



M O S A I C

Home Care Services & Community Resource Centres

FALL 2017

Newsletter

What a difference we make®!

See inside for our upcoming Events and Services



Featured Events

MARKHAM OFFICE (*The Shops on Steeles*)

Friday September 15th, October 20th, November 17th, 2017
Mosaic Pole Walking Club
Tuesday September 27th, October 31st & November 28th, 2017
First Link® Memory Café at Mosaic
Wednesday September 27th, 2017
Blood Pressure Clinic at Mosaic
Thursdays from September 28th to November 2nd, 2017
Healthy Living Now – free six week workshop
Friday October 27th, 2017
Historical Theatres Presentation
Thursday November 9th, 2017
Staying Young, The Fun Way
Saturday November 11th, 2017
Remembrance Day Ceremony (Centre Court The Shops on Steeles & 404)
Thursday November 30th, 2017
Promed Hearing Centres Hearing Presentation & Screening

TORONTO OFFICE (*CNIB Centre*)

Thursdays September 7th to Thursday October 26th, 2017
Mosaic Pole Walking Club
Wednesday September 27th, October 25th & November 29th, 2017
New Program Memory Café at Mosaic Toronto Resource Centre
Friday October 6th, 2017
From Paris with Love! Lianne Harris Racioppo will be speaking on Paris
Friday November 10th, 2017
Historical Theatres Presentation
Wednesday November 15th, 2017
The Joy of Opera Returns to Mosaic with Marcel Deurvorst
Thursday December 7th, 2017
I'm Dreaming of a White Christmas – Heather Brezden returns to Mosaic this holiday season to celebrate and share the music of a timeless film!

Are You Sick and Tired of Feeling Sick and Tired?

Overcome some of the emotional and physical distress caused by your chronic condition.

Learn to Live a Healthy Life with a Chronic or Life-threatening Illness!

(such as cancer, heart, neurological, kidney + more)

Healthy Living Now
Supporting Your Success

FREE SIX WEEK WORKSHOP

Thursdays from September 28th to November 2nd

1 p.m. to 3:30 p.m. *Registration Required

Facilitated by:



Learn strategies to help you reduce the distress of:

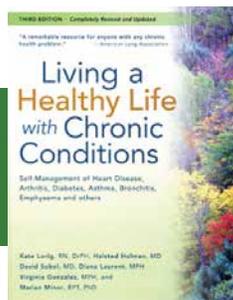
Pain and other symptoms

Difficult emotions like anxiety and depression

Poor quality sleep

Juggling nutrition and exercise

Dealing with your health care team



You will receive the book,
*Living a Healthy Life with
Chronic Conditions*

For more information or to register for an upcoming group
call Evergreen at 416-499-2185 or email info@evgcares.org
Course runs for 6 weeks (2.5 hours per week)

Hosted by:



MOSAIC
Home Care Services & Community Resource Centres

The Shops on Steeles and 404
2900 Steeles Ave E, Thornhill

CAREGIVERS:

Healthy living can be
compromised by caregiver
responsibilities so this
program is for you too!



Workshops are sponsored by the Ministry of Health and Long Term Care

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

**Dates: 6 week program – Thursdays: September 28th, October 5th,
12th, 19th, 26th, November 2nd, 2017**

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

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

~ *RSVP required, please contact Evergreen: 416.499.2185 or info@evgcares.org ~*

No charge for event. Refreshments provided.

Close to public transit. Free parking.

Mosaic Home Care & Community Resource Centres Lifestyle & Companionship Services

Mosaic is proud to extend its Lifestyle Service program to include our Companionship Service. This will build on our “The 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.

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 our Mosaic Resource Centres.



We are now providing this incredible service!

For more information on our Lifestyle Companionship Services or any of our exciting events and services, please call our offices and speak with our Client Services Team at:

416.322.7002 or 905.597.7000

www.mosaichomecare.com

info@mosaichomecare.com



Mosaic Differences in the home care industry:

Resource Centres and Information:

- Mosaic provides three resource centres in the community
- Information in different languages
- Mosaic Members' Club
- Community groups socialization and Lifestyle programs
- Social Events free to the community

Expertise of our Employees

- DCTP (Dementia Care Training); including U-First™
- BSTP (Behavioural Support Training Program)
- Specialized skills in other areas; such as Parkinson's, palliative care, and chronic diseases

Customer Service at its Best

- Assessment of Needs
- Integrated & Holistic Care
- Oversight (by nursing and client services liaison team)
- Ongoing communication with the family and/or care team
- Introductions (with a focus on the person and lifestyle, as well as duties)
- Ongoing Quality Assurance
- Home visits

Enhanced Services

- Lifestyle Services; including “The Meaning of Me®” – The person matters!
- Focus on the best match of caregiver to client.
- Mosaic's Elder Care Plus™, light geriatric care management oversight

“The Meaning of Me®”
person-centred care approach process for all our clients.



A Message from Jane and Nathalie and our Mosaic Team!



As we leave the summer months, family picnics, trips to the cottages and travelling behind, Torontonians will once again embrace the change in season as summer fades to the colours and hum of fall. As Toronto's famed green canopy turns, its city parks, cafés and interesting places provide a glorious backdrop to the seasonal changes yet to come.

And so, as with years past, the Mosaic marketing team have been busy creating a plethora of hobby based and educational programs for the community, for the months ahead. These will be featured at our resource centre in Markham and at our Toronto location housed in the CNIB Centre.

Our newsletters regularly provide information on our existing partnerships and those organizations we are working with on new programs for our community. In this newsletter we would like to extend a very warm community welcome to Alzheimer Society Toronto. Romina from ALZHEIMER SOCIETY TORONTO and MOSAIC will be introducing a new program at our Toronto Resource Centre called MEMORY CAFÉ which will run the last Wednesday of every month. Please review our information in this newsletter for more information and dates or call our office at **416-322-7002** to register.

The partnership between EVERGREEN AND MOSAIC is lining up for another busy year. We will be hosting the Healthy Living Now program, which is facilitated by Evergreen volunteers. Evergreen's Bereavement Counselor, Lerryn Pitcher, will be working from the MOSAIC'S storefront a couple of days each week, meeting with local bereaved people who are registered with Evergreen. There will be a Caregiver Support group for clients registered with Evergreen or CHATS (Community Home Assistance to Seniors) twice per month who are caring for a loved one or friend, to share the joys and challenges of caregiving.

"All MOSAIC clients who are interested in these programs are welcome to register through Evergreen at **416-499-2185**." Stay tuned for our next edition 2018 where we will highlight some pictures from our 2017 events.

And finally, some important staff news: we would like to welcome back to our Mosaic family two well-seasoned client services staff, Cleonice & Jennifer.



Mosaic's Newest Employee



Carmela Ciccoritti

Reception & Administration

"Mosaic Home Care stands out not only as a provider of exceptional home care services, but also as a fair and respectful employer. I am proud to work for a company that possesses a deep commitment to excellence with the highest of standards in the hiring of their caregivers, and the team who support them. I can confidently say that the individuals and families who hire MOSAIC can rest assured that they are in the best of hands, starting with the front-line team of Personal Support Workers and Nurses, up to and including the office staff and Management teams."

"I am most impressed with the values they place on community involvement. Their Resource Centre, newsletter, website and blog are offered to anyone who has an interest or personal need for home care services.

It's great to be a member of the Mosaic team, making a difference in the lives of our clients!"

Join this New Program!

Memory Café at Mosaic Toronto Resource Centre

Share your stories and socialize with others.

*A partnership between Alzheimer Society Toronto & Mosaic Home Care,
facilitated by Romina from Alzheimer Society Toronto*

When: Last Wednesday of every month, on **September 27th, October 25th & November 29th.**
(Will resume again on Wednesday, January 31st, 2018)

Time: **10:00 a.m. to 11:30 a.m.**

Where: Mosaic Home Care Services & Community Resource Centre
Located in: The Canadian National Institute for the Blind (CNIB building)
1929 Bayview Avenue, Suite 215H, Toronto, Ontario.
Parking: Rates do apply. \$2 for 2 Hours. Close to TTC bus stop at CNIB.



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 416.322.7002 – No charge for event.

Alzheimer Society
TORONTO



First Link[®] Memory Café at Mosaic

Share your stories and socialize with others.

*A partnership between Alzheimer Society York Region & Mosaic Home Care
facilitated by Jonathan from Alzheimer Society York Region*

When: Last Tuesday of every month, on **September 26th, October 31st & November 28th.**
(Will resume again on Tuesday, January 30th, 2018)

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,
Thornhill, 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 (ext.242)– No charge for event.

Alzheimer Society
YORK REGION



All around the world – Welcome to the Memory Café

And so, the buzz is spreading, from Europe, the United States, and now across Canada: welcome to a café style environment geared towards people diagnosed with Early Alzheimer's disease and/or related dementias, their Care Partners as well as those who worry about memory problems. The cafés provide a friendly atmosphere where people can socialize and share experiences over a cup of coffee or tea/refreshments.

The "café environment" idea was pioneered by Dr. Bére Miesen, a Dutch clinical psychologist in 1997, with his key message:

"Do not hide away – come and participate with us, in this safe [AC] space, and in society and life as much as you can. You did not ask to get dementia, and it could happen to any of us. Here we understand – and want to talk about it and learn to live with it."

According to Dr. Marco Blom "an AC is much more than a social gathering. Its purpose is to reduce the stigma surrounding dementia by facilitating social contact and providing education about dementia, for everyone affected by and interested in all types of dementia.....topics relating to dementia are presented and discussed knowledgably, sensitively and openly with people with dementia their carers/caregivers"

These programs can be held in community/senior centres, clubhouses or any place with a relaxed atmosphere where individuals can socialize, play games, listen to guest speakers, and ask questions in a non-threatening environment. Support staff from the Alzheimer Society, social workers and other professionals are there to provide support and guidance.

¹<http://www.alzheimercafe.co.uk/Media/TAD1.pdf>

Mosaic Home Care Services Blood Pressure & Informational Clinic at The Shops on Steeles & 404



Wednesday, September 27th, 2017 from 10:00 a.m. to 2:00 p.m.

Mosaic Home Care Services will be hosting a blood pressure clinic at our Community Resource Centre on Wednesday, September 27th, 2017. You will have a chance to sit down with one of our Mosaic nurses who will take your blood pressure, answer any questions you may have and also provide you with a special blood pressure booklet to keep a record of your results. After having your blood pressure checked, you can relax and enjoy a cup of coffee or tea provided by Mosaic.

Pick-up information on heart health and how to stay healthy and strong.



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

Date: Wednesday September 27th, 2017

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

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

*No charge for event. Refreshments provided.
Free parking. Close to public transit.*

Enjoy Walks this **Fall & Winter** with Mosaic!

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

Stay in shape with Mosaic's Pole Walking Club this fall and winter. We will be meeting once a month from September to November continuing again indoors in January 2018. 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)
- Water Bottle

For more information contact Kevin Lopes from Mosaic Home Care at 905.597.7000 or email at kevin@mosaichomecare.com



Mosaic **Fall & Winter** Pole Walking Club

theShops.ca
on Steeles and 404

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

Dates: Fridays this Fall: September 15th, October 20th, November 17th, 2017
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.
Free parking. Close to public transit.*

Enjoy Walks this **Fall** with Mosaic!

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

Stay in shape this Fall by attending Mosaic's Pole Walking Club! We will meet once a week starting September right through October. 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 in your community!

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

For more information contact Kevin Lopes from Mosaic Home Care at 905.597.7000 or email at kevin@mosaichomecare.com



Mosaic **Fall** Pole Walking Club

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

Dates: Every Thursday in September and October, 2017
Address: CNIB Centre, 1929 Bayview Avenue, Suite 215H, Toronto
Time: 9:30 a.m. to 11:00 a.m.

*No charge for event. Refreshments provided.
Close to public transit. Parking on main level with elevator access.
\$1 for the 1st hour, \$2 for the 2nd, \$5 for the 3rd and \$10 for the full day.*

From Paris with Love!

Mosaic is excited to bring back Lianne Harris yet again for another trip through history, this time taking us to the streets of Paris! Come listen to Lianne's talk & enjoy delicious French treats with Mosaic!

From its start during the Roman period, the city of Paris has fascinated us for more than 2000 years! It is the story of a city whose people thrive on passion, struggle, artistic and literary achievement, innovation and unprecedented influence. Experiencing the cycle of rags to riches many times along the way, its people have always made room for a healthy dose of love, lust, laughter, charm, hope, and delight that has made living in Paris 'la joie de vivre.'



Presenter Lianne Harris takes you on a Parisian adventure where we delve into the lesser-known and curious facts about this fascinating city, its talented and oft-times eccentric residents, and the influence they and their city has wielded in every single area of our lives, the world over.



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

Date: Friday October 6th, 2017

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

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

~ RSVP 905.597.7000 by Friday September 29th, 2017 ~

No charge for event. Refreshments provided..

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

\$1 for the 1st hour, \$2 for the 2nd, \$5 for the 3rd and \$10 for the full day.



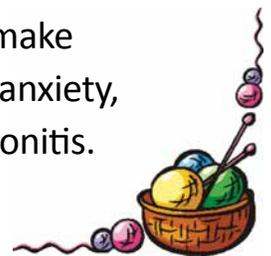
Join the Mosaic Knitting Group!



Join us every Wednesday for an opportunity to chat, knit and make new friends. The benefits of knitting include: reducing stress and anxiety, slowing cognitive decline and helping prevent arthritis and tendonitis.



Wednesday afternoons from 1:30 p.m. to 3:00 p.m.



**At Mosaic's Community Resource Centre
at The Shops on Steeles & 404**

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

Dates: Every Wednesday, throughout the year

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 ~

No charge for event. Free parking. Close to public transit.



History of Toronto Theatres



Join Mosaic Home Care Services and Rick Ross on a journey through the history of Toronto's neighbourhood theatres. Learn about the history of Toronto's neighbourhood theatres, and the 4 categories that these buildings fall into today. Today, these theatres have either been sadly demolished and replaced, unrecognizably repurposed for other uses, used for something different while retaining their theatre architecture or are still being used as theatres today. Presenter Rick Ross will be looking at 9 special Toronto theatres that fall into these categories during his talk at Mosaic.

**Did you know in the last century Toronto had over 130 neighbourhood theatres?
What happened to all of them?**



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

Date: Friday October 27th, 2017

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 Friday October 20th, 2017 ~

No charge for event. Refreshments provided.

Free parking. Close to public transit.



History of Toronto Theatres



Join Mosaic Home Care Services and Rick Ross on a journey through the history of Toronto's neighbourhood theatres. Learn about the history of Toronto's neighbourhood theatres, and the 4 categories that these buildings fall into today. Today, these theatres have either been sadly demolished and replaced, unrecognizably repurposed for other uses, used for something different while retaining their theatre architecture or are still being used as theatres today. Presenter Rick Ross will be looking at 9 special Toronto theatres that fall into these categories during his talk at Mosaic.

**Did you know in the last century Toronto had over 130 neighbourhood theatres?
What happened to all of them?**



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

Date: Friday November 10th, 2017

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

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

~ RSVP 905.597.7000 by Friday November 3rd, 2017 ~

No charge for event. Refreshments provided.

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

\$1 for the 1st hour, \$2 for the 2nd, \$5 for the 3rd and \$10 for the full day.

Staying Young, the Fun Way!

Mosaic welcomes Jonathan Maister, an Athletic Therapy Massage and Sport Massage Therapist, for an interactive presentation that will address activity as a practical and fun way to keeping youthful. Audience participation will include dialogue as well as a physical component including light exercise. Learn about anatomy and physiology in a fun and interesting way!



Topics that will be covered:

- Changes in the Human Body Over Time
- Adaptations That Occur in Muscles, Bones and Joints
- Atrophy, Osteoporosis and Osteoarthritis
- Positive Effects of Exercising Together
- Facts & Trivia!

***Don't Miss the Opportunity to Make Friends, Laugh,
and Learn a Little More About Yourself!***

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

Date: Thursday November 9th, 2017

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 Friday November 3rd, 2017 ~

No charge for event. Refreshments provided.

Free parking. Close to public transit.



Remembrance Day Ceremony



Join the community and Mosaic Home Care Services at The Shops on Steeles this Remembrance Day for our second year hosting a Ceremony in honour of our troops, past and present. The ceremony will take place at Centre Court at The Shops on Steeles & Don Mills with guests from the Canadian Armed Forces in attendance featuring a brief presentation, including a traditional moment of silence.

When: Saturday November 11th, 2017

Time: 10:00 a.m. - 10:30 a.m. - Video Presentation
10:30 a.m. - 11:30 a.m. - Ceremony

Where: Centre Court at The Shops on Steeles
& Don Mills, 2900 Steeles Avenue East



*Soldiers from the
Newfoundland Regiment circa W.W. I*



Lest We Forget

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

Date: Saturday November 11th, 2017

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

Time: 10:30 a.m. to 11:30 a.m.

~ RSVP 905.597.7000 by Friday November 3rd, 2017 ~

No charge for event. Free parking. Close to public transit.

Helping Seniors Live Life to the Fullest



North York Seniors Centre – The Jewel of North York

North York Seniors Centre (NYSC) began in 1974 when some seniors met and decided they needed a place to hang out, drink coffee, play cards and chat. North York mayor Mel Lastman provided them a venue in Cummer Plaza.

Today, NYSC remains a place to hang out but it has grown to become a multi-site organization supporting over 3,000 seniors annually.

Our services include recreation and social activities, transportation, homemaking and personal support, day programming for seniors and clients with special needs, educational workshops and support groups for caregivers. These opportunities have enabled seniors to enjoy a healthy, safe and meaningful life in their own homes and in the community.

We have programs that run all-year around.

Active Living Centre (ALC) offers activities for adults 55+ to enjoy retirement and socialize. It is open seven days a week: Monday and Friday from 9 AM to 5 PM, Tuesday to Thursday from 9 AM to 9 PM, and on weekends from 10 AM to 4 PM.

Needs of seniors who are physically frail or cognitively impaired are met as well through the **A Day Away** club which gives them opportunities to get out and spend a day with friends in a safe environment. This program is offered Monday through Friday from 9:30 AM to 3:00 PM.

What our clients say

Mrs. B is an 86-year-old woman who lives with her daughter. Mrs. B has dementia and has a walker. She's been coming to A Day Away program three times a week since April. Mrs. B enjoys arts and crafts, music and chair fitness. Her daughter has noticed a big improvement in her mother over the past few months. Prior to coming to the program she often sat in her room alone and cried. Now she smiles more and loves to show off her art projects to her grandchildren. Mrs. B. is now more interested in her surroundings and hardly ever cries anymore. Her appetite has increased and she sleeps better at night.

Ms. V.S. lost many friends after her husband passed away, and she found it difficult to make any meaningful connections with people – until she joined the ALC. In an outing organized by the Centre, Ms. V.S. met a fellow traveler and the two women became friends.

For more information on North York Seniors Centre:

Visit www.nyseniors.org

Email generaladmin@nyseniors.org | adevera@nyseniors.org

Call **416.733.4111**





The Joy of the Opera Returns to Mosaic!

Opera aficionado Marcel Deurvorst returns to Mosaic once again! This time the spotlight will shine on legendary American Opera singer and soprano Reneé Fleming, whose repertoire encompasses operas by Richard Strauss, Mozart, Handel, as well as operas from the Bel Canto era, French Opera and chansons, Jazz and Indie Rock. We will see opera excerpts and watch a live interview with this American superstar. Don't miss it!

Reneé Fleming
Excerpts from
“Thais”



Marcel Deurvorst has spent a lifetime studying, listening, and attending live concerts and performances of Operas.

For the last 10 years he has taught Opera and Classical Music Appreciation courses at the LIFE Institute at Ryerson University.

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

Date: Wednesday November 15th, 2017

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

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

~ RSVP 905.597.7000 by Friday November 10th, 2017 ~

No charge for event. Refreshments provided.

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

\$1 for the 1st hour, \$2 for the 2nd, \$5 for the 3rd and \$10 for the full day.



Can You Hear? Hearing Presentation & Screening with PROMED

Concerned about hearing and hearing loss? Join Mosaic Home Care Services and PROMED Hearing Centres for an informative presentation on hearing and hearing loss.



Topics to be covered include:

- What is Hearing
- How Hearing Works
- What is Hearing Loss & the Types
- Aging and Hearing Loss
- Hearing Aids and How They Work

*After a 30 minute presentation PROMED will provide 10-minute hearing screening for attendees. Space is limited for hearing screenings. **If you would like a hearing screening you MUST let us know when you register.***

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

Date: Thursday November 30th, 2017

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 Friday November 24th, 2017 ~

No charge for event. Refreshments provided.

Free parking. Close to public transit.

I'm Dreaming of a White Christmas

Heather Brezden returns to Mosaic this holiday season to celebrate and share the music of a timeless film!

White Christmas, a classic and favourite movie musical to many, features some of the most beloved and timeless Irving Berlin songs. We will explore the story and lives of Bing Crosby and Irving Berlin and sing along with many of the musicals classic numbers including:

White Christmas

Sisters

Snow

The Best Things Happen While You're Dancing

And Many More!



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

Date: **Thursday December 7th, 2017**

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

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

~ *RSVP 905.597.7000 by Friday December 1st, 2017 ~*

No charge for event. Refreshments provided.

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

\$1 for the 1st hour, \$2 for the 2nd, \$5 for the 3rd and \$10 for the full day.

Rimbala™ Music-and-Movement Program

Recently, scientists in Switzerland discovered that when music and body movements are joined together as a therapeutic intervention, the results can be astounding – particularly in the crucial area of falls prevention. Globally, falls are one of the greatest causes of long-term hospitalization in the senior population, and are thus a tremendous concern for seniors, their families and governmental bodies who are charged with the responsibility of creating robust and cost-saving health care policy. In Geneva, Switzerland, community-dwelling seniors attended music-and-movement classes once a week for a six-month trial, and they achieved a reduction in falls by 54%.¹ This is the highest percentage of falls reduction that any scientific study has achieved to date.

After several visits to Geneva as part of my PhD research, I developed a music-and-movement program tailored to the North American older adult population. I named the program Rimbala™, which includes the prefix “Rim” (short form for rhythm) and the suffix “bala” (short form for balance), in order to symbolize the power of music as a falls prevention intervention. Rimbala™ is based on my expertise in Dalcroze Eurhythmics, a century-old Swiss practice that connects body movements to music. Because of its popularity in Switzerland, Dalcroze Eurhythmics was the intervention used for the falls reduction study in Geneva. In



my Rimbala™ program, I also incorporate aspects of Taoist Tai Chi, Chi Gung, Alexander Technique and Dance Therapy – all of which have been scientifically proven to greatly benefit the physical health of the older adult.

Rimbala™ classes contain gentle changes of mood, tempo (speed of the music), orchestration, tonality, rhythm, beat quality, texture, articulation and musical nuances, in order to invite the senior to enjoy the most artistically rich experience as possible. The improvising instructor gently invites the participants to improvise their own responses, and this response to the music develops brain plasticity and imbues the classes with a sense of fun and discovery.

The many different styles of music offer a huge range of possibilities which the Rimbala™ instructor improvises and develops in beautiful, expressive and profound ways. During the classes, participants often hum and sing familiar songs while they move, and this joyful, multi-tasked activity keeps many parts of the brain working simultaneously. Scientists are now studying how music-and-movement can be an excellent therapeutic tool in the fight against all forms of dementia – including Alzheimer’s. Gradually, with experience in singing, moving, gesturing and interacting with others in the Rimbala™ class, the senior can rediscover a greater physical, cognitive and joyful state. These improvements in later life offer a new source of personal growth and satisfaction, and a pathway out of the negativity associated with ageing.

Stay tuned for our upcoming events in our next newsletter January 2018 where Dr. Daniel Rubinoff will be teaching Music-and-Movement at the Mosaic Markham Office. Call Mosaic at **905.597.7000** if you would like to be added to the RSVP list.

Please contact Dr. Daniel Rubinoff for more information;

Email **rubinoffdaniel@gmail.com**

Call **416.709.8381**

Website **rimbala.com**

¹Trombetti et al. (2011) Arch. Int. Med. 171:525-533

Quality, Person-Centred Care for all your Home Care Needs!

Mosaic Home Care Services



The Person Matters at Mosaic – Mosaic is more than just home care

PERSON-CENTRED HOME CARE

- Our complete Home Care Package + our Lifestyle Services to include the integration of our “The Meaning of Me®” model for all our members. [The Meaning of Me® – Person-Centred 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 personally introduced and we check up regularly
- 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 CENTRES

- Resources for families with care needs
- Regular fun, educational and social events
- First Link® Memory Café at Mosaic & Memory Café

MOSAIC’S ELDER CARE PLUS™

- Care Management integrated with home care
- Expert advice provided by registered Social Workers



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Serving Toronto and York Regions

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