



**WINTER
2025**
Newsletter

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 this month's garden and nature theme through poetry, art, and activities. A Memory – Friendly Community Program. Thursdays, January 2nd, February 6th & March 6th, 2025

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, January 10th, February 14th & March 21st, 2025

Mosaic's Knitting & Crochet Group (Zoom)

Every other Wednesday of the month (Schedule upon Registration) Starting from January 15th to March 19th, 2025

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, January 30th, February 27th & March 27th, 2025

HIGHLIGHTED IN-PERSON WINTER 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 January 6th to March 31st, 2025

Mosaic's Community Café

Scheduled Workshops:

JANUARY

- **Twiddlemuff Making with Mosaic (In-Person)**
Tuesday January 21st, 2025

FEBRUARY

- **Cooking with Mosaic: Time for Tacos! (In-Person)**
Friday February 21st, 2025

MARCH

- **Considering Downsizing, Now What? With Brian Cowan (In-Person)**
Thursday March 13th, 2025

Mosaic's Community Dinner at Armour Heights

Friday January 24th, 2025



An Event for Professionals Only
featured at Mosaic Home Care Community Hub
(In-Person)

North York Elder Abuse & Scarborough
Elder Abuse Network: Workshop for Health
Professionals & Community Agencies.

Elder Protection Alliance: Community Networks Against Elder Abuse!

Thursday March 27th, 2025

(Note this is only for health professionals and a separate workshop will be provided to the general community on Friday June 13th, 2025).



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

*Stay Tuned! ... for our Mosaic's Featured Events
In & Around Toronto*

British Tea Afternoon at Bradgate Arms Retirement Residence (In-Person)

Thursday January 16th, 2025

Life In The Blue Zones at The Claremont Retirement Residence (In-Person)

Want to discover the secrets to living to 100? Explore the Blue Zones with us – the regions of the world that are home to the longest living and healthiest populations!
Friday March 21st, 2025

Let's go to the ROM with Mosaic! (In-Person)

Join Mosaic as we explore the Royal Ontario Museum on a special guided tour!
Tuesday March 25th, 2025

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&oq=google+review+Mosaic+Home+Care&gs_lcrp=EgZjaHJvbWUyBggAEEUYOTIGCAEQRRhAMgYIAhBFGDsyBggDEEUYPNIBCDY4NzZqMGoxqAIAAsAIB&sourceid=chrome&ie=UTF-8#lrd=0x89d4d3418a628ea3:0x2ecc2082c04b826,1

Spotlight On...



Jezzabel A.



Joice N.

Mosaic's Caregiver Recognition

For our next Caregiver Spotlight, we are proud to introduce to you: Joice and Jezzabel! Both Joice and Jezzabel have provided exemplary service and optimal communication with their clients and their care teams.

Joice has a knack for deeply understanding her clients. She is proactive – putting her client first and helping them in any way she can. She has also been resourceful – as she bonds with her client, she will make sure to connect them with the things that make them happy, no matter what environment they are in. She does a wonderful job of keeping her clients engaged and brings light into their day.

Similarly, Jezzabel has proven to be a shining addition to her client's life. Since the beginning, she has been dependable, trustworthy, and devoted to her work. We have witnessed her thoughtfulness when it comes to addressing her client's needs – making sure nothing falls through the cracks, even if her visits are limited. She has helped to make her client feel special, respected, and dignified, as all clients deserve!

Thank you, Joice and Jezzabel, for truly making a difference!

What a difference we make!®!

Our Caregiver Says...

"I enjoy working at Mosaic because of its commitment to compassionate, client-centered care. The supportive team environment and focus on client relationships allow me to make a meaningful difference in their lives. It's fulfilling to be part of an organization that values dignity and independence for seniors. I feel supported at Mosaic through their flexible shifts they offer, especially when I did my Continuing Education in Nursing, they give room for personal and professional growth. The fast and open communication provided by the collaborative team helps us address challenges and work issues so we can provide the best care for our clients. Mosaic's commitment to highly trained staff, a wide range of services and matching the client and caregiver's personality and interests ensures that individuals receive tailored support. Working with clients inspires me because of their rich life experiences and wisdom. Their stories and resilience inspire me to provide compassionate care. The opportunity to build meaningful connections and make a positive impact in their daily lives is a powerful motivator for me." ~ Joice N.

"It has been an amazing journey to work at Mosaic. I'm happy working here because of the Client Services team's kindness. They are extremely supportive, especially if I have any concerns. They are very responsive and answer any questions I may have. They help me to provide the care my clients need to remain comfortable and satisfied. Working at Mosaic is one of the best decisions I have ever made. Thank you for everything!" ~ Jezzabel A.



Passion



Compassion



Education



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

Jane and Nathalie

We wish all our front-line staff, families, clients, in-house office staff and our wider community a Happy New Year for 2025! Mosaic is now moving into its 15th year of person centered home care and community focused social engagement and outreach. We continue to develop and provide new in-person (and on-line) programs which also serve as social prescribing resource for the wider community. Engaging and developing healthcare's focus on the wider person and the naturally occurring community assets and social capital to facilitate this developing frame is one of Mosaic's social enterprise objectives.

Important Notice: European Society of Person Centered Health Care Conference June 2025 in Canterbury, UK

Mosaic Home Care Services & Community Resource Centre has been invited to be represented at the Seventh Annual Conference and Awards Ceremony (ESPC7) of the European Society for Person Centered Healthcare 2025 in Canterbury England. Jane Teasdale has also been asked to chair the presentation session on social prescribing, and we will also be presenting on our Meaning of Me[®] model within the social care section of the conference.

At this conference in the UK, there will be a major focus

on, among other areas: social prescribing, health policy, health economics, AI and Robotics, the accumulated empirical evidence for PCC, health inequalities, social care are just a few of the topics which will be represented.

We are also expecting an update on our original The Meaning of Me article (originally published in 2018) to be published in the European Journal for Person Centered Health Care sometime in 2025.

Some of the highlights we would like to mention:

The two co-chairs from The North York Elder Abuse & Scarborough Elder Abuse Network Jane Teasdale from (Mosaic), Jessica Lang (TransCare) & Co-chair in training Nikita Ali (Mosaic) have several larger events we are working on for 2025. Pictures included are from the NYGH November 13th, event Managing Uncertainty, Prevention & Strategy. Marta Hajek, Executive Director of Elder Abuse Prevention Ontario started off the Keynote and delivered a very comprehensive presentation on key points we need to address as a province and community in the years to come.



Jessica Lang and Jane Teasdale



Marta Hajek

Mosaic's Training for front-line teams:

We will be continuing into 2025 our intensive training programs for our front-line teams and staff on our Person Centered Care Training "The Meaning of Me[®]" and our new training module on Palliative Care/End-of-Life Workshop: A Person Centered Approach, with Karyn Terrell, Client Services Nurse Consultant and Diane Roberts, Client Services and skilled in Grief & Bereavement



Caregiver Holiday Party at The Mandarin Restaurant Toronto

This was an opportunity for all our PSWs, nurses, lifestyle companions and our client services, management and community teams to get together socially and to thank all, as persons, for providing person centered and compassionate care to our clients and families. Our 2024 event for caregivers was held on December 6th & 7th at the Mandarin. Door prizes, games, conversation and laughter was had by all.



Frontline teams at community events

We would also like to thank the many individuals and organizations both from the private sector and not-for-profit to include community-based organizations that have, collaborated, provided donations and/or sponsorships to Mosaic to keep our wonderful programs available in the community. A big thank you and for understanding what an impact Mosaic makes for our community within Toronto. And thank you to Armour Heights Presbyterian Church for allowing us to collaborate, provide our offices & our social programs and resources for the community.

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).

If you can, PLAN IN ADVANCE for home care needs to avoid a last-minute crisis and potential loss of independence



Arranging private home care is more than hiring a caregiver. It involves an assessment of the person's social and emotional needs and identity, their abilities and their wider medical history. While home care is mostly non-clinical, care services should also be sensitive to a person's medical conditions. It is all too easy to lose sight of the person, what they want and important medical considerations if finding care is left to the last minute.

Home care agencies plan care and staffing weeks in advance which also makes it difficult to find caregivers with specific skills at short notice.

If you think you may need to arrange care at some point, then call us. At the very least we can provide simple pointers such as contacting a primary care physician to address health issues, or public health social workers to assess OHIP home care entitlements and other needs. If it looks like our care services are needed, we can proceed with a general assessment of care needs and plan from there.

Being prepared for discharge from hospital is especially important as discharge notes, directions regarding post-operative exercises and medications are required to assess care needs.

If you notice changes in your own or a family member's physical and mental health then you might wish to consider planning ahead. Instances of falling, new medications, increasing difficulty in walking and safely performing daily activities, signs of depression and/or weight loss might be signs that help is needed.

Addressing these care needs can help delay loss of the independence that could otherwise impair the ability

to remain safely in the home and the community.



.....
If you need more information you can contact our team at **416.322.7002** or **905.597.7000** or email us at info@mosaichomecare.com | website: www.mosaichomecare.com



Learn more about what a difference we can make in your life or that of a loved one.

We look forward to introducing ourselves to you and your family.



Let Mosaic help you transition

(hospital, retirement, long-term care)

Working with and supporting the individual emotionally, socially, and physically, especially in the early days and weeks, is key to a successful transition. **What can Mosaic provide?**



One-on-one support for individuals, filling identified gaps in care, to ensure needs are safely met, maintaining familiarity, consistency, comfort, and emotional supports.



Our caregivers write daily reports of their visits which is accessible via our online portal, the “Family Room”. This information is available at your fingertips. This is where family members can see updates, identify potential gaps in care and share communication.



We can help orient the new facility’s care team to the client’s intricacies of care and social and emotional needs while at the same time reinforcing a person centered care focus.



Support if needed by our Social Worker for the new resident or family. Additional support under our service Elder Care Plus® for family counselling and care navigation.



Help to acquaint the client with the new environment and to facilitate building meaningful relationships with the new community.



Communication is key: Our **multi-disciplined care team** will continue to work collaboratively with you and the new care teams.



Timely high-quality feedback to the family on the person, the new home and the facility’s care standards providing much more effective oversight of the person and care provision.

We see you. We hear you. And we're here to help family caregivers – The Ontario Caregiver Organization (OCO)

In Ontario there are almost 4 million caregivers, just like you, who provide physical or emotional support to a family member, partner, friend or neighbour.

Many people don't consider themselves a caregiver. Instead, they think of themselves as a family member or friend, just doing what needs to be done. While most caregivers say they are happy to be able to provide care, many share they are overwhelmed and find it difficult to get the information and support they need. Caregivers are investing more hours in their caregiving role and say they are experiencing increased levels of stress and signs of depression and burnout.

If you support someone in need and feel anxious and overwhelmed with your caregiving responsibilities, you're not alone. The Ontario Caregiver Organization (OCO) exists to support caregivers by offering free programs and services that include our **24/7 Caregiver Helpline (1-833-416-2273)**, educational resources, Peer Support program and more.



**WE'RE
HERE FOR
YOU.**

CAREGIVER HELPLINE
1-833-416-2273

LIVE CHAT
ontariocaregiver.ca



For more information, please visit our website ontariocaregiver.ca.



THE ONTARIO
caregiver
ORGANIZATION

ORGANISME DE SOUTIEN AUX
aidants naturels
DE L'ONTARIO

Shepherd Village: A Place Where Seniors Thrive

Just as a fine dining experience transcends sustenance, quality senior care goes beyond basic needs. It's about the little touches—a warm smile, a timely refill, a genuine interest in your day. For over 60 years, Shepherd Village has been a home where each resident's unique story and needs shape how we care, creating a place that's never one-size-fits-all.

Our approach is genuinely person-centred, meaning we listen profoundly and tailor care around each resident's life story. When residents shared cherished family recipes, each meal transformed into a celebration of their past, honouring memories and experiences that define them. The difference still echoes through our dining room, where meals have become a way to connect.

Beyond meals, we foster an environment where every resident feels genuinely valued. Each day begins with warmth—from sharing stories over coffee to quiet moments in the Therapeutic Gardens. These routines strengthen bonds and create a culture we all love. A significant part of our culture is fundraising to enhance residents' quality-of-life experiences, such as Walk-a-Thons, golf tournaments, and concerts. Our donors give heart to the Village by generously

giving, helping us meet residents' needs where government funding doesn't.

The heart and soul of Shepherd Village are our residents' voices. Their input shapes decisions, whether through conversations or platforms like Senior Flicks, our YouTube channel for seniors. This digital space enables residents to connect and share their stories.

People often think life diminishes in senior communities; we believe it's where you thrive! Shepherd Village seniors are active year-round. An example is the National Senior Day High-Tea event, sponsored by Mosaic Home Care, where seniors from our Village and Scarborough Community came together to celebrate an often-overlooked day.

Activities like these build the social and spiritual networks that create community. Our residents fellowship through daily spiritual and recreational activities. Even seniors with mobility issues stay connected via our live-streamed YouTube events and church services.

At Shepherd Village, care is a commitment to honouring every story, fulfilling every need, and ensuring peace for all who call the Village home.



SHEPHERD VILLAGE
A Caring Christian Seniors' Community



3760 Sheppard Avenue East, Toronto ON M1T 3K9

Telephone: 416.609.5700 | info@shepherdvillage.org

Teresa Deni | tdeni@shepherdvillage.org | (416) 609 5700 Ext. 336



MOSAIC'S GROWING WELLNESS CAFE

*A Memory – Friendly Community**

Brighten your month with inspiration from nature and the garden!

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
- A caring and connected community

**We are a caring community that welcomes everyone, including those living with memory loss and their care partners.*



Dates: Thursdays, January 2nd, February 6th, March 6th, 2025

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)



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 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 (*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.



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, January 10th, February 14th, March 21st, 2025

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, January 30th, February 27th, March 27th, 2025

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!

January



- **Twiddlemuff Making with Mosaic**
(Armour Heights Presbyterian Church - 105 Wilson Ave.)
Mosaic needs your help! Help us decorate Twiddlemuffs, the sensory muffs that are donated to the geriatric programs and emergency rooms of our local hospitals.
Tuesday January 21st, 2025 from 12:00 p.m. to 1:30 p.m.

February



- **Cooking with Mosaic – Time for Tacos!**
(Armour Heights Presbyterian Church - 105 Wilson Ave.)
Join us for another afternoon of cooking in the Mosaic kitchen. On this month's menu – Tacos! And all of your other favourite fiesta foods!
Cost: \$5
Friday February 21st, 2025 from 12:00 p.m. to 2:00 p.m.

March



- **'Considering Downsizing, Now What?' with Brian Cowan**
(Armour Heights Presbyterian Church - 105 Wilson Ave.)
Are you or a loved one considering downsizing and not sure where to start? Feeling overwhelmed? Join us for a FREE interactive seminar by Realtor® and Senior Real Estate Specialist® Brian Cowan of Transition With Ease™
Thursday March 13th, 2025 from 10:00 a.m. to 11:00 a.m.

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



Mosaic and Armour Heights invite you to join us for a night of **celebrating community and connection** as we break bread and share a delicious meal together.

Featuring live music from talented singer and songwriter Alexandra Babiak!

Please bring a non-perishable food donation that will be donated to the Armour Heights North York Harvest Foodbank. Those who donate will be entered into a raffle draw!

Date: Friday January 24th, 2025 **Time:** 6:30 p.m. to 9:00 p.m.

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

(Free parking. Close to public transit.)

Cost: \$20/adult, \$5/child *(Collected upon arrival)*

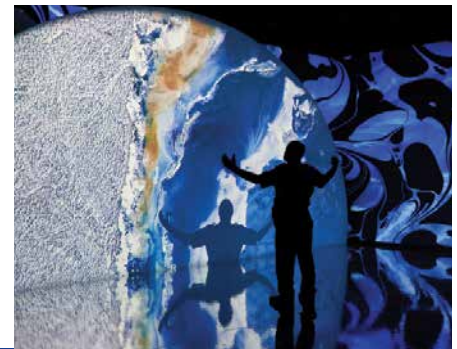
Please RSVP by January 20th, 2025



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



LET'S GO TO THE ROM!



Join us as we explore the Royal Ontario Museum on a special guided tour! Included in admission is also entry to the special exhibit, "Nature in Brilliant Colour", here for a limited time only!

Limited spots available so reserve your spot now!

Date: Tuesday March 25th, 2025

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

Location: Royal Ontario Museum (100 Queens Park, Toronto)


Please meet at the front desk of the museum. Tour will begin promptly at 10:15am.

Cost: \$20 (includes general and special exhibit admission)

Cash only, 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.



LIFE IN THE 'BLUE ZONES'

*at The Claremont
Retirement Residence*



Want to discover the secrets to living to 100? Explore the **Blue Zones** with us – the regions of the world that are home to the longest living and healthiest populations!

Join us for a dynamic presentation that will introduce you to the foods, cultures, and ways of living from these special regions in Italy, Japan, and Costa Rica just to name a few!

Featuring food, music, and lots of lively discussions. You don't want to miss this wonderful afternoon as we travel the world together!

Date: Friday March 21st, 2025

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

Location: Claremont Retirement Residence (305 Balliol Street, Toronto)

Parking: On site parking available, accessible from Mount Pleasant toward the south end of the building. If you need help with transportation, please call The Claremont. Street parking on Balliol Street.

Registration required

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

North York & Scarborough Elder Abuse network

under the umbrella of Elder Abuse Prevention Ontario
will be hosting an **interactive** educational seminar.

Elder Protection Alliance: Community Networks Against Elder Abuse!

Panelists:

Members of Elder Abuse Prevention Ontario,
Toronto Police Services, RISE & Family Service Toronto

PLEASE NOTE THIS SEMINAR IS FOR COMMUNITY AGENCIES AND HEALTH CARE PROFESSIONALS IN TORONTO

Through professional performances (performed by Theatre of the Beat) and facilitated discussion, participants will explore effective responses to elder abuse situations, building confidence and practical skills.



Theatre of the Beat will provide an interactive theatre experience bringing challenging scenarios to life.



- A chance for community organizations and professionals to connect with colleagues, have meaningful conversations about elder abuse, share resources and find out about new programs.
- Provide hands on and interactive discussions facilitated by experienced panelists.
- A brief synopsis of what North York & Scarborough Elder Abuse Networks do at the grassroots level in Toronto.
- **Relaxation & meditation component with sound bowls for health professionals.**

Date: Thursday March 27th, 2025 **Time:** 10:00 a.m. to 1:30 p.m.

Location: Mosaic Home Care Services & Community Resource Community Hub –
105 Wilson Avenue, North York (located at Armour Heights Presbyterian Church, parking on
Saunders Street at the front of the Church – enter through the glass doors).

Refreshments and Lunch will be sponsored by Chartwell Retirement Residences.

Limited spots for this presentation so sign up early.
To register contact jane@mosaichomecare.com 416.322.7002
or [Jessica Lang jessica.lang@tcare.ca](mailto:Jessica.Lang@tcare.ca)



FAMILY SERVICE TORONTO
For People. For Change.

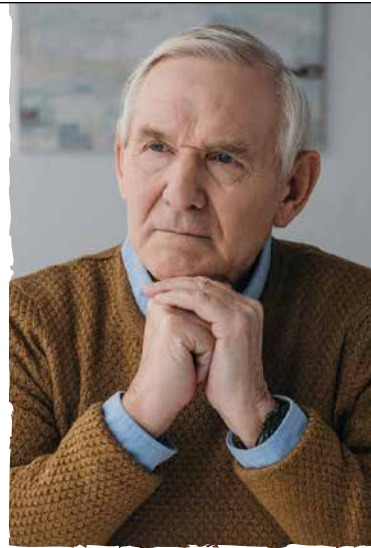


Call for your daily dose of connection.

A Friendly Voice is a free, confidential "warm line" for older adults aged 55+ who just want to chat with a welcoming and caring person without expectations or judgment.

Our phone line is open seven days a week, 8 am - 10 pm EST

Toll-Free: 1 (855) 892-9992



Let us bring some warmth to your day.



Now serving Ontario and the Atlantic provinces | AFriendlyVoice.ca

Community Events RECAP

Another year has flown by here at Mosaic, and as we head into 2025, I would like to take a moment to reflect on the fun we had in the last quarter of 2024.

We kicked off the Fall season with a day away at **Camp Sunshine on Ward's Island!** We had a great day with the wonderful Sunshine Centres for Seniors crew, and our beloved Emma Rooney who taught us all about local produce and sustainability.

We then had Emma back again, this time in Hogg's Hollow for **Fall Forest Bathing** in collaboration with Delmanor Northtown. We had a tranquil time immersed in the vibrant fall colours, and ended with a tea ceremony complete with a delicious tea made by Emma herself!

The fall season included many educational programs as well including our **'Ask the Experts Panel'** that featured informative conversations with Ontario Health

atHome, as well as our online **'Connected Community Lighting Talks'** that highlighted amazing organizations in our city.

We ended our season off with a fun filled day, starting with our **'Fairytales & Fables Brunch with Lianne Harris'** in the morning, followed by dinner and a show at our **'Holiday Festive Showcase'** in the evening.

These events are truly made possible by our Mosaic community members and partner organizations, and we want to thank you for being the pieces that make us this beautiful Mosaic of wonderful people.



Lauren

Community Outreach & Social Engagement Specialist

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