



# MOSAIC

Home Care Services & Community Resource Centres

## SPRING & SUMMER 2018 Newsletter

*What a difference we make®!*

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



**MOSAIC**  
 Home Care Services & Community Resource Centres  
 2900 Steeles Ave East, Suite 218  
 Markham, ON L3T 4X1  
[www.mosaichomecare.com](http://www.mosaichomecare.com)

## Featured Events

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

Thursday April 5<sup>th</sup> and Thursday July 19<sup>th</sup>, 2018

Blood Pressure & Informational Clinic at The Shops on Steeles

Friday April 6<sup>th</sup>, 2018

Falls Prevention for Older Adults

Thursday April 12<sup>th</sup>, 2018

Staying Young the Fun Way!

Fridays, April 20<sup>th</sup>, May 18<sup>th</sup>, June 15<sup>th</sup> and every Friday in July & August 2018

Mosaic Pole Walking Club

Mondays, April 23<sup>rd</sup>, May 14<sup>th</sup>, June 18<sup>th</sup>, July 23<sup>rd</sup> and August 20<sup>th</sup>, 2018

Mosaic Social Time! Come Help Define Our Community

Tuesday April 24<sup>th</sup> and Tuesday May 29<sup>th</sup>, 2018

First Link® Memory Café at Mosaic

Tuesdays from May 8<sup>th</sup> to June 12<sup>th</sup>, 2018

Healthy Living Now Program – free six week workshop facilitated by Evergreen

Friday June 8<sup>th</sup>, 2018

Mosaic Seniors' Month Celebration at The Shops on Steeles (Centre Court)

Friday July 6<sup>th</sup>, 2018 at North York Seniors Centre, 21 Hendon Avenue, North York

North York Seniors Centre Tour and Lunch

### TORONTO OFFICE (*CNIB Centre*)

Friday April 20<sup>th</sup>, 2018

Falls Prevention for Older Adults

Wednesday April 25<sup>th</sup> and Wednesday May 30<sup>th</sup>

Mosaic's Mid-Town Memory Café Toronto Resource Centre

Mondays, April 30<sup>th</sup>, May 28<sup>th</sup>, June 25<sup>th</sup>, July 30<sup>th</sup> and August 27<sup>th</sup>, 2018

Mosaic Social Time! Come Help Define Our Community

Friday May 11<sup>th</sup>, 2018

An Introduction into Mindfulness – Anne Johnston Health Station Tobias House

Tuesday May 15<sup>th</sup>, 2018

Carol Coiffe – "Her Story, Joy of Life" – Healthy Communities Champion

Thursday May 24<sup>th</sup>, 2018

British High Tea Lecture Series: Balancing Freedom with Peace of Mind

Thursdays, July 5<sup>th</sup> to October 25<sup>th</sup>, 2018

Mosaic's Pole Walking Club at Our Toronto Office at the CNIB

Tuesday July 17<sup>th</sup>, 2018

St. Lawrence Market Tour with Bruce Bell (Lunch provided by Mosaic)

Wednesday July 25<sup>th</sup>, 2018

Reset Your Body: Tapping into your Original Strength



## 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 blueprint for addressing the complex whole that is the person at the centre of the community based homecare services model.***

*"Mosaic's blueprint 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

MOSAIC IS MAKING A SERIES OF PRESENTATIONS ON ITS PERSON CENTERED COMMUNITY CARE MODEL, "THE MEANING OF ME®", BOTH HERE IN CANADA AND AROUND THE WORLD.

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 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.

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



**Our next presentation and keynote will be for the National Initiative for the Care for the Elderly Transition aging across the life course 13th Annual Knowledge Exchange** On April 30th - May 1st, 2018 Toronto Hosted by the National Initiative for the Care of the Elderly (NICE) & Ryerson University's National Institute on Ageing (NIA).

Mosaic will also be presenting at the International Federation on Aging in August 2018, its topic will be: "Introducing an Internationally Recognised Person Centered, Community Integrated Model of Home Care".

We are also slated for the end of September 2018 to present in Lyon France on Person Centered Healthcare.

*Person centered care addresses the holistic, organic and dynamic multi dimensional entity of personhood. The increasing focus on person centeredness within the health care model is especially and increasingly relevant to the growing demographic of socially vulnerable older adults living with complex care needs.*

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



Mosaic Home Care Services will host two blood pressure clinics at our Community Resource Centre at our Markham location this spring and summer! 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 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.

### Dates:

**Thursday, April 5th, 2018**

**Thursday, July 19th, 2018**

### Time:

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

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



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

**Dates: Thursday April 5th, 2018 and Thursday July 19th, 2018**

**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.*



## Falls Prevention for Older Adults

Falls are the leading cause of injury-related hospitalizations and deaths for older adults. Join Mosaic as we welcome Bianca Charles from Feet First Clinic who will be speaking about how older adults can prevent falls!

We will learn about:

- Statistics & injuries suffered from falls.
- Common causes for falls, being age related muscle loss.
- Prevention & chiropodists role in exercise, stretching & treatment.
- A look at diabetic foot care.



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

**Date: Friday April 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 Friday March 30<sup>th</sup>, 2018 ~*

*No charge for event. Refreshments provided.*

*Free parking. Close to public transit.*

## Falls Prevention for Older Adults

Falls are the leading cause of injury-related hospitalizations and deaths for older adults. Join Mosaic as we welcome Bianca Charles from Feet First Clinic who will be speaking about how older adults can prevent falls!

We will learn about:

- Statistics & injuries suffered from falls.
- Common causes for falls, being age related muscle loss.
- Prevention & chiropodists role in exercise, stretching & treatment.
- A look at diabetic foot care.



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

**Date: Friday April 20<sup>th</sup>, 2018**

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

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

*~ RSVP 416.322.7002 by Friday April 13<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.*

# Walk this **Spring & Summer** with Mosaic!

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

Get moving with Mosaic! Mosaic's Pole Walking Club continues into this spring and summer with Mosaic hosting indoor and outdoor walks. We will be meeting once a month from April to June, and then meeting once a week in July and August. Mosaic staff will lead a guided 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)



theShops.ca  
on Steeles and 404

## Mosaic Pole Walking Club

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

Dates: **Fridays, April 20<sup>th</sup>, May 18<sup>th</sup>, June 15<sup>th</sup>, 2018 and every Friday in July & August**

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.*

## Mosaic Pole Walking Club

At our **Toronto** Office at the **CNIB Centre**

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

### Meet new friends while exercising?

Mosaic Home Care Services & Community Resource Centre will be hosting our annual "Summer Walking Club" Thursday mornings at our location at the CNIB Centre starting July 5th. The Walking Club will run through the months of July through to October. We will be walking around the areas of Bayview and Eglinton & Sunnybrook Park from 9:30 am until 11:00am.

**Meeting Place:** Mosaic Home Care Services & Community Resource Centre, Suite 215H

- 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 416.322.7002 or email at [kevin@mosaichomecare.com](mailto:kevin@mosaichomecare.com)



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

Dates: **Thursdays, July 5<sup>th</sup> to October 25<sup>th</sup>, 2018**

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 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.*

# Staying Young, the Fun Way!

## Back by popular demand, Jonathan Maister returns to Mosaic Home Care this April!

Jonathan, an Athletic Therapy Massage and Sport Massage Therapist, hosts an interactive presentation that will address activity as a practical and fun way to keeping youthful. Audience participation includes dialogue and a physical component including light exercise. Enjoy learning 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 April 12<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 April 5<sup>th</sup>, 2018 ~*

*No charge for event. Refreshments provided.*

*Free parking. Close to public transit.*

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

### Share your stories and socialize with others.

**When:** Last Tuesday of every month, on **April 24<sup>th</sup> and May 29<sup>th</sup>, 2018**  
(Will resume on Tuesday, September 25<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)  
Located on the Lower Level by Centre Court  
2900 Steeles Avenue East, 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.

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





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: April 25<sup>th</sup> and May 30<sup>th</sup>, 2018  
(Programs resume again on September 26<sup>th</sup>, 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 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 with different activities and events; from painting, to 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, April 23<sup>rd</sup>, May 14<sup>th</sup>, June 18<sup>th</sup>, July 23<sup>rd</sup> and August 20<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.*

## 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 with different activities and events; from painting, to board games, to group discussions, and developing ideas as to how our communities could be better run.

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**Games**



**Discussions**



**Activities**

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

**Dates: Mondays, April 30<sup>th</sup>, May 28<sup>th</sup>, June 25<sup>th</sup>, July 30<sup>th</sup> and August 27<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. 416.322.7002 ~*

*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.*

# An Introduction into Mindfulness



Thanks to research and exposure from the media, mindfulness is practiced by millions of people. It's being taught in schools, in workplaces, in hospitals and in homes all over the world. Wondering if the practice of mindfulness could be of benefit for you? Join Sasha Whiting, Health Promoter, from Anne Johnston Health Station-Tobias House Attendant Care, and discover what mindfulness has to offer us, and some simple ways to get started today.

**Topics Covered:**

- Key concepts
- Formal and informal practice
- Scientific research
- Community programs



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

**Date: Friday May 11<sup>th</sup>, 2018**

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

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

*~ RSVP 416.322.7002 by Friday May 4<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.*

## The Anne Johnston Health Station-Tobias House Attendant Care (AJHS-THAC), a not-for-profit community health centre

We would like to introduce a best practice leader in person centered community based health care. A brief introduction on the centre is provided by centre staff in the text below.

We are very impressed with their focus on the wider boundaries of the person, the many events and activities they host and the community leadership and involvement they inspire from those living within their community. A model and a vision to follow? Most definitely!

The Anne Johnston Health Station-Tobias House Attendant Care (AJHS-THAC) is a not-for-profit community health centre providing a wide range of programs and services that promote the health and well-being of older adults, people with physical disabilities, and youth.

All of our programs and services are **confidential** and **free of charge**. We are a barrier free, fully accessible environment. People accessing our services have often referred to us as "The Community's Best Kept Secret".

At AJHS-THAC, we believe in a client-centered, multi-disciplinary approach to health care. This means that clients are at the centre of any planning and decision making about their treatment and/or care. Our team of doctors, nurse practitioners, therapists, occupational therapists, physiotherapists, dietitians, chiropodists, health promoters and attendant care (P.S.W's) work closely together. They provide the best information and guidance to clients and support them in the decisions they make about their health care.

We also provide attendant care support to individuals with physical disabilities so they can live independently in their apartments at three Toronto locations. Our attendant care services are offered according to the principle of "client choice of lifestyle" and are client directed. Clients in this setting are often referred to as "consumers".

Our primary health care team encourages clients to make use of the health promotion programs both here at the AJHS-THAC, and in the community. We have a wide range of programming for community members to discover. For older adults, some of our programs include: monthly health and wellness workshops, mindfulness, meditation, fitness programs for all abilities, discussion groups, caregiver support, knitting, bingo, adult colouring, the Good Food Box, and volunteer opportunities. Clients regularly share that these programs help support their overall health and wellbeing. They give people the opportunity to increase their knowledge, gain new skills, reduce stress, socialize, be part of a community, and develop close relationships. At AJHS-THAC, health promotion programming offers you the chance to work with us in many different and rewarding ways!

There is a saying at AJHS-THAC, that Everyone Belongs, and Everyone Matters. We welcome you to become a part of our wonderful community. For more information about our clinical and/or health promotion services please contact us:



**Anne Johnston Health Station – Tobias House Attendant Care | 416-486-8666 | Website: [www.ajhs.ca](http://www.ajhs.ca) & [www.tobiashouse.ca](http://www.tobiashouse.ca)**

## 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

Tuesdays from May 8th to June 12th, 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



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)

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

Hosted by:



The Shops on Steeles and 404  
2900 Steeles Ave E, Thornhill  
Located on the Lower Level by Centre Court



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

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

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

Dates: **Tuesdays, May 8<sup>th</sup>, May 15<sup>th</sup>, May 22<sup>nd</sup>, May 29<sup>th</sup>, June 5<sup>th</sup> and June 12<sup>th</sup>, 2018**

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

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

## Palliative Care, End of Life, Hospice Care, Advance Care Planning – What does it all mean?

**At Mosaic, we are focused on Person-Centred Care, and knowing the wishes of our clients and their families is extremely important to us.**

By Dina Campeis, Community Relations Manager, Mosaic Home Care.

It seems that the terms being used by health care professionals can cause confusion and even undue pain and suffering. For example, the word 'palliative'. When hearing this, some will think that end of life is near and this is not the case! It means that the illness has no cure, so the **approach** to treatment will be to improve the quality of life for patients and their families, and will include pain management.

Hospice Care is defined as **care** provided to people in the final phase of a terminal illness. It focuses on comfort and quality of life, not on finding a cure.

Some of the questions families may want to learn or talk about:

- Advance Care Planning – what are your wishes for end of life care
- Hospice Care – do I have to go to a hospice or can I get this at home?
- Advanced Care Directives – if I call 911, what do they need to make sure that they follow my wishes?

Being deemed 'palliative' gives you time to make decisions, but more importantly, time to spend with

your family and loved ones doing the things you want and making new memories. Knock off a few of the bucket list items such as making a collage or photo book with all the old photos you have. What a nice project this would be to do with family.

Mosaic's Community Resource Centres has some information, and you can also contact the following organizations who can help you and your family.

- <http://www.advancecareplanning.ca/what-is-advance-care-planning/>
- Hazel Burns Hospice: <http://hbmhospice.com/416-782-5915>
- Temmy Latner Centre, [http://www.tlcp.org/416-586-4800 ext. 7884](http://www.tlcp.org/416-586-4800-ext.7884)
- <http://alzheimer.ca/en/Home/Living-with-dementia/Caring-for-someone/End-of-life-care/Importance-palliative-care>

By having conversations with your loved ones and Power(s) of Attorney, you can ensure that your wishes are heard and adhered to. This also helps your health care team provide the care that you want.

"Who will I be when I die?"  
asked Christine Boden (1998) in her  
book about living with dementia...





# Her Story – Joy of Life Carol Coiffe

Healthy Communities Champion with Ontario Healthy Community Coalition

*Join us for a conversation about volunteering,  
life-long learning and building a better community!*

- Learn about the life and career of Carol and why she decided to focus on joy.
- Shine the light on working with others to make the world a better place to live, work, play and learn
- The importance of celebrating accomplishments and the power of actions over words
- “Champion Actions” - how to make a neighbourhood, community and city a better place for everyone



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

Date: **Tuesday May 15<sup>th</sup>, 2018**

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

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

~ RSVP 416.322.7002 by Friday May 11<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.*



## *Balancing Freedom with Peace of Mind*

Come and join Mosaic for a

### *British High Tea and Lecture Series*

on the following topics:

**Sotheby's** Canada  
International Realty

**Cheryl Thompson and Linda McEwan** from Sotheby's International Realty Canada – Making the decision to move is only the beginning. Next comes a checklist of what the needs are, where to move to and what kind of community feels right!

**Red Coats**

**Debbie Harding** from Red Coats Moving Solutions – Decluttering, organizing, and moving can be difficult! How can Red Coats provide support during this time!

**DELMANOR**  
Inspired Retirement Living

**Kelly James** from Delmanor – Differences between retirement & LTC, finding out about you as a person, social activities at Delmanor, focus on Community!

**MOSAIC**  
Home Care Services & Community Resource Centres

**Kevin Lopes** from Mosaic – The importance of social interaction in your community, the person matters!

**Date:** Thursday May 24th, 2018

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

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

RSVP by Monday May 21st, 2018. Call 416 322 7002 to register.

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.





# 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.**

## Mosaic Seniors' Month Celebration!



### Join Mosaic for our annual Seniors' Month Celebration!

Enjoy live music from Tom McGill and interact with community agencies in celebration of Seniors' Month! Join us at Centre Court at The Shops on Steeles & 404.

***Mosaic will provide a light lunch.***

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

**Date: Friday June 8<sup>th</sup>, 2018**

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

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

*~ RSVP 905.597.7000 by Friday June 1<sup>st</sup>, 2018 ~*

*No charge for event. Refreshments provided.*

*Free parking. Close to public transit.*



Join Mosaic Home Care Services as we take a tour of "The Gem of North York", North York Seniors Centre!

Curious about the benefits of joining North York Seniors Centre? Want to know what classes are available to you? Want to be a part of a vibrant and active seniors community? Looking for volunteer opportunities? North York Seniors Centre is the place to be! We will sit down with members of North York Seniors Centre who will talk about the services and programs available before taking a tour of the Active Living Centre. Following the tour we will sit down for lunch!

**Date: Friday July 6<sup>th</sup>, 2018**

**Price: Free**

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

***Only 15 spaces available!***

**Meet at North York Seniors Centre at 9:45 a.m.  
at 21 Hendon Avenue, North York.**

**Underground Parking Available.  
Close to Finch Subway Station.**

**Call Mosaic at 905.597.7000 to register.**





## St. Lawrence Market Tour with Bruce Bell

Join Mosaic Home Care Services as we go on a field trip to the historic St. Lawrence Market on a guided tour with historian Bruce Bell.

We will visit some of the oldest stalls and vendors in the market to get a real sense of history and importance St. Lawrence Market has to Toronto.

We will also visit to the remains of an old jail that was recently found in the basement as St. Lawrence Market is built over the foundation of Toronto's Second City Hall. This will be followed by a tour St. Lawrence Hall built in 1850 where the Canada's Fathers of Confederation would meet back in the 1860's to discuss the need for the Nation of Canada to be created.

Following the tour we will sit together and eat lunch outside of the market, with the opportunity to shop at some of the stalls.

We will meet at 9:45 a.m.  
just inside the foyer of  
St. Lawrence Market at  
91 Front Street East  
at Jarvis Street (South Side)

Call 905.597.7000 to register.

**Date:** Tuesday July 17<sup>th</sup>, 2018

**Price:** \$10 (Mosaic will provide refreshments)

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

**Only 12 spaces available!**



## Reset Your Body: Tapping into your Original Strength

Moshe Schwartz from Gentle Motion will teach us how to reset our bodies and get our strength back in this interactive and informative presentation. We will talk about:

- Why do we stray from our original strength
- How can we tap back into our original strength
- "Resetting" the body
- 6 simple "reset" exercises that can be done



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

**Date: Wednesday July 25<sup>th</sup>, 2018**

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

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

*~ RSVP 416.322.7002 by Wednesday July 18<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

The Shops on Steeles and 404  
2900 Steeles Avenue East, Suite 218  
Markham, ON L3T 4X1  
Tel 905.597.7000 Fax 905.597.5446

info@mosaichomecare.com [www.mosaichomecare.com](http://www.mosaichomecare.com)  
[www.janesgtacafe.ca](http://www.janesgtacafe.ca)

#### Toronto Office

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Toronto, ON M4G 3E8  
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