

Insightful Programs



Activity Workshops



Community Events



Memory Cafés



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

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



See inside for our upcoming Community Events and Services

About Mosaic, Our Community Resource Centres and our Newsletter

We are an internationally recognised provider of person centered community integrated home care. Our model addresses the wider social and emotional needs of older adults and their families both in their homes and in their communities.

We operate two community resource centres in the GTA. These provide a wide range of events to the community as well as information on community resources. Our events are mostly free and include social, educational, physical, cognitive, historical, festive and many other monthly activities. We host Memory Cafés and Community Cafés and provide regular pole walking and knitting group activities.

This newsletter provides information on our many events as well as our wider community outreach and speaking events. People of all ages are welcomed and respected as persons of meaning, being and community.

What a difference we make®!

Featured Events

MARKHAM OFFICE (*The Shops on Steeles*)

Wednesday mornings starting September 5th to December 19th, 2018

Mosaic Knitting and Crochet Group (Wednesday Morning)

Wednesday afternoons starting September 5th to December 19th, 2018

Mosaic Knitting and Crochet Group (Wednesday Afternoon)

Mondays, September 17th, October 22nd and November 19th, 2018

Mosaic's Community Café – Come Help Define Our Community!

Fridays, September 21st, October 19th and November 16th, 2018

Pole Walking Club

Last Tuesday of every month, on September 25th, October 30th and November 27th, 2018 (program will resume in January 2019)

First Link® Memory Café at Mosaic

Thursday September 27th to November 1st, 2018 (program will resume in January 2019)

You can overcome some of the distress caused by your chronic condition! THE FOCUS IS ON “YOU” – Healthy Living Now Six-Session Program

Friday October 19th, 2018

“Fall Prevention” Workshop with Judy Chu

Saturday November 10th, 2018

Remembrance Day Ceremony (Centre Court)

Thursday November 29th, 2018

Engineering Toronto's Past – Beyond The Nuts and Bolts

Thursday December 20th, 2018

Join Mosaic for our Holiday Celebration

TORONTO OFFICE (*CNIB Centre*)

Thursdays, September 6th to October 25th, 2018

Enjoy Walks this Fall with Mosaic

Monday mornings held on September 24th, October 29th and November 26th, 2018

New Mosaic Knitting and Crochet Group

Mondays, September 24th, October 29th and November 26th, 2018

Mosaic's Community Café – Come Help Define Our Community!

Wednesdays, September 26th, October 31st, and November 28th, 2018 (program will resume in January 2019)

Mosaic's Mid-Town Memory Café

Toronto Resource Centre

Wednesday October 17th, 2018

Hearing and Aging: What Can You Do About It?

Tuesday November 6th, 2018

Engineering Toronto's Past – Beyond the Nuts and Bolts

Wednesday November 14th, 2018

A Yoga and Dance Workout in Chairs!

OUTSIDE COMMUNITY EVENTS & TOURS

Friday October 12th, 2018

St. Lawrence Market Tour with Bruce Bell

Friday November 9th, 2018

Join Mosaic Home Care as we take a tour of: The Anne Johnston Health Station

Tuesday December 11th, 2018

Allan Gardens Conservatory Tour



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:**

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.”

INTERNATIONAL FEDERATION ON AGEING, 14TH GLOBAL CONFERENCE, 7TH TO 10TH AUGUST 2018

Nathalie Anderson and Jane Teasdale attended the recent IFA conference in Toronto. Jane as our “go to” in the community presented (panel picture on right) on our model of person centered community integrated care on the Wednesday and was also a session chair (picture on left) on the Friday.



Our conference paper presentation was “Introducing an Internationally Recognized Person Centered, Community Integrated Model of Home Care” which also covered public policy implications of the model. This was part of a 5 speaker session on “How Supportive Built Environments Create a Positive Sense of Place”.

As session chair for the paper session, “Beyond Hospitals – Access to Community Care” Jane was responsible for managing questions and timing, introducing the topic and summarizing the session.

It is worthwhile to give an idea of the magnitude of the conference. The first session of the first day had around 70 independent workshops, symposiums and paper presentations with an additional 34 poster presentations. Each day had up to 3 of these sessions as well as two main sessions which all delegates attended. In all there were three days of this which meant a tremendous amount of information sharing on age friendly environments, healthy ageing, ageism and inequalities was on offer to delegates.

We have a blog on Jane’s GTA Café that goes into more depth for those who want more information. As for future speaking events we expect to be in London UK in December and have an invitation to present at this November’s Ontario Society of Senior Citizens Organizations (OSSCO) conference.

Introducing...

MOSAIC’S BEREAVEMENT AND PALLIATIVE CARE SUPPORT GROUP FOR OUR FRONT LINE TEAM!

This new support service is intended to provide grief counselling and guidance for frontline caregivers, nurses and companions who have been personally affected by the death of persons in their care.

Working with people as closely as we do in the home care field, it’s inevitable that we will come across end of life situations. We recognize that an individual’s care team share a special bond with those you provide services to and their illness and passing can have a profound effect on you. They are more to you than “clients”, they can be friends and even surrogate family, and their loss can leave a mark on those left behind.

The Bereavement Support Group brings together many years of collective experience and unique perspectives on the palliative care and grief journey.

The service will provide tips on working with Palliative Care and End-of-Life clients (both clinically and emotionally), how to respond to the death of a client, what is expected (if this is new to you), mixed emotions regarding death and loss (complex grief) and the loss of a family member, friend, partner or anyone close.

We will shortly be sending out a document with more detail about this important service to our frontline staff. This will also include links to other organizations and websites that provide additional guidance and information.

“We Are Here for You” – How do you reach us?

Each member of the team can be contacted to book a time to talk, either on the phone or in person. Just call our offices at **905.597.7000** or **416.322.7002** or **info@mosaichomecare.com**

Our Community Mapping Project

At Mosaic we believe that people are persons of being, meaning and community and that engagement with our communities and our neighbourhoods are important to our health and well-being.

We are presently undertaking a community mapping project designed to map resources, services, places of interest and activities to help people engage and interact better in our communities.

For example, for outdoor activities we would be looking at mapping local parks, walks and community events in those places. With respect to physical activities, arts and other interests, we would be mapping community resource centres, local museums and other community groups that provide organised activities as well as local clubs run by members.

We will also be addressing how person and age friendly our local communities and neighbourhoods are. Instead of places we go to make transactions, we would be looking at identifying bumping places; these are places where we go to meet or bump into other people. For example, a local

town square where people regularly go to chat, meet and engage with others or a local café with outside seating that encourages community engagement and local events.

Where are the centres of our communities? If they do not exist, how can we help create them? Our project is not just about mapping what we already have but making what we have more accessible, encouraging more active use of existing space and getting our communities to become more engaged in those areas.

While the basics of our mapping project will likely involve visual maps of local resources and places we want to encourage input from all to help build and connect our communities. Ideas, help and suggestions from our community are welcome. Please forward these to either **Jenesa Thavalis** (jenesa@mosaichomecare.com) or **Jane Teasdale** (jane@mosaichomecare.com).



Community Leaders & Focus Groups

We are scheduling community focus groups across the GTA and are looking for individuals to join us as Community Leaders. These groups will help provide guidance and advice for our community outreach as well as other community agencies and partners. We are looking for volunteers from all walks of life and all ages to come together to help define our age and person friendly communities. These focus groups will help mobilise social capital, encourage collaboration across the public, for profit and not for profit sectors and help influence and inform decision makers and policy makers across our Greater Toronto Area. We are looking for insight, experience and ideas and we look to solicit input from a wide range of personal experiences as we build our age and person friendly communities. Please contact info@mosaichomecare.com or **905.597.7000**



Mosaic's Community Café

Come Help Define Our Community!

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

Our community café is a space for everyone, whether you want to sit and listen, talk and take part or lead and grow the community and its connections. There will be activities and events as well as discussion and development of ideas as to how our communities could be better run and more deeply connected. Stay engaged, active and involved!



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

Dates: Mondays, September 17th, October 22nd, November 19th, 2018.

Resumes again in January 2019

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 or info@mosaichomecare.com ~

No charge for event. Refreshments provided.

Free parking. Close to public transit.

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

Dates: Mondays, September 24th, October 29th, November 26th, 2018.

Resumes again in January 2019

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 or info@mosaichomecare.com ~

No charge for event. Refreshments provided.

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

Outdoor parking available at \$2 per hour or \$12 for the full day. No underground parking.

You can overcome some of the distress caused by your chronic condition!

THE FOCUS IS ON “YOU”

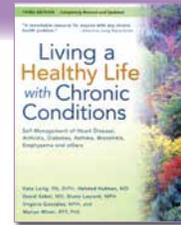
Learn to Live a Healthy Life with a Chronic or Life-threatening Illness!

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

Living with a chronic condition brings emotional and physical distress that impacts your quality of life.

Learn ways YOU can reduce the distress of:

- pain and other symptoms
- difficult emotions like anxiety and depression
- lack of sleep
- juggling nutrition and exercise to be the best you can be
- working with your health team to improve your quality of life



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

Healthy Living Now
Supporting Your Success



Evergreen's FREE Healthy Living Now Six-Session Program will be hosted at:

Join Evergreen's FREE Healthy Living Now six-session program held every Thursday hosted at MOSAIC from 1:00 pm to 3:00 pm starting on Thursday September 27th, 2018.

Call Evergreen directly for more information and to register at 416-499-2185



2900 Steeles Avenue East, Suite 218, Thornhill | The Shops on Steeles and 404

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

Counselling Services provided by Evergreen at MOSAIC

Evergreen's professional counsellors offer support and guidance to clients living with their own life-threatening illness and prognosis, a diagnosis of such an illness in a loved one, the impending death of a loved one or the grief process. Our focus is on quality of life. Specially trained volunteers are also available to listen and provide support.

A counsellor can provide up to 6 sessions addressing concerns about the illness and prognosis to both the person who is ill and their family and friends who may also be struggling with the feelings associated with a change in their own lives and their future

Children who are coping with a life-threatening illness of a close family member may also need support. Evergreen counsellors support families in helping children understand what is happening and to process their feelings and concerns.

Counselling before a death can help the family better cope with the situation after the death. This is especially true for children.

The grief process may present feelings and behaviours

that seem “abnormal” or “crazy” to the people experiencing them. Evergreen services are designed to normalize the experience and provide support, guidance and education for all ages, individually and in groups.

Call Evergreen directly for an appointment at **416-499-2185**

Evergreen provides services to individuals living in Thornhill, Markham and Stouffville. Counselling is provided in **Thornhill** at 2900 Steeles Ave East, in the Shops on Steeles and the 404 (at MOSAIC Home Care storefront) or in **Markham** at 5762 Hwy 7 East (between Markham Rd and McCowan Rd).

Counselling services are provided at no cost to the individual.

Evergreen is a registered charity that receives only 30% of their funding from the government. Donations are always welcome.

Featuring Central Eglinton Community Centre

Providing Older Adult Programs



Central Eglinton Community Centre (CECC) is committed to high quality programming; financial, physical and social accessibility; volunteerism; and providing opportunities for community participation. Central Eglinton Community Centre, a registered charity, was developed in 1976 by a group of citizens and community groups concerned about the conservation, protection and improvement of their community. Originally, the Centre focused on parent/child activities. Over the years, in response to a variety of needs expressed by the community, the Centre's objectives have expanded to provide a wide range of programs and services for people of all ages.

Central Eglinton Community Centre's older adult program promotes healthy, active and safe living through our educational, social and recreational programming in an accessible building. CECC supports independent living by incorporating different aspects of health from cognitive

to emotional and physical in our programming. These diverse and stimulating programs are chosen based on the needs and wishes of our members and participants. We do this through annual surveys and the bi-monthly meetings that are held with members and participants.

Partnering with other organizations also helps Central Eglinton Community Centre meet the needs of the members and participants, while keeping the programs current and relevant. For example, CECC is currently partnering with The Baycrest Rotman Research Institute on a cognitive intervention study, in which participants and members of CECC are involved in.

Our 50+ Program Calendar comes out every two months and has a wonderful balance of traditional and modern programming. This fun and affordable programming includes both registered programs and drop-in programs. Participants can be found enjoying Current Events, Stretch & Breathe (Chair Exercises), Osteo Exercise, Back Care Pilates, Osteo Pilates, bus trips, Toronto outings, seminars & workshops, Sing-A-Long & Beginner Lessons, a free computer lab, Cindy's Knitting Circle, crafts, a book club, creative writing workshops and so much more. We also offer special events such our very popular 50+ Active Living & Information Fair.

Central Eglinton Community Centre is truly a place "*where new friends meet*", bringing individuals out of their homes and keeping them connected to and active in the community.

Contact Information:

Sherri Bulmer
Older Adult Program Coordinator
Central Eglinton Community Centre

160 Eglinton Avenue East @ Redpath Avenue, Toronto, ON M4P 3B5
Tel: 416-392-0511, ext 228 | FX: 416-392-0514 | www.centraleglinton.com

**Mosaic
FIELD TRIP
DAY!**

Join Mosaic Home Care Services as we take a tour of

**The Anne Johnston Health Station –
Tobias House Attendant Care Inc.**



We would like those who attend Mosaic programs to be aware of the Anne Johnston Health Station – Tobias House Attendant Care Inc. who is a best practice leader in person centered community based health care. Mosaic is 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.

Curious about what Anne Johnston Health Station has to offer in the way of programs, classes and health? Want to be part of a vibrant and active seniors community? Anne Johnston Health Station is a place to be! We will sit down with staff and learn about programs and services, have a brief mindfulness presentation and exercise, brief tour and sit down together for a light lunch provided by Mosaic Home Care.

Date: Friday November 9th, 2018

Price: Free

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

Only 18 spaces available!

This is a visit off site in the Mid-Town area.

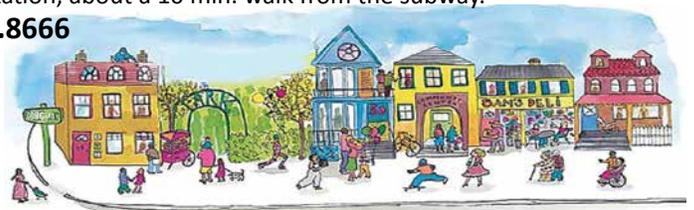
Meet promptly at 9:45 a.m. at Anne Johnston Health Station – Tobias House Attendant Care Inc.

Location: 2398 Yonge Street, Toronto

North West Corner of Yonge & Montgomery. North of Eglinton Subway Station, about a 10 min. walk from the subway.

416.486.8666

**Please RSVP by Monday November 5th, 2018
if you are interested in attending at 416.322.7002
or info@mosaichomecare.com**



JOIN THE MOSAIC KNITTING AND CROCHET GROUP

Join us 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 tendonitis.



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

Dates: Every Wednesday

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

Time: 9:30 a.m. to 11:00 a.m. or 1:30 p.m. to 3:00 p.m.

~ RSVP to attend 905.597.7000 or info@mosaichomecare.com ~

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

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

**Dates: Last Monday morning each month starting September 24th, October 29th
and November 26th, 2018 (Program will resume in January 2019)**

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

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

~ RSVP 416.322.7002 or info@mosaichomecare.com ~

No charge for event. Refreshments provided.

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

Outdoor parking available at \$2 per hour or \$12 for the full day. No underground parking.

Enjoy Walks this **Fall** with Mosaic!

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

Stay in shape this Fall! Mosaic's Pole Walking Club continues into the Fall and Winter with our Indoor Walking Club. We will be meeting once a month from September to November continuing again in January, 2019. 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 Mosaic Home Care Services & Community Resource Centres at 905.597.7000 or email info@mosaichomecare.com

Mosaic Indoor **Fall** Pole Walking Club



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

Dates: **September 21st, October 19th, November 16th, 2018**

(Pole walking continuing the third week of every month starting in January 2019)

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

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

No charge for event. Refreshments provided.

Free parking. Close to public transit.

Enjoy Walks this **Fall** with Mosaic!

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

Stay in shape this Fall by attending Mosaic's Pole Walking Club! We will meet once a week starting September right through October. Mosaic staff will lead the walk from 9:30 a.m. to 11:00 a.m., with refreshments served after the walk. This is a great opportunity to get exercise and meet with neighbours in your community!

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



For more information contact Mosaic Home Care Services & Community Resource Centres at 416.322.7002 or email info@mosaichomecare.com

Mosaic **Fall** Pole Walking Club



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

Dates: **Every Thursday in September to October 25th, 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.

Outdoor parking available at \$2 per hour or \$12 for the full day. No underground parking.

First Link® Memory Café at Mosaic

Share your stories and socialize with others.

Being active physically, socially, and mentally is good for the brain.

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 are welcome for Socialization and Information Networking for Care Partners. First Link® Memory Café at Mosaic is run as a partnership between Alzheimer Society York Region and Mosaic Home Care, facilitated by Jonathan from Alzheimer Society York Region.



Dates: Last Tuesday of every month, on **September 25th**, **October 30th** and **November 27th**, 2018. (Will resume on Tuesday, January 29th, 2019)
Time: 1:00 p.m. to 2:30 p.m.
Location: Mosaic Home Care & Community Resource Centre
The Shops on Steeles and 404, 2900 Steeles Avenue East, Thornhill, ON L3T 4X1
Located on the Lower Level by Centre Court

To Register please phone
905.597.7000 ext. 242 –
No charge for event.



MOSAIC'S MID-TOWN MEMORY CAFÉ TORONTO RESOURCE CENTRE

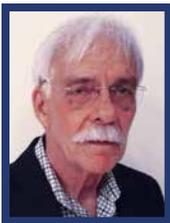


Our Memory Café session provides a warm and friendly environment where you can socialize, build friendships and pick up information from local health and community organizations that provide support. This program is ideal for those who have been diagnosed with early Alzheimer disease and/or related dementias,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

WHEN: Last Wednesday of every month: September 26th, October 31st, and November 28th
(Program will resume again on Wednesday, January 30th, 2019)
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. Outdoor parking available at \$2 per hour or \$12 for the full day.
No underground parking. Close to TTC bus stop at CNIB.
TO REGISTER: Please phone **416.322.7002** – No charge for event.



Interview with Frank Palmer –

A Community Leader Advocating for Age & Dementia Friendly Communities

I had the pleasure of meeting with Frank Palmer a well-known advocate for those living with Alzheimer's and other dementias and their families. Mr. Palmer retired in 2006 (Chartered Accountant with the Federal Government) and was looking forward to his retirement years with his wife and family.

Frank's story and insight comes from his caregiving experience: His wife was diagnosed in 2007 with Alzheimer's dementia and he has been her primary and unpaid carer ever since. His wife is now in the late stages of Alzheimer's dementia with a number of other complex health issues. He manages everything for his wife who remains in the comfort of their own home, environment and space.

From his experience he emphasizes the importance of the person in the care relationship, that private caregivers, especially, need to understand the importance of knowing the person and how to communicate. To this end he works very closely with his wife's personal support workers emphasizing the importance of the person over the task.

Mr. Palmer was awarded a distinctive certificate from the CCAC (now the LHIN), is an advocate with the Ontario Alzheimer Society helping with the Ontario Dementia Strategy and recently attended "The National Dementia Strategy" Conference. He explains that family caregivers need to have a "VOICE" in order to effect change.

Listening to Mr. Palmer it is clear how much he loves his wife, the importance of standing by her and advocating for her needs and sensitivities when she is no longer able to do this for herself. He is a model for our community, a standard bearer for the person

and a champion of those who care for those living with dementia.

Reading his follow up comments from the recent National Dementia Strategy Conference, in Ottawa and a caregiver panellist at Baycrest's Aging 2.0 forum. Mr Palmer makes the impassioned case for much higher levels of collaboration across the multitude of departments across all levels of government; we cannot operate in silos; we need a national strategy; we have to work as one with a common goal if we are to address the needs of those living with dementia and their wider family units. **We agree!**

What was his take away message for our readers and other families? "Be Strong" as ever for the person you are caring for, make time for yourself, even if only for an hour or two. Mr. Palmer enjoys Yoga, Pilates, music and theatre as ways of connecting with his own person, of doing things he likes. The lesson is clear, the personhood of the Carer and the Cared for are of equal importance.

"...we cannot operate in silos; we need a national strategy; we have to work as one with a common goal if we are to address the needs of those living with dementia and their wider family units."

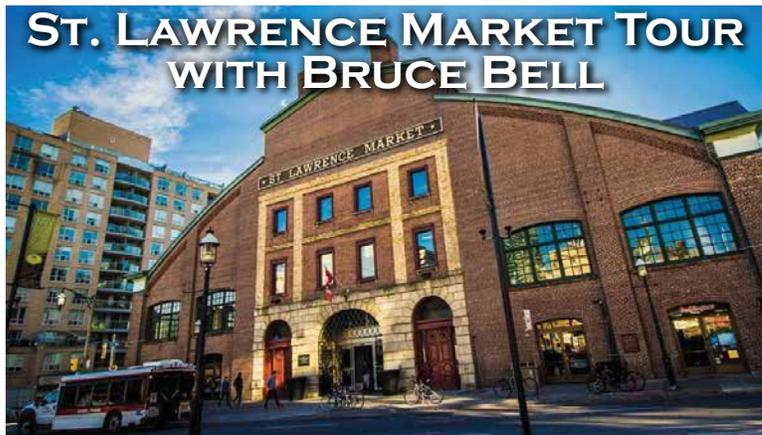
Mosaic FIELD TRIP DAY!



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)

BACK BY POPULAR DEMAND –

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.

Date: Friday October 12th, 2018

Cost: \$10 (Mosaic will provide refreshments)

Time: 10:00 a.m. to 1:00 p.m. | Attendees to be there at 9:45 a.m. sharp

Only 12 spaces available!

Hearing loss is very common among older adults. Age-related hearing loss impacts communication and can affect daily activities, such as socializing, shopping, watching TV and using the telephone. Improving your hearing contributes to maintaining independence and staying connected to your community.

Join Marilyn Reed and Nadia Sandor, Audiologists from Baycrest Health Sciences to learn about:

- Why it is that as we age it seems that everyone mumbles!
- The role of the brain (cognition) when listening
- Communication strategies that optimize hearing
- Hearing aids and devices that can help



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

Date: **Wednesday October 17th, 2018**

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

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

~ RSVP 416.322.7002 or info@mosaichomecare.com by Friday October 12th, 2018 ~

No charge for event. Refreshments provided.

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

Outdoor parking available at \$2 per hour or \$12 for the full day. No underground parking.



“Fall Prevention” Workshop



An interactive and experiential workshop on:

- Why do Falls happen?
- Fall prevention tips
- Exercise rules
- Home exercises
- Home safety checks
- Take home messages

Judy Chu (R. Kin, BPHE, MEd) is back by popular demand.

About Judy:

“I am a Fitness Specialist and Health Educator for older adults with over 30 years of experience in the health care industry. My passion is to make a positive difference to your life by engaging you in smart exercise choices as a solution to aging gracefully.”

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

Date: **Friday October 19th, 2018**

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

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

~ RSVP 905.597.7000 or info@mosaichomecare.com by Monday October 15th, 2018 ~

No charge for event. Refreshments provided.

Free parking. Close to public transit.



Remembrance Day Ceremony



This Remembrance Day, Mosaic Home Care Services and The Shops on Steeles and 404 will be hosting our annual Remembrance Day Ceremony in honour of our troops, past and present for our community in the Markham area. We are proud to offer this ceremony to the community in recognition of all the sacrifices that have been made over the years by Canadians; whether it be fighting in wars, natural disaster relief or peace keeping missions today. This invitation extends to anyone in the community who would like to join us in honouring those who gave up so much for us.



Our Remembrance Day Ceremony will take place on Saturday, November 10th, starting at 10:00 in the morning until about 11:30 a.m. We will have a brief presentation, including videos celebrating those who fought for us, the singing of our national anthem, followed by a respectful minute of silence to honour those who gave the ultimate sacrifice. Our event will also have a few guests from the Canadian Armed Forces, who we are honoured to have with us during the ceremony.



Please visit Mosaic's Community Resource Centre in the weeks leading up to Remembrance Day to visit our "Table of Honour" and pick up free information on the Canadian Armed Forces, Canadian Military history and Remembrance Day for all ages. We hope that you will take a moment to visit our displays and learn about Canada's history and Remembrance Day.

If you would like to attend our Remembrance Day Ceremony this year, please give Mosaic a call at **905.597.7000** to register. You can also stop into our Resource Centre to visit our Remembrance Day displays, collect information and register with helpful Mosaic staff inside. We hope to have you present this November 10th when we take a moment to honour those who sacrificed so much for us.

When: Saturday November 10th, 2018

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

Lest We Forget

Where: Centre Court at The Shops on Steeles and 404, 2900 Steeles Avenue East



A Yoga and Dance Workout in Chairs!

A rejuvenating, joyful workout for everyBODY!



Yoga Dance is an enjoyable form of exercise. It is specifically designed for those who move with greater ease in or with the support of a chair. This joyful program combines the benefits of yoga, dancing and singing into a complete mind, body and spirit workout.

Classes feature a fabulous range of new and memorable music, drawn from a variety genres and cultures. Colourful props, musical instruments and visualizations are often used to delight, motivate and enhance everyone's experience.

Each class is tailored to meet the needs of participants and can include weights, balls and stretch bands. Each class is designed to work the joints and muscles to increase flexibility, strength, balance and circulation. The benefits are improved coordination, concentration along with a wonderful feeling of well being.



The class winds down with a guided relaxation exercise that leaves participants feeling relaxed and rejuvenated.

Lesley White is a certified Let Your Yoga Dance for Special Populations, Chair Yoga, Yoga Nidra (deep sleep) instructor. She received her certifications from the Kripalu Center for Yoga and Health in Lennox Massachusetts.

Lesley leads classes privately as well as at Bridgepoint Health, Wellspring, The Russell Hill and The Bradgate Arms retirement residences to name a few. She brings an infectious love of movement, dance, music and people to all her classes. Her program consistently receives rave reviews.

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

Date: Wednesday November 14th, 2018

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

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

~ RSVP 416.322.7002 or info@mosaichomecare.com by Friday November 9th, 2018 ~

No charge for event. Refreshments provided.

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

Outdoor parking available at \$2 per hour or \$12 for the full day. No underground parking.

Join Mosaic for this interesting presentation featuring Rick Ross who is a retired professional Engineer living in Toronto speaking on

Engineering Toronto's Past – Beyond The Nuts and Bolts

Canada's engineering accomplishments do not have to take a back seat to any country and Toronto has been at the forefront of some of Canada's greatest achievements. In this illustrated presentation we will see and talk about numerous examples of Toronto's rich engineering heritage that encompass more than just physical structures.



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

Date: Tuesday November 6th, 2018

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

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

~ RSVP 416.322.7002 or info@mosaichomecare.com by Thursday November 1st, 2018 ~

No charge for event. Refreshments provided.

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

Outdoor parking available at \$2 per hour or \$12 for the full day. No underground parking.

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

Date: Thursday November 29th, 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 or info@mosaichomecare.com by Monday November 26th, 2018 ~

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

DO YOU KNIT OR CROCHET? Help Us With Our Twiddlemuff Project!

Over the past 7 years, Mosaic has offered space for knitters and crocheters alike to meet, chat and create together. We have grown so much that we are excited to announce that we are adding a new knitting group at our Toronto Location in addition to a 2nd knitting group at our Markham location.

For the next several months, we will be working on a Twiddlemuff project. These Twiddlemuffs will then be donated to those living with dementia. Our goal is to be able to give these as gifts for the holiday season. Who doesn't like to receive a wrapped gift at the holidays? Especially for those with little or no family as this can be a difficult time of year for our Seniors.



One of our long time knitters, Jane Elvin, had this to say about the group:

"Our knitting group started with only 4 members back in 2011. Susan Defosses was really motivated to grow the group and even after her passing several years ago, we all stuck together and carried the flag amongst ourselves. Many knitters have come and gone over the years, but most of us remained and developed a true friendship. We exchange ideas, knit for family or charity. We even bring baked goods and exchange recipes. We have now grown so much that a 2nd knitting group is being started. We want to thank the Mosaic staff for providing us with the space and all the support. We are one of the best knitting/crochet clubs in the city!"

For more information about our knitting groups and the Twiddlemuff project, please call us at 905.597.7000, we'd love to hear from you!

*Mosaic
FIELD TRIP
DAY!*

Allan Gardens Conservatory



Allan Gardens is one of the oldest parks in Toronto and has seen many additions over the years to include more than 30 thousand plants from all over the world.

Join us as we stroll through the indoor paths of Allan Gardens Conservatory as it transforms in to a winter wonderland just in time for the holidays! Enjoy spectacular topiary displays of poinsettias and other seasonal plants as they find their way in to the year-round plants. While the Conservatory is small in size, it is mighty in all things plants.

Following this, we will mosey over to the Golden Diner Restaurant to enjoy a traditional All Day Breakfast.

What a great way to kick off the holiday season before the snow falls!

Date: Tuesday December 11th, 2018

Time: Meet at 10:30 a.m.

Price: Price for all day breakfast is \$10.00
and Mosaic will be covering \$5.00 towards this.
Please bring \$5.00 cash on the day of the event.



Allan Gardens Conservatory

160 Gerrard Street East
(or 19 Horticultural Avenue)

**Meet at the front entrance of
Allan Gardens at 10:30 a.m.**

Please RSVP. Limited spaces available!

Please RSVP by Wednesday December 5th, 2018 if you are interested in attending at 905.597.7000 or info@mosaichomecare.com



Enjoy live music, perhaps a bit of dancing together,
a chance to meet with your community and to have fun!

Light refreshments provided.



Date: Thursday December 20th, 2018

Time: 10:00 a.m. to 12:00 noon

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

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

Please RSVP by Monday December 17th, 2018
at 905.597.7000 or info@mosaichomecare.com

theShops.ca
on Steeles and 404



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

Person
Centered
Home Care



Nursing



Community
Resource
Centres

Elder
Care Plus™



Mosaic's
Lifestyle
Companion®



The
Meaning
of Me®



Gold Medal
of the European Society For
Person Centered Healthcare



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

PERSON-CENTERED HOME CARE

- Our complete Home Care Package + our Lifestyle Services to include the integration of our “The Meaning of Me®” model for the person under our care.

The Meaning of Me® – Person-Centered 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 are personally introduced and we regularly perform home visits
- 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, Community Cafés

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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