

**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 the person 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*)

### Neighbours & Communities Group

First Friday of the month

Please call and speak to the organizer if interested at 905.597.7000 Ext. 223

January 10<sup>th</sup>, February 7<sup>th</sup> and March 6<sup>th</sup>, 2020

### Chair Yoga Series

Fridays, January 17<sup>th</sup>, February 21<sup>st</sup> and March 20<sup>th</sup>, 2020

(\$5 for each session)

### Mosaic's Community Café

Mondays, January 20<sup>th</sup> and March 16<sup>th</sup>, 2020

### Scheduled Workshops:

*Connect Hearing Community Workshop – January 20<sup>th</sup>*

*Brazilian Bread Making Workshop – March 16<sup>th</sup>*

### First Link® Memory Café

Last Tuesday of every month, January 28<sup>th</sup>, February 25<sup>th</sup> and March 31<sup>st</sup>, 2020

### Mosaic's Matinée

Last Thursday of the month, January 30<sup>th</sup>, February 27<sup>th</sup> and March 26<sup>th</sup>, 2020

### Mosaic's Knitting & Crochet Group

Wednesday afternoons starting January 8<sup>th</sup>, 2020 onward

### Valentine's Day Blood Pressure Clinic

Friday February 14<sup>th</sup>, 2020

### Urban Health Group:

#### Winter Wellness Workshop

Wednesday February 19<sup>th</sup>, 2020

### Stone Soup Storytelling

with Emma Rooney

Thursday March 19<sup>th</sup>, 2020

## TORONTO OFFICE (*CNIB Centre*)

### Chair Yoga Series with Better Living

This program will run the first Wednesday of the month January 8<sup>th</sup> (*in January the date has been pushed back by 1 week*), February 5<sup>th</sup> and March 4<sup>th</sup>, 2020

### Mosaic's Knitting & Crochet Group

The last Monday of the month January 27<sup>th</sup>, February 24<sup>th</sup> and March 30<sup>th</sup>, 2020

### Urban Health Group:

#### Winter Wellness Workshop

Thursday February 13<sup>th</sup>, 2020

## OUTSIDE COMMUNITY EVENTS & TOURS

### Immanuel Baptist Church Community Café

Mondays, January 20<sup>th</sup> and March 16<sup>th</sup>, 2020

### Armour Heights Presbyterian Church Community Café

Tuesdays, January 28<sup>th</sup>, February 25<sup>th</sup> and March 31<sup>st</sup>, 2020

### Community Table Talks at Whole Foods Market

Mondays, January 27<sup>th</sup>, February 24<sup>th</sup> and March 30<sup>th</sup>, 2020

### Allan Gardens Conservatory Trip

Friday March 27<sup>th</sup>, 2020

## Additional Updates and Information from Mosaic

### REGISTRATION UPDATES:

If you plan on attending a Mosaic program please carefully review the registration dates located at the bottom of each flyer.

In the event of an extreme weather warning or poor transportation conditions, please contact Mosaic for updates on Community Resource Centre Closures or program cancellations.

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

Jane and Nathalie, Mosaic's principals and founders, will be attending **The European Society for Person Centered Healthcare's Annual Conference**. The conference will be held in February 2020 at the Ealing Campus of the University of West London UK. Mosaic will be presenting a keynote at this conference: "Intrinsic capacity and 'healthy' aging: where do the domains of the clinical, the non-clinical, the person, and the social and emotional and community intersect? On the need to consider holistic, empathic processing within general needs/falls risks assessment in community-based homecare."



Mosaic has been also asked to present to the **European Society's Master's students** on Person Centered Care. This is the first post graduate degree in Person Centered Care in England and Wales. We will be presenting our Person Centered Care Model to nurses, social workers and professionals in the Health Care Industry.

Stay tuned for more presentations to follow here in Canada in our next Spring/Summer edition newsletter.



**Arlene**  
Personal Support Worker

## Spotlight On...

**As a team, we feel that Arlene deserves this recognition for many reasons:**

Arlene has been the longest standing, consistent employee with Mosaic. She is loyal, dependable and exudes compassion. Mosaic often receives positive feedback from many clients on her work performance and kind and gentle manner.

Arlene thinks outside the box when working with clients living with dementia. She is always quick to come up with new ideas.

She is patient and understanding and has a way of building trusting relationships from the start.

"It makes me very proud to be a part of a Mosaic team that cares as much about their clients as I do. There is always open communication with the staff, they listen when we discuss our problems, and care about the clients, and they provide training sessions which is a real plus for me. Mosaic wants their clients to have the best of care, so they match the caregiver to fit the clients' needs. They provide detailed information to me about my clients which makes it easier to do my job. I am highly committed to each of my clients and to make sure that they have the best quality of life. I appreciate all that Mosaic does to increase my knowledge and make me a better caregiver. I want to thank you so much for giving me an opportunity to be a part of Mosaic team. I can't say enough good things about Mosaic. Thank you for allowing me to be a part of Mosaic team."

*Arlene*

*What a difference we make®!*



# A TESTIMONIAL

## to Mosaic's Person Centered Care Model from the Community

TESTIMONIAL FROM Margaret E. Black | Tri-Congregational Churches Parish Nurse

Dear Jane,

I am writing to tell you how wonderful your staff were who provided 24-hour care for Jack throughout the last couple of years of his life. I can really see how Mosaic won the European Gold Award for Excellence in Person-Centered Care. Everyone whom I met when visiting with Jack at home and in hospital was so caring, friendly and helpful. During his last few days of palliative care in the hospital even some who were off duty came to see him. There were too many for me to name.

It was only because of your staff that he was able to live at home as he wished until his last few days. After his wife, Lorna died, he was no longer able to care for himself and he was very lonely. All his caregivers gave him excellent care including the emotional support so crucial to helping maintain meaning and purpose in his life. Please thank them for all of us who cared about Jack during his many years at Iona Presbyterian Church. His family, Gary & Judy also wanted me to express their gratitude.

Thank you,

*Margaret Black*

Margaret E. Black  
Tri-Congregational Churches Parish Nurse

## If you can, plan in advance for home care needs to avoid a last-minute crisis and potential loss of independence

Arranging private home care is more than hiring a caregiver. It involves an assessment of the person's social and emotional needs and identity, their abilities and their wider medical history. While home care is mostly non-clinical, care services should also be sensitive to a person's medical conditions. It is all too easy to lose sight of the person, what they want and important medical considerations if finding care is left to the last minute.

Home care agencies plan care and staffing weeks in advance which also makes it difficult to find caregivers with specific skills at short notice.

If you think you may need to arrange care at some point, then call us. At the very least we can provide simple pointers such as contacting a primary care physician to address health issues, or public health social workers to assess OHIP home care entitlements and other needs. If it looks like our care services are needed, we can proceed with a general assessment of care needs and plan from there.

Being prepared for discharge from hospital is especially important as discharge notes, directions regarding post-operative exercises and medications are required to assess care needs.

If you notice changes in your own or a family member's physical and mental health then you might wish to consider planning ahead. Instances of falling, new medications, increasing difficulty in walking and safely performing daily activities, signs of depression and/or weight loss might be signs that help is needed.

Addressing these care needs can help delay loss of the independence that could otherwise impair the ability to remain safely in the home and the



community.

If you need more information you can contact our team at **416.322.7002** or **905.597.7000** or email us at **info@mosaichomecare.com** | website: **www.mosaichomecare.com**





# Chair Yoga Series with Better Living



**BetterLiving**

The 3 sessions will be held  
at Mosaic's Community  
Resource Centre at the  
CNIB Centre, Toronto

Come and join Mosaic for an invigorating 3-part Chair Yoga Series with Joanne Picot, an experienced Holistic Health Practitioner from Better Living. Chair Yoga is one of the gentlest forms of yoga available. Participants will perform postures and breathing exercises with the aid of a chair. Experience the many benefits of yoga without having to get up or down from the floor.

## Chair Yoga benefits include:

- Increased balance
- Range of motion
- Strength, flexibility
- Stress reduction

Joanne Picot has a history of working in the health wellness and fitness industry and has graduated from Yoga Alliance Canada-Certified Yoga Teacher.

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

**Dates: January 8<sup>th</sup>, February 5<sup>th</sup>, March 4<sup>th</sup>, 2020**

(Every first Wednesday of the month (except in January where the date has been pushed back by 1 week)

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

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

~ RSVP 416.322.7002 or [info@mosaichomecare.com](mailto:info@mosaichomecare.com) by Thursday January 2<sup>nd</sup>, 2020 ~

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

*Paid parking onsite.*



**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 has been running focus groups at our Markham Community Resource Centre at The Shops on Steeles & 404 since February 2019. 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 our Neighbours & Communities Group.

## Commitment from our Neighbours & Communities Group:

- 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)**

**Dates: Fridays, January 10<sup>th</sup>, February 7<sup>th</sup>, March 6<sup>th</sup>, 2020**

(Every first Friday of the Month with the exception of January's meeting which has been pushed back a week)

**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](mailto:info@mosaichomecare.com) ~

*No charge for event. Lunch will be provided for Focus Group participants.*

*Free parking. Close to public transit.*

# CHAIR YOGA SERIES

## with Joanne Picot



Chair Yoga is one of the gentlest forms of yoga available. Participants will perform postures and breathing exercises with the aid of a chair. Experience the many benefits of yoga without having to get up or down from the floor.

### Chair Yoga benefits include:

- Increased balance
- Strength, flexibility
- Range of motion
- Stress reduction

**Cost:** \$5 for each session

*Collected at the beginning of each session*



**Joanne Picot** has a history of working in the health wellness and fitness industry and has graduated from Yoga Alliance Canada-Certified Yoga Teacher.

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

**Dates: Fridays, January 17<sup>th</sup>, February 21<sup>st</sup> and March 20<sup>th</sup>, 2020**

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

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

*~ RSVP 905.597.7000 or [info@mosaichomecare.com](mailto:info@mosaichomecare.com) by Monday January 13<sup>th</sup>, 2020 ~*

*Refreshments provided. Free parking. Close to public transit.*



## 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 20<sup>th</sup> and March 16<sup>th</sup>, 2020**

**Resumes Monday, April 20<sup>th</sup> 2020, 1:30 p.m. to 3:00 p.m.**

**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](mailto:info@mosaichomecare.com) ~*

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



Join Mosaic and  
Immanuel Baptist Church in this new program  
**Community Café**  
at Immanuel Baptist Church the third Monday each month.

**Dates:** Mondays, January 20<sup>th</sup> and March 16<sup>th</sup>, 2020

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

**Address:** 1100 Finch Avenue East,  
Toronto Program held in the Fellowship Room

~ RSVP to attend to the church office at 416.494.3155. ~



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!

*No charge for event. Refreshments provided.  
Close to TTC Stop and free parking in the church parking lot.*

## Mosaic's Community Cafe Presents...

# Connect Hearing Community Workshop

**If you think you or a loved one may be experiencing hearing loss,  
don't wait any longer.**

Find out the best way to proceed and get your most common questions answered during this workshop! The most important sensory organ is our ears, thus hearing impairment has significant consequences. Come learn more at our January Community Café with two audiologists from Connect Hearing.



### Ankit Nautiyal

Ankit is a clinical audiologist at Connect Hearing. He earned his Master's degree in Audiology and is a proficient Audiologist with more than 5 years of demonstrated history rehabilitating individuals with hearing loss of all age groups.

### James McGrath

James McGrath has a Master's Degree in Audiology, with experience in both research and clinical work. As an individual with hearing loss himself, James uses his unique experience to educate and help people with hearing loss to get the most out of their hearing aids.

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

**Date: Monday January 20<sup>th</sup>, 2020**

**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 13<sup>th</sup>, 2020 at 905.597.7000 or [info@mosaichomecare.com](mailto:info@mosaichomecare.com) ~

*No charge for event. Refreshments provided.*

*Free parking. Close to public transit.*





## Join Mosaic for our **Community Table Talks** at Whole Foods Market | 1860 Bayview Ave., 2nd floor

**Dates:** Mondays, January 27<sup>th</sup>, February 24<sup>th</sup>, March 30<sup>th</sup>, 2020

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

Come and have a coffee on Mosaic! We want people to take part in guided and interactive conversations in their neighbourhood. Engage with guest speakers on the topics of health, community and social development.

*Program will be held at the long community table in the Whole Foods dining area. Free parking available and close to TTC Routes.*

**To register for this program, please call  
416.322.7002 Ext. 242 or email [info@mosaichomecare.com](mailto:info@mosaichomecare.com)**



**ARMOUR  
HEIGHTS**  
CHURCH: 416-485-4000  
FAX: 416-485-2304  
*Discover the Vitality of Faith*



**PRESBYTERIAN  
CHURCH**  
105 WILSON AVE., TORONTO M5M 2Z9  
[www.armourheights.org](http://www.armourheights.org)

## Come Help Define Our Community!

**Join Mosaic and Armour Heights Presbyterian Church for our  
Community Café held the last Tuesday of every month**

**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: Tuesdays, January 28<sup>th</sup>, February 25<sup>th</sup>  
and March 31<sup>st</sup>, 2020**

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

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

*~ 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.*



# UPCOMING First Link® Memory Café PROGRAMS



The First Link® Memory Café is a collaborative program run by Mosaic Home Care and Alzheimer's Society York Region for those living with memory issues and their caregivers. Here are the upcoming presentations and workshops scheduled for the First Link® Memory Café from January to March 2020.

## January

**Dorothy M. Davies -**  
**Cornerstone Music Therapy**  
**Tuesday January 28<sup>th</sup>, 2020**  
**from 1:00 p.m. to 2:30 p.m.**

## February

**Terri Segal - Rhythmic by Nature**  
**Interactive Drumming**  
**Tuesday February 25<sup>th</sup>, 2020 from**  
**1:00 p.m. to 2:30 p.m.**

## March

**Sheldon Parker - Power of**  
**Attorney's, Wills and Elderly Scams**  
**Tuesday March 31<sup>st</sup>, 2020**  
**from 1:00 p.m. to 2:30 p.m.**

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

**Dates: Tuesdays, January 28<sup>th</sup>, February 25<sup>th</sup> and March 31<sup>st</sup>, 2020**  
**Address: 2900 Steeles Avenue East, Markham (Lower Level by Centre Court)**  
**Time: 1:00 p.m. to 2:30 p.m.**

*~ RSVP to attend 905.597.7000 or [info@mosaichomecare.com](mailto:info@mosaichomecare.com) ~*

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



## Join us for a Movie and Popcorn!

Everyone is welcome and feel free to invite a friend! If you have a movie in mind, call ahead to suggest it and it may be added to our movie ballot! Movies are voted on the day of the screening.



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

**Dates: Every last Thursday of the month, January 30<sup>th</sup>, February 27<sup>th</sup>**  
**and March 26<sup>th</sup>, 2020. Program will resume on April 30<sup>th</sup>, 2020.**  
**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](mailto:info@mosaichomecare.com) ~*

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

# Supporting Identity and its Opportunity for Expression May be a Better Way of Looking at FALLS RISKS

Person centered home care requires sensitivity  
to the character, identity, wishes and abilities of the person.



the need for home care supports. We would also emphasise the importance of providing opportunities to continue to do things that might otherwise be done unnecessarily by care providers. Care services should also look to engage family, friends and community, in keeping with the person's wishes and preferences.

While professional providers of home care services must be aware of medical needs and circumstances to safely provide care, we believe that we have to engage from the person up in order to give voice

to and actualise the capacities and identities of persons living in our communities. Home care is not about the loss of identity but the continued support of its expression in daily life.

**M**uch care provision is still overly focused on completing set tasks, on illness, "age" and the many risks posed by daily living. Person centered home care is dependent on close collaborative relationships sensitive to the person, their preferences, their social and emotional needs and capacities.

Capacities include a person's mental, physical, spiritual, social and emotional assets and their desire to express them through daily activities, interests, social networks and community. At Mosaic we emphasise what we can do to help the person to express independence and control, and to live meaningfully in their home and community.

Best practises should look at opportunities to develop and maintain physical ability, creative skillsets and social networks at levels meaningful to the person. One important way to do this is to incorporate simple strength and balance exercises into daily life. Research shows that exercises emphasising basic physical strength can support independence and reduce



# MOSAIC'S KNITTING & CROCHET GROUP

Drop in to knit, chat and make new friends!

Knitting has been proven to:

- Reduce stress and anxiety
- Slow cognitive decline
- 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](mailto: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: Every last Monday of the month, January 27<sup>th</sup>, February 24<sup>th</sup>, and March 30<sup>th</sup>, 2020. Program will resume April 27<sup>th</sup>, 2020.**

**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](mailto:info@mosaichomecare.com) ~*

*No charge for event. Refreshments provided.*

*Close to public transit. Paid parking onsite.*



## Compassionate Community Charter and Movement

**T**he **Compassionate Communities Movement** is a model that originated in the UK and has been adapted in Canada by Windsor Essex Compassionate Care Community amongst others.

And now Evergreen Hospice in partnership with faith-based organizations such as Unionville Presbyterian Church, local schools, community groups, service agencies, community leaders at the municipal level and Mosaic Home Care & Community Resource Centres have agreed to voluntarily launch a compassionate community movement in the Markham area. Other community leaders and organizations are invited to join them.

Why is this initiative important? Our health and social care systems are unable to address the many social and emotional needs of older people in our communities, especially those persons who are isolated or at the end of life and their families. We need to draw on the resources and assets of our communities. Through this initiative, community partners are volunteering to embark on a journey of social enterprise and social outreach together. We are choosing to embrace aging, end of life care, social isolation and loss as normal aspects of life that involve the whole of our communities working together.

We are the owners, stakeholders, and stewards of our community quality of life, our wider care system and our neighbourhood social safety nets.

Deborah Sattler has been working in the compassionate community space for the past four years and is one of the leaders of the Hospice Palliative Care Ontario and also the Community of Practice.

### United We Make A Difference!

If you would like to learn more about the Compassionate Community Charter or to become involved in the compassionate community movement, please contact Jan Pearce at Evergreen.

#### Jan Pearce

Executive Director

Evergreen Hospice

**416.499.2185 | [jpearce@evgcares.org](mailto:jpearce@evgcares.org)**

or

#### Jane Teasdale

Co-owner

Mosaic Home Care Services & Community Resource Centres

**905.597.7000 | [jane@mosaichomecare.com](mailto:jane@mosaichomecare.com)**



Mosaic is proud to welcome

# The Urban Health Group: Tricks on How to Boost Your Immune System



**Dr. Christina Mallinos** (Chiropractor) and **Heather Neely-Billings** (Holistic Nutritionist) will be revealing tricks to boost your immune system and support your nervous system during the winter months. Look forward to some food samples and a few exercises to keep you ahead of the game.

URBAN  
HEALTH  
GROUP

## Toronto Community Resource Centre:

**Date:** Thursday February 13<sup>th</sup>, 2020

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

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

No charge for event. Refreshments provided.  
Close to public transit. No underground parking.  
Paid parking onsite.

## Markham Community Resource Centre:

**Date:** Wednesday February 19<sup>th</sup>, 2020

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

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

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

**Registration for these programs opens January 6<sup>th</sup>, 2020.**  
**To register contact us at 905.597.7000 or [info@mosaichomecare.com](mailto:info@mosaichomecare.com)**



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

## Mosaic Home Care Services & Community Resource Centres

### Corporate Office

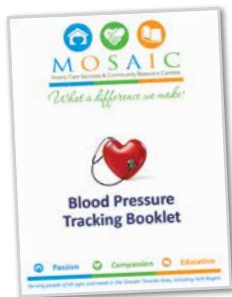
The Shops on Steeles and 404  
2900 Steeles Avenue East, Suite 218  
Markham, ON L3T 4X1  
Tel **905.597.7000** Fax 905.597.5446

### Toronto Office

CNIB Centre  
1929 Bayview Avenue, Suite 215H  
Toronto, ON M4G 3E8  
Tel **416.322.7002**



# Valentine's Day Blood Pressure Clinic!



Drop-in to get your blood pressure checked by a Mosaic nurse this Valentine's Day! Enjoy some sweet treats and **take a blood pressure booklet home with you after your visit.**



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

**Date: Friday February 14<sup>th</sup>, 2020**

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

**Time: 10:30 a.m. to 2:00 p.m.**

*~ For information please call 905.597.7000 or [info@mosaichomecare.com](mailto:info@mosaichomecare.com) ~*

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



## Mosaic's Community Café Presents... Brazilian Bread Making Workshop

**Join us for a cozy and active afternoon to:**

- Learn about the history of this delicious traditional bread
- Taste traditional Brazilian bread with coffee
- Create your own Brazilian French bread dough and take home different variations of the bread recipe to try at home



**Paula Barretto**, a Co-op student at Mosaic, will lead us into her culture and share memories about this Brazilian based bread.



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

**Date: Monday March 16<sup>th</sup>, 2020**

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

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

*~ RSVP by Monday March 9<sup>th</sup>, 2020 at 905.597.7000 or [info@mosaichomecare.com](mailto:info@mosaichomecare.com) ~*

*No charge for event. Refreshments and materials for workshop provided by Mosaic.  
Free parking. Close to public transit.*

# THE BIG G PROGRAM



**B**ig Brothers Big Sisters of Toronto recognizes that the inter-generational relationship is a special one, and provides untold benefits for both young and old. When faced with a lack of positive adult role models for their in-school mentoring program, Leanne Nicolle, CEO of Big Brothers Big Sisters of Toronto had an idea to reach out to retired individuals in the community and engage them in the program. The in-school mentoring program matches a young person with a mentor for one hour each week, in a school setting, to help facilitate a meaningful and connected relationship. The program is called **Big G** (for grandparent).

So much about the recruitment strategy made sense. There were individuals who had time available during the day, and they were looking for new ways to become engaged in their community. For many, when you have a career you tend to have a sense of purpose.

Sheila is a Big G ambassador, and has been matched with her 'Little' for close to two years. When she first met Leala\*, Sheila remembers the other kids giving her questioning looks about how she looked too old to be a Big Sister. It was a small hurdle, and Sheila continued to

come back every week to meet with Leala\*. And, with each new encounter, their relationship began to grow.

They now have a very solid relationship, and Leala\* knows that she can talk openly with Sheila. Sheila says that she loves the variety of the activities, and that the program keeps her feeling young.

Big Brothers Big Sisters of Toronto is currently looking for people to become Big G's. If you are interested in connecting with a young person in your community, call or visit their website for more information. **416.925.8981** / [toronto.bigbrothersbigsisters.ca/volunteer](https://toronto.bigbrothersbigsisters.ca/volunteer)

\*For anonymity purposes, Leala's name has been changed.





# Stone Soup Storytelling

with Emma Rooney  
from Blooming Caravan

We're excited to offer a Stone Soup storytelling workshop that will tantalize your taste buds! Join us as we savour a pot of homemade Stone Soup and uncover the secret ingredients for developing soul-warming recipes.

- Share fond food memories and explore how food nourishes us
- Learn about five innovative food-sharing initiatives from across Canada
- Create recipe cards to bring people together through food



Emma Rooney is the founder of Blooming Caravan, a small business that offers in-home creative companionship visits for seniors. With a specialization in therapeutic gardening and nature connection, Emma's philosophy of care weaves together caring for both the land and people. Emma is the horticultural therapist at Peel Manor Long Term Care, a Toronto Master Gardener, and a volunteer at the High Park Nature Centre.

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

**Date: Thursday March 19<sup>th</sup>, 2020**

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

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

*~ RSVP by Thursday March 12<sup>th</sup>, 2020 at 905.597.7000 or [info@mosaichomecare.com](mailto:info@mosaichomecare.com) ~*

*No charge for event. Refreshments provided.*

*Free parking. Close to public transit.*

**Mosaic  
FIELD TRIP  
DAY!**

## Mosaic Presents... A Trip to Allan Gardens Conservatory



Join us as we stroll through the beautiful indoor paths of Allan Gardens Conservatory and its 6 greenhouses! Allan Gardens is one of the oldest conservatories in Toronto and has seen many additions over the years to include more than 30 thousand plants from all over the world.

Following our trip to the conservatory, we will walk over to a diner for a traditional All Day Breakfast!

**Date:** Friday March 27<sup>th</sup>, 2020

**Time:** Meet at 10:00 a.m. in Allan Gardens lobby,  
Group to disperse at 10:00 a.m. sharp to tour the gardens

**Price: \$5 towards All Day Breakfast price** (Breakfast is \$10,  
Mosaic is covering half the price – Please bring cash on the day of the event).

**Registration for this trip opens on February 3<sup>rd</sup>, 2020**

**Please register at 905.597.7000 or [info@mosaichomecare.com](mailto:info@mosaichomecare.com)**

### Allan Gardens Conservatory

**160 Gerrard Street East  
(or 19 Horticultural Avenue)**

**Meet in Allan Gardens  
lobby at 10:00 a.m.**

# 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 Community Cafés/Mosaic Community Table Talks

### 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

CNIB Centre  
1929 Bayview Avenue, Suite 215H  
Toronto, ON M4G 3E8  
Tel 416.322.7002

