



M O S A I C

Home Care Services & Community Resource Centre

## WINTER 2016 Newsletter

*What a difference we make®!*



2900 Steeles Ave East, Suite 218  
Markham, ON L3T 4X1  
[www.mosaichomecare.com](http://www.mosaichomecare.com)

## Featured Events

### MARKHAM OFFICE (*The Shops on Steeles*)

**Fridays, January 15<sup>th</sup>, February 12<sup>th</sup> and March 11<sup>th</sup>, 2016**

*Mosaic's Game Time*

**Fridays, January 15<sup>th</sup>, February 19<sup>th</sup> and March 18<sup>th</sup>, 2016**

*Nordic Pole Indoor Walking Club*

**Tuesdays, January 19<sup>th</sup>, 26<sup>th</sup> and February 2<sup>nd</sup>, 2016**

*Silver Stage Glee Club for Mature Adults*

**Thursday January 21<sup>st</sup>, 2016**

*How CCAC Can Support Seniors in the Community*

**Tuesdays, January 26<sup>th</sup>, February 23<sup>rd</sup>**

**and March 29<sup>th</sup>, 2016**

*First Link® Memory Café at Mosaic*

**Friday February 5<sup>th</sup>, 2016**

*House Plants and Mini Gardens Workshop*

**Mondays, March 7<sup>th</sup> to April 25<sup>th</sup>, 2016**

*Inspired Seniors Creative Arts Program*

**Tuesday March 22<sup>nd</sup>, 2016**

*Mosaic's Outing to the Bata Shoe Museum*

### TORONTO OFFICE (*CNIB Centre*)

**Thursday January 28<sup>th</sup>, 2016**

*Mosaic Relaxation and Yoga Workshop*

**Friday January 29<sup>th</sup>, 2016**

*House Plants and Mini Gardens Workshop*

**Wednesday February 24<sup>th</sup>, 2016**

*Canadian Hearing Society Hosting Hearing Screenings*

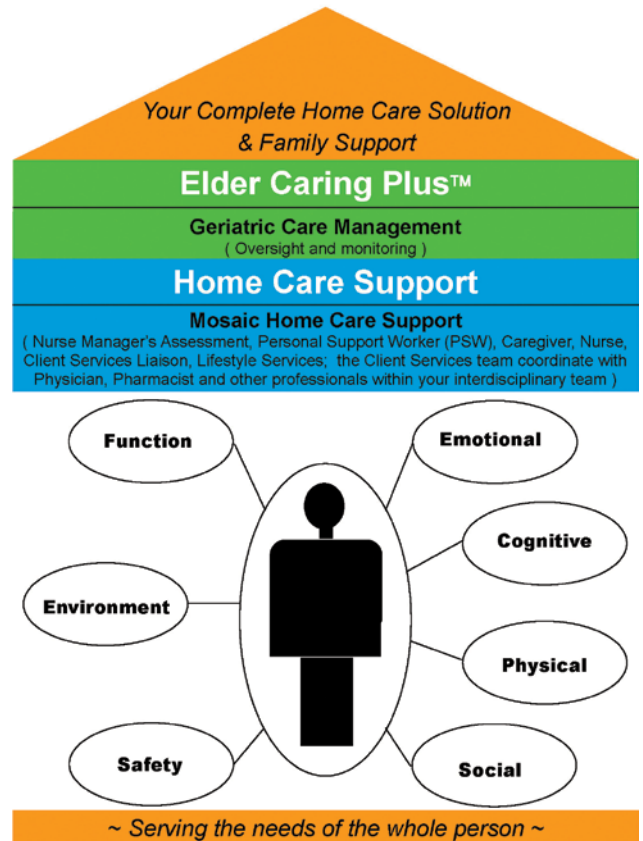
# Elder Caring Plus™

## Professional Geriatric Care Management Oversight Service

*Finally, an integrated approach to caregiving providing you with peace of mind!*

There are times when the needs of our members and their families extend beyond the realm of primary home care services. When caring for aging parents with existing and emerging complex needs, knowing what to look for and when to bring in help can be of utmost importance. To address these needs we provide a geriatric care management option via our Elder Caring Plus™ service. The service is provided by qualified Geriatric Care Managers with our joint venture with Elder Caring Inc.

The Elder Caring Plus™ oversight service monitors clients with complex care needs and meets with them on a regular basis to assess their circumstances. We can respond to issues before they become a crisis, seamlessly integrate with the flow of information from the caregivers, families and client services team, and we are able to assess when to bring in and recommend other services.



### Mosaic Home Care & Community Resource Centres

#### Markham Office

2900 Steeles Avenue East | Suite 218  
Markham, ON | L3T 4X1

**Tel.905.597.7000**

[www.mosaichomecare.com](http://www.mosaichomecare.com)

[info@mosaichomecare.com](mailto:info@mosaichomecare.com)

#### Toronto Office (CNIB Centre)

1929 Bayview Avenue | Suite 215H  
Toronto, ON | M4G 3E8

**Tel.416.322.7002**

### Elder Caring Inc.

Serving the Greater  
Toronto Area (GTA)

**Tel.416.658.8887**

[www.eldercaring.ca](http://www.eldercaring.ca)

[info@eldercaring.ca](mailto:info@eldercaring.ca)

# Mosaic's Newest Employee



*Cleonice Thanoo*

Client Services

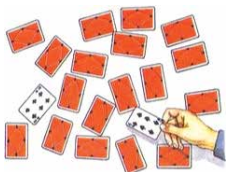
“Upon joining the MOSAIC team, I was unsure as to where I’d find my niche in life. Now, after being integrated into this wonderful group of individuals, I find I am able to thrive and be successful in providing top notch care to our clients.”

“I’ve always had a passion to help others and have finally found a place to call my second home. I was immediately met with a warm welcome from my colleagues and I am very pleased to extend that gratitude right back into this fine company. I have found that I have been very blessed in my life and I look forward each day to give back and there is no better place for me to be, than MOSAIC. I love that we strive to give our clients the best personalized care to fit their needs and wants. I feel amazing knowing that I am part of something much bigger than myself and that we’re becoming that pulse in the GTA, meeting the demand for quality home care.”



## Mosaic's

Join Mosaic for an afternoon of games, friends and fun! Play board games, Nintendo Wii, card games, or other brain activities during Mosaic's "Game Time!". "Game Time!" will run on the 2nd Friday of the month during the afternoon at Mosaic's Resource Centre, on the lower level by centre court. Playing games, meeting new people and socializing all provide benefits in improving your brain health and memory!



**Where: Mosaic Home Care & Community Resource Centre (Markham office)**

**Dates: Fridays, January 15<sup>th</sup>, February 12<sup>th</sup>, March 11<sup>th</sup>, 2016**

**Address: 2900 Steeles Avenue East, Markham (Lower Level by Centre Court)**

**Time: 1:30 p.m. to 4:30 p.m.**

*No Charge for event. Close to public transit.  
Free parking and elevator access available.*



## A Message from

# Jane and Nathalie...

Nathalie and I and all our staff (both in-office and PSWs in the field) wish you a **Happy New Year for 2016!**

Now firmly into its 6<sup>th</sup> year of business, Mosaic Home Care Services and its Community Resource Centres have accomplished much in 2015! Many of these are highlighted in a copy of our 5<sup>th</sup> Anniversary speech below.

Our achievements are very much a reflection of the growing importance of our dynamic teams as they roll out the Mosaic message and services to the community: our Client Services Team (the engine room for our core care services), the Marketing Team (for community outreach, events and for sending the Mosaic message far and wide), our Administrators (for the smooth operation of the business) and our Client Service Liaison Team (for lifestyle and face-to-face client relationships).

Below is an excerpt from our 5<sup>th</sup> Year Anniversary Celebration speech held on October 29<sup>th</sup>, 2015. Thank you to all those who attended from the community, from community agencies, our Mosaic members and their families and our very special Mosaic PSW's.



## Key Moments from Our Anniversary Speech

**Mosaic has long believed in the importance of businesses taking leadership roles in their community.** We acknowledge the role we have as a gatekeeper between those who seek services because of their needs and the wider relationships, resources and services that are relevant to those individuals with respect to those needs.

Awareness of the wider whole is a key part of our culture and a major reason we decided to explore and commit to developing our gatekeeper role through our Community Resource Centres.

We also care very much about the people we serve, the services we provide and how we provide them. We have been a very innovative company introducing a number of things **which are a first in Canada:**

*We have **two Community Resource Centres** – these centres acknowledge our belief in that **the family, the community and the person lie at the heart of our business model.***

*We have researched trends in complex care management, especially that of **Geriatric Care Management** in developing **Integrated Care Management Oversight Services.** We deliver*

*these services through our joint venture with Audrey Miller, Managing Director of Elder Caring Inc. **Having the right skills and services to manage the complex care needs of our members is very important to us.***

*We have developed and continue to develop **lifestyle service components within our core model – the person is the focus of our service and for our caregivers to truly understand the individual they are caring for. Mosaic has developed "The Meaning of Me"® which is provided to all our members.***

**We have also developed some wonderful partnerships over the years at Mosaic.**

***First Link® Memory Café** at Mosaic – a partnership with the **Alzheimer Society of York Region.** A wonderful place where those newly diagnosed with memory issues, Alzheimer's or dementia can come and socialize, listen to guest speakers, watch movies, engage in interesting talks and ask questions; all in a non-clinical environment.*

*Elder Caring Inc.* a care management company. *Elder Caring Plus™* an oversight service **integrated with the homecare model.**

Our latest partnership with *Shepherd Village* – to provide additional care to their residents. *Shepherd Village* is also an innovative company; thinking “outside of the box”. They have provided a welcoming environment and office for Mosaic staff to work within their community.

At Mosaic we have a **well researched vision of where the industry and its services may be going and we are positioning ourselves to provide for this vision as the future unfolds.**

Some key moments from the Hon. Peter Kent, P.C. MP – Thornhill

*“I am very honoured to have the opportunity to extend personal greetings to those attending this “5<sup>th</sup> Year Anniversary Celebration” of Mosaic Home Care Services & Community Resource Centres. This evening we celebrate women in business, community and innovation. Mosaic is a model business that demonstrates how services make a difference in the lives of people who need them most...Your commitment to maintain a healthy community is deeply appreciated” – Peter Kent, MP*



# 5<sup>th</sup> Year ANNIVERSARY CELEBRATION



## Caregiver Training UPDATE

The following is an update on one of our key caregiver training initiatives: The Dementia Care Training Program (DCTP); which includes the U-First™ training module.



Looking after the increasingly complex care needs of our members is a responsibility that we take seriously. Making sure that our caregivers receive ongoing training in helping people living with dementia is one reason we arranged for the Dementia Care Training Program and the U-First™ approach. Understanding the person living with dementia and their behavior is an important part of the caregiver skill set. This also ties in with our person-centered care model of the “Meaning of Me”® that Mosaic has developed to truly understand the person we are caring for, so that our caregivers can have meaningful effective communication with our members (clients).

The DCTP and U-First™ training was provided by The Alzheimer Society of Toronto for our team of caregivers in 2015 at our Toronto CNIB offices on Bayview Avenue and ongoing sessions are planned in 2016. Our goal is to have most if not all of our front-line team certified in the DCTP. We will also set our 2016 focus on a number of other in-depth and specialized training topics; which will include Palliative Care, Parkinson’s, and more.

## Lifestyle & Companionship Service Program



Mosaic is proud to extend its Lifestyle Service program to include its new Companionship service. This will build on our “Meaning of Me”® program which serves as both a conversation and a journey of exploration that places the individual front and centre of our care based service relationships. From understanding the values, relationships, history and continuing hobbies and interests of our members our Lifestyle Companions® will develop themes explored by the “Meaning of Me”® by organizing day outings, movies, events and other programs that may include attending one of the many events and activities run through the Mosaic Resource Centres.

For more information about our exciting service developments please call our offices and speak to our client services department at **416.322.7002** or **905.597.7000**. You may also wish to review our Lifestyle and Socialization section on our website at <http://www.mosaichomecare.com/our-services/meaning-of-me/>

Mosaic Home Care Services takes pride in standing out in the industry. We are dedicated to serving and getting to know our members and to building relationships. We do this through our scheduled home assessment visits, phone conversations, emails and drop in home visits.

# *Holiday Festive Tea at Mosaic*



## *Mosaic Strategic Planning Team in Muskoka!*



# Beat the Blues this Winter with Mosaic!

## Would you like to join a free walking & Nordic Pole Walking Club?

Stay in shape this winter with Mosaic! After the success of the Mosaic's Pole Walking Club in the summer, Mosaic will be hosting an indoor walking club this winter. We will be meeting once a month from January to March. Mosaic staff will lead the walk from 9:30 a.m. to 11:00 a.m., with refreshments served after the walk. This is a great opportunity to get exercise and meet with neighbours from your community!

- Wear comfortable clothing
- Bring your Nordixx Poles if you have them (they MUST have rubber tips)



For more information contact Kevin Lopes from Mosaic Home Care at 905.597.7000 or email at [kevin@mosaichomecare.com](mailto:kevin@mosaichomecare.com)

theShops.ca  
on Steeles and 404

### Mosaic Indoor Winter Pole Walking Club

Where: Mosaic Home Care & Community Resource Centre (Markham office)

Dates: Fridays this winter: January 15<sup>th</sup>, February 19<sup>th</sup>, March 18<sup>th</sup>, 2016

Address: 2900 Steeles Avenue East, Markham (Lower Level by Centre Court)

Time: 9:30 a.m. to 11:00 a.m.

*No charge for event. Refreshments provided.*

*Close to public transit. Free parking and elevator access available.*

## Silver Stage Glee Club

### For Mature Adults

### 3 Week Paid Workshop



Silver Source

Enriching the Lives of Mature Adults.

Want to learn how to sing and dance? Mosaic Home Care and Silver Source are hosting a **Silver Stage Glee Club for Mature Adults**, a **paid 3 week workshop starting in January**, hosted by Silver Source's very own **Heather Bibas**! Heather will teach you dancing and singing techniques over the 3 weeks. The program will cost **\$50 per person** and will run for **3 weeks**, cheque, payable to **Heather Bibas**.



Contact Mosaic Today to Register for this Program!

Where: Mosaic Home Care & Community Resource Centre (Markham office)

Date: Tuesdays, January 19<sup>th</sup>, 26<sup>th</sup>, February 2<sup>nd</sup>, 2016

Address: 2900 Steeles Avenue East, Markham (Lower Level by Centre Court)

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

**\$50.00 per person.** Refreshments provided. Close to public transit.

*Free parking and elevator access available.*



# First Link<sup>®</sup> Memory Café at Mosaic



**Share your stories and socialize with others.**

**When:** Last Tuesday of every month on **Jan. 26<sup>th</sup>, Feb. 23<sup>rd</sup> & Mar. 29<sup>th</sup>, 2016**  
(Will resume again on Tuesday, April 26<sup>th</sup>, 2016)

**Time:** **1:00 p.m. to 2:30 p.m.**

**Where:** Mosaic Home Care Services & Community Resource Centre

**Located in:** The Shops on Steeles and 404 (Shopping Mall)  
2900 Steeles Avenue East, Suite 218, Markham, ON L3T 4X1

**Who:** Are you interested in memory related issues? Individuals who have been diagnosed with Early Alzheimer's disease and/or related dementias, their Care Partners as well as those who worry about memory problems

**What:** Socialization & Information Networking for Care Partners

**Why:** Being active physically, socially, and mentally is good for the brain

**To register:** Please phone **905.597.7000** – No charge for event.



# How CCAC Can Support Seniors in the Community

Join Mosaic as we host Community Care Access Centre (CCAC) to give a presentation on how they support seniors in the community. CCAC Care Coordinators Oxana Semeshko and Inna Rapoport will be presenting to the community about all of the services CCAC provides and answer any questions you have. Come join us to learn about the following:



- Central CCAC and how they support seniors in the community
- Long-term care for when living at home is no longer possible.



Calling All Seniors!

**ccac cacc**  
Community Care Access Centre  
Centre d'accès aux soins communautaires

**Where: Mosaic Home Care & Community Resource Centre (Markham office)**

**Date: Thursday January 21<sup>st</sup>, 2016**

**Address: 2900 Steeles Avenue East, Markham (Lower Level by Centre Court)**

**Time: 1:30 p.m. to 3:00 p.m.**

*~ RSVP 905.597.7000 by Thursday January 14<sup>th</sup>, 2016 ~*

*No Charge for event. Close to public transit.  
Free parking and elevator access available.*

## Mosaic Relaxation & Yoga Workshop



Join Mosaic & Kelly James of Delmanor Northtown Retirement Residence & Priya Yoga & Pilates Studio for a chance to relax and meditate while listening to calming music! Japanese appetizers and refreshments will be served.

Enjoy Ranjith as he hosts a Thai yoga message presentation and demonstration by Priya Yoga Studio. This workshop is an introduction to Chair yoga and relaxation and meditation techniques. Come and learn about the benefits of yoga and Thai massage, and how this 500 year old ancient practice can help you age gracefully. This is a get involved session, please wear comfortable clothing!



**DELMANOR**  
*Inspired Retirement Living*

**Where: Mosaic Home Care & Community Resource Centre (Toronto office)**

**Date: Thursday January 28<sup>th</sup>, 2016**

**Address: CNIB Centre, 1929 Bayview Avenue, Suite 215H, Toronto**

**Time: 1:30 p.m. to 3:00 p.m.**

*~ RSVP 416.322.7002 by Thursday January 21<sup>st</sup>, 2016 ~*

*No charge for event. Refreshments provided.  
Close to public transit. Parking on main level with elevator access.*

*Parking is \$1 for the 1<sup>st</sup> hour, \$2 for the 2<sup>nd</sup>, \$4.50 for the 3<sup>rd</sup> and \$7.00 for the 4<sup>th</sup>. Max. is 4 hours.*

# House Plants & Mini Gardens

## Have Fun Getting Your Hands Dirty Learning About Herbs

Learn how to use herbs to enhance your life during the cold winter months. For centuries herbs have been grown not only for their usefulness but also magical properties. Hear about this history and get your hands dirty as we create an indoor herb garden suitable for a window sill.

**Where: Mosaic Home Care & Community Resource Centre (Toronto office)**

**Date: Friday January 29<sup>th</sup>, 2016** Time: **1:30 p.m. to 3:00 p.m.**  
**Address: CNIB Centre, 1929 Bayview Avenue, Suite 215H, Toronto**  
~ RSVP 416.322.7002 by Thursday January 21<sup>st</sup>, 2016 ~

*No charge for event. Refreshments provided.*

*Close to public transit. Parking on main level with elevator access.*

*Parking is \$1 for the 1<sup>st</sup> hour, \$2 for the 2<sup>nd</sup>, \$4.50 for the 3<sup>rd</sup> and \$7.00 for the 4<sup>th</sup>. Max. is 4 hours.*

**Where: Mosaic Home Care & Community Resource Centre (Markham office)**

**Date: Friday February 5<sup>th</sup>, 2016** Time: **1:30 p.m. to 3:00 p.m.**  
**Address: 2900 Steeles Avenue East, Markham (Lower Level by Centre Court)**  
~ RSVP 905.597.7000 by Friday January 29<sup>h</sup>, 2016 ~

*No charge for event. Close to public transit. Free parking and elevator access available.*



**[www.memoryandcompany.com](http://www.memoryandcompany.com)**  
the social club & spa, that just so happens to be a day program

**MEMORY & COMPANY**  
MEMORY HEALTH CLUB

905.888.8808

Preserve your lifestyle at Memory & Company, the Spa and Social Club that just so happens to be a Day Program for people with memory loss.

Your happiness is closer and more affordable than you think!

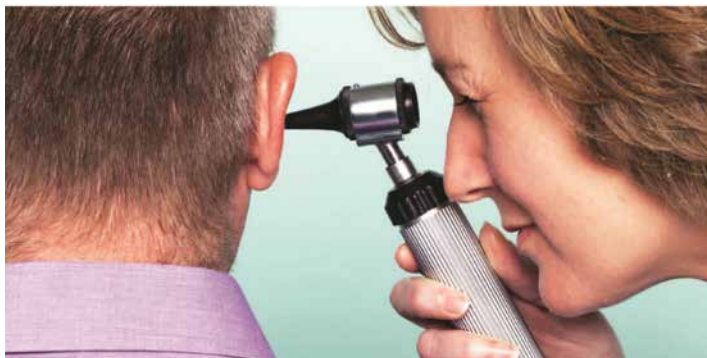
Call us for details.

Ask about our free, full-day trial, exclusive for Mosaic clients.

# Think you may have hearing loss?

**Canadian Hearing Society**  
in partnership with  
**Mosaic Home Care Services &  
Community Resource Centre**  
will be hosting hearing screenings

For more information, please call  
Mosaic's reception at **416.322.7002**



**Where: Mosaic Home Care & Community Resource Centre (Toronto office)**

**Date: Wednesday February 24<sup>th</sup>, 2016**

**Address: CNIB Centre, 1929 Bayview Avenue, Suite 215H, Toronto**

**Time: 9:30 a.m. to 1:00 p.m.**

*No charge for event. Refreshments provided.*

*Close to public transit. Parking on main level with elevator access.*

*Parking is \$1 for the 1<sup>st</sup> hour, \$2 for the 2<sup>nd</sup>, \$4.50 for the 3<sup>rd</sup> and \$7.00 for the 4<sup>th</sup>. Max. is 4 hours.*



## Inspired Seniors Creative Arts



Join Mosaic for a 10-week mixed media arts class program for seniors. This program will allow seniors to make new friends, learn new skills, and explore and celebrate personal experiences through artistic expression, all while having fun! This special 10-week program requires no experience and is a great opportunity to learn, socialize and have fun!

Things included in the 10-week Session:

- Mixed Media Vision Boards
- Acrylic Paint Abstract on gallery boards
- Framed acrylic abstract
- 3 week acrylic paint project on canvas board
- Variety of other media including: Pencils, Pastels, Chalk, Papers
- Art show and family party



**Where: Mosaic Home Care & Community Resource Centre (Markham office)**

**Dates: Mondays, from March 7<sup>th</sup> to April 25<sup>th</sup>, 2016**

**Address: 2900 Steeles Avenue East, Markham (Lower Level by Centre Court)**

**Time: 9:30 a.m. to 11:30 a.m.**

*No Charge for event. Close to public transit.*

*Free parking and elevator access available. Event pending funding.*



# MOSAIC

Home Care Services & Community Resource Centre  
at



## It takes a village.

Shepherd Village is a neighbourhood unto itself. With retirement suites, assisted living, life lease, seniors' apartments and long-term care, we have what you're looking for.

Visit our Village! Call to book a tour.



(416) 609-5700  
3760 Sheppard Ave E, Toronto  
www.shepherdvillage.org



**TOP:** Mosaic at Shepherd Village with guest speaker Christine Bentley. (Canadian journalist and former news anchor of the CTV News.)



**RIGHT:** Anna Panno, Christine Bentley, and Kimberly Davies, Managing Director of Mosaic Home Care & Community Resource Centres.



# Mosaic's Outing to the BATA SHOE MUSEUM

Join Mosaic and Amica at Thornhill as we make a trip to the Bata Shoe Museum for a special guided tour! Take a look at history from the feet up on a visit to the Bata Shoe Museum. Your guide will show you chestnut crushers from France, Ashante King's sandals from Ghana, 1970's platforms and much more. You'll also have the unique opportunity to handle shoes from all over the world from the hands-on collection! Cost: \$10.00 per ticket (book early, limited seating).

BATA  
SHOE  
MUSEUM



**Agenda:** 10:30 a.m. to 11:30 a.m. - Tour through the Bata Shoe Museum (lab and gallery experience).  
12:30 p.m. to 1:30 p.m. - Lunch provided at Mosaic's Community Resource Centre, Steeles office.

**Pick-up will be at 9:00 a.m. at The Shops on Steeles & 404 (Outside Wimpy's Diner) and drop-off back to Steeles at 12:30 p.m.**

*Mosaic would appreciate at least 48 hours notice for cancellations. This will give those on the waiting list priority to attend.*



AMICA™  
at Thornhill

**Where: Mosaic Home Care & Community Resource Centre (Markham office)**

**Date: Tuesday March 22<sup>nd</sup>, 2016**

**Address: 2900 Steeles Avenue East, Markham (Lower Level by Centre Court)**

**Time: 9:00 a.m. to 12:30 p.m.**

*~ RSVP 905.597.7000 by Monday March 14<sup>th</sup>, 2016 ~*

**Cost \$10.00 per ticket. Pay by either cheque or cash at Mosaic Home Care Services either suite 218 or our Resource Centre on the main level.**

## Client Services: *Looking forward to helping you!*



*"Good afternoon, Mosaic Home Care, this is Beverly, how can I help you?"*

*That's how it begins for every single call, the desire to be of help!! It doesn't matter if you're*

*calling for your Mom, your brother, a friend, your child or even yourself, we want to be of help.*

A recent scenario had a lovely 92 year old woman ending up in the emergency room with a broken hip after a fall. The enquiry came from her daughter who did not want to leave her Mom alone overnight while in the hospital. We were immediately able to pull together two regular caregivers who were able to spend the overnights with this member (client). The family was so relieved that their Mom was never alone. Each morning the family arrived to find their mom fully bathed, sitting up in bed eating a healthy breakfast with our caregiver writing down notes from the night before to share with the family.

The family arrived well rested, eager to

Written by Sathursha Sivakumaran & Kathy Mills  
Client Services Division at Mosaic Home Care Services

advocate for their mom and help her get better as quickly as possible. Fortunately our member made a speedy recovery and was discharged home very quickly. The family expressed concern and were very worried about her going home alone. They requested follow-up care for their mother to help with the transition home. They wanted her home but at the same time wanted her to be safe and well cared for.

Mosaic client services team were able to set-up the same two caregivers in the home. Consistency of care is very important to us, the member and family. After about a month the family felt confident that their mom was back to her old self. The member and family decided to keep the Mosaic caregiver team for two days a week as the client had become so attached to them and they were engaging her in things she hadn't done in years.

Consistent, well trained personable care allowed this member to recover from a bad fall and return home as quickly as possible. Much to the joy of the member and her family she will be able to spend the holidays in the comfort of her own home with her family visiting her.

**"That's how  
it begins for  
every single call,  
the desire  
to be  
of help!!"**



*What a difference we make®!*

## Our Services

**Mosaic Home Care & Community Resource Centres** provide service to people of all ages and needs in the Greater Toronto Area.

We provide care by the hour, overnight, 24hr as well as live-in care. We also provide services in hospitals, retirement residences and long-term care facilities.


## Customized Care Solutions in York Region and Toronto at the CNIB Centre


|  |  |  |
|--|--|--|
|  <h3 style="margin-top: 0;">NURSING</h3> <ul style="list-style-type: none"> <li>• Medication management</li> <li>• Pain and symptom management</li> <li>• Monitoring, charting and adjusting care plan</li> <li>• Specialised care (palliative, cancer, dementia, Parkinson's, MS and more, please inquire)</li> <li>• Foot care (clinic at both locations or in-home service)</li> </ul> |  <h3 style="margin-top: 0;">HOME CARE</h3> <ul style="list-style-type: none"> <li>• Monitoring of client's physical and mental well-being</li> <li>• Bathing and personal care</li> <li>• Grocery shopping and other errands</li> <li>• Light housekeeping</li> <li>• Meal planning, preparation and more!</li> </ul> |  <h3 style="margin-top: 0;">COMMUNITY RESOURCE CENTRES</h3> <ul style="list-style-type: none"> <li>• Comprehensive library of informational materials</li> <li>• Regular events, learning sessions and social activities</li> <li>• Ask a Mosaic home care specialist</li> <li>• Community programs, retirement homes, government services and more!</li> </ul> |
|--|--|--|

**Elder Caring Plus™** – Care Management integrated with home care. Expert advice provided by registered Social Workers. Call 1.844.266.7242 to find out more!

**Call us for a complimentary assessment and home safety check at 416.322.7002 or 905.597.7000**



 **Mosaic** offers **foot care** services **in-home** or during **clinic** hours at our resource centres! (see back for clinic dates)

 Our **resource centres** are a wonderful place to visit for a relaxing cup of coffee or tea and to learn about different services and information in your community.



*Serving people of all ages and needs in the Greater Toronto Area, including York Region*



# MOSAIC

Home Care Services & Community Resource Centre

*Stay active in your community!*

## FOOT CARE CLINIC

Mosaic Home Care & Community Resource Centre

*Mosaic is now providing community foot care at the Resource Centre & in the privacy of Your Home!*

Clinics will run every third Monday & Wednesday  
January 18<sup>th</sup> & 20<sup>th</sup> / February 22<sup>nd</sup> & 24<sup>th</sup>  
March 21<sup>st</sup> & 23<sup>rd</sup>  
9:00 a.m. - 3:00 p.m.

**Mosaic's Registered Nurse can provide the following treatments:**  
Assess clients' feet and document progress | Cut and file toe nails | Treat calluses, ingrown toe nails, corns, fungus | Referrals to podiatrist | Foot Massage provided

**Call to book an appointment  
905.597.7000**



Where: Mosaic Home Care & Community Resource Centre (Markham office)

**Community Clinics... \$40.00  
In-Home Treatment... \$55.00**

PAYMENTS CAN BE MADE BY VISA,  
MASTERCARD, CASH, CHEQUE.  
RECEIPTS WILL BE ISSUED

## Foot Care Clinic held at Mosaic's mid-town office at CNIB Centre



*Let Mosaic Pamper your feet at our new location!*

Clinics will run every third Tuesday of the Month 9:00 a.m. to 3:00 p.m.

First clinic starting Tuesday January 19<sup>th</sup>, 2016,  
Tuesday February 23<sup>rd</sup>, 2016 and Tuesday March 22<sup>nd</sup>, 2016  
Mosaic's Registered Nurse can provide the following treatments:

- Assess clients' feet and document progress
- Cut and file toe nails
- Treat calluses, ingrown toe nails, corns, fungus
- Foot massage provided
- Referrals to podiatrist

**Call to book an appointment 416.322.7002**

*45 Minute Appointments*

- Community Clinics \$40.00
- In-Home Treatment \$55.00

Payments can be made by Visa, MasterCard, Cash, Cheque. Receipts will be issued.

**Location:** CNIB Centre, 1929 Bayview Avenue Suite 215H, Toronto M4G 3E8

Parking is \$1 for the 1<sup>st</sup> hour, \$2 for the 2<sup>nd</sup>, \$4.50 for the 3<sup>rd</sup> and \$7.00 for the 4<sup>th</sup>. Max. is 4 hours.

## RSVP for our events

# 905.597.7000 or 416.322.7002



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