



WINTER 2026 Newsletter



Proudly Canadian

About Mosaic, Our Community Resource Centre, and our Newsletter

We are an internationally recognized 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 are **not a franchise, not American-owned, and not backed by private equity firms. Mosaic stands apart as a truly Canadian company committed to the well-being of our clients and caregivers.**

We operate a resource centre and pop-up events around the Toronto (GTA) and York Region. 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. All our programs are all-inclusive and memory friendly. We provide Community Cafés, Growing Wellness Cafe and knitting programs.

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 8th, February 5th & March 5th, 2026

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 29th, February 26th & March 26th, 2026

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 30th, February 27th & March 27th, 2026

Mosaic's Knitting & Crochet Group (Zoom)

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

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 5th to March 30th, 2026 (excluding January 26th, 2026)

Absolute Beginners Line Dancing Workshop by Su

Wood (In-Person) – A gentle, fun, and easy-to-follow line dancing workshop to improve your balance, coordination, and memory while enjoying great music and making new friends.

Monday January 26th, 2026

Mosaic's Community Café

Scheduled Workshops at our Mosaic's Community Hub:
JANUARY

- **Health Made Simple: Navigating Care in North York with North York General & North York Toronto Health Partners (In-Person)**

An interactive session on how to navigate the health care system. Learn about chronic disease prevention, location health care and community services.

Friday January 9th, 2026

FEBRUARY

- **Stacey Baboulas OT on Protecting Yourself Against Falls in the Winter Months! (In-Person)**

Discover easy tips to prevent slips, trips and falls, learn simple walking and balance techniques, and explore home strategies that help you stay

independent, steady, and active all season long.
Friday February 20th, 2026

MARCH

- **Genwell Presentation by Bobbie Breckenridge at Armour Heights (In-Person)**

HUMAN CONNECTION 101: Building the foundation for a happy and healthy-life – Social connection is one of the strongest protectors of our mood, memory, and overall well-being. This session is about keeping those connections strong and making new ones, in simple ways that fit real life.
Friday March 13th, 2026

FEATURED EVENTS HELD AT MOSAIC'S COMMUNITY HUB

Health Made Simple: Navigating Care in North York with North York General & North York Toronto Health Partners (In-Person)

An interactive session on how to navigate the health care system. Learn about chronic disease prevention, location health care and community services.
Friday January 9th, 2026

Western Whirl – You are Wanted! (In-Person)

A Western-Themed Community Event – Join us for an unforgettable evening of Western fun, food, line dancing and live music!
Friday January 23rd, 2026

North York Elder Abuse & Scarborough Elder Abuse Networks presents: Theatre of the Beat (In-Person)

Join us fun interactive drama workshop looking at dynamics, social justice theme, addressing Seniors and community.
Friday March 6th, 2026



Stay Tuned!... for Mosaic's Life in Canada's Podcast featuring Professor Andrew Miles and Professor Sir Jonathan Elliott Asbridge who are the two senior officers and founders of the European Society for Person Centered Healthcare in the UK.

The discussion can be found on our podcast link <https://mosaichomecare.com/podcast/> released December 2025. And the article to view in detail can be found <https://mosaichomecare.com/about/person-centered-care/>

The podcast discussion will be based on their featured article "Person Centered Care 2025 – it's high time that we nudge the rhetoric into reality".

Spotlight On...



Jane M.



Daphne L.

What a difference we make~!

Mosaic's Caregiver Recognition

Mosaic is proud to showcase the ways in which our caregivers provide individualized support and care to their clients. While focus is often on what transpires during the day, we cannot forget that person centered care is just as important at night for many of our clients.

Jane M. and Daphne L. have excelled at providing seamless overnight care to many. For years, they have created comforting and safe spaces that have allowed their clients to feel secure while having their immediate needs addressed in a compassionate manner.

We admire Jane and Daphne's devotion to their clients – the consistency and familiarity they deliver and in doing so, the undeniable assurance they have provided their clients.

Our Caregiver Says...

"I am very grateful to be a part of Mosaic whom I called my second family that truly cares about its employees and provide excellent opportunities. Working with Mosaic has allowed me to build a diverse range of experience with different clients and in various care settings. They offer a lot of flexibility in terms of choosing shifts and locations which is a huge benefit for my work-life balance. ~ Jane M.

"Going to my clients at Mosaic is something I look forward to during my work days. I love working at Mosaic because of its culture and the way they are supportive of their employees. I remember when one of my clients passed away; they also thought of my well being and offered very encouraging words to lift me up. When I watched the live stream of my client's funeral, I was so touched when my name was mentioned in the eulogy by one of the daughters and how they were so thankful of my service to their mom. I am very thankful to Mosaic for giving me the opportunity to work in the field I am passionate about. ~ Daphne L.



Passion



Compassion



Education

Recent Mosaic Event – Testimonial

Dear Jane and Priya:

What a wonderful evening of entertainment, good food, community spirit, fun and laughter as well as dancing you provided last night.

The festive decorations, the novel idea of having a "passport" to visit various countries, the puzzles and prizes at the end of the evening deserve many kudos to Priya and her team of volunteers. It certainly put all of us into the Christmas spirit at the end of November and the upcoming 1st Advent Sunday.

We were delighted with such a wide variety of entertainment: the beautiful, graceful dancing by Priya's daughter with a traditional Indian dance and a modern Bollywood version; the colourful Mexican Folk Group dancers and a solo Mexican

singer made us feel so alive; Erin's operatic voice gave us a glimpse of another beautiful art form to be enjoyed. Having a caricature artist give us a humorous depiction of ourselves was an additional treat of the evening.

When the evening came to a close with the wonderful music of the duo entertainers, we all felt so young and alive and grateful for the organizers of MOSAIC to have given us such a good time to start the Christmas Season of love and friendship with much community spirit.

Thank you, dear Priya and Jane and volunteers from the bottom of my heart. Looking forward to next year's event.

*Sincerely, in gratitude,
Sybilla and Peter*



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

Jane and Nathalie

What is happening within the Home Care Industry?

Many home care providers are being taken over by companies focused on aggressive acquisition based growth. These include an increasing number of private equity vehicles that look to acquire and sell within short time frames. In order to finance acquisition, pay off debt and reward equity investors, and ultimately exit the home care market, the predominant focus is often on raising cashflow withdrawn from the business as opposed to longer term investment in care and care standards.

What does all this mean for the delivery of person-centered care within our communities?

We are definitely seeing more and more providers using the term person-centered when describing their services. But are we really seeing meaningful developments in person-centered care and community engagement or are we just witnessing a rewording of existing service representation?

Are service providers addressing the wider needs of the person as a whole, as a human being first and foremost, as opposed to primarily assessing clinical incapacities and delivering services to address these care needs? Both processes can produce a personalized care plan but only one of them is going to be person-centered.

Are care providers aware of what makes up person-centered service frameworks, of those areas of the wider person that come within the scope of their service and those areas that do not? How do they connect, or connect the person, with the wider universe of care and community to ensure the intrinsic capacities and needs of the person are addressed? We know that we cannot meet all needs, which is why we look to a person and a family's social networks and the wider community's assets to help facilitate person centeredness and care objectives. This is part of our formal model of person-centered care.

Does care assessment, care planning, care oversight and delivery employ a non-clinical lens of engagement and is it co-produced with the person and their family? A person centered care assessment will often take longer than straight forward "what supports do you need?". It should address "the physical, social, emotional, cerebral, spiritual, creative and cultural assets and capacities of a person" and care planning and care oversight ways of enabling these capacities while supporting the person with their care needs. This also means that a home care organisation needs to possess much more than just care coordination skill sets.

More profoundly, it takes time, culture, long term service development, training and constant re-evaluation of the fundamentals of person-centered care to be able to deliver it, meaningfully and effectively. It needs to be managed; it is a

fundamental living framework a deeply embedded organism and skillset within the organization.

Person centeredness is something that runs right through the organization, from senior management and operations, to care oversight, navigation and coordination, to the front-line caregiver. A recent 2024 report "The implementation of person-centered plans in the community-care sector: a qualitative study of organizations in Ontario, Canada" emphasized the importance of culture and

commitment to person centeredness across the organization:

"in order to be successful, commitment to this process should extend across all levels of the organization, be fully integrated into organizational service delivery, and be reflected in organizational philosophy, values and views of persons-supported"

So the question is clear. Can the home care model be one focused primarily on cashflow and acquisition while at the same time claiming to be empathic and person centered? Are private equity and growth focussed acquirors of home care fundamentally empathic and person-centered?

We cannot be both. Why? Person-centered care requires organizational support and commitment from the top and empathic structural discipline focused on the person and their intrinsic capacities with services and service delivery merely a means to an end as opposed to an end in itself. And, person-centered organizations are not merely focused on clients and families, but staff, front-line caregivers and communities.

Person-centered care organizations are building, with others, the social capital and supportive communities of today and tomorrow. They are organic complex and ultimately community connected entities that need close attention and support.

Home care is a very competitive industry, easy to enter but extremely hard to gain a meaningful foothold. The ability to differentiate yourself from the competition is therefore important. This makes it all the more attractive to use terms such as person-centered care in order to do so.

Finally, we would like to draw your attention, if you have time, to our podcasts featuring Professor Andrew Miles & Professor Sir Jonathan Elliott Asbridge from The European Society for Person Centered Healthcare who will discuss the slow adoption of person-centered care in the health care system and the difficulties in implementing it within health care organizations, concerns which are echoed in the academic literature addressing person-centered care.

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).



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.

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



Mosaic Home Care Services & Community Resource Centre would like to thank Archie who is an active participant on our online knitting group. He is truly amazing and dedicated in helping organizations and individuals in our communities. Archie volunteered his time in knitting 225 bandanas/dog scarves and 75 hats = 300 total that Archie knitted for Yellow Brick House for their event **Break the Silence: Step in My Shoes** walk, which was held on **November 2nd, 2025**.

Sincerely,

Mosaic Home Care Services Management Team.



On behalf of everyone at Yellow Brick House, we want to thank Mosaic Home Care for your incredible support at our **Break the Silence: Step in My Shoes** walk on **November 2, 2025**. We were honoured that Archie created the beautiful wool hats and dog scarves—our participants loved them! With everyone wearing purple, the hats made the day feel even more united and hopeful.

Thanks to generous partners like you, we surpassed our goal and raised **over \$102,000** for our **Nights of Safety** program—funding emergency shelter and essential supports for women and children escaping violence. We are so grateful.

As the holiday season approaches, many of the families we serve are starting over with very little.

Most-needed items – NEW items only, we cannot accept USED items

- **Household & Transitional:** kettles, cutlery, dish sets for 4, small microwaves, cutting boards, utensils, twin/queen-size blow-up mattresses
- **Hygiene Essentials:** toiletries and personal care items

- **Gift Cards:** empowering women to choose what they need most, when they need it
- **Non-perishable food:** minimum 6-month shelf life
- **Monthly WISH List:** <https://www.yellowbrickhouse.org/wish-list/>

If you're planning a drop-off, please complete the attached **In-Kind Donation Form** and email supporter@yellowbrickhouse.org with your **date and approximate time**.

Drop-off hours: Monday - Friday, 9:00 a.m. - 4:30 p.m. (excluding stat holidays)

Location: 52 West Beaver Creek Rd, Unit 4, Richmond Hill, ON
Mosaic's ongoing partnership—and Archie's heartfelt craftsmanship—make a real difference. Thank you for standing with survivors and helping families rebuild with dignity.

With appreciation,
Pamela Deveau

Manager, Fund Development

SUPPORTING WORLD-CLASS CARE

Through Education and Partnerships

Easy access to health care information and services can help reduce worry and support better health. At North York General (NYG), we understand the importance of connecting care to more people in a way that is convenient and simple and have made this a priority under our transformational 10-year strategic plan with a Vision to deliver World-Class Care, 24/7. Below are just some ways NYG is connecting care through education and partnerships:



Julie Waddick in action at NYGH Resource Centre at North York General Hospital

Health Information Centre at North York General

The D.M. Alloway Health Resource Centre for Patients and Families at NYG's General site at 4001 Leslie St. provides reliable health information curated by the organization's health science and medical librarian, Julie Waddick. The Centre is located on the ground floor across from the pharmacy and is open to everyone 24 hours a day, seven days a week. It offers computers and resource boards with brochures about local health services and supports.

Community Health Information Fairs

North York General is also a core member of the North York Toronto Health Partners Ontario Health Team (NYTHP OHT), a partnership of community health care organizations, family physicians, patients and caregivers committed to improving health care in North York.

One of the key activities of the collective is to host community and health information fairs that connect people with services and programs they may not be aware of,

and to provide immediate education and support.

The fairs are tailored to serve the needs of the neighbourhoods where they are hosted. Everyone is welcome to attend, especially if looking for help with navigating, accessing and learning more about health care services.

Examples of some of the services previously offered include cervical and breast cancer screening (with female nurse practitioners), diabetes education, blood pressure and blood sugar checks, hearing checks and vaccination.

NYTHP recognizes that systemic and environmental factors can contribute to poor health outcomes. Past fairs have also offered legal and settlement services, food banks, caregiver support and connections to local community social support programs.

People who have attended tell us they walk away with a better understanding about aspects of their own health and resources and services available to them.

Community Health Information Fair Coming to Mosaic – January 9, 2026

On Friday, January 9, Mosaic will host a fair for both clients and the public to provide information about chronic disease prevention and management, and local health care and community services. It will be an opportunity for attendees to learn about their risk for heart and lung disease (congestive heart failure (CHF) and chronic obstructive pulmonary disease (COPD)), and diabetes, no invasive tests needed. The event will include a light lunch and a possible opportunity to receive onsite health services from select providers.

Spots are limited so registration is required. To register, call Mosaic at **416-322-7002** or email info@mosaichomecare.com



How can I help you?

Health Made Simple: Navigating Care in North York



Date: Friday January 9, 2026

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

Location: Mosaic's Community Hub

Located at Armour Heights Presbyterian Church, 105 Wilson Avenue
(parking at the front of the church on Saunders Street, close to
York Mills Station, Wilson bus or any bus going west)

Registration required

IN PARTNERSHIP WITH:

WITH SUPPORT FROM:



FUNDED IN PART BY THE GOVERNMENT OF ONTARIO

Join us for an interactive session on how to navigate the health care system.

Learn about:



Chronic disease prevention and management, no invasive tests needed

- For conditions such as congestive heart failure (CHF) and chronic obstructive pulmonary disease (COPD)

About the event:

- A light lunch will be provided.
- Health care services and referrals are free.
- Resources available.



Local health care and community services

- The Health Resource Centre at North York General
- Information about cancer screening programs
- Connect to primary care (family doctor/nurse practitioner)
- Possibility to receive on-site health services from select health care providers
- North York Seniors Hotline and more!

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

Winter Safety and Fall Prevention: An Occupational Therapy Perspective

Winter's snow and ice can be beautiful, but they also create serious challenges for older adults. Slippery sidewalks, uneven surfaces, and wet floors can make simple outings risky. For many seniors, a fall can lead to injury, hospitalization, or a loss of independence. Occupational therapists (OTs) work to help older adults stay safe, confident, and active throughout the colder months by promoting practical, preventive strategies.

Why Falls Are a Serious Concern

A single fall can have lasting effects. Beyond broken bones or sprains, falls often lead to reduced mobility, fear of falling again, and withdrawal from social or physical activities. This decreased activity can weaken muscles and balance, creating a cycle that increases the risk of future falls. Preventing that first fall is one of the most important steps toward maintaining independence and quality of life.

Tips to Stay Safe This Winter

- **Plan Ahead:** Check the weather, allow extra time, and avoid rushing or carrying heavy loads.
- **Wear Safe Footwear:** Choose boots with non-slip soles and sturdy support. Add removable ice grips for slippery conditions.
- **Keep Walkways Clear:** Regularly shovel and salt driveways and steps; keep indoor floors dry and free of clutter.
- **Use Mobility Aids Properly:** Have your OT check your

cane or walker and add an ice tip for extra stability if needed.

- **Walk Smart:** Take small, steady steps, to maintain balance on icy surfaces.
- **Stay Active:** Regular strength, balance exercises, and functional training, guided by an OT, can support improved physical abilities all year long.



How OTs Can Help

Occupational therapists assess home environments, recommend adaptive equipment, and teach safe movement strategies. Through personalized functional training programs, OTs help older adults build the skills and confidence needed to stay active, prevent falls, and enjoy the winter season safely.



Stacey Baboulas, Hon. BSc. (Kin), MSc.O.T.
Occupational Therapist, OT Reg. (Ont.)
Canadian Certified Life Care Planner (CCLCP)
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E: admin@sbassociates.ca
W: sbassociates.ca



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

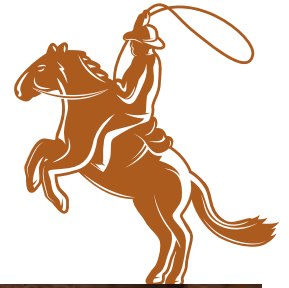


To register for all programs call our offices at **416.322.7002** or **info@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.

Western Whirl – YOU ARE WANTED!

A Western-Themed Community Event

Join us for an unforgettable evening of Western fun, food, line dancing and live music!



Saddle up for a hearty meal featuring BBQ favourites, baked beans, corn, and sweet treats! Interactive activities include line dancing, games, photo booth fun, and more surprises for everyone! Western attire encouraged: Dust off your boots, grab your cowboy hat, and show off your best western look!

SPONSORED BY:

Don Mills
RETIREMENT RESIDENCE



Live Band Music: Over 35 years experience entertaining audiences of all ages! Get ready to dance the night away to the toe-tappin' tunes of the incredible **Sugar Rush** – bringing the energy of the Wild West to the stage! Will guarantee a great time! **Limited spots available, reserve your spot today.**

Date: Friday January 23rd, 2026

Time: 4:30 p.m. to 7:30 p.m.

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

ARMOUR
HEIGHTS



PRESBYTERIAN
CHURCH

Cost: \$10 (Collected upon arrival)

Registration required, please RSVP by Monday January 5th, 2026

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



Mosaic's Community Café

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

January



- **Health Made Simple: Navigating Care in North York (Armour Heights Presbyterian Church - 105 Wilson Ave.)**

An interactive session on how to navigate the health care system. Learn about chronic disease prevention, local health care and community services.

Friday January 9th, 2026 from 11:00 a.m. to 1:00 p.m.

February



- **Stacey Baboulas OT on Protecting Yourself Against Falls in the Winter Months! (Armour Heights Presbyterian Church - 105 Wilson Ave.)**

Discover easy tips to prevent slips and falls, learn simple walking and balance techniques, and explore home strategies that help you stay independent, steady, and active all season long.

Friday February 20th, 2026 from 10:00 a.m. to 11:30 a.m.

March



- **Genwell Presentation by Bobbie Breckenridge at Armour Heights (Armour Heights Presbyterian Church - 105 Wilson Ave.)**

HUMAN CONNECTION 101: Building the foundation for a happy and healthy life - Social connection is one of the strongest protectors of our mood, memory, and overall well-being. This session is about keeping those connections strong and making new ones, in simple ways that fit real life.

Friday March 13th, 2026 from 11:00 a.m. to 1:00 p.m.

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

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**.



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 8th, February 5th, March 5th, 2026

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.

Community Events RECAP

Finding My Footing and Feeling at Home!

It's amazing how quickly a new place can start to feel like home when you're surrounded by good people doing meaningful work. Since joining Mosaic, I've had the pleasure to experience that feeling and what a warm, inspiring start it has been.

From day one, I was welcomed with open arms by staff, volunteers, and members alike. Whether it was a simple smile, a helpful hand, or Lauren and Jane taking the time to show me the ropes, the kindness I've experienced here has been incredible. It's made settling in feel natural and genuinely exciting. Over the past few months, I've been lucky to participate in and initiate some wonderful events and programs and connect with organizations and people that do great work in partnership and collaboration that really show what Mosaic is all about: **Connection, Care and Community with person-centered approach.**



To highlight a few of our social programs **Drag Bingo** with Ms. DeWitt was a fabulous success, bursting with energy, laughter and unforgettable moments. Ms. DeWitt lit up the room with dazzling outfits and quick-witted banter. The event brought people together. Laughter echoed, new friends were made and the mood was filled with pride, joy and inclusivity. **Jingle all the Way... Round the World**, a lively event filled with joy and holiday cheer, great music by 2B1, outstanding entertainment representing different cultures, cultural food, and the community coming



together to celebrate and socialize. The energy in the room was infectious and was a reminder of the joy that comes from simply being together. Another standout moment was a fascinating presentation on **The Blue Zones**, those parts of the world where people live the longest and healthiest lives. It sparked such meaningful conversations about lifestyle, purpose, and the small things that can make a big difference in our wellbeing. On my second day at Mosaic, I had the pleasure of being immersed in **An Afternoon in Bordeaux**, an event that transported us to France through music, culture, lifestyle, and storytelling. It was elegant, relaxing, and full of charm just one of many thoughtful experiences in creating beautiful memories that speak to how much care goes into everything Mosaic does.



In addition to these special events, I've had the opportunity to see Mosaic's amazing community partnerships in action through collaborations with: **Camp Sunshine at Ward's Island, Café 65, Bisou Toronto, Sumach, Delmanor, Don Mills Retirement Residence, North York General Hospital, University of Toronto Scarborough Campus, Ladies Golf Club of Toronto** and **The Garden Club of Toronto** to name a few. Each one has been a reminder of how much stronger and more vibrant our community becomes when we connect and create together.

Something else I'm proud of is helping with the creation of our Volunteer Database, a space where we can organize and grow our team of Helping Hands and Mosaic Ambassadors. Our volunteers do so much, whether it's helping at events, bringing their creative side, welcoming guests, or simply offering support where it's needed most. Watching them in action is inspiring. Their generosity and spirit add so much to what we do. These few months that I have been here, I have made great strides within a short time and I thank you all for your support and kindness you have shown me.

As I look ahead to 2026, I'm genuinely excited. There's so much more to learn, more to contribute, and so many more moments to share with this incredible team and you all. I feel lucky to be part of a community that leads with heart and purpose. I am looking forward to seeing what we will build together in the year to come.

Thank you to everyone who's made these few months so welcoming. Here's to a fantastic year ahead. Cheers!



 *Priya Hawkins*
Community Outreach and
Social Engagement Coordinator



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 30th, February 27th, March 27th, 2026

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 Weekly

at Armour Heights Presbyterian Church



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.

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, 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!

After the class we welcome you to stay for coffee/tea, refreshments and great conversations!

Dates & Time: Mondays from 10:00 a.m. to 11:00 a.m.

Every Monday from January 5th to March 30th, 2026

Location: Armour Heights Presbyterian Church

(105 Wilson Avenue, North York)

(Free parking. Close to public transit.)

Free program, donations to AHPC kindly accepted.

ARMOUR
HEIGHTS



PRESBYTERIAN
CHURCH

Registration required

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



We're diving into the **who, what, and why** of GenWell to give you a snapshot of what we're trying to accomplish. Reach out and get connected with us to learn more.

WHO ARE WE?

GenWell, a registered Canadian not-for-profit, is Canada's **Human Connection Movement**. It's mission is to make the world a happier and healthier place by emphasizing the importance of **face-to-face social connection**. By **educating, empowering, and catalyzing** everyone in Canada, GenWell encourages proactive steps to improve **health, happiness, longevity**, and society as a whole.

FOUNDED IN:

2016

GOAL TO CONNECT:

41M 



WE WORK IN:



SCHOOLS



WORKPLACES



COMMUNITIES



SENIORS
ORGANIZATIONS



MUNICIPALITIES

WHAT DO WE DO?

GenWell has developed signature annual campaigns with the ambition to catalyze a broad cross-section of people across Canada to join in activities that build and deepen our connection as humans and as a society.

[Click here to learn more.](#)

We have also developed customized programming to teach and practice human connection in settings that naturally bring together priority demographic groups and facilitate interaction.

[Click here to learn more.](#)

WHY DO WE DO IT?

- **More than 50%** of Canadians feel lonely on a regular basis.
- Canadian businesses lose an est. \$40 billion annually due to the impact of disconnection and loneliness

Research clearly demonstrates that **social isolation, disconnection, and loneliness** are associated with a greater incidence of major psychological, cognitive, and physical morbidities, and lower perceived quality of life.

Most Canadians do not understand the **importance of human connection and social health** as a **positive, proactive, and inclusive** way to sustain and improve our mental and physical health.

CONTACT US:

 @GenWellProject

 info@GenWellProject.org

 www.GenWell.ca



Make a donation directly to GenWell

Help us scale our impact and bring social health to the forefront across Canada. Scan the QR to access our donations page for more details.

genwell^o
foundation

Join Mosaic Home Care & GenWell for a presentation on
Social Health 101 + Community Mapping Workshop

BUILDING THE FOUNDATION FOR A HAPPY AND HEALTHY LIFE!



Date: Friday March 13th, 2026

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

Location: Mosaic Home Care Services & Community Resource Centre
(No charge for attending this event)

Registration required

HUMAN CONNECTION 101: BUILDING THE FOUNDATION FOR A HAPPY AND HEALTHY LIFE



As we age, our social circles can quietly shrink. A move, a change in our health, the loss of a loved one, or children living farther away can make everyday connections harder. Yet social connection is one of the strongest protectors of our mood, memory, and overall well-being. This session is about keeping those connections strong and making new ones, in simple ways that fit real life.

WHAT WE WILL DO

We will explore the basics of social health and talk through practical steps to build deeper everyday connections. Then we will co-create a simple community map of nearby people, places, and programs that make connections easier. **A light lunch follows with table conversations.**

A special guest from Splash on Earth – Ana Cuciureanu will be joining in the session!

KEY TOPICS COVERED

1. How we became a more disconnected society and why it shows up in our daily routines
2. The health costs of social isolation, disconnection, and loneliness for older adults and the ripple effects on the community
3. The benefits of human connection for our brains, bodies, and communities
4. Practical strategies to build more connection into daily life, plus a take-home map of local opportunities

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



Spotlight on

Delmanor Northtown - **located In the heart of North York!**

In my position as co-owner of Mosaic Home Care Services & Community Resource Centre I spend a lot of time looking at areas of the city, community centres, senior centres and retirement homes that are in walkable areas to places to visit or connect socially with one another. **Delmanor Northtown Retirement Residence** is one I'd like to highlight as being in a walkable social area in North York!

Jane Teasdale



Delmanor Northtown Inspired Retirement Living in the heart of North York is situated along the Yonge Street corridor between Finch and North York Centre. Close to Mel Lastman Square, where social events, markets, music and dancing are held. North York is home to The North York Central Library, restaurants, cafes, parks, with seating areas and park benches for families and individuals to sit, meet up with friends and families. There are a number of Historical landmarks to include Princess Park, which preserves the façade of the former municipal offices and a reconstructed bell-clock tower and the first Fire Hall for the Township of North York was built in 1942. In the midst of towering condo's sits a 19th century farmhouse called Gibson House a historical family home built in 1829.

A bit about Delmanor Northtown:

Delmanor Northtown opened their doors in 2009 and is a Tridel-Inspired, 9-story boutique-sized residence with condominium style design. Some of the original residents live here and many of the staff are proud to be part of the original team.

This 112-suite community is located in North York with close proximity to shops, the subway and green spaces. Delmanor is a community within a community. Inside our building, residents have access to many amenities such as a spa, hair salon, fitness centre, movie theatre, chapel, garden shed, hobby kitchen, library with computer lounge, pub, and entertainment lounge. You do not have to shovel snow, or go outdoors in unsafe or harsh winter weather for your essentials or social aspects. There are three outdoor

terraces at Delmanor Northtown, where you can read, enjoy a summer BBQ, walk or use urban poles, plant gardens, putt on the rooftop putting green, play a game of shuffleboard, or visit the rooftop dog play area.

At Delmanor Northtown, you can be as busy as you want, or not! Our extensive and higher-caliber recreation programs include lectures, live entertainment, cards, games, continuing education classes, book club, meetings, art classes, a variety of fitness classes and one-to-one coaching and so much more. Some of our residents are giving lectures on their line of expertise. With our Delmanor bus we offer 20 excursions a month, providing both practical and out of town trips.

You have choices when it comes to your health and wellness. Our care team consists of personal support workers available 24-hours a day and nurses. We have a visiting Physician or you can continue to see your current Physician. Outside care providers of your choice, can come to Delmanor to support your care needs.

Delmanor Northtown is the perfect setting to create memorable moments in a community filled with laughter and warmth. It is a place where friendships are made. When you move in, you get a team dedicated to professionalism and service-excellence. It is easy to see how people flourish and make the most of every day.

If you are wondering about options in retirement living, we would be pleased to help you with your research! Book a tour of Delmanor Northtown and stay for a wonderful meal. You will become an expert on the differences in retirement living and have an opportunity to ask all of your questions.

DELMANOR
Inspired Retirement Living

To book a tour or for more information phone (416) 225-9146
www.delmanornorthtown.com | 5351 Yonge Street, North York, ON

North York & Scarborough Elder Abuse Networks

Under the umbrella of Elder Abuse Prevention Ontario

Will be hosting a
fun and interactive
drama workshop for older persons,
family caregivers, Personal Support
workers & community agencies
looking at the dynamics, social
justice theme, addressing Seniors
and community featuring
Theatre of the Beat.



Date: Friday March 6th, 2026 **Time:** 11:00 a.m. to 1:00 p.m.



Between October 2024 and March 2025, Theatre of the Beat delivered over 25 workshops across the GTA and Kitchener-Waterloo, raising awareness on elder abuse and the dynamics of ageism. Partnering with organizations such as North York and Scarborough Elder Abuse Networks, Mosaic Home Care Services & Community Resource Centre, Elder Abuse Prevention Ontario, Community Justice Initiatives, Brant Elder Abuse Committee, and The 519, these sessions highlighted isolation as a key factor affecting the mental health of older adults—and, as identified through the workshops, caregivers as well.

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).

Close to York Mills station – take any Wilson West bus two stops, get off at Yonge Blvd
and walk west on Wilson till you come to Armour Heights Presbyterian Church.

**Refreshments and Lunch and resources
will be provided by the local community agencies.**

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



ARMOUR
HEIGHTS



PRESBYTERIAN
CHURCH



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.



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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

