



M O S A I C

Home Care Services & Community Resource Centre

WINTER 2017

Newsletter

What a difference we make®!

See inside for our upcoming Events and New Services for 2017



M O S A I C
Home Care Services & Community Resource Centre
2900 Steeles Ave East, Suite 218
Markham, ON L3T 4X1
www.mosaichomecare.com

Featured Events

MARKHAM OFFICE (*The Shops on Steeles*)

Thursday January 12th, 2017

Mosaic Open House – find out about our newest programs being offered

Fridays, January 13th, 20th and 27th, 2017

Opera Talks Presentation

Thursdays, January 26th, February 2nd, February 9th, February 16th, March 2nd, March 9th, 2017

Healthy Living Now Series – “Are you Sick & Tired of Feeling Sick and Tired?”

Thursday January 26th, 2017

Blood Pressure Clinic

January 31st, February 28th, March 28th, 2017

First Link® Memory Café at Mosaic

Fridays, January 20th, February 17th, March 17th, 2017

Pole Walking

Wednesday February 22nd, 2017

Field Trip – Visit to Gibson House

Friday March 17th, 2017

Sugars: The Good, The Bad & the Ugly Nutrition Program

Tuesday March 21st, 2017

Frauds and Scams – Bussie Woods from York Regional Police

TORONTO OFFICE (*CNIB Centre*)

Wednesday January 25th, 2017

Opera Talks Presentation

Friday February 10th, 2017

Staying Physically Active During the Winter with Medfit Rehab

Monday March 6th, 2017

Everything You Wanted to Know About Art But Were Afraid to Ask

Not all Home Care is Professional Care

Mosaic's Home Care and their EC Plus Service Is



So many choices...how do I know which is the right company to look after my family? They all seem so similar, they all care and they all provide qualified caregivers. But my parents' needs are sometimes complicated. How do I know my home care company can deal with the unexpected properly?

These are all good questions! We would say that you need a company that has experience and expertise in dealing with the complex needs of older adults. We would recommend a company that has care management services. Most home care companies do not have this expertise. And, because these are highly qualified people you have to know when and how to bring them in.

Mosaic is the company for you. We have care management experts who will monitor the care we provide your parents for those important signs that may mean they need a little extra help and advice from a professional in this area. Our Elder Caring Plus™ service is a low cost oversight service that links your special family members to the expertise that they may need some time in the future.

Contact **416.322.7002** or **905.597.7000** and a Client Services representative will gladly provide you with the information. Or visit our website at **www.mosaichomecare.com**.



Mosaic Home Care & Community Resource Centres

Corporate Office

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

Tel.905.597.7000

www.mosaichomecare.com

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

info@eldercaring.ca

A Best Practice Leader in the provision of care that addresses The Whole Person

“To enable personal autonomy, it is necessary to consider things that can be done differently to help older people with high support needs achieve and retain the things they value in life, rather than simply assuming they no longer have the motivation or ability to participate.”

The Joseph Rowntree Foundation



Mosaic is recognized as a best practice leader in home care services, and especially so in the way it addresses human values and social and community interaction. On October 20th, 2016 Mosaic was asked to present to the Ontario Society of Senior Citizen’s Organizations Symposium on “Overcoming Loneliness and Social Isolation: Celebrating Best Community Practices”.

According to the UK Social Care Institute for Excellence **“People who use services feel that their carers do not motivate them to take part in activities and communicate with other people, or help them to make better use of their own resources”**. We believe that home care service providers should take note.

Mosaic’s model of care helps meet identified social and emotional needs of older adults within its care through a number of key interactions:

- Its core The Meaning of Me® program provides the basis for an interactive journey and conversation between caregiver and family member under our care. Who are you, what have you done, what would you like to do, what are your hobbies, experiences, values, friends, family, key moments in life? We want to know you, you are a valuable person!
- A discovery and initial assessment process that can help bring in other community resources at an earlier stage and identifies issues and circumstances that would need to be addressed to accommodate social and emotional needs.
- Ongoing visits by client liaison person that address the caregiver client relationship, provides input to hobbies and interests, outings, events and social interaction.

“Social networks, social participation and feelings of belonging are important to healthy living..and prevention of isolation among seniors” – Public health Agency of Canada.

And the final piece of the puzzle is our own community outreach conducted largely through our community resource centres; these centres provide information and host a variety of fun and educational activities across the GTA.

Why are these events important?

- They are first and foremost fun and accessible to all.
- They help and inform us so that we can better serve our older adult client members.
- They help older adults remain healthy, independent and socially connected
- They serve the wider social need of older adults in our communities and provide a connection point for those who may be isolated and alone.

When looking for home care your first port of call should be the services provided, then the costs. At Mosaic we not only provide the services but we can also address how best to organize care so as to address your budget.

You can review our website under **Mosaic Club** under **Lifestyle and Socialization** for more information at www.mosaichomecare.com



A Message from

Jane and Nathalie and our Mosaic Team!

Nathalie and I and all our staff (both in-office and PSW's in the field) wish you a Happy New Year for 2017!

Now firmly into our 7th year of business, Mosaic Home Care Services and its Community Resource Centres have accomplished much in 2016!

Our partnership with Shepherd Village, another innovative and community focused organization, is thriving and we continue to provide both additional care to their residents and a range of community events. Thank you Shepherd Village for providing a welcoming environment and a resource centre for us to operate out of.



We continue to provide regular monthly events at our Toronto (CNIB) and Markham/Thornhill Resource Centres (Shops on Steeles and 404). In particular we note the November 11th Remembrance Day Ceremony we organized with the Shops on Steeles management: 4 currently serving Officers of our Canadian Armed Forces attended that Service and we would like to thank all those who risk all for the safety and independence of their country and their fellow men and women. We had a wonderful response from the community which was held at Centre Court in remembering all those soldiers.



We continue to improve our service offering and are garnering increasing recognition as a best practice leader in the community, in particular with respect to our social and community focused offerings – see the article “A best practice leader in the provision of care that addresses the whole person” in the current newsletter for more information.

We continue to develop our specialized team for dementia care which includes sending our caregivers through the Alzheimer's Society's Dementia Care Training Program and U-First!™. On page 5 is a picture of a recent training session at the Alzheimer Society of Toronto offices. The ability to address the complex care needs of our clients remains key to our service delivery.

We look forward to serving you with disciplined, well structured, well thought out and well managed services that put the family member under our care first. We also look forward to seeing you at our many events at one of our Mosaic Resource Centres or in the community.

Mosaic Differences in the home care industry:

Resource Centres and Information:

- Mosaic provides three resource centres in the community
- Information in different languages
- Mosaic Member's 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)
- Introductions (with a focus on the person and lifestyle, duties)
- Home visits

Enhanced Services

- Lifestyle Services; including "The Meaning of Me®" – The person matters!
- Focus on the best match of caregiver to client. Focus on the characteristics
- Ongoing Quality Assurance
- Ongoing communication with the family and/or care team
- Elder Caring Plus™, light geriatric care management oversight

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

Specialized Training for our Mosaic Staff to better help our Mosaic Members (clients) with complex needs.

Some of our Mosaic staff attended the training for the Behavioural Support Training Program (BSTP) at the Alzheimer Society of Toronto offices. Pictured above is our Mosaic Specialized Team with Esther Atemo Public Education Coordinator of The Alzheimer Society of Toronto.

Behavioural Support Training Program (BSTP). BSTP allows workers and frontline staff to develop skills for dealing with responsive behaviors when working with people living with dementia.

This program provides the skills and education for our front line staff to be better equipped in working with our clients (members) who have Alzheimer's and Dementia.

- A better understanding of how dementia affects people physically, mentally, and socially



Pictured with Esther Atemo Public Education Coordinator of The Alzheimer Society of Toronto are Members of Mosaic's Dementia Care Team at the Behavioural Support Training Program (BSTP), the Alzheimer Society of Toronto offices.

- The skills and confidence necessary to provide the most effective and up-to-date care

(Information taken from the Alzheimer Toronto Website) <http://alz.to/>

Mosaic in Action!



Mosaic's Newest Employees



Diane Roberts
Client Services

"I feel truly fortunate to be part of an organization that shares my passion for helping those in need of assistance and also serving the community as a whole. There is such a growing need in our society to provide care, education and better options for those facing life challenges and transitions. Not only for those requiring care, but their loved ones also benefit from having the guidance, support and understanding of a team that is dedicated to the well-being of the overall family unit."

"During my time here I've witnessed many examples of how the team goes above and beyond to ensure the comfort and happiness of our members. In turn, the heartfelt stories of gratitude from our members and families for the care and compassion they receive are incredibly heartwarming. It's moments like those you feel that what you and your team are doing IS making a difference in the lives of others. I'm proud to be a member of Mosaic and the dedicated team of professionals I work with are truly an inspiration."



Dina Campeis, B.Sc.Kin.
Community Relations
Manager

"Developing and maintaining relationships within our community and with our partners is my primary responsibility as the Community Relations Manager. I get to think out of the box for community events and speaker's series not only for seniors who may need our services, but also for anyone who is starting to think ahead about their own needs or those of their loved ones."

"Having worked with several large organizations that provide care and services to seniors, as well as having been a General Manager in the retirement living industry, I have a unique perspective of the needs and wants of our seniors and where to find the solutions they seek. Our Lifestyle and Meaning of Me® programs at Mosaic, offer one such solution. Mosaic's Community Resource Centres offer a way for families to be engaged and I am excited to be able to promote this in the community."

"I have known Jane Teasdale, one of the Principals of Mosaic, since 2004 and I have watched her work extremely hard to improve the lives of the clients that she has served and, by extension, their families. It is a pleasure to work with her and the rest of the team at Mosaic!"

MOSAIC OPEN HOUSE

Learn About our Community Events!

Join Mosaic Home Care Services on Thursday, January 12th, to visit our Community Resource Centre and learn about our upcoming events, including our First Link[®] Memory Café, Knitting Group, and much more. Our Open House is also a great opportunity to learn about our up coming **FREE SIX WEEK WORKSHOP with Evergreen**. This program will help individuals learn strategies to deal with anxiety and depression, poor quality sleep and dealing with healthcare teams. Learn what fantastic things Mosaic has planned for 2017!



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

Date: Thursday January 12th, 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 Monday January 9th, 2017 ~

No charge for event. Refreshments provided.

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

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 January 26th to March 9th
1 p.m. to 3:30 p.m. *Registration Required

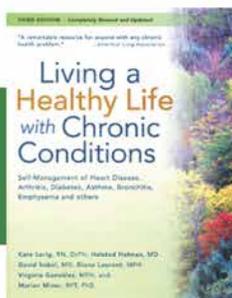
Facilitated by:



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

LEARN MORE:
Open House at Mosaic
January 12th from
1:00 p.m. to 3:00 p.m.



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 Centre

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, January 26th, February 2nd, 9th, 16th,
March 2nd, March 9th, 2017**

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

Time: Please contact Mosaic to confirm event time.

~ RSVP required, please call 905.597.7000 ~

No charge for event. Refreshments provided.

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



The Joy of the Opera

Please join us for three presentations on the increasingly popular art form of opera. Classical Music and Opera aficionado Marcel Deurvorst will present the history of Opera, biographies of three composers and live performances of their most popular works on DVD.

January 13, 2017

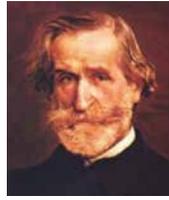


Mozart

Excerpts from

“The Magic Flute”

January 20, 2017



Verdi

Excerpts from

“La Traviata”

January 27, 2017



Puccini

Excerpts from

“Madame Butterfly”

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 (Markham office)

Dates: Fridays, January 13th, 20th, 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 Monday January 9th, 2017 ~

No charge for event. Refreshments provided.

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



The Joy of the Opera

Please join us for a presentation on the increasingly popular art form of opera with a focus on Mozart. Classical Music and Opera aficionado Marcel Deurvorst will present the history of Opera, biographies of three composers and live performances of their most popular works on DVD.

Mozart

Excerpts from

“The Magic Flute”



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 January 25th, 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 January 20th, 2017 ~

No charge for event. Refreshments provided.

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

Parking is \$1 for the 1st hour, \$2 for the 2nd, \$5.00 for the 3rd and \$10.00 for the full day.

Enjoy Walks this **Winter** with Mosaic!

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

Stay in shape this winter with Mosaic! Mosaic's Pole Walking Club continues into the winter with Mosaic will be hosting an indoor walking club this winter. We will be meeting once a month from January to March, continuing again in April, 2017. 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)
- Water Bottle



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

Mosaic Indoor **Winter** Pole Walking Club

theShops.ca
on Steeles and 404

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

Dates: Fridays this Winter: January 20th, February 17th, March 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.
Close to public transit. Free parking and elevator access available.*

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

Thursday, January 26th, 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 Thursday, January 26th, 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 have a coffee or tea provided by Mosaic.

**Review our resources,
pick-up information on
heart health, and how
to keep your heart
healthy and strong.**



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

Date: Thursday January 26th, 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.
Close to public transit. Free parking and elevator access available.*



Mosaic Introduces Our



1st Annual Pet Appreciation Month!

Harsh winters can make getting out and socializing difficult and can be a time when seniors may become isolated. Mosaic has launched the Lifestyle and The Meaning of Me® programs, which are meant to increase interactions with family and friends as well as our caregivers.



Tara Johnston's bunnies Obi and Nu Nu pose for a photo.

We recently posted a blog about Dina and her dog Buddy who happened to knock her down resulting in a broken wrist and sprained ankles. Since we had a lot of responses to this blog, we felt that continuing with our own version of 'pet therapy' might be fun.

So, because of the importance of our pets, we at Mosaic felt it time to honour them with a special Pet Appreciation Month every January.

Pets are known to reduce blood pressure and pulse rate, reduce the number of visits to the doctor, make it easier to make friends and become more active. They offer unconditional love and ease the loss of a loved one. We talk to our pets, we confide in them, and they make us feel better when we feel sad.

To help us promote this, we would like to hear from you! Please drop us a note, and a picture of you and your pet, and let us know how your pet helps you stay healthy, fit and in touch with others.

Watch our website, blog and upcoming newsletter to catch a glimpse in to the Mosaic pet-friendly family!

Send to: kevin@mosaichomehomecare.com



First Link® Memory Café at Mosaic

Share your stories and socialize with others.

When: Last Tuesday of every month, **January 31st, February 28th, & March 28th, 2017**
(Will resume again on Tuesday, April 25th, 2017)

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, Lower Level, 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.



BUY YOUR TICKETS NOW!

For the launch of a research-based short film series about thriving with dementia and fundraising for the **Dotsa Bitove Wellness Academy**

Messages of Hope for Alzheimer's Month

Also Featuring:

- ◊ An art exhibit, showcasing academy members' art
- ◊ Wine reception featuring Norman Hardie Wines

“Free to Be”

The films show the possibilities for growth, learning and hope when living with memory loss where everyone thrives and is Free to Be.

Monday January 23rd, 2017
6:00 PM– 8:00 PM
MaRS Auditorium, 101 College St, Toronto

Ticket Prices:

Students/Seniors: \$25.00
Adults: \$50.00

To purchase tickets please visit: tgwhf.ca/personal-pages/free-to-be/
or contact:

Irene Salvani at 416-340-4800 x 7482 or irene.salvani@uhn.ca



Vonna Bitove
The Bitove Family Foundation

Dr. Christine Jonas-Simpson
Dotsa Bitove Wellness Academy



DOTSA BITOVE
WELLNESS ACADEMY



THE DOTSA BITOVE WELLNESS ACADEMY

What is the Dotsa Bitove Wellness Academy?

The Dotsa Bitove Wellness Academy is a place for learning for persons with dementia, their families and care partners. Founded on the idea of an academy as a centre of learning, the DBWA provides opportunities for personal growth and discovery through creative activities, education and learning, artistic expression, discussion, intergenerational inquiry, exercise & enjoyment.

A first in Canada, the DBWA is an innovation centre of learning for persons living with dementia with an inspiring arts-based program informed by research and philosophy. The Academy provides activities for family members to share experiences & to support one another.

Our Philosophy

The Wellness Academy's philosophy is one of engagement, creativity & intergenerational learning. We provide a safe, comfortable environment designed to help academy members express their thoughts and feelings about who they are and what

they care most about. Activities are led by a professional, caring staff and include meaningful conversations, self-expression, yoga, music, art & drama. Members of the Academy are not viewed as patients but as valued citizens. We are committed to changing the way persons with dementia are viewed and spoken about in order to create a more compassionate, relational approach to dementia care.

We are a centre for excellence in research and relational care and are affiliated with York University and University Health Network (UHN).

We are open Monday to Friday from 9am to 4 pm. Full day programs cost \$80 (+HST) and half day programs cost \$50 (+HST). Lunch is included in both full and half day programs. Complimentary trial visits are available for new members and care partners.

For more information, call us at 416-486-8731 or visit our website at www.dotsabitove.com.

STAYING PHYSICALLY ACTIVE THIS WINTER

Winter is a long season in Canada. It can feel even longer if you can't participate in your usual exercise regime, or longer still if you haven't yet established a routine. The best strategy for both regular and new exercisers is to plan ahead! Learn how to keep physically fit, inside and outside with Medfit Rehab and Mosaic Home Care Services!



Learn useful winter exercise tips like:

- How to prepare to exercise outside
- Appropriate outdoor clothing
- How to exercise indoors during the cold weather

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

Date: Friday February 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 Wednesday February 8th, 2017 ~

No charge for event. Refreshments provided.

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

Parking is \$1 for the 1st hour, \$2 for the 2nd, \$5.00 for the 3rd and \$10.00 for the full day.

Mosaic Travels to... The Gibson House

Built in 1851, Gibson House was the home of Scottish immigrant David Gibson, his wife Eliza (Milne) and their family. Join Mosaic as we take a step back in time and explore this red brick farmhouse whose serene exterior belies the dramatic lives of the Gibson family. We will take an hour and a half long tour of the house that includes making butter and scones that we can taste. Come with us as we travel back in time!

Schedule of the Day:

10:00 a.m. to 11:30 a.m. – Tour of the Gibson House

11:30 a.m. to 12:30 p.m. – Lunch provided by Mosaic

Please Meet us at the Gibson House for 10:00 a.m., sharp!

Public Transit: Take the TTC to North York Centre Station. Head North on Yonge Street and then West on Park Home Avenue.



Parking: Available at the Museum. Underground parking is also available nearby, tickets can be validated by the museum.

Where: Gibson House, 5972 Yonge Street, North York. Postal Code: M2N 5P7

Date: Wednesday February 22nd, 2017

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

~ RSVP 905.597.7000 by Wednesday February 15th, 2017 ~

No Transportation Provided. Refreshments Provided.



SUGARS: THE GOOD, THE BAD & THE UGLY



We hear a lot about sugar and how its bad for us but what really is the story? Carbohydrates and sugars are a regular part of our diet found in the foods we eat everyday. Discover the benefits and limitations of sugar, which ones to eat, indulge or avoid.

We will also be discussing:

- How to read labels so you'll know which sugar foods to select
- What sugars are preservative and additives that you don't want to eat
- Benefits of organic foods (where to buy, how to choose and why)
- Basic supplements to take in every diet for everyone
- How sugar foods add to your daily stress and lifestyle



Several delicious and healthy snacks and desserts will be prepared by Rani Glick, Holistic Nutritionist, chef and health coach with tastings for everyone to enjoy!

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

Date: Friday March 17th, 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 March 10th, 2017 ~

No charge for event. Refreshments provided.

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



Seniors Safety: Frauds & Scams



Mosaic is excited to have Bussie Woods, Community Services – Seniors Safety Officer from the York Regional Police come into to talk about seniors safety by teaching the community to be aware of potential frauds and scams. At this presentation learn how to detect suspicious emails and phones calls and deal with them, discover what events and programs York Region Police have for seniors safety and ask Bussie any questions you have.



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

Date: Tuesday March 21st, 2017

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

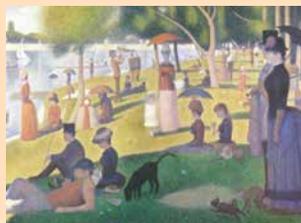
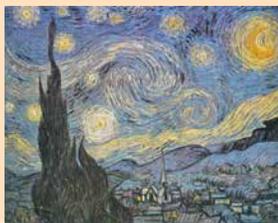
Time: 1:30 p.m. to 3:00 p.m.

No charge for event. Refreshments provided.

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

EVERYTHING You Wanted to Know About **Art** But Were Too Afraid To Ask!

Unsure about the who, what and why of art? Fear no more! In this 1-hour visual presentation, Lianne Harris will fast-track you through the art ages, explaining the significant art movements while regaling you with fascinating stories about the artists, the risks they took, and yes, the flak they got. Hold your own in any conversation and better appreciate the last 1000 years of Western Art!



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

Date: Monday March 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 Wednesday March 1st, 2017 ~

No charge for event. Refreshments provided.

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

Parking is \$1 for the 1st hour, \$2 for the 2nd, \$5.00 for the 3rd and \$10.00 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, slows cognitive decline and can help prevent arthritis and tendinitis.

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)

Date: 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.

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

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 and above any other home care or agency above any other home care agency.](#)
- 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 CENTRE

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

ELDER CARING PLUS™

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



MOSAIC
Home Care Services & Community Resource Centre

Serving Toronto and York Regions

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