home and Community Care Support Services (HCCSS).

MOSAIC'S CLIENT SERVICES TEAM... *In Action!*

At Mosaic, we take pride in the ways we have exemplified our passion and commitment to person-centred care. From informational presentations, academic contributions and engagement in the community, to the meaningful connections established between our clients and our caregivers, and the oversight and collaborative efforts through the Client Services team.

Client Services is a team of care managers that seamlessly work together to support our clients and caregivers, 7 days a week. Each team member has received in-depth training on Mosaic's person-centered care model. In addition, the team is backed with expertise in end-of-life care, bereavement, social work, nursing, and gerontology, creating a well-rounded and compassionate multidisciplinary team.

Client Services works to ensure our clients are met with a lasting impression. It starts with an enquiry – when a caller needs in-home help for themselves or someone they know, Client Services is there to start the discovery process on the individual needing care. We take our time to discuss their concerns, offer solutions on how we can help, and give them a general understanding of home health care systems. We also speak about how Mosaic is different and how we stand out in the community. If needed, we connect individuals to other organizations, products, or services they may find helpful. During the assessment process, we identify the 'goal' for the client and discover more details pertaining to their lifestyle, background, wants and needs, and in doing so, obtain a full picture

of the person. When we start care, we consider several factors when assigning a care team to help achieve a favourable outcome – even similarities in hobbies or personality can help to make a match! Our attention to detail continues as we provide oversight for the client and caregivers. The goal of care may change through the aging process and that is why it is important for Client Services to stay connected with the whole care team: the client themselves, their family/representatives, their health care professionals, and the caregivers. Through these collaborations, and with the client's wishes in mind, we personalize home visits and introduce unique suggestions (including The Meaning of Me®, Mosaic's very-own interactive tool) for the caregiver to facilitate with their client.

Many of Mosaic's success stories involve clients' reformed connection to community and activities that enhance their lifestyles and address their social and emotional needs. We also get to witness the special relationships that form between caregiver and client.

Being a part of the Client Services team at Mosaic is a unique experience. In all of what we do, we always support one another and learn from one another. Our accomplishments reflect how well we work together – imparting person-centeredness every step of the way.

*Alicia, Candace, Cleonice, Diane, Jenesa,
Jennifer, Karyn, Martha, Nikita*

Why should we be looking at home care providers with strong multi-disciplinary teams like Mosaic?

These teams assess care, develop and monitor care plans, liaise with other health care providers, oversee and support the care provided by front line workers, advocate on behalf of families, assess gaps in care and troubleshoot. Such teams will have social work, nursing, care management, counselling and care coordination expertise. Quality care provision, especially for persons with higher care needs, cannot exist without good case management and oversight of care.

A recent academic study* into "tensions experienced by case managers working in home care for older adults in Quebec" reported on issues faced by public health case managers. One of three key issues unearthed was the need to compensate for poor quality care provided by private health care provision, and another, the lack of time that case managers had to spend with older adults because of organisational expectations and administrative tasks. Having a multi-disciplinary team, within private care providers, focused on care quality should help support public health case managers in making referrals, allowing them to spend more time on what they do best.

Another recent study** addressed this issue as "a wicked problem" especially when faced with "health system failures, including a lack of capacity and structural integration within

home care programs that increase their work and workload".

The temptation for some may be to avoid the cost of care planning and oversight, contracting directly with unsupervised caregivers operating without oversight of either public health or private care teams. Just as professional case managers operating in the public sector are wary of handing care responsibility to inadequate frameworks, we at Mosaic believe that the most effective and cost-effective care is one built on experienced and knowledgeable oversight of all critical factors affecting the social, emotional and physical needs of the person. As a person centered care provider of care this extends to supporting the needs and capacities of our staff as well as our clients and families.

Companies with well-developed processes are able to deliver the necessary additional expense of quality care at a competitive price while tailoring service needs to the various capacities of the client and their families. Our website provides much more detail on our services, our expertise and our culture. Supplying persons with caregivers is only one aspect of responsible quality care provision.

*Ethier, A., Dubois, MF, Savaria, V. et al (2024). <https://doi.org/10.1186/s12913-024-10709-6>

**Fraser, K., Garland Baird, L., Labonte, S., O'Rourke, H.M., & Punjani, N.S. (2018). [doi:10.1177/1084822318803099](https://doi.org/10.1177/1084822318803099)

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**.

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North York
SENIORS CENTRE

A Radiant Journey

JUBILEE FUNDRAISING GALA
SEPTEMBER 27, 2024
6:00PM - 10:00PM
PAN PACIFIC HOTEL, TORONTO
LAST DAY TO PURCHASE TICKETS: SEPTEMBER 12

NORTH YORK SENIORS CENTRE
ACTIVE LIVING FAIR **FREE EVENT!**

TUESDAY, NOVEMBER 19TH
10:00 AM - 2:00 PM
21 HENDON AVE

- HEALTH AND WELLBEING DEMONSTRATIONS
- INTERESTING EXHIBITORS
- PRIZES TO BE WON
- LIGHT REFRESHMENTS

What can you find in your Neighbourhood?

A piece of France perhaps!

Join Mosaic for a lovely morning at the French Café – **Le Conciliabule Lab** for a café and croissant and to meet the staff of this lovely café.



*Welcome to our
Le Conciliabule Lab
~ Manon & Charles*

We will meet at The Sumach at 9:30 a.m. and walk together to Le Conciliabule Lab to enjoy some delicious French pastries and coffee, and then make our way back to The Sumach at 11:00 a.m.



For those that wish to have a tour of The Sumach after this event, please contact Karen Pereira – kapereira@chartwell.com

**Limited spots available for this program so book early!
Please RSVP by Friday September 20th!**



Date: Wednesday September 25th, 2024

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

Place: The Sumach by Chartwell Retirement Residence
(146 Sumach Street)

Cost: \$5 (cash, collected upon arrival)

RSVP required

THE SUMACH
by CHARTWELL


MOSAIC
Home Care Services & Community Resource Centre

MOSAIC'S GROWING WELLNESS CAFE

Brighten your month with inspiration from nature!

Join hosts Emma and Victoria for a lively **online** program that's sure to easily awaken your senses.

- Poetry and art inspiration
- Tools for active green living
- Movement and brain exercises

We are a **Memory-Friendly Community** that welcomes everyone, including those living with memory loss and their care partners.



Dates: Thursdays, September 5th, October 3rd, November 7th, December 5th, 2024

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
(www.bloomingcaravan.ca)



Victoria Muir-Burcea - Wellness Advocate and Certified Life Coach (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 KNITTING & CROCHET SOCIAL 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 other Wednesday of the month from September 4th to December 18th, 2024

(Schedule sent upon registration)

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 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



- **'Sound Advice for a Happy Retirement' with Sheldon Parker**
(Armour Heights Presbyterian Church - 105 Wilson Ave)
Join us for an engaging presentation from the experience of Sheldon Parker on how to live your best during your retirement years!
Friday September 20th, 2024 from 1:00 p.m. to 2:00 p.m.

October



- **Connected Community Lightning Talks – How to Stay Active & Engaged! (Zoom)**
Discover new resources & organizations to stay engaged in your community! Featuring presentations from 'TTC Transit Training', 'A Friendly Voice', 'Volunteer Success', and 'Toronto Public Library'!
Thursday October 17th, 2024 from 1:00 p.m. to 2:00 p.m.

November



- **Mosaic's Mix & Mingle Social Hour**
(Armour Heights Presbyterian Church - 105 Wilson Ave)
Enjoy an afternoon of meaningful conversations, games and story sharing about art, travel, books, movies and more! We encourage you to bring a friend and a story to share!
Thursday November 14th, 2024 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.

Connected Community Lightning Talks –

How to Stay Active & Engaged!



As we age it's important to stay both physically and socially active in your community. Join us as we hear from multiple community organizations that will help give you the tools to be an active member of your community.

Featuring presentations from:

'TTC Transit Training' (Arlen Orellana) | 'A Friendly Voice' (Kelly Purdon)
'Volunteer Success' (Aleksandra Vasic) | 'Toronto Public Library' (Kelly Holmes)



Date: Thursday October 17th, 2024 **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.



Join Mosaic Home Care Services in Welcoming
CLAUDIA EHAMPARAM
Registered Physiotherapist of Get Right Physio

Evidence-based Presentation on Falls and Physiotherapy

Did you know that... Falling down is a part of life, but it doesn't have to be a part of yours! Join Claudia, a Registered Physiotherapist of 13 years and part-time professor at McMaster University as she discusses the latest evidence-based literature on physiotherapy prevention for falling in seniors.

This session will not only be informative but also interactive where you practice a few balance exercises together to prevent future falls. Don't let this opportunity fall by the wayside!

Additional presentation and resources provided by Jane Teasdale & Karyn Terrell from Mosaic Home Care Services on Falls Prevention.



Date: Wednesday November 27th, 2024 **Time:** 10:00 a.m. to 11:30 a.m.

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

Registration required



Claudia Ehamparam, Registered Physiotherapist & Owner, MScPT CACFI C/NDT

Claudia has 13 years of experience treating patients in-home and in the clinic setting. She prides herself on being an evidence-based and empathetic clinician who builds great rapport and trust with her clients.

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.



RIMBALA

with Daniel Rubinoff

4-Week Falls Prevention Program



Rimbala is an innovative falls-prevention program for seniors that combines movement and music in a new way.

Rimbala classes are led by a professional musician who improvises the music in real time, in order to create a wide variety of musical speeds, textures, styles and moods.

Guided by the instructor, the seniors are encouraged to invent their own gestures and gently expand and refine their range of movements. The classes are designed to help seniors better cope with the numerous movement challenges that they face in their day-to-day lives.



Benefits of enrolling in Rimbala:

- Improved communication between the body and the mind
- Increase in regularity of gait which helps to prevent falls
- Improved sense of balance...and much more!

Enroll now to reserve your spot in this series!
Limited spots available!

Dates: Every Tuesday from October 1st to 22nd, 2024

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

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

Cost: \$80 for 4-week program (cash, cheque or e-transfer, collected upon arrival at the first class)

Registration required

For more information, please contact

lauren@mosaichomecare.com or call **416.322.7002**



Daniel Rubinoff completed his PhD at York University and wrote a dissertation on the Eurhythmics method of Émile Jaques-Dalcroze. He is a Certified Dalcroze Eurhythmics teacher and an accomplished professional musician, who performs, records, composes and teaches. He currently holds the position of Director of Music at Lawrence Park Community Church. His Rimbala™ program is offered in community centres and retirement homes across the GTA.

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



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: Fridays, September 13th, October 11th, November 8th, 2024

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

Dance Fitness with Jenn Hicks



Jenn Hicks is a Personal Trainer Size and Inclusive Fitness Specialist who has taught dance fitness classes for the past 17 years. 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 for this low impact dance fitness class with Jenn that uses diverse music and simple dance movements to create a dynamic and energizing aerobic workout. With easy to follow moves that can be done seated or standing, this upbeat class is set to positive, playful and uplifting music. You will be motivated by the joyful, welcoming and supportive environment that encourages you to let go and have fun! No experience required. Come along: you belong here!

Dates: Thursdays, September 26th, October 24th, November 28th, 2024

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.

Harvest Festival with Camp Sunshine on Ward's Island



Date: Monday September 23rd, 2024 **Time:** 11:00 a.m. to 2:00 p.m.

Ferry departs from Jack Layton Ferry Terminal (Queens Quay) at 10:30 a.m.

Location: Camp Sunshine on Ward's Island (Full details sent upon registration)

Cost: \$15/person (BBQ lunch and snacks included)

(cash or cheque, collected upon arrival)

Registration required



Join Mosaic for a celebration of fall with Sunshine Centre for Seniors on Ward's Island!

Spend the day learning about local food, seeding saving, and participate in hands-on harvest activities with Emma Rooney, followed by a delicious BBQ picnic lunch and an afternoon of music and fun!

Limited spots available for this event! Registration closes on September 16th!

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

Emma Rooney - Certified Forest Therapy Guide and Horticultural Therapy Practitioner
(www.bloomingcaravan.ca)



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



An Afternoon for the Community at Mosaic Home Care

And Interested Health Professionals
& Community Organizations

Ask the Experts: Aging Well & Staying Informed

Join Mosaic for an engaging and informative afternoon with experts and panelists from the community.



Date: Thursday November 7th, 2024

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

Refreshments will be served.

Location: 105 Wilson Avenue (parking on Saunders Street at the front of the church)



Neela White Senior Portfolio Manager at Blue Wing Advisory Group of Raymond James Ltd., and Aging Specialist. She will be sharing her caregiving journey that she experienced with both her parents. And will discuss understanding the cost of different options, and strategies to save for healthcare.



Sophie Moryoussef, Insurance Specialist with Nova Star Insurance Consultant Inc. who brings more than 34 years of experience in the insurance industry. Her studies in Actuarial Sciences together with her head office experience in Marketing, Distribution and Concept Development gives her an edge in regards to understanding what her clients truly need to secure risks. She will be discussing: different types of health plans available in Canada (Disability, Critical Illness, Long Term Care, Group Benefits (which include nursing care) and Group Benefits on an individual basis) and how do they work? How can some plans transform in the future to meet the person's long term needs?

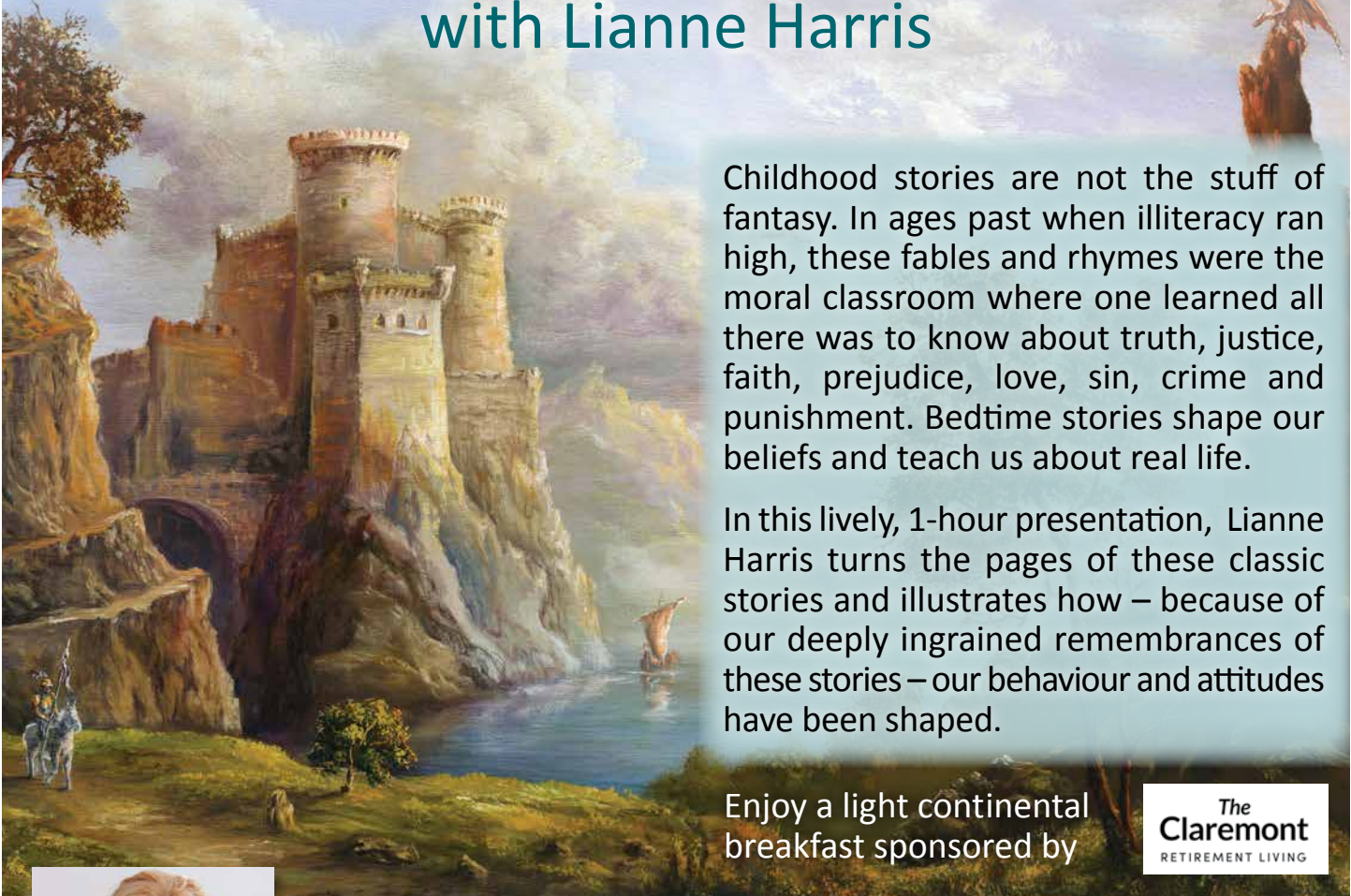
Representative from Ontario Health atHome: A family member is being discharged from hospital. What kind of help can they expect? Information on applying for long-term care. Where do I start? What types of home care services are offered and information on Day Programs?

Panelists & Discussion: Mosaic Home Care Services, Neela White, Sophie Moryoussef, Ontario Health atHome & Inclusive Aging.

Limited spots so book early by November 1st, 2024
for more info info@mosaichomecare.com or **416.322.7002**

FAIRYTALES & FABLES BRUNCH

with Lianne Harris



Childhood stories are not the stuff of fantasy. In ages past when illiteracy ran high, these fables and rhymes were the moral classroom where one learned all there was to know about truth, justice, faith, prejudice, love, sin, crime and punishment. Bedtime stories shape our beliefs and teach us about real life.

In this lively, 1-hour presentation, Lianne Harris turns the pages of these classic stories and illustrates how – because of our deeply ingrained remembrances of these stories – our behaviour and attitudes have been shaped.

Enjoy a light continental breakfast sponsored by

The
Claremont
RETIREMENT LIVING



Lianne Harris has previously worked as the History, Culture and Social Studies Resource Specialist Consultant with the Toronto Board of Education and the 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.

Date: Friday November 22nd, 2024

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

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

(Free parking. Close to public transit.)

Cost: \$5 (Collected upon arrival)

Registration required

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

Mosaic & Armour Heights
Presbyterian Church presents:

The Holiday Festive Showcase



Join us as we kick off the Holiday season with a night of delicious dinner and festive entertainment, featuring singers, dancers, musicians, and more!

Connect with old friends and make some new ones as we come together and celebrate the joy of the season!

We encourage you to bring a non-perishable food item which will be collected and donated to the local food bank. Those who bring items will be entered into a raffle draw!

Date: Friday November 22nd, 2024

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

Location: Armour Heights Presbyterian Church (105 Wilson Avenue, North York)
(Free parking along Saunders Street, close to public transit)

Cost: \$20/adult, \$5/child (Cash or cheque only, collected upon arrival)

*Proceeds of this event will go towards
AHPC and Mosaic to help continue to put on
exciting programming in our community*



Registration required



Sponsored by:

LANSING
retirement residence

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



Community Events RECAP



As we head into the final season of 2024, it's time to look back on the past months of fun and connection we've been so lucky to experience at Mosaic! This year we were very grateful to see so many new members join our Mosaic community and take part in our programs online, and in person. Our community continues to grow and flourish into new friendships, new ideas, and a greater sense of connection among all who come through our Community Resource Centre doors!

This past summer we took advantage of the sunny weather and spent lots of time outdoors, embracing nature! We visited important Toronto landmarks including the **Toronto Botanical Gardens** and the **Evergreen Brick Works** during our private tours led by passionate and engaging guides of these beautiful spaces.



Our friend Emma Rooney ignited our senses in person during our afternoon **Forest Bathing in Hogg's Hollow**, as well as online at the monthly **Growing Wellness Cafe**, which has folks from all across Canada tuning in! Whether folks are logging on at home, or coming to experience our programs in person, the amazing facilitators and wonderful participants make the Mosaic community shine and become a safe space to relax and connect for our many members.



It's hard to believe we are heading into our final few months of the year, but we've got lots planned to keep our community connected, learning, and living well. We would like to thank you for being such a valued part of the Mosaic fabric and we are so excited to see you all this fall!

Lauren

Community Resource and Social Engagement Coordinator



OSSCO

Navigating a New Stage of Life

by Elizabeth Macnab, Exec Director, OSSCO

On National Seniors Day October 1, 2013, OSSCO started its transformation with a seniors-led activity that encouraged a knowledge exchange of what is needed to thrive in later life. Using a café conversation style, 147 seniors' representatives recommended what people 55+ needed to remain active, be healthy, engaged and independent. Since then, we consulted with more than 1,000 seniors from urban, rural and northern Ontario.

We learned that people 55+ wanted opportunities for an integrated life course, in which leisure, work and education overlaps with lifelong pursuits. Our Board's Vision "to make aging easier...for everyone[®]" took shape. We re-imagined interactive, purposeful & accessible learning for 55+, younger generations & people working with 55+. Our photos showcase recent event attendees and older learners' experiences.



OSSCO is the only Ontario charity that provides life skills learning *for free* to 55+. Accessing our life skills learning programs provides older people with necessary skills to navigate the aging landscape. People 55+ increase confidence, know how to adapt to retirement, discover their new rights, access government programs/services and change how they think (and feel) about getting older. Older learners gain an understanding to deal with issues such as acquired disabilities, scams/frauds, mental health, loneliness, food security, personal/financial/cyber safety, digital literacy, mindfulness, and more. They are empowered through knowledge to age-well.

Life skills learning annually includes 52 programs and 44 unique, issue specific TeleLearning workshops. Self-directed learning resources, publications and a YouTube channel on our website are accessible 24/7. Our website is translatable into 14 languages. Discover why 160,000+ seniors annually connect to OSSCO as the "go to place" for life skills learning to thrive.

Contact Ontario Society of Senior Citizens Organizations (ossco.org)
or E-Mail: info@ossco.org | Phone: 1 (416) 785-8570

How We Helped Alice Downsize into a Retirement Community

Alice B., in her 70s and with limited mobility, lived a solitary life in her Toronto condo. She worried about her health and struggled to look after herself. Alice decided to downsize and sought help from a team she could trust.

Alice chose Transitions Realty and received a personalized **Full-Service Downsizing Package** including:

- **Decluttering and Moving:** We collaborated with Dynamic Downsizeurs to declutter, pack, move, and unpack her belongings.
- **Selling Her Condo:** We prepared and sold her condo for over the asking price.
- **Finding the Right Retirement Community:** We educated her on options, provided transportation, and advised her on how to make the best choice.



The result? Alice is now enjoying life at the Richmond Hill Retirement Residence.



"This is a lot better for me." — Alice B.

- Spacious, brightly lit apartment
- Supportive community with medical care
- Delicious food & daily activities
- Outings with new friends

Transitions Realty. We make home downsizing stress-free and easy.



KEISHA TELFER
Broker of Record / Seniors REALTOR®

Not intended to solicit those already under contract with another REALTOR®. | Transitions Realty Inc.

647.948.7415
downsizingexperts.ca
keisha@transitionsre.ca

Lifeline

Falls among seniors are on the rise

Falls and fall injuries are one of the common causes loss of independence for seniors. 40% of nursing home admissions are a result of a fall¹. If you have senior clients, chances are you will answer 'yes' to several of the questions below:

- Is your client at risk of a fall?
- Have they already fallen or have a fear of falling?
- Do they have one or more chronic conditions?
- Do they have poor mobility?
- Do they take multiple medications?
- Do they require help with at least one daily activity?

Although preventing falls is the best solution, not all falls can be prevented. And about half of older adults who fall cannot get back up without help². Long lie times can be just as devastating as the fall itself. It's important for senior clients, who are living alone and potentially at-risk for a fall, to ask themselves these **3 simple questions:**

1. How can I reduce my fall risk?
2. If I fell tonight, could I get up by myself?
3. If I couldn't get up, how would I get help?

If your client does fall, a medical alert service can get help quickly, reducing injury and complications that can happen if they're unable to get up. Automatic fall detection is an added layer of protection by automatically placing a call for help if a fall is detected and your client can't push their button. Consider recommending a medical alert service like Lifeline. For over 50 years, they have been supporting seniors stay safer and more independent at home.

For more information, please call
1-800-LIFELINE (1-800-543-3546)

www.lifeline.ca

¹ Falls, Fractures, and Injury, Merck Manual of Geriatrics, Section 2, Chapter 20, www.merck.com/mkgr/mmg/sec2/ch20/ch20a.jsp.
² Report on Seniors Falls in Canada, Public Health Agency of Canada

We Focus First and Foremost on You

Whether your needs are companionship or 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 support services, 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 Companionship

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