



# MOSAIC

Home Care Services & Community Resource Centres

WINTER 2018

## Newsletter

*What a difference we make®!*

**See inside for our upcoming Events and Services**  
**See also our World Speaking Tour Update and Recent Awards**



## Featured Events

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

**Friday January 19<sup>th</sup>, February 16<sup>th</sup>, March 16<sup>th</sup>, 2018**

Mosaic Pole Walking Club

**Friday January 19<sup>th</sup>, 2018**

*"The Importance and Benefits of Staying Socially Engaged in the Community"*

**Monday January 22<sup>nd</sup>, February 12<sup>th</sup>, March 19<sup>th</sup>, 2018**

Mosaic Social Time! Come Help Define Our Community

**Tuesday January 30<sup>th</sup>, February 27<sup>th</sup>, March 27<sup>th</sup>, 2018**

First Link® Memory Café at Mosaic

**Thursdays from February 8<sup>th</sup> to March 15<sup>th</sup>, 2018**

Healthy Living Now – free six week workshop facilitated by Evergreen

**Friday February 9<sup>th</sup>, 2018**

Moving Forward on Your Own: A Seminar for Widows & Friends

**Tuesday March 6<sup>th</sup>, 2018**

Person Centered Services & Community Interaction:

Developing the Human Dimensions of "Mind and Place", The Mosaic Way!

**Friday March 9<sup>th</sup>, 2018**

Collage Workshop with Leslie White

**Friday March 16<sup>th</sup>, 2018**

Rimbala™ Movement Through Music

### TORONTO OFFICE (*CNIB Centre*)

**Friday January 26<sup>th</sup>, 2018**

*"The Importance and Benefits of Staying Socially Engaged in the Community"*

**Monday January 29<sup>th</sup>, February 26<sup>th</sup>, March 26<sup>th</sup>, 2018**

Mosaic Social Time! Come Help Define our Community

**January 31<sup>st</sup>, February 28<sup>th</sup>, March 28<sup>th</sup>, 2018**

Mosaic's Mid-Town Memory Café – Toronto Resource Centre

**Friday February 23<sup>rd</sup>, 2018**

Essential Oils 101 – Find out what essential oils are, and how they are commonly used

**Thursday March 8<sup>th</sup>, 2018**

Person Centered Services & Community Interaction:

Developing the Human Dimensions of "Mind and Place", The Mosaic Way!

**Friday March 23<sup>rd</sup>, 2018**

Rimbala™ Movement Through Music



## Mosaic Home Care & Community Resource Centres:

# AWARDED THE GOLD MEDAL OF THE EUROPEAN SOCIETY FOR PERSON CENTERED HEALTHCARE for its Person Centered, Community Focused Model of Care:



"The Gold Medal and its associated Certificate are awarded in recognition of your substantial contribution to the development of home and health care issues in the community and thus to a development of the person-centeredness of care when developing relations between healthcare professionals, home care providers, not-for-profit agencies and other important services providers that are needed to provide the wider levels of support often required by those in need in the community."

Mosaic is pleased to announce that it has been awarded the Gold Medal of the European Society for Person Centered Healthcare at the Society's Annual Conference and awards held in London, the UK, in October of 2017:

**From the ESPCH:** *"The Gold Medal and its associated Certificate are awarded in recognition of your substantial contribution to the development of home and health care issues in the community and thus to a development of the person-centeredness of care when developing relations between healthcare professionals, home care providers, not-for-profit agencies and other important services providers that are needed to provide the wider levels of support often required by those in need in the community."*

At the October conference Mosaic was invited to present on its unique person centered care model in a talk titled ***"The Meaning of Me®": a Canadian blue print for addressing the complex whole that is the person at the centre of the community based homecare services model.***

*"Mosaic's blue print for Person Centred Care extends the notion that care based services should be implemented collaboratively with the individual and their families to one that also embraces the voice and the rich habitat of the mind and the being of the person being cared for. It is one that is also especially sensitive to the importance of community, the person's place in the community and the wider dynamic that encompasses a person's many dimensions of being. "*

This election to the ***Gold Medal Award of the European Society for Person Centered Healthcare*** recognizes the importance of person centred community focused models of care to individuals in need of care, their families and wider communities, and the very many relationships that connect all.

We would like to thank The European Society for Person Centered Healthcare for recognising the importance of person centred community focused models of care to those many individuals in need of care, their families and their wider communities. We will use this award to encourage others to work together to push the boundaries of care and the ways in which we can all address the many dimensions of care needs and personal identity.

### **Mosaic's model of care looks to integrate for profit and not for profit community services and supports for home health care and to encourage a wider community involvement:**

Mosaic has set up and funded community resource centres that combine both educational and fun events for individuals in need of care and their families with information on the many supports and services available in the community. It operates two resource centres across the GTA. Its resource centres provide socialisation opportunities for individuals, help for families and family caregivers, social integration of seniors within the wider community and the building of relationships with many service providers and businesses in the community.

#### **“The Meaning of Me®”**

Drawing inspiration from the Joseph Rowntree Report “A Better Life – What older people with high support needs value”, “The Meaning of Me” addresses the needs of the individual ***outside of the medical and support lens of the homecare model*** and develops a framework in which caregiver and client, family and client and ultimately the wider community and client can establish a richer set of conversations, relationships and connections. The Meaning of Me® is a journey of potential for the individual to reconnect with themselves, their interests and where possible their communities.

*“Looking more deeply at person centred care has allowed us to look beyond standard models of care, and their assessment processes, to areas that may also have impact with respect to the client’s physical and mental well-being to greater extent; addressing typically “non care” areas, for older adults where complex care needs impact being, may well be of critical importance to the person in raising the quality of life otherwise achieved from outcomes limited to nursing and personal supports. “*

*“Home care is one of the furthest points along chain of care that you can get for the older adult and occupies an important space in the care continuum, dominating essentially large parts of the person’s space and time.”*

*“Importantly the home is especially relevant to aging in place dynamics and community interaction and is therefore much closer to the person centred care dimensions of the mind and community. It was this proximity to community and place, engendered by our long standing belief in the importance of community towards aging in place and age friendly communities, that helped gather our minds’ eye on “The Meaning of Me®” as an important interface to the person that we care for.”*

“The Meaning of Me®” closed the loop that Mosaic started with its community resource centres. It reached out to the community and drew it in and then reached out to the people in need of care and drew them in.

Mosaic has set standards and promoted the importance of community, person centred care and the importance of addressing the individual at the centre of care to individuals and families and the wider service and professional community. In so doing it is introducing new models and benchmarks of care.

### **Recognised as a best practise leader at home and abroad**

Mosaic is recognized as a best practice leader in homecare services, and especially so in the way it addresses human values and social and community interaction.

# PRESENTATIONS WE ARE MAKING AROUND THE WORLD AND CLOSER TO HOME

Our next presentation, a panel discussion for Alzheimer Society Toronto's Dementia network for professionals, will be at St Paul's Church, Toronto, **Friday February 16<sup>th</sup>, 2018**, on the topic of *"A person centred approach to palliative care; creating options for dementia"*. Jane Teasdale will be presenting on: *"When it Matters Most: Person Centered Care at the End of Life for Persons living with Dementia."*

JOIN THE WORLD TOUR:  
Mosaic's "Persons of Meaning, Being and Community"



We would also like let you know that our abstract, *"Introducing an Internationally Recognised Person Centered, Community Integrated Model of Home Care"* has also recently been accepted by the International Federation on Ageing for their 14th Global Conference On Ageing which will take place in August 2018.

*Home care is one of the furthest points along the chain of care that you can get for the older adult. It occupies critical space in the care continuum, dominating large parts of the person's space and time. The home is especially relevant to aging in place dynamics and the highly important dimensions of the mind and community interaction.*

## Stay in Shape this **Winter** with Mosaic's Indoor Pole Walking Club

Stay in shape this winter with Mosaic! Mosaic's Pole Walking Club continues into the winter with Mosaic hosting an indoor walking club. We will be meeting once a month from January to March, continuing again in April 2018. 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](mailto: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 19<sup>th</sup>, February 16<sup>th</sup>, March 16<sup>th</sup>, 2018**  
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.*



# First Link® Memory Café at Mosaic – Markham Resource Centre



**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 **January 30<sup>th</sup>, February 27<sup>th</sup> & March 27<sup>th</sup>, 2018.**  
(Will resume again on Tuesday, April 24<sup>th</sup>, 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,  
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** (ext.242) – No charge for event.



# The How-To's of Staying Socially Engaged Within Your Community!

Featuring Jane Teasdale, Kevin Lopes from Mosaic Home Care & Leonard Rudner and Stacey Grammick, Director for Client Services from North York Seniors Centre on their programs and the importance of staying social as you age.

- Finding ways to contribute to the community
- Connecting with others
- Keeping up hobbies and interests
- Programs and services in your community that keep you active and socially connected
- Meaningful conversations
- Realizing that we all have meaning
- Open discussion with attendees



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

**Date: Friday January 19<sup>th</sup>, 2018**

**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 January 12<sup>th</sup>, 2018 ~*

*No charge for event. Refreshments provided.*

*Free parking. Close to public transit.*

# The How-To's of Staying Socially Engaged Within Your Community!

Featuring Jane Teasdale and Kevin Lopes from Mosaic Home Care on their programs and the importance of staying social as you age.

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- Meaningful conversations
- Realizing that we all have meaning
- Open discussion with attendees



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

**Date: Friday January 26<sup>th</sup>, 2018**

**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 19<sup>th</sup>, 2018 ~*

*No charge for event. Refreshments provided.*

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

*\$1 for the 1<sup>st</sup> hour, \$2 for the 2<sup>nd</sup>, \$5 for the 3<sup>rd</sup> and \$10 for the full day.*

# Why Keeping Social In Your Community Benefits Your Health

Home care companies occupy a unique position in the community with special relationships with caregivers, families and persons receiving care. When we set up Mosaic we wanted to fully develop this gatekeeper role and to extend it to the wider community.

We set up our first resource centre and social programs some eight years ago and are recognized as innovative, creative and inclusive with respect to the way we communicate, integrate and interact with the many people, services, frequencies and social contexts in our community.

Our community  
is a living breathing being  
and we aim to fully  
develop this being and  
these relationships,  
bringing as many  
people and  
organisations  
together  
in a developing  
mosaic of  
community,  
personhood  
and being.



Our community is a living breathing being and we aim to fully develop this being and these relationships, bringing as many people and organisations together in a developing mosaic of community, personhood and being.

In our “Winter 2018” edition of our community Newsletter we provide information on an important community presentation on socialisation and isolation which we will be delivering alongside North York Seniors’ Centre and other important community organisations. Our own presentation will be on “The How To’s of Staying Socially Engaged Within Your Community”.

We also have a new program starting in January; we have provisionally called this “Mosaic Social Time! Come Help Define our Community”. This program promotes social interaction and is also intended to generate ideas and discussion on how we can organise our communities, so that people have more say in what goes on. So we are also looking for individuals who may want to take on leadership roles in creating a wider integrated community. This is a journey and exploration and a creative opportunity. These events will be held once a month at our Markham and Mid-Town Toronto Resource Centres; Kevin Lopes and Dina Campeis of Mosaic will be running this program.

Also, please note that Kevin Lopes of Mosaic prepares a GTA wide Activity Booklet: this booklet is designed for older adults, their families, friends, personal support workers and caregivers in providing a number of options for fun outings in the community. Use our Activity Booklet to plan a fun outing with the family, or to catch your favourite artist when they are in town. With socialization being an important part to our overall health, our Activity Booklet will help people get out and provide them with options to remain social in the community. You can also find all of Mosaic’s events at our

events page for both our [Markham](#) and [Toronto](#) locations, and sign-up for [Mosaic’s quarterly newsletter](#) to receive news about Mosaic and our upcoming events.

<https://www.mosaichomecare.com/news-events/upcoming-events/activity-booklet-tour-wonderful-city/>



## Mosaic Social Time! Come Help Define Our Community

Join Mosaic and members of our community once a month, for a social afternoon filled with ideas, fun and interaction.

"Mosaic's Social Time!" will look to engage the community in a number of different activities and events; from painting, drawing and board games to group discussions, and developing ideas as to how our communities could be better run.

This new program will look to keep the community engaged, active, involved and contributing. Who knows what direction this exciting new endeavor could take?



**Games**



**Discussions**



**Activities**

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

**Dates: Mondays, January 22<sup>nd</sup>, February 12<sup>th</sup>, March 19<sup>th</sup>, 2018**

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

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

*~ RSVP to attend. 905.597.7000 ~*

*No charge for event. Refreshments provided.*

*Free parking. Close to public transit.*

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**Games**



**Discussions**



**Activities**

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

**Dates: Mondays, January 29<sup>th</sup>, February 26<sup>th</sup>, March 26<sup>th</sup>, 2018**

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

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

*~ RSVP to attend. 905.597.7000 ~*

*No charge for event. Refreshments provided.*

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

*\$1 for the 1<sup>st</sup> hour, \$2 for the 2<sup>nd</sup>, \$5 for the 3<sup>rd</sup> and \$10 for the full day.*



# 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 February 8th to March 15th, 2018

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

Facilitated by:



Learn strategies to help you reduce the distress of:

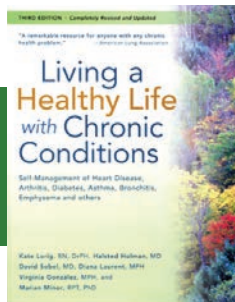
Pain and other symptoms

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](mailto:info@evgcares.org)  
Course runs for 6 weeks (2.5 hours per week)

Hosted by:



The Shops on Steeles and 404

2900 Steeles Ave E, Thornhill

Located on the Lower Level by Centre Court

**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: February 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>,  
March 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 2018**

**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](mailto:info@evgcares.org) ~

*No charge for event. Refreshments provided.*

*Free parking. Close to public transit.*

## Moving Forward on Your Own: A Seminar for Widows & Friends

Widows face unique challenges as they grieve and make important decisions for the next stage in their life. Join us for an informative presentation and discussion featuring:



### ***Managing Your Financial Affairs Through 3 Stages Of Widowhood: Grief, Growth And Grace***

*Charlotte Paul, Financial Advisor,  
Perspective Wealth Management of Raymond James*

### ***Should I Stay Or Should I Go? Discussing Toronto Real Estate***

*Jane Mooy, Broker and Lynn Marie Robinson,  
Sales Rep. of JOHNSTON & DANIEL*

### ***Are You A SQUIRREL-er? What Are You Holding On To, Just In Case It Comes Handy Someday?***

*Karen Shinn, Downsizing Diva*

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

**Date: Friday February 9<sup>th</sup>, 2018**

**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 February 1<sup>st</sup>, 2018 ~*

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

GET BACK TO THE FUNDAMENTALS WITH OUR

## Essential Oils 101

FIND OUT WHAT ESSENTIAL OILS ARE, WHERE WE GET THEM  
AND HOW THEY ARE COMMONLY USED.

TARA JOHNSTON HAS BEEN EXPLORING THE  
WORLD OF ESSENTIALS  
OILS IN AN EFFORT  
TO COMBAT CHRONIC PAIN.  
THROUGHOUT HER JOURNEY,  
SHE HAS DISCOVERED HOW THE  
PRACTICAL APPLICATION  
OF OILS BENEFITS ALL WALKS  
OF LIFE AND OUR DESIRE TO IMPROVE  
OURSELVES EACH AND EVERY DAY.



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

**Date: Friday February 23<sup>rd</sup>, 2018**

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

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

*~ RSVP 905.597.7000 by Thursday February 15<sup>th</sup>, 2018 ~*

*No charge for event. Refreshments provided.*

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

*\$1 for the 1<sup>st</sup> hour, \$2 for the 2<sup>nd</sup>, \$5 for the 3<sup>rd</sup> and \$10 for the full day.*

## Join the Mosaic Knitting Group!



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



**Wednesdays from 1:30 p.m. to 3:00 p.m.**

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

**Located on the Lower Level by Centre Court**

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

**Dates: Every Wednesday afternoon**

**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.*

*Free parking. Close to public transit.*





## MOSAIC'S MID-TOWN MEMORY CAFÉ TORONTO RESOURCE CENTRE



Our Memory Café session provides a warm and friendly environment where you can socialize, build friendships and pick up information from local health and community organizations that provide support. This program is ideal for those who have been diagnosed with early Alzheimer disease and/or related dementias, those who worry about memory problems, and their care partners.



- Educational sessions from community organizations relating to brain health and education
- Discussion topics and conversation
- Focus on the arts – music, movement and art, guest speakers with expertise
- Guest speakers focusing on interesting hobbies, incorporating hands on workshops
- Participants bring ideas to discuss: focus on travel, things to do in Toronto or a book or movie!

- WHEN:** Last Wednesday of every month, starting February 28<sup>th</sup>, March 28<sup>th</sup>, April 25<sup>th</sup> and May 30<sup>th</sup>, 2018 (Programs will resume again in September 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.
- TO REGISTER:** Please phone **416 322 7002** – No charge for event.

# 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](http://www.mosaichomecare.com)**

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

# Person Centered Services & Community Interaction: Developing the Human Dimensions of “Mind and Place” – The Mosaic Way!



*Award of the*  
  
*Gold Medal*  
*of the European Society For  
Person Centered Healthcare*

## Award of the Gold Medal of the European Society for Person Centered Healthcare

“The Gold Medal and its associated Certificate are awarded in recognition of your substantial contribution to the development of home and health care issues in the community and thus to a development of the person-centeredness of care when developing relations between healthcare professionals, home care providers, not-for-profit agencies and other important services providers that are needed to provide the wider levels of support often required by those in need in the community.”

Jane Teasdale, (One of the Principal Owners) and Martha Miller (Client Services Liaison) of Mosaic Home Care will be speaking about Mosaic’s person centered care initiatives and how they address the ever present essential elements of the human being and community interaction.



Jane Teasdale



Martha Miller

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

Date: **Tuesday March 6<sup>th</sup>, 2018**

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 March 1<sup>st</sup>, 2018 ~

*No charge for event. Refreshments provided.*

*Free parking. Close to public transit.*

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

Date: **Thursday March 8<sup>th</sup>, 2018**

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 March 2<sup>nd</sup>, 2018 ~

*No charge for event. Refreshments provided.*

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

*\$1 for the 1<sup>st</sup> hour, \$2 for the 2<sup>nd</sup>, \$5 for the 3<sup>rd</sup> and \$10 for the full day.*



# Collage Workshop

## An Easy & Enjoyable form of Self Expression!

This 90 minute workshop will have you flip through magazines and tear out images, colours, textures, words, and ad phrases you like. You will then reassemble and glue them onto cardboard creating your own original art work!



Magazines are an abundant, throw-away resource containing visual representations of things around our world.

*Participants are also invited to bring personal photos or photocopies of their favourite images to work with.*

*Lesley White has been designing and facilitating workshops for over 20 years. She brings an infectious enthusiasm for collage to all her participants.*



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

**Date: Friday March 9<sup>th</sup>, 2018**

**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 2<sup>nd</sup>, 2018 ~*

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



## Rimbala™: Movement Through Music!

Developed by Dr. Daniel Rubinoff, Rimbala™ combines live, improvised music with simple movement activities to help seniors improve balance and mobility. The improvised music in Rimbala™ invites seniors to develop brain plasticity and prevent falls in a joyful and social environment. This dynamic program based on research studies offers people a fun way to improve balance, mobility and brain plasticity!



#### Benefits of Rimbala™ include:

- Increased regularity of gait
- Improved sense of balance
- Improved sense of well-being
- Deeper appreciation of music to inspire us emotionally

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

**Date: Friday March 16<sup>th</sup>, 2018**

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

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*~ RSVP 905.597.7000 by Friday March 16<sup>th</sup>, 2018 ~*

*No charge for event. Refreshments provided.*

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

*\$1 for the 1<sup>st</sup> hour, \$2 for the 2<sup>nd</sup>, \$5 for the 3<sup>rd</sup> and \$10 for the full day.*

# 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 Markham & Mosaic’s Mid-Town Memory Café – Resource Centre

### MOSAIC’S ELDER CARE PLUS™

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



Serving Toronto and York Regions

#### Corporate Office

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