

Insightful Programs



Activity Workshops



Community Events



Memory Cafés



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 afternoons starting January 2nd to March 27th, 2019

Mosaic's Knitting and Crochet Group

Thursday January 17th, 2019

Back by Popular Demand – “The Magic of Opera”

Third Friday of every month, on January 18th, February 15th and March 15th, 2019

Indoor Pole Walking Club

Mondays, January 21st, February 18th and March 18th, 2019
(Resumes again in April 2019)

**Mosaic's Community Café –
Come Help Define our Community!**

Friday January 25th, 2019

**Join Mosaic Resource Centre in Welcoming
WoodGreen Community Services**

Last Tuesday of every month, January 29th, February 26th and March 26th, 2019

**First Link® Memory Café at Mosaic –
Share Your Stories and Socialize with Others**

Last Thursday of every month, Thursday January 31st, February 28th and March 28th, 2019

**Mosaic's Matinée at our Community Resource Centre
in Markham**

Thursday February 14th, 2019

Happy Valentine's Day Blood Pressure Clinic

Friday February 15th, 2019

Rimbala™: Movement Through Music!

Tuesday February 26th, 2019

**Join Mosaic at our February First Link® Memory Café to
experience a Guided Meditation Session with Almeiri Santos!**

Thursday March 21st, 2019

**Lianne Harris will provide a historical and educational
presentation, “Steeped in History: The Story of Tea”**

TORONTO OFFICE (*CNIB Centre*)

Last Monday morning of each month, January 28th, February 25th and March 25th, 2019 (program will resume in April 2019)

Mosaic's Knitting and Crochet Group

Thursday January 24th, 2019

**Back by Popular Demand – “The Magic of Opera” Opera
Aficionado Marcel Deurvorst Returns to Mosaic Once Again!**

Mondays, January 28th, February 25th and March 25th, 2019.
(Resumes again in April 2019)

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

Last Wednesday of every month, January 30th, February 27th and March 27th, 2019

**Mosaic's Mid-Town Memory Café –
Share Your Stories and Socialize with Others**

Thursday January 31st, 2019

**Mosaic is happy to provide a Senior's Mobility Workshop
with Dr. Christina Mallinos from Urban Health Group**

Friday March 8th, 2019

**Mosaic is happy to host an Expressive Self Art Workshop
with Merav Stein!**

Thursday February 21st, 2019

**It's time for a hearing test at Mosaic's Community Resource
Centre (Toronto Office) Hearing test by Nadia Sandor and
Marilyn Reed, clinical audiologists from Baycrest.**

Wednesday February 27th, 2019

**Join Mosaic at our February Mid-Town Memory Café to
experience a Guided Meditation Session with Almeiri Santos!**

OUTSIDE COMMUNITY EVENTS & TOURS

Tuesdays, January 29th, February 26th and March 26th, 2019

**Come Help Define Our Community – Community Café
with Mosaic and Armour Heights Presbyterian Church**

Thursday February 7th, 2019

**Join Mosaic Home Care Services as we take a tour of:
Central Eglinton Community Centre**



**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.”

EUROPEAN SOCIETY FOR PERSON CENTERED HEALTH CARE, 5TH ANNUAL GLOBAL CONFERENCE, 6TH TO 7TH DECEMBER 2018

Nathalie Anderson and Jane Teasdale attended the European Society for Person Centered Healthcare conference in London (UK) where Jane was a Keynote speaker. Jane presented on community integrated models of care and addressed the barriers, tools and opportunities for meeting the social and emotional needs of persons with complex care needs living within our communities.



Mosaic is recognized internationally as a leader in the development of person centered care that addresses the social and emotional needs of the person and the importance of their many relationships with their community.

Person centered care has many layers and is much more than just “treating the person nicely”, or personalizing care needs, although these are indeed aspects of person centeredness. The importance of addressing social needs and providing accessible opportunities for engagement in interests and activities within our communities is being increasingly acknowledged as important to health. Research shows that health, well-being and life expectancy can be significantly impacted if we limit our focus to the clinical and personal supports while ignoring the person and their social and emotional needs.

Mosaic's Newest Employees



Beth Eshete, BA
Community Resource
& Social Engagement
Coordinator

“My name is Beth Eshete, I am honoured to be a member of the Mosaic Home Care Team! My official title is the Community Resource and Social Engagement Coordinator. What this essentially means is that I will be overlooking the Mosaic Home Care Community Resource Centres, developing new and diverse programs and figuring out ways to make resources more accessible to individuals, families and caregivers.

One of the reasons I was drawn to apply for this position was that it would provide me with a platform to engage with people on an organic level to assist in identifying needs and work in partnership with community members to create appropriate solutions. From personal experience and engaging with active members that come to programs at Mosaic, it is clear that there is a direct correlation between healthy living and the utilization of support systems at any stage in life. I believe that we owe it to ourselves to engage in our community spaces and programs to continue living healthy, vibrant and rewarding lives.”

“Mosaic’s Person-Centered Care model focuses on the individual in caregiving but through the development of two Community Resource Centres.”



Sarah McGilvray, BSW, RSW
Client Services

“My name is Sarah McGilvray and I am a recent Social Work graduate from Ryerson University. I am a Registered Social Worker (RSW), with the Ontario College of Social Workers and Social Service Workers. I am ecstatic to be a new member of the Client Services team in a team support role. With my experience working with older adults, people with disabilities, people with complex needs, and families, I feel well-equipped to step into this position at Mosaic. I was fortunate to minor in Family Supports and Community Practice at Ryerson and learn the importance of taking various approaches and perspectives to explore the needs of families and caregivers. Something that I believe sets Mosaic apart from other homocare agencies is the person-centered care model and Community Resource Centres. With these Resource Centres, here at Mosaic we can continue to support individuals and families through empowerment and offering resources that are accessible to the community. I was provided the opportunity to play sports growing up and I am very thankful for the ability to do so. However, recognizing that not every program and recreational activity is accessible to everyone has drawn me to the field of Social Work. Striving for change and considering the whole person when doing so, is a passion that I have. I look forward to getting to know the people we support here at Mosaic and being part of this amazing organization.

Sarah also received an Academic All-Canadian award given to those exceptional students-athletes who achieve an academic standing of 80% or better while playing on one of their University’s Varsity teams.



Are you interested in community, how it is run, the opportunities for people to connect and to have input into the decisions that shape it? Do you have a) experiences of, b) points of view about, and c) a vision for our community that you wish to contribute?

Mosaic is currently in the process of organizing two new community focus groups, one in the north of the city at our Steeles resource centre, the other in mid-town at our CNIB resource centre. We are also developing a community mapping project that is looking to help connect people to their social and emotional needs and this would benefit from input by the focus group.

Starting in February, **focus group members will meet on the first Friday of every month between 10:30 a.m. to 1:00 p.m.** Lunch will be provided to focus group participants and the meetings will be held in both the Markham and Toronto Community Resource Centres.

Focus Group Participants are expected to:

- Be available for group meeting dates,
- Contribute to group discussions (problem solving, brainstorming solutions, etc.)
- Cooperate and collaborate with different perspectives and ideas



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

Date: **Friday February 1st, 2019**

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

Time: **10:30 a.m. to 1:00 p.m.**

~ RSVP by calling Jane Teasdale at 905.597.7000 Ext. 223
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)

Date: **Friday March 1st, 2019**

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

Time: **10:30 a.m. to 1:00 p.m.**

~ RSVP by calling Jane Teasdale at 416.322.7002 Ext. 223
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.

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: 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 January 28th, February 25th and March 25th, 2019 (Program will resume in April 2019)

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

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

Mosaic Home Care & Community Resource Centres introduces our *Mosaic Lifestyle Companions®*

Our Mosaic Lifestyle Companions® are typically more mature individuals that deliver a friendly visiting service as opposed to personal care. This service 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.

Services may include companionship, conversation, help with hobby-based activities, going for walks, assistance with letter writing, computer assistance, and accompaniment to various outings.

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.



Our Lifestyle Companions® support and maintain your independent way of life!

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

416.322.7002 or 905.597.7000 | www.mosaichomecare.com | info@mosaichomecare.com

Lifestyle Companions® services do not include personal care.

Should an individual's care needs change, rates may vary; for example if a PSW is integrated with this service.

BACK BY POPULAR DEMAND – “THE MAGIC OF OPERA”

Opera aficionado Marcel Deurvorst returns to Mosaic once again!

This time the
spotlight will shine on:

**The Art of
Anna Netrebko**

Featured Opera:

**Don Pasquale by
Donizetti** (excerpts)



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

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

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

Date: Thursday January 17th, 2019

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

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

~ RSVP 905.597.7000 or info@mosaichomecare.com by Monday January 14th, 2019 ~

No charge for event. Refreshments provided.

Free parking. Close to public transit.

BACK BY POPULAR DEMAND – “THE MAGIC OF OPERA”

Opera aficionado Marcel Deurvorst returns to Mosaic once again!

This time the
spotlight will shine on:

**The Art of
Luciano Pavarotti**

Featured Opera:

La Bohème by Puccini
(excerpts) La Bohème is an
opera in four acts.



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

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

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

Date: Thursday January 24th, 2019

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 Monday January 21st, 2019 ~

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.



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, January 21st, February 18th, March 18th, 2019

Resumes again in April 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, January 28th, February 25th, March 25th, 2019

Resumes again in April 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.

Enjoy Indoor **Winter** Pole Walking with Mosaic!

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

Stay in shape this Winter! Mosaic's Indoor Pole Walking Club continues this January to March 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 **Winter** Pole Walking Club



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

Dates: **January 18th, February 15th, March 15th, 2019**

(Pole walking continuing the third week of every month starting in April 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.



Join Mosaic Resource Centre in welcoming WoodGreen Community Services

Workshop by Rochelle McAlister,
Senior Manager at WoodGreen Community Services



WoodGreen is one of the largest social service agencies in Toronto that helps seniors live independently. Come and find out about WoodGreen's programs, support services and service navigation.

- Come and learn more about Toronto Seniors Helpline
- Learn more about the Crisis Outreach Service for Seniors
- Find out who to call if you are a senior or caregiver for a senior and you need some help

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

Date: **Friday January 25th, 2019**

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

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

~ RSVP by Monday January 21st, 2019 at 905.597.7000 or info@mosaichomecare.com ~

No charge for event. Refreshments provided.

Free parking. Close to public transit.



Come Help Define Our Community!

Join Mosaic and Armour Heights Presbyterian Church in this pilot program held the last Tuesday of every month until the end of March 2019.

Join us for a morning of fun, discussion, 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, discussions on various topics, interests and some hands on activities. Stay engaged, active and involved!



Dates: Tuesday January 29th, February 26th and March 26th, 2019

Address: 105 Wilson Ave, Toronto, Ontario M5M 2Z9

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

~ RSVP to attend to the church office at 416.485.4000 ~

No charge for event. Refreshments provided.

Close to TTC Stop, free parking on the side streets near the church.

An update on our Twiddlemuff Project! DO YOU KNIT OR CROCHET?

Thank you to our Markham and CNIB knitting groups for dedicating their time in creating some amazing Twiddlemuffs which have been donated to some of our Mosaic Clients for the Holiday Season! A big shout out to Gail Armstrong, Anne Thomson and Katerina Duhatschek for making these wonderful Twiddlemuffs in vibrant colours and activities to keep our clients amused. We will continue this project into the New Year and donate some Twiddlemuffs from our Mosaic's knitting group for Sunnybrook Health Sciences Centres Veteran's Wing.

On the right are some pictures of our members receiving the Twiddlemuffs.



Our client Mary with her caregiver Marilyn.



Our client Nicole with her caregiver Josephine.

For more information about our knitting groups and the Twiddlemuff project, please call us at 905.597.7000, or email at info@mosaichomecare.com, we'd love to hear from you!

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 **January 29th, February 26th** and **March 26th**, 2019. (Program resumes April 2019 to May 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 to do in Toronto or a book or movie!

WHEN: Last Wednesday of every month: January 30th, February 27th, and March 27th, 2019
(Program resumes April 2019 to May 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.

Mosaic's Matinée at our Community Resource Centre in Markham



Come join Mosaic staff for a Movie & Popcorn

- Community members can join us for movies and popcorn **every last Thursday of the month**.
- Caregivers (family members, Personal Support Workers, Lifestyle Companions®) are encouraged to join with the person they care for.
- Movie suggestions are welcomed. Please provide us with your movie suggestions when you call to book your place. We will vote on the day of the event for the movie selection.



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

Dates: Last Thursday of the month, January 31st, February 28th, March 28st, 2019

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

Time: 2:00 p.m. to 4:00 p.m.

~ RSVP if you are interested in attending at 905.597.7000 or info@mosaichomecare.com ~

No charge for event. Refreshments provided.

Free parking. Close to public transit.

URBAN
HEALTH
GROUP

Mosaic is happy to provide a **Senior's Mobility Workshop**

with Dr. Christina Mallinos from Urban Health Group

Feeling stiff and achy? Lacking mobility? Losing your balance?



This 1.5 hour workshop will discuss the core principles of an at-home self-care routine. With a focus on balance, stretching and mobility, Dr. Christina will show you some take-away exercises to improve your health and function. Dress comfortably and get ready to move! All levels are welcome.

Dr. Christina is a family Chiropractor and Acupuncture Provider in Midtown Toronto. She is committed to providing honest, efficient and effective care, and engaging patients to become active participants in their treatment plan. Her mission is to inspire a fundamental shift in thinking away from the treatment of illness and towards the creation of wellness and vitality.

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

Date: Thursday January 31st, 2019

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

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

~ RSVP by Monday January 28th, 2019 at 416.322.7002 ~

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.

Mosaic FIELD TRIP DAY!

Join Mosaic Home Care Services as we take a tour of: Central Eglinton Community Centre

"We encourage the development of a forum for individuals to share their concerns and ideas, and to work together in the resolution of community issues within an environment that fosters dignity and equity".

Join Sherri Bulmer from Central Eglinton Community Centre who will explain the various programs and events held at the centre.

Date: Thursday February 7th, 2019

Time: 12:30 p.m. to 1:30 p.m.

Please meet at 12:15 p.m. at 160 Eglinton Avenue East on the Second floor of the Centre (go through the west set of doors and up the elevator to the 2nd floor. We are located directly across from the elevators), as this is where we will begin the tour.

A light lunch will be provided by Mosaic Home Care & Community Resource Centres.

Parking: There is street parking, a Green P off of Holly & Eglinton, and a pay-parking lot behind our building with its entrance off of Redpath (which is probably your best choice).

TTC: The Yonge/Eglinton Subway Station is about four blocks west of us and there are many buses that go along Eglinton. **The bus stop would be Redpath.**

Construction: Eglinton is very busy with construction for the LRT and traffic can be slow. **Please allow yourself extra time to get here.**



RSVP 416.322.7002 or info@mosaichomecare.com by Monday February 4th, 2019



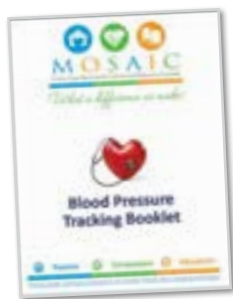
Happy Valentine's Day Blood Pressure Clinic

Come and stop by Mosaic Resource Centre on Valentine's Day (Thursday February 14th) and have your blood pressure checked by our Mosaic Nurse! **You will receive a Mosaic Blood Pressure Booklet and some Valentine Heart Shaped Chocolates!**

Date: Thursday February 14th, 2019

Time: 11:00 a.m. to 2:30 p.m.

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



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

Date: Thursday February 14th, 2019

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

Time: 11:00 a.m. to 2:30 p.m.

*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. European research has proven that improvised music combined with physical movements reduces the incidence of falls by an amazing 54%!



Benefits of Rimbala™ include:

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

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

Date: Friday February 15th, 2019

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 February 11th, 2019 ~

No charge for event. Refreshments provided.

Free parking. Close to public transit.

Mosaic is happy to host an **Expressive Self Art Workshop** with Merav Stein!



Please join Mosaic for a fun and creative workshop where you will have the opportunity to design and create your own artistic decoupage – keepsake wood-box.

All the way from France, the 17th century famous art form, decoupage, is taking the current art world by storm! Using paints and specialty napkins, you will be able to create a traditional and masculine keepsake box or a soft feminine, floral box. The techniques and combinations you will learn, results in a professionally, vivid painted-like effects on the wooden box. The keepsake boxes can be used as nightstand organizers and are great art pieces to store watches, cuff links, keys, jewelry or any favourite mementos from your world travels. Bring the joy of elegant artwork to your everyday life and to your home interiors with your own unique masterpiece! Step-by-step guide is provided and no prior artistic experience is required!



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

Date: Friday March 8th, 2019

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

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

~ RSVP 416.322.7002 or info@mosaichomecare.com by Friday March 1st, 2019 ~

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.

Have you ever been interested in trying meditation?

Join Mosaic at our February Memory Cafés to experience a

Guided Meditation Session **with Almeiri Santos!**

Learn:

- ✿ Different breathing techniques
- ✿ To use gratitude to make your day better
- ✿ How music can affect your state of mind



Almeiri Santos is a Toronto-based Chopra Center Certified Primordial Sound Meditation Teacher. Almeiri has a friendly, simple, compassionate and loving approach to teaching meditation that makes it accessible to everyone.

**Please RSVP by Friday February 22nd, 2019,
spaces will fill up quickly so reserve your spot**



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

Date: First Link® Memory Café – Tuesday February 26th, 2019

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

Time: 1:00 p.m. to 2:30 p.m.

~ RSVP by Friday February 22nd 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)

Date: Mosaic's Mid-Town Memory Café – Wednesday February 27th, 2019

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

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

~ RSVP by Friday February 22nd 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.

MOSAIC'S BEREAVEMENT AND PALLIATIVE CARE SUPPORT GROUP FOR OUR FRONT-LINE TEAM UPDATES!

We have offered this support service, since September 2018, to frontline caregivers, nurses and companions who need a little bit of support and guidance when looking after a client at end of life. And, we have noticed that several of our front-line team have taken advantage of this support.

In February we are working towards a Bereavement Support Group drop-in program, once a month, where our front-line team can come together as a group to discuss ideas, share experiences and education.

We want our caregivers, companions and nurses to know that the Mosaic Client Services Team "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

Baycrest

Do you feel that people are mumbling?

Perhaps it's time for a hearing test!

at Mosaic's Community Resource Centre (Toronto Office)

If you believe that you:

- May have a buildup of wax in your ears
- Might be experiencing hearing loss
- May need your hearing tested

Then come have your hearing screened by Nadia Sandor and Marilyn Reed, experienced clinical audiologists from Baycrest Hospital. Find out whether you have hearing loss and what your next steps should be.



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

Date: Thursday February 21st, 2019

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

Time: 12:00 p.m. to 3:00 p.m. BY APPOINTMENT ONLY

(Screening tests will be booked in 20 minute blocks. Participants are expected to come 10 minutes before their appointment time.)

~ RSVP 416.322.7002 or info@mosaichomecare.com by Friday February 15th, 2019 ~

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.

BACK BY POPULAR DEMAND –

Lianne Harris will provide a historical and educational presentation to Mosaic

Steeped in History: The Story of Tea

from the courts of kings to the taverns of rebels, from an ancient secret to one of the world's most demanded commodities... soak up the history of tea. 1-hour



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

Date: Thursday March 21st, 2019

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 March 18th, 2019 ~

No charge for event. Refreshments provided.

Free parking. Close to public transit.

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

Person
Centered
Home Care



Nursing



Community
Resource
Centres

Mosaic's
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

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