



Newsletter

SPRING & SUMMER 2025



Proudly Canadian


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 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, April 3rd, May 1st, June 5th, July 3rd, August 7th, 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, April 4th, May 2nd, June 6th, July 18th, 2025

Mosaic's Knitting & Crochet Group (Zoom)

Every other Wednesday of the month (Schedule sent upon registration)

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, April 24th, May 29th, June 26th, July 31st, 2025

HIGHLIGHTED IN-PERSON SPRING/SUMMER 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 April 7th to July 28th, 2025

Mosaic's Community Café

Scheduled Workshops:

MAY

- "You Have Options" Presentation (In-Person)
Thursday May 1st, 2025
- 'Brain Games & Art Afternoon' with NeuroBridge (In-Person)
Friday May 23rd, 2025

JUNE

- 'Power-Up Against Age-Related Muscle Loss' (In-Person)
Thursday June 26th, 2025

JULY

- Life in The Blue Zones (In-Person)
Thursday July 24th, 2025

Brain Health Workshop from Cogniciti (In-Person)

Join Baycrest and Cogniciti for this two-part workshop that will assess your brain health and provide you with helpful insights into your memory and attention function.

Session #1: Thursday April 10th, 2025

Session #2: Thursday April 24th, 2025

A Seniors' Month Extravaganza and World Elder Abuse Awareness Day (In-Person)

Come celebrate with North York & Scarborough Elder Abuse Networks in recognizing these two very important dates.

Featuring:

- "Preventing Frauds & Scams" from Toronto Police Services
- 'Movement to Music' dance session
- Live music from 2B1 Music Duo
- Light lunch & refreshments

Friday June 13th, 2025

IN-PERSON SPRING/SUMMER EVENTS HELD IN THE COMMUNITY ORGANIZED BY MOSAIC HOME CARE

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

'An Afternoon in Bordeaux'

at North York Seniors Centre (In-Person)

Bienvenue à Bordeaux! Explore the sights and sounds of Bordeaux France and what similar spaces we have in Toronto.

Tuesday April 29th, 2025

Riverdale Farm Visit (In-Person)

Join us for a trip to a real working farm in the heart of the city, followed by a group picnic lunch!

Friday May 30th, 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://mosaichomecare.com/reviews/>

Spotlight On...



Joylyn B.

Charito D.

Melissa L.

Mosaic's Caregiver Recognition

Mosaic caregivers are familiar with all aspects of care through the various stages of life. At Mosaic, we always recognize person centered care and meaningful connections; at any point in life, including palliative and/or end of life care. Our experienced caregivers learn to adapt to changes in their clients' lives to support them purposefully and wholeheartedly.

Recently, we witnessed how these 3 caregivers have worked with intention to support their clients in their last moments; perhaps when they were needed the most. Joylyn B., Charito D., and Melissa L., have acted in ways to protect the dignity of their clients, providing comfort and closeness, tapping into emotional and spiritual needs alongside practical needs. They have shown interest and have even participated in our specialized in-house workshops to broaden their knowledge and strengthen their skills on palliative and end of life care. We are very proud of their proactiveness and attention to detail, and we are grateful to have opportunities to support our caregivers in their work. We thank them for their thoughtfulness in preserving safe spaces for our clients, no matter where they are in life.

What a difference we make®!

Our Caregiver Says...

"Mosaic was just beginning when I started working with them, but as years passed, I realized this can make a huge difference in people's lives. I was inspired and motivated to share the virtues of patience and care for our clients to provide support with dignity and value. The most important thing is happiness – with our clients, clients' family, and the whole care team." ~ Joylyn

"I enjoy working with Mosaic because the Clients Services Team is very understanding and considerate. They are supportive with open ears and hearts to listen, and give me encouragement to bring my best to work. I also enjoy the continuing education Mosaic has provided to us. My personal values, empathy, compassion, and making a difference in the lives of others inspires and motivates me while working with my client. I'm very happy, proud & grateful to be part of Mosaic." ~ Charito

"I enjoy working at Mosaic because it provides a deep sense of satisfaction, knowing that our person-centered care approach makes a difference in our clients' lives. I feel supported at Mosaic, especially during end-of-life care situations; their unwavering support has been essential in helping me through those challenging moments. Mosaic stands out because of its genuine commitment to individual needs, ensuring that every client receives tailored care that addresses their emotional, mental, and physical well-being. Witnessing the positive impact we have on our clients' quality of life inspires and motivates me everyday." ~ Melissa



Passion



Compassion



Education



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

Jane and Nathalie

Spring! Lighter nights, more warmth in the sunlight, but still cool in the breeze. Time to reconnect with nature and to experience the parks and neighbourhoods of the GTA, as well as its many different foods, cultures, lifestyles, identities, and experiences.

During Winter 2025 Mosaic collaborated with community agencies, retirement homes, hospitals and local community organizations and centres in producing a number of events and activities. Here are some of the highlights:

FEBRUARY:

A program for family caregivers at **Queen's Estate Retirement Residence**; Mosaic provided a lovely afternoon just for family caregivers and essential care partners with discussion on social networks, community resources and how Mosaic Home Care provides respite for the family caregiver. We also introduced Mosaic's "**Shared Care Model**" which keeps the costs down on private care in retirement homes. Joining us was Michaela Bekenn, a yoga, meditation and sound therapy therapist.

We hosted a **British High Tea** at The Bradgate Arms Retirement Residence in collaboration with The Bradgate. Tea, sandwiches, scones with clotted cream and jams and some wonderful pastries were provided while listening to some relaxing music.



Bradgate Arms Retirement Residence
British High Tea

We are also launching a new program for the Spring, entitled **The Blue Zones**, whose inhabitants are long lived and healthy. Our first presentation was at the Claremont Retirement Home (Cogir property) held in the middle of March.



Maureen & Basket Weaver
Community

Elder Abuse Presentation for Professionals

This March 27th, this event was organized by the North York & Scarborough Elder Abuse Networks under the umbrella of Elder Abuse Prevention Ontario. It featured an interactive workshop for health professionals featuring panelists from Elder Abuse Prevention Ontario, RISE, Toronto Police Services and Family Service Toronto. Theatre of The Beat provided an interactive theatre experience bringing challenging scenarios to life.

Thank You

MARCH:

March was extremely busy with social work week and sponsorships, lunches and presentations to hospital staff at North York General Hospital, at Phillips House (part of NYGH), Humber River Hospital and at Providence Healthcare. We provided breakfasts and dependent on location either a sound therapy session with Michaela Bekenn (yoga, meditation and sound therapy therapist) or a relaxation therapy workshop with Almeiri Santos.



Karyn Terrell, RPN,
Client Services,
Nurse Consultant
at North York General
Hospital, Phillips
House

We would like to thank all those who attended our community hub last year whether online or in-person. Over 700 people connected with Mosaic and Armour Heights for our social programs. And a heartfelt thanks to all our internal staff, personal support workers, nurses and Mosaic Lifestyle Companions®.

Mosaic's community integrated, person-centered model of homecare is fundamentally different from the standard model of home care prevalent in our communities. The standard model tends to be task orientated and medically focused, emphasizing incapacity rather than intrinsic capacity. Much of care today still has little time for addressing social emotional needs, hobbies, interests, community, social connections, and human meaning. For an organization that walks its talk, please visit our website, come to a community event or call us for further information.

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 Ontario Health atHome (OHAH).

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.



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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.



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.



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



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.



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.



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.



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

HOW MOSAIC SUPPORTS FAMILY CAREGIVERS

Mosaic understands that support is not just for the one individual but can include people in their 'circle of care' who are often family members, partners, friends, or neighbours. These caregivers are frequently the primary contacts or decision makers of the individuals we care for. They may find themselves needing support or respite and may even struggle with the decision-making process itself. Caring for family or those close to us can be challenging and fatiguing – but with our vast network of connections in the community, we are able to share other service options and resources for those in need. Here are some examples:

Caring for the Caregiver:

We understand and empathize with the mental, physical, and emotional fatigue that can set-in for those caring for family and loved ones. As members of The Ontario Caregiver Organization, we can provide options for additional supports through our network of community partners.

Specialized Care and Support:

Mosaic frequently suggests organizations who focus on specific physical and mental health conditions. Some examples include CAMH (The Centre for Addition & Mental Health), Alzheimer's Society of Toronto and York Region, and Parkinson Canada.

Connection and Community Support:

Mosaic offers social programs online and in person. These opportunities are listed in our Events Calendar, Newsletter, and

are accessible on our website. We provide recommendations to services for families who cannot attend to practical matters such as snow removal, foot care, transportation and hair cutting.

Navigating the System Together:

Mosaic recognizes that navigating care within the healthcare system can feel overwhelming. We help callers by identifying aspects of ongoing care within the system (Physiotherapy, Occupational Therapy, Ontario Health atHome, Palliative Care teams, etc.) that can clarify decision making for families of loved ones needing multiple care solutions.

Palliative Care, Grief, and Bereavement:

Mosaic understands the palliative and end of life journey and is there for families, offering empathy, suggestions, collaboration with care partners and communication as families navigate this profound time in their loved one's life journey. We also appreciate that after care is often vital to the comfort and healing after a death. Checking in with families who have experienced loss and offering resources is our way of saying we still care.

To access a list of trusted community resources, please see at our website; mosaichomecare.com/resources.

Article provided by Mosaic's Client Services Division, Feb. 2025



Community Events RECAP

We might have had a cold and snowy start to 2025, but we didn't let that stop us from having fun and being with our lovely Mosaic community!



In January we hosted our annual **Community Dinner** that had folks come out for an evening of delicious food, great conversations and beautiful music sung by the talented Alexandra Babiak. The first month of the year can sometimes drag on as the holidays are over and we await the longer days, so we appreciate everyone coming out to enjoy a special night together.



In February we wanted to bring the warm weather north and had a delicious feast inspired by the beautiful country of Mexico! We went to work prepping, cutting and mixing up our own homemade Pico de Gallo together to enjoy with our **tacos**, and finished off with some refreshing mango sorbet. Sharing a meal and cooking together brings us



closer as we share our stories, memories and traditions, and it certainly was a special day surrounded by great food and friends.

In March signs of spring began to peak its way through, and what a more wonderful way to celebrate the end of the season than with an **Afternoon Tea** at Bradgate Arms Retirement Residence! Jane and I presented on the history of tea, and the audience gave great input regarding their tea tips and tricks and favourite blends. We ended the afternoon with traditional finger sandwiches and fresh scones, and of course, lots of tea!

Spring has sprung and we are looking forward to more exciting events in the upcoming season!



Lauren

Community Outreach & Social
Engagement Specialist



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, April 3rd, May 1st, June 5th, July 3rd, August 7th, 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.



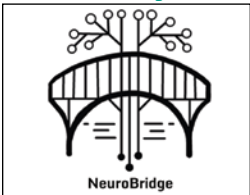
Join Mosaic for an afternoon of ideas, fun, connection and social interaction! Our café is a space for everyone whether you want to sit and listen, talk and take part or lead the group in a discussion about your hobbies and interests. There will be activities and events as well as discussions. Stay engaged,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

May



- **“You Have Options” – An Informative Morning for Older Adults & Family Caregivers (Armour Heights Presbyterian Church - 105 Wilson Ave.)**
Get to know your options for receiving high-quality care that is centered on the needs, values, and preferences of you and your family. Featuring presentations from trusted community organizations specializing in the needs of older adults in the community.
Thursday May 1st, 2025 from 10:30 a.m. to 12:30 p.m.

May



- **‘Brain Games & Art Afternoon’ with NeuroBridge (Armour Heights Presbyterian Church - 105 Wilson Ave.)**
Enjoy an afternoon of fun team-based trivia games, followed by a relaxing arts-based painting session facilitated by UofT medical students that will teach participants ways to optimize brain health.
Friday May 23rd, 2025 from 1:00 p.m. to 2:30 p.m.

June



- **‘Power Up Against Age-Related Muscle Loss’ with Get Right Physio (Armour Heights Presbyterian Church - 105 Wilson Ave.)**
Join Claudia, a Registered Physiotherapist of 14 years as she discusses the latest evidence-based literature on physiotherapy strengthening to prevent age-related muscle loss in seniors in this informative and interactive presentation.
Thursday June 26th, 2025 from 11:00 a.m. to 12:00 p.m.

July



- **Life in The Blue Zones (Armour Heights Presbyterian Church - 105 Wilson Ave.)**
Want to learn the secrets to living to 100? Join us for this fun and interactive presentation as we travel the world and learn about these unique communities and what keeps them healthy and living longer.
Thursday July 24th, 2025 from 1:00 p.m. to 3:00 p.m.

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



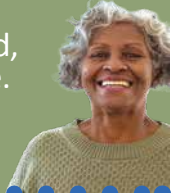
You Have Options!

An Informative Morning for Older Adults & Family Caregivers

Get to know your options for receiving high-quality care that is centered on the needs, values, and preferences of you and your family.

If you are a family caregiver, discover your loved one's options for receiving person-centered, community-integrated care in their home or by downsizing into a retirement residence. We will also review the financial implications of each option.

Light refreshments will be served, reserve your spot today!



Date: Thursday May 1st, 2025 **Time:** 10:30 a.m. to 12:30 p.m.

Location: Armour Heights Presbyterian Church (105 Wilson Ave)

(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. A Zoom link for the program will be sent once you have completed the registration.

Bring “You Have Options!” to Your Community

Looking to host an informative and engaging event
for older adults and caregivers?

You Have Options! is a dynamic workshop designed to help individuals explore their support options, including home care, downsizing, wealth management, and retirement living. Expert presenters from **Chartwell Retirement Residences**, **Mosaic Home Care & Community Resource Centre**, **Dynamic Downsizers**, **Transitions Realty Inc.**, and **Raymond James** will share valuable insights to help attendees make informed decisions.

- ✓ Expert advice on care, housing, and financial planning
- ✓ Complimentary lunch provided
- ✓ Enter for a chance to win a great door prize!

Interested in bringing this workshop to your community?

Contact Grant Hooper to book today!

416.910.3431 | ghooper@chartwell.com



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, April 4th, May 2nd, June 6th, July 18th, 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, April 24th, May 29th, June 26th, July 31st, 2025

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

Location: Zoom

Registration required

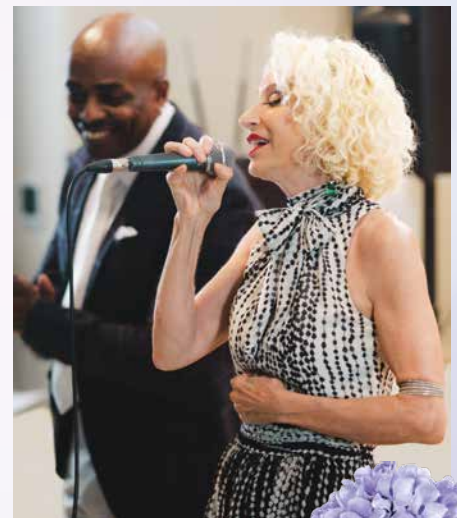
To register for all programs call our offices at **416.322.7002** or **info@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.

Rights Don't Get Old



A Seniors' Month Extravaganza and World Elder Abuse Awareness Day (WEAAD)

Come celebrate
with North York &
Scarborough Elder
Abuse Networks
in recognizing
these two very
important dates.



Presentations:

Mark McCabe Toronto Police Services –
Prevent Frauds & Scams, resources available

Instructor to lead some Movement to Music –
Provided by **North York Seniors Centre**

Special Guests:

Listen and Dance to the Sounds
of **Ester & Rudy** from **2B1**

Light lunch, coffee & tea provided – No charge for event.

Date: Friday June 13th, 2025

Time: 11:30 a.m. to 1:30 p.m.

Place: 105 Wilson Avenue – parking at the front of the church on
Saunders Street and enter through the glass doors at the front.

York Mills Station – take the Wilson or any bus going along Wilson
and get off at Yonge Blvd. and walk west for 2 min. to the church.

RSVP: Jane – jane@mosaichomecare.com or **416.322.7002** or
Jessica – jessica.lang@tcare.ca



Elder Abuse
Prevention
Ontario





cogniciti

HEALTHIER BRAINS. STRONGER MINDS. BETTER LIVES.

Introducing Cogniciti

Cogniciti is a brain health company and a subsidiary of Baycrest Health Sciences that is changing the way the world looks at brain health and aging. Through the provision of innovative, evidence-based brain health solutions, Cogniciti is engaging older adults in important conversations about their brain health, working to improve the quality of life of individuals living with dementia and supporting research efforts to prevent, treat and cure dementia. Through Cogniciti, Baycrest is sharing its sought-after expertise, research and innovations with older adults around the world.



You can find out more about Cogniciti on their website **Cogniciti.com**

Join us for a **FREE BRAIN HEALTH WORKSHOP AT MOSAIC**

We are excited to announce that Cogniciti will be hosting a free Brain Health Workshop at Mosaic Home Care & Community Resource Centre's Community Hub on April 24th, 2025!



Join an info session on April 10th, 2025, from 10:00 a.m. to 11:00 a.m. to learn more about Cogniciti, Cogniciti's validated Brain Health Assessment, and the upcoming free Brain Health Workshop from a member of Cogniciti's team.

The workshop will run two one-hour sessions that cover the same information. The first session will begin at 10:00 a.m. and the second session will begin at 11:30 a.m. You can select which session you would like to attend upon registration.

For more information and to register please visit **mosaichomecare.com/events**



Brain Health Workshop

Presented by

Baycrest

Academy for Research
and Education

and **cogniciti**

Information Session

Thursday April 10th, 2025 (10:00 a.m. - 11:00 a.m.)

Workshop

Thursday April 24th, 2025

(**Session #1:** 10:00 a.m. - 11:00 a.m., **Session #2:** 11:30 a.m. - 12:30 p.m.)

(Please indicate which workshop session you would like to register for)

Location: Armour Heights Presbyterian Church (105 Wilson Ave)

(Free parking, close to public transit.)

Registration required

Many older adults have more difficulty than they used to remembering names, faces and dates and may begin to wonder... **“Is my memory normal, or should I see my doctor?”**

Cogniciti’s free Brain Health Workshop gives you the opportunity to take **Cogniciti’s Brain Health Assessment**, a 15 - 30-minute online assessment that was developed by a team of Baycrest clinicians and scientists. The assessment is scientifically validated and peer-reviewed, providing valuable insights into your brain health, as well as how your memory and attention function.



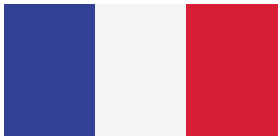
Participants will receive personalized score after completing the assessment. Cogniciti can then provide support and advice to you based on your score. Participants will also have the chance to join **Cogniciti’s Brain Health Registry** of research volunteers who may be contacted by Cogniciti to participate in new brain health research studies.

All that’s required from you are basic computer skills (typing and clicking a mouse) and to be able to read and understand English.

Limited spots available, make sure to secure your spot now!

Cogniciti’s Brain Health Workshops are generously supported by the Slaight Family Foundation.

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



An Afternoon in Bordeaux at North York Seniors Centre

Join North York Seniors Centre and Mosaic Home Care Services in this collaborative event for the community!



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 April 29th, 2025

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

Location: North York Seniors Centre (21 Hendon Ave, North York)
(Close to Finch Subway Station. For parking options please call NYSC at 416-733-4111)

Refreshments served: Assorted cheeses, baguette, French pastries and café.

Registration required

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



Brain Games & Arts Afternoon with NeuroBridge



How well do you know your brain?

Join us for a fun afternoon of brain games and art hosted by medical students from the University of Toronto. You will have the opportunity to participate in exciting **team-based trivia games** that will teach us how we can optimize our brain health, followed by a relaxing **arts-based painting session**.



Enjoy games, art and snacks during this entertaining afternoon! Register your spot now!

NeuroBridge is a student-run initiative that aims to bridge the gaps in awareness around brain health in the community. It is a unique opportunity to connect medical students at the University of Toronto directly with the community to facilitate two-way learning. We aim to provide education through fun and interactive workshops.

Date: Friday May 23rd, 2025 **Time:** 1:00 p.m. to 2:30 p.m.

Location: Armour Heights Presbyterian Church (105 Wilson Ave)
(Free parking. Close to public transit.)

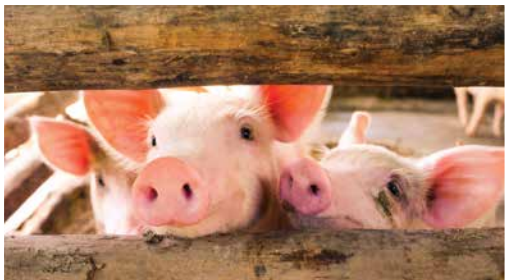
Registration required

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

Visit to Riverdale Farm



**Get a taste of farm life
in the heart of the city!**



Embrace your wild side and join us for a visit to Riverdale Farm! We will tour the historic buildings, say hello to the farm animals and then enjoy a picnic lunch together at the nearby Riverdale Park West.

We encourage you to bring a litterless lunch to enjoy during the lunch hour.

Limited spots available so reserve your spot now!



Date: Friday May 30th, 2025


Time: 11:00 a.m. to 1:30 p.m.

Location: Riverdale Farm (201 Winchester St, Toronto)

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 Mosaic



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: Thursday July 24th, 2025

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

Location: Armour Heights Presbyterian Church (105 Wilson Ave)

(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.



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

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

