



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, September 2nd, October 7th, November 4th, and December 2nd, 2026

Mosaic's Knitting & Crochet Social Group (Zoom)

Every other Wednesday of the month (Schedule sent upon registration)
Start date: September 9th to December 9th, 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, September 24th, October 29th, and November 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, September 25th, October 23rd, November 20th, and December 11th, 2026

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

Dance Fitness Weekly at Armour Heights

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

Every Monday from September 14th to December 14th, 2026

The Green Bench Documentary Screening – A Red-Carpet Event at Mosaic (In-Person) – Ron Schlegel once said, "The greatest untapped resource in Canada, if not the world, is the collective wisdom of our elders." The Green Bench is an 83-minute documentary built around that idea, following residents in long-term care and retirement communities as they share stories, insight, and hard-earned wisdom that too often go unheard.
Thursday September 24th, 2026

Fern Law presenting on Power of Attorney & Thinking Ahead – Featuring Kristine Anderson (Founder) & Taya Mikado (In-Person)

Friday October 2nd, 2026

Back by Popular Demand: Sound Advice for A Happy Retirement with Sheldon Park (Retired Lawyer) (In-Person)

Lunch and Learn – How to truly enjoy your retirement!
Friday October 16th, 2026

India: Her 10,000-Year Journey with Lianne Harris (In-Person)

Join Mosaic for a lovely light brunch, lively dance performance and fashion show followed by a 1-hour presentation by Lianne Harris on the beauty and rich history of India!

Friday October 23rd, 2026

FEATURED EVENT ORGANIZED BY MOSAIC

Mosaic's Jingle & Mingle Festive High Tea! (In-Person)

Come and enjoy a magical afternoon with a festive high tea and variety of entertainment inspired by cultures from around the world!

Friday November 27th, 2026

MOSAIC'S COMMUNITY EVENTS HELD AT DIFFERENT LOCATIONS

Downtown Toronto

Environmental Action Day with Camp Sunshine

Camp Sunshine Wards' Island (In-Person)

Thursday September 10th, 2026

Mid-Town Toronto

Mosaic's Community Walk at Mt. Pleasant Cemetery and Lunch at Make Ends Meet (In-Person)

Wednesday October 14th, 2026

Markham

Life in the Blue Zones held at Glynnwood

Retirement Residence (In-Person)

Thursday October 15th, 2026

Richmond Hill

Life in the Blue Zones

held at Richmond Hill

Presbyterian Church

(In-Person)

Friday November 13th, 2026

Scarborough

Life in the Blue Zones

held at Scarborough

Retirement Residence

(In-Person)

Wednesday

September 30th, 2026

Registration required for all programs, first come, first serve. If RSVP list is full, you will be added to our waitlist. Should any space become available on the RSVP list, we will contact you.



Proudly Canadian

- ✓ Canadian Owned and Operated
- ✓ Independently Owned and Operated
- ✓ Person Centered-Care Models and Framework
- ✓ Not a Franchise
- ✓ Not American Owned
- ✓ Not Owned by Private Equity Firms.

Mosaic stands apart
as a truly Canadian company
committed to the well-being
of our clients and caregivers.

Prioritizing Care for People above Profits™

Areas Covered:
Greater Toronto Area (GTA), Markham, Thornhill,
Richmond Hill, Vaughan, Maple and Woodbridge

www.mosaichomecare.com
416.322.7002 or 905.597.7000



MOSAIC
Home Care Services & Community Resource Centre



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

Jane and Nathalie

Summertime has almost gone, and by the time you read this, perhaps completely. Summers long rest in our memories, so what did you do? Did you staycation, travel, go to outdoor community events, walk outdoors, enjoy the evening warmth? And now, fall, winter's buffer, is or will be shortly here. This is a time for the Changing of the Colours amongst our wonderful city parks and ravines; why not visit Evergreen Brickworks, Toronto Botanical Gardens, or The Kay Gardner Beltline Trail. Take this time to meet a friend or partner for walks and/or perhaps a fall picnic. Country markets are also in abundance outside of the city in many local towns across Ontario.

Our Mosaic team welcomes you to our Fall 2026 Newsletter. Our marketing team, Jane, Priya and now Sangita, welcome you to our community hub with interactive and fun events, outings, and events in and around the community – many of these are held with the support of and partnership with other organizations around the GTA.

In the Markham and Richmond Hill Areas we are organizing programs for the community and family caregivers at the Glynnwood Retirement Residence and will be presenting our popular Life in the Blue Zones presentation at Richmond Hill Presbyterian Church.

In this newsletter you will also see several events happening in the Scarborough area both at Shepherd Village Retirement Homes and at a number of community centres.

For those of you that can't attend our programs we still run **a)** our Dance Fitness with Jenn Hicks, **b)** Mosaic's Growing Wellness – A Memory – Friendly Community online with Emma Rooney and Victoria Muir-Burcea and **c)** our Functional Fitness Program with Joanne Picot.

Mosaic Home Care is now serving Markham, Thornhill, Richmond Hill, Vaughan, Maple, and Woodbridge for home care services and supports care navigation, nursing, and social work. To learn more about our person centered model of care and our services contact 905.597.7000 or info@mosaichomecare.com

Mosaic Home Care stands out within the home care industry as a care provider that is 100% Canadian owned and operated, that is not a franchise, that is not American owned and is not a private equity vehicle.

Mosaic Home Care is first and foremost dedicated to providing person centered, community integrated home care. Our person centered care is built on long-term service development, firm culture, training and constant re-evaluation of person centered process and fundamentals.

In May, Mosaic was represented by its two co-owners, Jane Teasdale & Nathalie Anderson, at the 2nd Global Conference on

Person-Centred Care hosted by the University of Gothenburg Centre (Sweden) for Person-Centred Care. We attended the all-day workshop on relational practices for person-centred cultures and leadership elevating lived experiences and meaningful engagement.

Mosaic Home Care has also been part of the Actioning Group for Person Centred Care in Ontario for the last 4 years. This is organised through Trillium Health Partners & Institute for Better. Members of this group also attended this Global Conference, and it was nice to connect with them face to face.

Here are some highlights from this wonderful conference (Person centered care has a global perspective and there is much to learn from what others are doing and achieving in this area).



Person Centered Care is not just about our families and clients and community but our own staff and frontline teams. In May, we treated our in-house



team to 360 Cooking Studio where we prepared a lovely



Italian themed dinner. This was a chance for our team to sit down to relax, chat with their colleagues and have some good laughs.

Welcome Back:

We welcome back **Nikita Ali** from maternity leave (BSW, RSW, Client Services, Family Social Worker, Consultant)



New Staff:

We welcome **Sangita Chhetri** to the team, (Bachelor's in Business Administration, Marketing Assistant) to the Community Outreach & Social Engagement Coordinator under the Community Resource and Social Engagement Coordinator.



And as always, we would like to thank our Mosaic Staff, frontline teams for the work you do each and everyday.

Jane Teasdale and Nathalie Anderson

MOSAIC'S PERSON CENTERED CARE REFLECTIONS FROM OUR PERSONAL SUPPORT WORKERS ON THE MEANING OF ME® MODEL OF CARE

Mosaic continues to evolve its person centered care model, centered around its multifaceted "The Meaning of Me®" model. We also continue to work on our person centered care processes that cover assessments, care planning and oversight, and extend to the support and engagement with our frontline Personal Support Workers is imperative.

In 2027 we will be focusing on harnessing anecdotal feedback from our families and clients at the centre of care and in developing qualitative assessment of our approach to person centered care.

Encouraging and harnessing feedback is important: it ensures we get feedback from all levels of our person centered care universe, maintains commitment and focus towards person centered care itself and ensures that we remain open to ways in which we can improve all aspects of our care within a person centered care framework.

In December, 2026 we sent out surveys to our frontline teams to encourage anecdotal feedback on how they feel our model is benefiting the client, family, and the work they do each and every day.

One of the questions we asked was:

Does interacting with your client at a meaningful level add value and meaning to your work and how? Here are just a couple of responses. **Serena** – *To understand the client's preferences, interests and routine and knowing what matters to them helps me provide care that is personalized, respectful and meaningful. It makes my work more purposeful because I'm supporting the person, not just completing tasks.*

Sarat – *It does add value to my work. My client feels comfortable and well respected and loved. It makes my client share some interesting stories about themselves and their life. Connecting meaningfully with the client enables us to build trust with the client and gives them the opportunity to say what's on their mind.*

In May 2026, we interviewed two of our caregivers, Joice and Maria and this is available on Mosaic's YouTube™. If you are interested in listening to this video check out our Mosaic blog post on this link: <https://mosaichomecare.com/blog/> A big thank you to Joice and Maria for allowing us to tape them in conversation about Mosaic's Person Centered Care Model. You did great!



A bit about Mosaic's Model of Person Centered Care

Mosaic was set up in 2010 to provide community focused home-care, with its resource centre and community events. From the start it has been interested in developing age friendly environments and in collaborating with the wider community to deliver education, information and high-quality person centered care. It started to formalize its person centered care model with its Meaning of Me® framework in 2014 and then its wider model of community outreach and social capital development. In 2017, we received a Gold Medal from the **European Society for Person Centered Healthcare** and in 2018 we had an article published in the *European Societies*

Journal detailing our model and our approach.

Succeeding in person centered care provision requires a higher level of investment in processes and procedures in training, the development of person centered assessment, care planning and oversight functions and a person centered care culture throughout the organization.

There are several barriers to the development of person centered care and community integration of home care models within the community. One of these is the severe cost constraints within our public health system.

Why does Mosaic Home Care believe person centered care is important within community-based healthcare in particular?

Without understanding and interacting with the wider person in meaningful communication, care planning and rehabilitation, we cannot adequately address a person's needs and preferences or help reinforce their desire for meaning and social and emotional wellbeing.

Person centeredness is complex, as part of the process is collecting the wider set of information required to properly define care that is personalized and sensitive to a person's preferences and needs. Another part of the process is the relationship development and information sharing with the care team (including the family), which encourages cooperation for better outcomes.

Person centeredness extends beyond the obvious health care setting to a person's home, social habitat, environment and community.

This wider setting has impact on care delivery, health and social and emotional well-being. This is being increasingly recognised through the advent of social prescribing and asset-based community development. Asset based community development, for example, views people, irrespective of abilities, as assets, rather than problems, capable of generating meaning and contribution to our communities.

Person centeredness we believe is part of a wider movement to change the way we see and interact with people and hence has relevance to all professional and personal interactions.

But person centered care and person centeredness does not stop at the person with the illness or injury. It includes the very important care partners and family caregivers, their social networks and environments and their own health and social and emotional needs.

Beyond the conversation we have a framework supporting development of engagement in interests and activities that have meaning to the person. And that framework is The Meaning of Me®.

Mosaic Home Care Services continues to train all our personal support workers that have started employment with Mosaic. Below is a picture of our last training session for the Spring at our resource centre located downstairs from our offices at Armour Heights Presbyterian in which we lease space and use the larger room for our social events, resource centre downstairs where we host meetings, training sessions for our frontline teams.



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.

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**.



WELCOME
Sangita (Marketing Assistant)
To Our Mosaic Family

"I am very happy to join Mosaic as a marketing assistant. My role is to help build and maintain community contacts, strengthen awareness of the Mosaic brand, and contribute to business development initiatives. Mosaic's commitment to person centered care truly amazes me, and the depth, detail, and heart behind the work reflect how much this organization values people and community."

I enjoy connecting with people, travelling, taking pictures and videos, cooking, and reading books. I also like playing indoor games, and I am learning to crochet. I am looking forward to getting to know all the amazing members of Mosaic."



Mosaic is very pleased to welcome Sangita into our family. She will be responsible for assisting Priya Hawkins our Community Outreach & Social Engagement Coordinator and Jane Teasdale Co-owner of Mosaic. Some of the Mosaic members have had the opportunity to chat with Sangita at our events which were held in July and August. Sangita is now being trained for her role at Mosaic and many of you will be able to meet her in the fall.

Jane & Nathalie

Principal Co- Owners of Mosaic Home Care & Community Resource Centre

ENVIRONMENTAL ACTION DAY

with
Camp
Sunshine
on
Ward's Island



Celebrate and protect the earth at our **Environmental Action Day**, in partnership with Mosaic Home Care Services and Community Resource Centre! Take part in eco-arts activities with Splash on Earth, pollinator garden tours, and engaging workshops exploring climate action and environmental conservation.



Splash on Earth will host a “Create your imaginary pollinator” workshop where we’ll use magazine cutouts to design our own imaginary pollinator with their unique superpowers. Participants will take their frames home to hang. **Limited spots available.**

Date: Thursday September 10th, 2026

Time: 11:00 a.m. to 2:00 p.m.

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

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

Cost: \$10/person (lunch and snacks included) *(cash collected upon arrival)*

Registration required

Please call our offices at 416.322.7002 or info@mosaichomecare.com

Registration closes on September 4th, 2026!



Dance Fitness Weekly

at Armour Heights Presbyterian Church

In-Person
Once
A Week!



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: Mondays, from September 14th to December 14th, 2026

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

Location: Armour Heights Presbyterian Church

(105 Wilson Avenue, North York)

(Free parking. Close to public transit.)

ARMOUR
HEIGHTS



PRESBYTERIAN
CHURCH

Free program, donations to AHPC kindly accepted.

Registration required

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

The GREEN BENCH

DOCUMENTARY SCREENING

A Red-Carpet Event at Mosaic

In collaboration with
Schlegel Villages and
Elder Care Transition



Ron Schlegel once said, “The greatest untapped resource in Canada, if not the world, is the collective wisdom of our elders.” **The Green Bench** is an 83-minute documentary built around that idea, following residents in long-term care and retirement communities as they share the stories, insight, and hard-earned wisdom that too often go unheard.



The film is an invitation to sit down, listen, and see older adults differently. It challenges the assumptions we make about aging and shows what happens when generations take the time to really talk to one another.

This screening is for anyone who works with, cares for, or simply wants to understand older adults better: care providers, students, families, community groups, and neighbours alike. Come away with a new appreciation for the people who came before us, and the conversations still waiting to happen.

Join us for a screening of **The Green Bench**. Bring a friend, bring a question, and be ready to listen and share your wisdom.

Date: Thursday September 24th, 2026

Time: 10:00 a.m. to 1:00 p.m.

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

ARMOUR
HEIGHTS



PRESBYTERIAN
CHURCH

Come dressed to impress.

Limited spots available. Registration required.

To register please call **416.322.7002** or **info@mosaichomecare.com**

Cocktail hour is from 10:00 a.m. to 10:30 a.m.

We will be providing a light lunch.



Join Mosaic Home Care in Welcoming
Fern Law
to present on
**Power of Attorney
for Medical & Financial
Decisions?**

An informal relaxed presentation featuring Kristine Anderson (Founder) of Fern Law and Taya Mikado



Kristine Anderson

You will learn from this presentation the following:

Why is a Power of Attorney for Medical and Financial decisions critical.

- Issues when choosing someone to act as a power of attorney.
- When planning, make sure the power of attorney covers your personal preferences and wishes.
- Getting trusted legal advice is vital, why is this important.



Taya Mikado

A light lunch and refreshment will be served. No charge for this program.

Date: Friday October 2nd, 2026

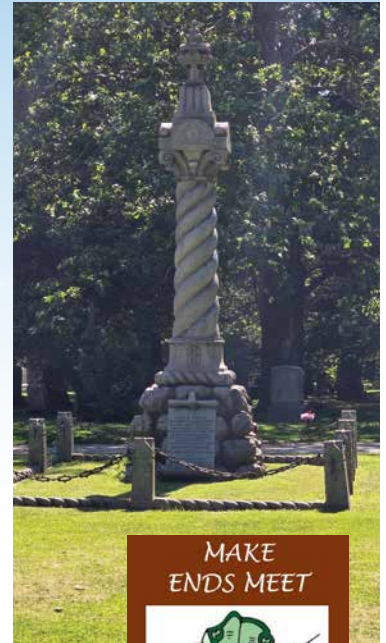
Time: A light lunch will be provided at 11:30 a.m. to 12 noon.
Presentation to commence at 12 noon to 1:00 p.m.

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

Registration required

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

Mosaic's Community Walk at Mt. Pleasant Cemetery and Lunch



A walk about in one of Canada's most historic cemeteries, Mount Pleasant has served Toronto since 1876. It is the final resting place of many prominent Canadians, including former prime minister William Lyon Mackenzie King; Canada's first female surgeon, Jennie Smillie-Robinson; popular Métis artist Youngfox; and renowned pianist Glenn Gould. Mount Pleasant's abundant tree collection makes the cemetery one of North America's most significant arboretums. Large flower gardens, birds and other wildlife also enhance its natural beauty, along with its many unique works of art found throughout the grounds in sculptures and artist-made memorials.



Date: Wednesday October 14th, 2026

Time: 10:00 a.m. to 2:00 p.m.

Cost: \$10 - Lunch at 11:30 a.m. at "Make Ends Meet",
*your neighbourhood bistro offering you fine casual dining
at affordable prices at 228 Merton Street.*

Location: Meet at Davisville Station at 10:00 a.m.

Registration required. Limited spots available.

RSVP by October 6th, 2026

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

Back by Popular Demand to Mosaic Home Care –
Sheldon Parker (Retired Lawyer) presenting
on this lighthearted subject:

Sound Advice for a

happy retirement



A graduate of Osgoode Hall Law School, Sheldon was a founding partner of Parker & Zener LLP, a law firm specializing in Real Estate, Commercial, Tax and Estate work. Throughout his 42 year legal career he was a frequent speaker and lecturer.

Having retired from active practice in early 2016, Sheldon now lectures on politics, fraud, elder abuse and Estate planning throughout the GTA.



Points covered in his presentation:

- How to truly enjoy your retirement, without falling into the emotional and social pitfalls that lurk all around us.
- Practical, and effective advice and solutions to enjoy your retirement.



Date: Friday October 16th, 2026

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

Location: Mosaic Home Care Community Hub,
105 Wilson Avenue

(Enter through glass doors at the front. Free parking. Close to public transit.)

A light lunch will be served.

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

Registration required



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

India: Her 10,000 Year Journey

by Lianne Harris



Join **Mosaic** for a lovely light brunch being served at 10:30 a.m. with lively dance performance and fashion show followed by a 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 India!



The colours, the customs, the cacophony of noise, smells, and movement. But it is so much more than even this! Boasting one of the oldest recorded histories on the planet, it is a wondrous stage of glamour, wealth, forgotten kingdoms, strange events, faithful followers and brilliant innovations. India's culture is so deep and so rich, it has been said: "India is not a country; it is a phenomenon."



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 October 23rd, 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.)

ARMOUR
HEIGHTS



PRESBYTERIAN
CHURCH

Cost: \$10 (Collected upon arrival)

Registration required – by Friday October 2nd, 2026

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



*Join Mosaic Home Care Services
for this wonderful community
event held at Richmond Hill
Presbyterian Church.*

LIFE IN THE 'BLUE ZONES'



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

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

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

Date: Friday November 13th, 2026

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

Location: Richmond Hill Presbyterian Church (Wallace Hall)
10066 Yonge Street, Richmond Hill (Free parking in the church parking lot)

**Assortment of examples of foods from the five Blue Zone Regions.
A light lunch will be served.**

Registration required: For more information and to RSVP,
contact info@mosaichomecare.com or call **905.597.7000**



Community Events RECAP

MOSAIC'S SPRING & SUMMER 2026 COMMUNITY HIGHLIGHTS



This spring and summer, Mosaic Home Care Services took community outreach and social engagement to new heights. Through meaningful partnerships, educational presentations, wellness initiatives, and memorable social events, we continued our commitment to enriching the lives of seniors, caregivers, healthcare professionals, and the communities we serve.



Our season began by supporting the **Toronto Chill Granny Basketball Team** and sponsoring their **Out of the Cold** program. It was inspiring to witness the enthusiasm, teamwork, and positive community spirit this initiative generated.

We were happy to collaborate with the Scarborough Centre for Healthy Communities in celebrating **National Caregivers Day**, where we sponsored a relaxing and restorative sound bowl wellness activity in recognition of the invaluable contributions caregivers make every day.

Music continued to bring people together as we sponsored the talented duo **2B1 Band** at Café 65 at Church of Ascension. The event provided a wonderful opportunity to connect with community members while enjoying an afternoon of entertainment.



Mosaic was also proud to sponsor the **University of Toronto Senior College Retired Professors' event**, which explored innovative thinking and moving forward in today's changing economic and political climate. Thought-provoking discussions encouraged lifelong learning and meaningful conversation.

Community partnerships and collaboration remained at the heart of everything we do. We sponsored the **Leaside Curling Club's annual gathering** and collaborated with local organizations at **Scarborough Village Recreation Centre on Resource Day**, which welcomed an excellent turnout of residents seeking valuable community resources.



Our dedicated volunteers continue to play a big role in our success. To express our sincere appreciation for their time, compassion, and commitment, we hosted a special **Volunteer Appreciation Lunch** at Jack Astor's, celebrating the incredible difference they make throughout the year.

Mosaic enthusiastically participated in **Let's Move Willowdale 2026**, hosted by NeighbourLink - North York and the North York Seniors Centre. We were delighted to welcome Toronto's Mayor



to our booth, where we had the opportunity to introduce Mosaic Home Care Services and discuss our commitment to supporting seniors in the community.



During **Nursing Week**, we presented at North York General Hospital, where we recognized and celebrated the dedication, compassion, and professionalism of our hardworking nurses.

Our educational programming continued with an **Afternoon in Bordeaux** presentation at Scarborough Retirement Residence, transporting residents on a cultural journey through one of France's most beautiful regions. By popular demand, we welcomed Lianne Harris back to present **Bella Italia**, creating another highly successful intergenerational event enjoyed by participants of all ages. Our commitment to continuous learning led us to attend the **Palliative and End-of-Life Care Conference**, where knowledgeable speakers shared valuable insights, current research and compassionate approaches to care.



At **Taste of North York**, Mosaic added a touch of fun by bringing in a caricature artist, whose drawings attracted many visitors to our booth and created smiles and lasting memories throughout the event. We also



joined like-minded professionals at the annual **Social Prescribing Conference**, participating in engaging workshops that highlighted innovative approaches to improving health, wellness, and community connection.

To celebrate the beauty of summer, participants enjoyed a **Flower Arranging Workshop** led by Flower Pie. Everyone created a stunning floral centrepiece to take home while sharing laughter and conversation with new and familiar friends. We were pleased to present another **educational session at the North York Central Library**, a welcoming community space that continues to support learning and connection.

Mosaic proudly expanded into Richmond Hill with our **History of Tea event** at Richmond Hill Presbyterian Church, featuring a captivating Victorian character



presentation accompanied by a talented violinist, offering guests a unique journey through history and tradition.

One of our most anticipated celebrations was our spectacular **1920s-Themed**





Event, presented in collaboration with Armour Heights Presbyterian Church. Community members embraced the Roaring Twenties by dressing in period attire and enjoying a photo booth, caricature artist, popcorn, ice cream, face painting, barbershop singers, a flapper dancer, and many other exciting activities. It was a tremendous success that brought people of all ages together in celebration.

Safety education remained a priority as **Toronto Fire Services** delivered an informative and interactive presentation on fire prevention, smoke detection, and emergency escape planning. Participants left feeling empowered to make important safety improvements in their own homes. In partnership with the Yonge Eglinton Community Centre, we presented **Life in the Blue Zones**, an engaging and well-attended session exploring the lifestyles of the world's longest-living populations and the habits that contribute to healthy aging.

Our **Community Walk to Bluffers Park** reminded us of the incredible



natural beauty that exists right here in our own city. Many participants commented that the scenery felt like being in another country. Following the walk, everyone enjoyed the lunch, where seniors formed new friendships and happily reconnected with familiar faces.

The highlight of our summer program was undoubtedly our

very first **Bus Trip to Elora and Rockwood, Ontario**. Fifty-five participants joined us for a day filled with adventure, laughter, and unforgettable memories. After a comfortable coach ride, we explored the charming streets of Elora, browsing local shops and enjoying the town's unique character. Our journey then continued to



Thatcher Farms, a beautiful wedding venue where we enjoyed a delicious lunch prepared by Dar's Country Market. For many of our seniors, the peaceful rural surroundings awakened cherished childhood memories. Some happily rediscovered their playful side on the swings and see-saws, while others simply relaxed on the grass, taking in the peaceful scenery. The sounds of laughter and joyful conversation echoed throughout the afternoon.

By the end of the day, everyone returned home with smiles, new friendships, treasured memories, and stories to share. It was a beautiful reminder that meaningful experiences, connection, and community are at the heart of everything we do.

As we reflect on an incredible spring and summer season, we extend our sincere gratitude to our volunteers, community partners, sponsors, presenters, and everyone who participated in our programs and events. Your enthusiasm, generosity, and support continue to inspire us as we create opportunities for learning, wellness, friendship, and joyful experiences throughout our communities.

We look forward to an equally exciting Fall season and to continuing our mission of building stronger, healthier, and more connected communities, together.



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, September 2nd, October 7th, November 4th, and December 2nd, 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.



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.

Dance Fitness with Jenn Hicks



Jenn Hicks is a Personal Trainer, Size and Inclusive Fitness Specialist who has taught dance fitness classes for the past 17 years. She was named NOW Magazine's Best Virtual Fitness Instructor for 2020. Jenn customizes routines for every class and helps attendees modify steps or movements whenever they need a little extra care.

Join us on Zoom for this low impact dance fitness class with Jenn that uses diverse music and simple dance movements to create a dynamic and energizing aerobic workout. With easy to follow moves that can be done seated or standing, this upbeat class is set to positive, playful and uplifting music. You will be motivated by the joyful, welcoming and supportive environment that encourages you to let go and have fun! No experience required. Come along: you belong here!

Dates: Thursdays, September 24th, October 29th, November 26th, 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.



FUNCTIONAL FITNESS with Joanne Picot

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

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

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

Dates: Fridays, September 25th, October 23rd, November 20th, and December 11th, 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.

An Intergenerational Story

By **Priya Hawkins**, Community Outreach and Social Engagement Coordinator

Students in the hospitality program at **St. John Paul II Catholic Secondary School** recently had the remarkable opportunity to prepare and serve food for the highly successful **Bella Italia** event hosted by Lianne Harris. With more than 75 guests in attendance, the afternoon was a tremendous success and returned once again by popular demand.

The event brought together youth and seniors in a warm and welcoming atmosphere that celebrated food, community, and meaningful connection. One of the most inspiring aspects of the afternoon was witnessing the intergenerational conversations that naturally unfolded throughout the event. Students and

seniors shared stories, laughter, and experiences, creating a sense of belonging and mutual respect that made the event truly special.

For the students and teachers involved in the hospitality program, the event was both encouraging and rewarding. Students demonstrated exceptional professionalism, culinary talent, and customer service skills while confidently managing food preparation and service for a large gathering. Their dedication and teamwork reflected the strength of the program and the commitment of the educators who guide them. The older adults in attendance were especially appreciative

of the students' warm hospitality and outstanding service. Many guests expressed how impressed they were by the students' maturity, compassion, and attention to detail throughout the event.

Events such as Bella Italia highlights the importance of community partnerships

and experiential learning opportunities that allow students to develop both practical skills and personal confidence. Through acts of service and meaningful engagement, the hospitality students continue to build strong connections within the community while learning the value of compassion and leadership.

Thank you to everyone who contributed to making the Bella Italia event such a memorable occasion. May the hospitality program at St. John Paul II Catholic Secondary School continue to reach new heights through service, leading with compassion and building community — one meal at a time.



STARKMANS

Health Care Depot

Trusted
Since
1929

For older adults and their families, remaining safely and comfortably at home often depends on having the right support, equipment and guidance. Starkmans Health Care Depot has been helping families find practical home health solutions since 1929.

Canadian owned and operated, Starkmans is a third-generation family business with deep roots in Toronto. Today, the company serves customers throughout the Greater Toronto Area and ships products across Canada.

Like Mosaic Health, Starkmans understands that supporting an older adult involves more than meeting one immediate need. Families may be coordinating personal care, managing a hospital discharge, adapting a home, responding to changes in mobility or helping a loved one remain independent. The right products and knowledgeable guidance can make these transitions safer and less stressful.

Supporting Aging in Place

Many older adults want to remain in their own homes for as long as possible. Starkmans helps families identify products that can make everyday activities safer and easier.

This may include a properly fitted walker or rollator, bathroom safety equipment, a raised toilet seat, shower chair, bed rail or daily living aid. Even small changes can help reduce fall risks, support safer transfers and make personal care easier.

Starkmans' experienced staff take the time to understand each customer's needs, home environment and level of ability. Rather than simply recommending a product, the team explains the options and helps families choose equipment that is practical, comfortable and appropriate.

Help During Important Transitions

Families often contact Starkmans when a loved one is returning home from a hospital, rehabilitation centre or other care setting. These situations can feel urgent and overwhelming, particularly when families are unfamiliar with home health equipment.

Starkmans can assist with mobility products, bathroom safety, bedroom equipment, pressure-relief products and other items needed to create a safer home. Rentals are available for short-term or changing

Starkmans Health Care Depot: Helping Older Adults Live Safely and Independently at Home

needs, including hospital beds, wheelchairs and walkers. GTA delivery helps families arrange essential equipment when transportation or timing is difficult.

Products and Services

Starkmans offers a broad selection of products and services, including:

- Walkers, rollators, wheelchairs and transport chairs
- Bathroom safety equipment and grab bars
- Hospital beds, mattresses and bedroom accessories
- Lift chairs, cushions and pressure-relief products
- Compression garments and professional fittings
- Braces and orthopedic supports
- CPAP machines, masks and sleep apnea supplies
- Incontinence, ostomy and wound care products
- Daily living aids and rehabilitation equipment
- Equipment rentals, repairs and GTA delivery

Through a trusted home safety partner, Starkmans can also help arrange professional installation of grab bars and selected safety equipment.

The company is an authorized vendor for Ontario's Assistive Devices Program and assists eligible customers with mobility equipment funding. Starkmans also supports customers receiving assistance through ODSP.

Experienced Guidance Families Can Trust

Choosing home health equipment is not always straightforward. Products that appear similar may differ in size, support, ease of use and suitability.

Starkmans provides personalized assistance, product demonstrations and fittings to help customers make informed decisions. The team works with older adults, family caregivers, personal support workers, nurses, occupational therapists, physiotherapists, clinics, retirement communities and home care organizations.

For Mosaic Health clients and their families, Starkmans can be a trusted resource whenever equipment or home safety needs arise. By combining Starkmans' home health expertise with Mosaic Health's personalized care and advocacy, families can feel better supported in helping loved ones remain safe, comfortable and independent.



Starkmans Health Care Depot

Website: www.starkmans.com | **Phone:** 416-534-8411 | **Email:** info@starkmans.com
Address: 1243 Bathurst St., Toronto, ON M5R 3H3 | **Free parking and easily accessible**



Happy Holidays!

Come and enjoy a magical afternoon with a festive high tea and a variety of entertainment inspired by cultures from around the world! Sip warm tea, taste sweet and savoury treats, come celebrate in style.



Live Band Music: Over 36 years experience entertaining audience of all ages! Get ready to dance the afternoon away to tunes of the incredible **Sugar Rush** – bringing the energy of the holiday spirit to the stage! Will guarantee a great time!

We encourage you to bring a non-perishable food item which will be collected and donated to the local food bank. You are encouraged to wear your fascinator/hats for this occasion.

Registration required. Limited spots available, reserve your spot today!

Date: Friday November 27th, 2026

Time: 1:00 p.m. to 4:00 p.m.

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

Cost: \$20 (Collected upon arrival)

Please RSVP by Friday November 13th, 2026

ARMOUR
HEIGHTS



PRESBYTERIAN
CHURCH

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

OSSCO is a provincially registered charity dedicated to making aging easier through education, research, and advancing seniors' issues. Founded in 1987, OSSCO provides accessible, purposeful and interactive learning programs that help older adults build skills, confidence, and independence. Through in-person, online, and self-directed programs, OSSCO supports people 55+ across Ontario to live safely and securely in their communities.

This July, OSSCO hosted a "Summer Social" as part of the Let's Connect program at the Bathurst-Wilson Parkette. The event welcomed program graduates and members of the broader community. The Summer Social created an opportunity for adults 55+ to build relationships, meet new people, and strengthen social connections.

The Summer Social enabled the Let's Connect learners to practice the skills they developed during the four-week program. This event provided a welcoming environment for



everyone to take part. The accessible activities were designed to encourage everyone to get to know each other. It was a day enjoyed by all!

Coming up on September 17th, OSSCO is hosting a Conference and Annual General Meeting at the Jamaican Canadian Association.

This is Ontario's only conference free for adults 55+. This year, we bring together people who are young at heart, caregivers, professionals and community leaders for a powerful day of learning and connections. Please register for a spot in advance on Eventbrite. We can't wait to see you there.

Keep a look out for our Tele-Learning programming about EI Sickness and Disability Benefits from Service Canada and Digital Services from the Canada Revenue Agency. We also welcome you to attend our in-person Computer and Digital Device Learning programs. Registration is available through Eventbrite. Choose the sessions that interest you and join us!

Connect with OSSCO on Social Media!

Instagram: @ossco_learning • Facebook: OSSCO Learning • LinkedIn: Ontario Society of Senior Citizens' Organizations

Contact us:

Address: 333 Wilson Ave, Suite 404, Toronto, ON M3H 1T2 E-Mail: info@ossco.org Phone: 1 (416) 785-8570

Charitable Registration Number: 88502 6351 RR0001

Learn to Journey Well Through Life...

Upcoming Seminars at Leaside Presbyterian Church



Lunch 'N Learn Series: What questions do you need to ask when Navigating the Healthcare System?



Jane Teasdale of Mosaic Home Care will share her wealth of knowledge and expertise about community, resources & information.

- Transitions from hospital to home, questions to ask before being discharged.
- Questions to ask before hiring a home care organization
- Differences between retirement and Long-term care
- Resources
- And the importance of building up your social network.

Date: Wednesday September 23rd, 2026 **Time:** 11:30 a.m. to 1:00 p.m.

Cost: The Lunch 'N Learn is free and no charge – lunch is provided.

Location: Leaside Presbyterian Church, 670 Eglinton Avenue East

Registration required

COMING IN OCTOBER: LIFE IN THE 'BLUE ZONES'

Jane and Priya of Mosaic Home Care Services & Community Resource Centre will highlight this bespoke and dynamic presentation.

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



**Leaside
Presbyterian Church**



LeasidePC.ca for updates

Leaside Presbyterian Church, 670 Eglinton Avenue East.

For more info contact **416.422.0510** or **Admin@leasidepc.ca**

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

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Close to public transit | Free parking

