



# Newsletter

## SPRING & SUMMER 2026



 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 owned 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. Wednesdays, April 1<sup>st</sup>, May 6<sup>th</sup>, June 3<sup>rd</sup>, July 8<sup>th</sup>, September 2<sup>nd</sup>, 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, April 30<sup>th</sup>, May 28<sup>th</sup>, June 18<sup>th</sup>, and July 30<sup>th</sup>, 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, April 24<sup>th</sup>, May 29<sup>th</sup>, June 26<sup>th</sup>, and July 24<sup>th</sup>, 2026

#### Mosaic's Knitting & Crochet Group (Zoom)

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

### 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.

Every Monday from April 6<sup>th</sup> to July 27<sup>th</sup>, 2026

#### Bella Italia Brunch with Lianne Harris (In-Person)

– Join Mosaic for a lovely light brunch followed by a lively one-hour presentation from Lianne Harris. Friday May 15<sup>th</sup>, 2026

#### Flowers in Bloom with Flower Pie and the North York Garden Club (In-Person)

– Join us for a hands-on Flower Pie Workshop led by Flower Pie floral specialist. Friday June 12<sup>th</sup>, 2026

### MOSAIC COMMUNITY EVENTS HELD IN THE COMMUNITY

#### Scarborough Area

#### An Afternoon in Bordeaux at Scarborough Retirement Residence (In-Person)

– Join us for this afternoon presentation exploring architecture, history, food and culture of this walkable pedestrian city.

Thursday May 14<sup>th</sup>, 2026

#### Richmond Hill Area

#### The History of Tea (Luncheon) Richmond Hill Presbyterian Church (In-Person)

The History of Tea Luncheon & Music Friday June 19<sup>th</sup>, 2026

#### Scarborough Area

#### Mosaic's Community Walk in Scarborough

(In-Person) – Exploring communities one step at a time. Walk the scenic trails and explore Scarborough Bluffs. Lunch at Dog Fish Pub Eatery. Tuesday July 28<sup>th</sup>, 2026

#### Downtown Toronto

#### Mosaic's Community Walk Downtown

(In-Person) – A visit to the Toronto Police Museum and lunch at Fran's Restaurant – College Location. Tuesday August 18<sup>th</sup>, 2026

### FEATURED EVENTS ORGANIZED BY MOSAIC

#### 1920's Garden Community Party – Organized by Armour Heights Presbyterian Church & Mosaic Home Care Services (In-Person)

Saturday June 13<sup>th</sup>, 2026

#### Bus Trip Organized by Mosaic Home Care to Elora & Rockwood, Ontario (In-Person)

Thursday July 16<sup>th</sup>, 2026

## MOSAIC HOME CARE UPDATE

Mosaic will now be providing services in the York Region Areas covering Richmond Hill, Vaughan, Markham and Thornhill areas.

Our very first event will be

*History of Tea Luncheon  
and music*

organized by

Mosaic Home Care Services  
& Chartwell Retirement Residences  
at Richmond Hill Presbyterian Church



**Date:** Friday June 19<sup>th</sup>, 2026

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

**Place:** 10066 Yonge St, Richmond Hill  
(free parking)

For more information and to RSVP,  
contact [info@mosaichomecare.com](mailto:info@mosaichomecare.com)  
or call **416.322.7002**

### We're excited to announce our next spotlight features!

Meet **Maria, Josephine** and **Joice** – three of our Personal Support Workers with many years of experience at Mosaic Home Care. Their person-centered work is exemplified in their descriptions of how they provide care. In addition, they have demonstrated their appreciation for an integrated community approach to enhance the lives of their clients.

Maria, Josephine and Joice have shared some insight on the caregiver perspective and how they put the person at the center of care. **Let's take a look!**



*"Person-centered care is crucial in community/homecare as it respects individuals' choices, builds confidence and helps to develop skills to manage their own health for living independently at home. Individuals feel heard, valued and understood, reducing anxiety and increasing satisfaction with care.*

*[For example] I would engage clients with music, and reading books. I always make them the priority and I would always put myself into their shoes and make them feel that I understand what they're going through."*

*"Person-centered care builds trust and deeper relationships between clients, healthcare workers, and families through open communication and shared understanding."*

**MARIA**



*"For my own experience, working as a PSW with different background and care needs, Person-centered care is THE BEST approach in providing help. It's the most practical and effective way in every aspect of a client's wellbeing."*

*"Mosaic's in-house Client Services division are very helpful and supportive when discussing person-centered care by providing assistance and ideas on engagement with our client."*

*"The community and social networks for our clients and families are the essential foundation of a clients' support system. Social interactions help enhance resilience and mental health, create a sense of belonging and purpose and have the feeling of being part of something larger."*

**JOSEPHINE**



*"Mosaic also promotes a culture where community connection and social interaction are key parts of care. They emphasize understanding each client as a unique individual — focusing on their preferences, values, and life story. We're encouraged to support our clients in staying active, socially engaged, and connected to their communities."*

*"The main benefit of person-centered care is that it looks at the whole person — not just their medical needs. For the client, it promotes independence, comfort, and emotional well-being. For the PSW, it builds a stronger, more meaningful relationship with the client, which makes the work more rewarding. For families, it provides peace of mind knowing their loved one is treated with respect and compassion."*

*"I cared for a client with dementia who used to resist showering. I learned she enjoyed soft music and needed step by step guidance so she will not get anxious, so I played her favourite songs and prepared everything beforehand. Overtime, she became calmer and more comfortable during care — it really showed how understanding her preferences made a difference."*

**JOICE**



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

## Jane and Nathalie

Our Mosaic team welcomes you to our Spring, Summer 2026 Newsletter. Bring on Spring and the warmer weather that will encourage more people to be outside again.



Team building exercise program at Mosaic with some of our team, to include a luncheon together.

What plans can you make for outings, walking, picnics in parks and get-aways in Ontario? Take a walk along the lakeshore, through the Don Valley Brickworks, the trail system that goes from John Street North of Steeles all the way down to the lake-

shore, the trails and walks that go east and west, the many parks, streets and communities of our great GTA and beyond!

**For those of you that are new to our Mosaic culture, we are Canadian owned and operated, we are not a franchise and not American owned, nor are we owned by private equity vehicles. Our focus is you, the person, your family and "our" communities.**

At Mosaic, and just like you, we are more than a blank canvas quickly filled. We believe in the need for a strong and vital vision of the future of home care for the person and community, to allow for creative expression and thought, fresh direction and openness in pushing the boundaries of person, community and home care interaction.

**Mosaic's approach to home care is multi-faceted reflecting the complex character of the person and their relationship with care needs and the communities we serve. There are five distinct components:**

- We have our unique integrated multi-disciplined client services oversight team with its social work, nursing, care coordination, navigation and psychosocial skill sets – take a look at our team profiles on our website.
- We have our social and emotional components reflected in our community outreach and social programs.
- We have our caregivers and our processes and the interaction we have with our caregivers in shaping, delivering and overseeing care.
- We have our community its assets and its relationships through which we look to build connection and engagement for the person and in so doing a stronger vital community.
- Finally, we have the person we care for, their capacities and their vision, their families and their friends, their social capital, life meaning and interests.

These five dimensions come together to shape the person-centred care services we deliver and our vision of home care in the community.

### Feedback from Western Whirl Event by Suzanne Park

The evening's temperature hovered around -10 chilly degrees. The falling snow added to the sizeable snowbanks soaring skyward. Yet, within moments of entering Mosaic's homebase, the Armour Heights Church, the warm welcoming smiles, Western themed decorations, and 'Howdy Pardner' messages had everyone happy they'd dressed in their best western outfits, 'saddled-up' and braved the elements.



Like we hardy Canadian cow-gals and cow-guys do!

As we entered, Jane Teasdale and Priya Hawkins enthusiastically guided us into the event space, pointing out table

seating, the coat-check and of course where to tie-up your horse!

Volunteers were also on hand answering questions for any cowhands wandering about.

The room was impressive and active. A three-piece band called Sugar Rush was warming up, at the front. Beside them was a life-sized 'Wanted Poster' with the Sheriff- photographer encouraging guests to get their outlaw photo taken before the party gets rowdy!

Many tables were already full, others were welcoming friends both familiar and new to join them. Being a newbie, I felt very welcome and comfortable fitting in with a group of friends who were all familiar with and attend many of Mosaics' programs.

### Stay tuned...

**Mosaic is expanding into Richmond Hill and York Region areas including Thornhill and Vaughan for our home care services and social programs.**

**More pop-up events will be organized in Scarborough and you will be seeing more of Priya Hawkins our Community Outreach & Social Engagement Coordinator.**

**Pop up events at Richmond Hill Presbyterian Church**  
*The History of Tea Luncheon* held on **Friday June 19<sup>th</sup>, 2026 from 11:30 am to 1:30 pm.** For more information email **info@mosaichomecare.com** or **416.322.7002.**

A big thank you to our Mosaic Staff, front-line teams for the work you do each and everyday.

And to Armour Heights Presbyterian Church, staff and members in allowing Mosaic to call AH our home for our offices and hosting community events.

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.



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



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



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



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



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



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





# HomeStairlift

## Let's talk about staying safe, independent, and comfortable in your own home.



For a lot of people, the idea of a stairlift brings up *mixed* feelings.

- “Does this mean I’m giving something up?”
- “Am I admitting I’m old?”
- “What will people think?”

Let's flip that thinking upside down — carefully, of course. 😊

### You're Not Giving Up Independence — You're Protecting It

Here's the truth: choosing a stairlift isn't about giving in. It's about saying:

- I've earned this life.
- I've worked hard for this home.
- I want to stay here — safely and confidently.



You have made it to this stage of life. You are still sharp, still you, still living in a home filled with memories, laughter, family dinners, and maybe a little clutter you swear you will sort out one day.

A stairlift does not take that away — it protects it.

### Freedom Looks a Lot Like Riding Instead of Climbing

Think about it:

- No more gripping the railing.
- No more hesitating at the top step.
- No more worrying about a slip, a fall, or a long recovery that could change everything.

Instead of needing help to get up and down your own stairs, you get freedom.  
 Freedom to move around your home on your terms.  
 Freedom to sleep upstairs again.  
 Freedom from worrying that one misstep could land you in the hospital — or worse.  
 Stairlifts do not limit your life.  
 They help you keep living it!

Falls on stairs are serious — and once someone falls, the risk of falling again increases. A single injury can lead to months (or years) of recovery, and sometimes people are never quite the same.

Choosing a stairlift is a proactive decision.

It's choosing safety over risk.

Comfort over fear.

Independence over “just managing.”

### We're Here to Help (Really)

- Free in-home assessments
- No-obligation quotes!
- Canadian-owned and operated.
- Local, friendly, and experienced

We've all been there — aging parents, grandparents, loved ones we want to protect while still respecting their independence. We treat our customers like extensions of our own family. You can visit our Woodbridge showroom and try a stairlift for yourself.

**We are just a call away.**  
**(416) 424-6607 or [homestairlift.com](http://homestairlift.com)**



Proudly Canadian Owned & Operated



Back by Popular Demand

Join **Mosaic** for a lovely light brunch being served at 10:45 a.m. followed by a lively 1-hour presentation from Lianne Harris at 11:30 a.m. to 12:30 p.m. This presentation is all about the beauty and rich history of Italy!



From the Colosseum to cappuccino, from macaroni to the Mona Lisa, from Florence to the Ferrari, let us explore, discover, and delight in all things about Italy, its place in history, and its ever-reaching influence on us today.

**Limited spots available, reserve your seats now!**



**Lianne Harris** has previously worked as the History, Culture and Social Studies Resource Specialist Consultant with the Toronto Board of Education and the curriculum advisor for Upper Canada College, having taught over 80,000 teachers and students. Appearing on TV and interviewed on the radio many times, she is always happy to have a live audience.

**Date:** Friday May 15<sup>th</sup>, 2026      **Time:** 10:30 a.m. to 12:30 p.m.

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

**Cost:** \$5 (Collected upon arrival)

**Registration required – by Monday May 11<sup>th</sup>, 2026**

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

# If the Shoe Fits...



Did you know that our feet go through growth changes in our later years? Our feet are comprised of 26 bones which have ligaments and tendons that loosen over time. Our feet can even widen and lengthen enough that a new shoe size may be in order. Some people develop bunions or hammer toes which require a wider and taller front of the shoe (called the “toe box”). Did you know that you should purchase your shoes near the end of the day? This is because your feet are at their largest by the end of the day. When Spring finally returns, and we can switch back into our shoes and sandals, don’t be surprised if they don’t feel as comfortable as they did last year.

You may have noticed that your feet are harder to reach and more difficult to see. 😊

It’s not as easy as it used to be to trim your own toenails. And that’s where we come in. Footcare nurses are specially certified to assess the overall health of your feet and trim your toenails. We observe skin and circulation changes in the feet and lower limbs from a healthcare perspective. Nursing footcare is particularly important for people living with diabetes, peripheral vascular disease, arthritis or other health concerns. We have equipment specifically suited to trim toenails that are thick and difficult to cut. We can reduce corns and calluses to prevent pressure sores from developing. And best of all, we bring our care to your doorstep.



## Flowers in Bloom

with **FLOWER PIE** and the **NORTH YORK GARDEN CLUB**



**North York Garden Club will be presenting about the wonderful gardening club available in North York.**



**Join us for a hands-on Flower Pie Workshop led by a Flower Pie floral specialist.** Participants will learn the art of creating a lush floral arrangement in a 6-inch vase using premium, seasonal blooms.

This guided workshop covers essential floral design principles, including flower selection, balance, mechanics, and proper care. With individual guidance throughout the session, each attendee will create a one-of-a-kind arrangement to take home and enjoy.

Suitable for all experience levels, this workshop offers a relaxed and creative environment. All materials and tools are provided.

**Date:** Friday June 12<sup>th</sup>, 2026    **Time:** 1:00 p.m. to 3:00 p.m.

**Location:** 105 Wilson Avenue, North York    **Cost:** \$50 per person

**Refreshments will be provided at the event.**

**Registration required - 15 Spots available.**

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

# Community Events RECAP

## MOSAIC HOME CARE SERVICES: GROWING CONNECTIONS ACROSS SCARBOROUGH



As 2026 begins, Mosaic Home Care Services is seeing something really encouraging, more people than ever are choosing Mosaic for support at home. This increase in numbers reflects a growing trust in Mosaic’s approach to care: one that puts people first and recognizes that well-being is about more than just practical support.

Mosaic’s reach across Scarborough is also growing significantly. What started with smaller pockets of support is now spreading across, allowing Mosaic to connect with individuals and families from a wider range of neighbourhoods. For many people, Mosaic isn’t just a care provider, it’s a familiar face, a listening ear, and a link back into the community.



That sense of connection was clear at January’s *Western Whirl* - a community event at Mosaic. The event was a real success, bringing together a vibrant mix of people, including many new faces from Scarborough. For some attendees, it was their first time through Mosaic’s doors. Conversations flowed, laughter filled the room, and new friendships began. It was a simple but powerful reminder of how important shared spaces and social moments are to overall wellbeing.

At the heart of Mosaic’s work is person-centered care. Every individual is supported in a way that reflects who they are, what they enjoy, and what matters most to them. Alongside this, Mosaic’s social prescribing is making a genuine difference. By helping people reconnect with local groups, activities, and services across the city, Mosaic supports individuals to feel less isolated and more involved in everyday life.

These connections, whether an online or in-person program, volunteering, a creative session, or a friendly social gathering often become lifelines. They help people build confidence, rediscover interests, and feel part of something again.

As Mosaic continues to grow throughout 2026, its impact is being felt far beyond home care alone. By connecting people to each other and to opportunities across Scarborough, Mosaic is helping to build stronger, more connected communities. One person, one conversation, and one shared experience at a time. What a difference we make!

*Priya Hawkins*

Community Outreach and Social Engagement Coordinator





# 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:** Wednesdays, April 1<sup>st</sup>, May 6<sup>th</sup>, June 3<sup>rd</sup>, July 8<sup>th</sup>, Sept 2<sup>nd</sup>, 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](http://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](http://www.myrecreo.health))

To register for all programs call our offices at **416.322.7002** or [info@mosaichomecare.com](mailto: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 April 6<sup>th</sup> to July 27<sup>th</sup>, 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](mailto:info@mosaichomecare.com) if you need more information.



# FUNCTIONAL FITNESS

with Joanne Picot

**Joanne Picot** has a history of working in the health wellness and fitness industry and has graduated from Yoga Alliance Canada – Certified Yoga Teacher.

Join us once a month for a complete body workout featuring simple exercises to build muscles, flexibility, and boost heart health. Joanne will lead you through a variety of energizing standing and seated exercises using light free weights.

If you don't have weights, you can use a filled water bottle or a small ball that you can grip with one hand as a substitute. Get fit and learn some great workouts!

**Dates:** Fridays, April 24<sup>th</sup>, May 29<sup>th</sup>, June 26<sup>th</sup>, July 24<sup>th</sup>, 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 with Jenn Hicks



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**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 30<sup>th</sup>, May 28<sup>th</sup>, June 18<sup>th</sup>, and July 30<sup>th</sup>, 2026

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

**Location:** Zoom

**Registration required**

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



# Mosaic's Community Walks – Discovering Neighbourhoods One Step at a Time!

For a healthy lifestyle, start your morning with physical activity, mental and emotional wellbeing and social interactions! Join Mosaic in exploring the outdoors in the summer months with nature walks and exploring the City. Our community walks engage older adults in conversations, discussions while stay active and having fun. Explore the outdoors and experience new things!

## July

**Community Walk in Scarborough - Bluffers Park and Beach**  
(1 Brimley Rd. S, Scarborough, ON M1M 3H4)



**Event Title:** Mosaic's Community Walk in Scarborough

**Date:** Tuesday July 28<sup>th</sup>, 2026

**Time:** 10:00 a.m. – 2:00 p.m.

**Cost:** \$10 - Lunch at Dog Fish Pub Eatery

Walk the scenic trails and explore Scarborough Bluffs marina, beach and close-up views of the white Scarborough Bluffs cliffs.

Come enjoy the outdoors with your friends and make new ones.

## August

**Toronto Police Museum and Discovery Centre**  
(40 College St., Toronto, ON M5G 2J3)



**Event Title:** Mosaic's Community Walk Downtown

**Date:** Tuesday August 18<sup>th</sup>, 2026

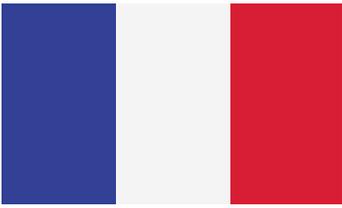
**Time:** 10:00 a.m. – 2:00 p.m.

**Cost:** \$10 – Lunch at Fran's Restaurant

Explore the evolution of policing with vintage artifacts, interactive exhibits, true crime stories, see vintage police vehicles, history of police uniforms and honoring the dedication and service of officers.



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 Scarborough Retirement Residence

Refreshments will be served & French Music entertainment provided.

Join Scarborough Retirement Residence & Mosaic Home Care Services in this collaborative event for the residents and 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:** Thursday May 14<sup>th</sup>, 2026 **Time:** 2:00 p.m. to 3:30 p.m.

**Location:** Scarborough Retirement Residence  
148 Markham Road. At Kingston Rd.

**Refreshments served:** Cheeses, baguette, French pastries and café.

**Parking information:** Limited visitor parking spots available

**RSVP** by Friday May 8<sup>th</sup>, 2026 by emailing [maureen@scarboroughretirement.com](mailto:maureen@scarboroughretirement.com) or call **(416) 264-3566 Ext. 110**



## RAIN OR SHINE –

Join Armour Heights Presbyterian Church  
and Mosaic Home Care Services for our



ARMOUR  
HEIGHTS



PRESBYTERIAN  
CHURCH

# 1920's Garden Party

An event for the whole family!

**Come and socialize and connect with the community.**

Bring your picnic blankets and picnic lunch. Mosaic will be providing lunch boxes for \$10.00 for adults, and \$5.00 for children, please call our offices to reserve a lunch box and provide any dietary restrictions. You will pay for the lunch boxes the day of the event.

An exciting line-up of events and programs planned, come and join in the fun!

**Table and Lawn Games • Popcorn Machine  
Ice Cream Truck • Photo Booth • Caricature Artist  
Twinkles the Clown • Face Painting  
Flapper Dancer • Barber Shop Singers  
Community Resources • Prizes for the  
Best Dressed 1920's Costume**

**Date:** Saturday June 13<sup>th</sup>, 2026

**Time:** 12:00 p.m. to 3:00 p.m.

**Location:** Armour Heights Presbyterian Church (105 Wilson Avenue)

*(Parking on Saunders Street & Wilson Avenue. Close to York Mills Station.)*

**Registration required**

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

Rights Don't Get Old



WORLD ELDER ABUSE  
AWARENESS DAY



# WORLD ELDER ABUSE AWARENESS DAY PROGRAM (WEAAD)

Come and join North York Seniors Centre, North York & Scarborough Elder Abuse Networks under the Umbrella of Elder Abuse Prevention Ontario on this special event.

## Presentations:

**Toronto Police Services, Financial Crimes Unit** – David Coffey will be presenting on Frauds and Scams.

**Fern Law – Kristine Anderson, Founder & Taya Mikado** – Discussing the importance of having a Power of Attorney and Will.

**Sheldon Parker** (Retired Lawyer), Sound Advice for a Happy Retirement.

## Special Guests:

Listen and dance to the sounds of **Ester & Rudy** from **2B1** music duo.

**Date:** Monday June 15<sup>th</sup>, 2026

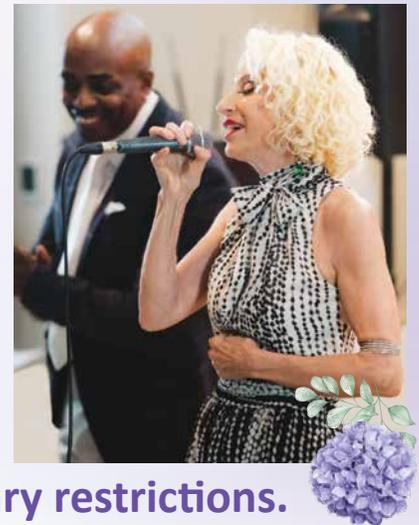
**Time:** 11:00 a.m. to 3:00 p.m.

**Lunch provided – please let us know of any dietary restrictions.**

**Place:** North York Seniors Centre (21 Hendon Avenue, North York)

**Parking:** Close to Finch Subway Station. For parking options please call **North York Seniors Centre** at **416.733.4111**

**RSVP:** Please RSVP with reception at **416.733.4111** or email [jane@mosaichomecare.com](mailto:jane@mosaichomecare.com) or Jessica at [jessica.lang@tcare.ca](mailto:jessica.lang@tcare.ca)

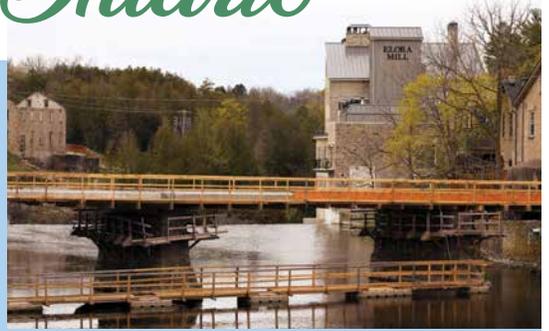


Elder Abuse  
Prevention  
Ontario



## Our first bus trip –

# Flora and Rockwood Ontario



A walk about in the town of Elora. Following the tour of Elora, The Gathering House at Thatcher Farms provides the perfect setting for a relaxed summer lunch with Mosaic catered by Dar's Country Market. This intimate space, full of rustic elegance, offers stunning views of the 140-acre countryside from its wrap-around porch. Guests can enjoy a peaceful and scenic atmosphere, making it an ideal spot to gather, unwind, and savour the charm of the farm after a day of exploring.

**Limited spots available on the bus, reserve your spot today.**

**Date:** Thursday July 16<sup>th</sup>, 2026

**Time:** Leaving at 8:30 a.m. sharp from Armour Heights Mosaic offices (105 Wilson Avenue, North York) – returning at 6:30 p.m.

**Location:** Elora and Rockwood Ontario

**Cost:** \$50 collected on June 22<sup>nd</sup> at Armour Heights Presbyterian Church

**Registration required, please RSVP early to avoid disappointment.**

**No registration after Monday June 22<sup>nd</sup>, 2026.**

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



## Choosing In-Home Health Services vs. Clinic Visits: How HealthCasa Helps Seniors Get the Right Care, in the Right Place



As people age, their health needs may change, but their desire to stay active and independent does not. The question often isn't whether to seek care, but how to access it in a way that fits their lifestyle.

HealthCasa delivers licensed healthcare services directly to the home, helping older adults manage their health in familiar surroundings, without the burden of travelling to appointments.

### Why in-home care can be better than a clinic visit:

#### 1. Comfort and convenience

Appointments take place in the senior's own home — no arranging transportation, no parking, no waiting rooms. Care becomes easier and less stressful for both seniors and caregivers.

#### 2. Care tailored to real life

When care is delivered at home, providers can assess mobility, balance, and daily function in the actual living environment — informing more practical treatment plans than what a clinic visit allows.

#### 3. Better follow-through and safety awareness

Receiving services at home improves consistency with care plans. Providers can also identify fall risks or environmental hazards that aren't visible during clinic visits.

#### 4. Less strain on family caregivers

Caregivers don't need to coordinate transportation or take time off work. In-home services let loved ones focus on connection, not logistics.

### When in-home care is a good choice:

In-home services are often ideal when:

- Mobility is limited after surgery, injury, or due to balance or endurance issues
- Chronic conditions such as arthritis, COPD, or neurological conditions make travel difficult
- Fatigue, pain, or anxiety makes clinic visits exhausting
- Cognitive changes make busy clinical environments overwhelming
- Transportation or scheduling barriers make regular clinic attendance challenging

### How HealthCasa services support seniors at Home

HealthCasa offers in-home and virtual services so seniors get the *right* care, in the way that works best for them:

#### Physiotherapy

Ideal for pain, weakness, balance issues, and surgical recovery. In-home physio focuses on walking, transfers, and stairs in the actual home environment.

#### Registered Massage Therapy (RMT)

Helpful for muscle tension, stiffness, and chronic pain — especially valuable for seniors who find clinic travel tiring.

#### Chiropody & Foot Care

Best for thick or hard-to-cut nails, corns, calluses, diabetes-related foot concerns, and foot pain. Regular in-home foot care reduces fall risk and prevents infections.

#### Occupational Therapy & Home Safety

Ideal for concerns about safety with daily tasks like bathing, dressing, or cooking. OTs recommend grab bars, equipment, and strategies to make home safer.

#### Audiology, Dietitian, Psychotherapy & Social Work (In-Home or Virtual)

These services address hearing changes, nutrition, mood, stress, grief, and caregiver strain — delivered with unhurried, one-on-one attention in a calm, familiar setting.

### When a clinic visit might be better

Seek clinic or hospital care when:

- **You suspect a serious foot or leg infection:**  
For example, a wound that is red, hot, swollen, oozing, or not healing, or if there is fever or chills. A doctor needs to assess this and may prescribe antibiotics. HealthCasa's team can then support ongoing wound care once the condition is medically managed.
- **You have a new, severe, or sudden pain:**  
Especially in the chest, abdomen, or head, or after an injury. These may require medical tests or imaging that can only be done in a clinic or hospital.
- **You need prescriptions or medication changes:**  
Most medication changes need to be managed by your family doctor or specialist. HealthCasa chiropodists *are* able to prescribe certain foot-related medications when appropriate. For broader medication management, a visit to your doctor remains the best choice.
- **There is a sudden, major change in health:**  
New confusion, sudden weakness, difficulty speaking, or a major change in breathing are medical red flags. Seek urgent care or an emergency department right away.
- **You're being monitored for a medical condition that needs tests:**  
Some conditions require regular blood tests, imaging, or specialist visits — in-person medical appointments remain essential. HealthCasa can help with rehabilitation and day-to-day function at home.

**When your doctor manages the medical side, HealthCasa's in-home team focuses on comfort, mobility, safety, and independence — bringing care right to you.**

# HealthCasa

Phone: 647-691-5150 | Email: [info@healthcasa.com](mailto:info@healthcasa.com) | Website: <https://www.healthcasa.com>

## 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](http://www.mosaichomecare.com) | [info@mosaichomecare.com](mailto:info@mosaichomecare.com)



Close to public transit | Free parking