



WINTER 2021

# Newsletter



## 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.

Our community resource centres and our social outreach programs, delivered through our community resource centres and through many of our community partners, are currently affected by the important social distancing response to the NOVEL COVID-19 virus. The timeline on the resumption of these community services is uncertain.

Our present focus is on the safe and effective delivery of important care within protocols that minimise the risks of viral transmission to the people we look after, their families, our care workers and our community.

*What a difference we make®!*

# Featured Events

## ONLINE PROGRAMS ON ZOOM

### ONGOING:

**Mosaic Home Care featuring an Exercise Program with Joanne Picot**

Now being offered twice a week starting:

Tuesday January 5<sup>th</sup> & 19<sup>th</sup>, 2021

Tuesday February 2<sup>nd</sup> & 16<sup>th</sup>, 2021

Tuesday March 2<sup>nd</sup> & 16<sup>th</sup>, 2021

**Mosaic Home Care featuring our Knitting & Crochet Group**

Held every Wednesday starting from

Wednesday January 6<sup>th</sup> to March 31<sup>st</sup>, 2021

**Mosaic's Community Café**

Monday January 18<sup>th</sup>, 2021

**Monday February 15<sup>th</sup>, 2021 – Cancelled due to Family Day**

Monday March 22<sup>nd</sup>, 2021

### *Scheduled Workshops:*

- Monday January 18<sup>th</sup>, 2021 – Tales of Wisdom Story Telling Workshop with Timothy Greenwood
- Monday March 22<sup>nd</sup>, 2021 – Luck O' the Irish with Lianne Harris

**First Link® Memory Café Programs**

Tuesday January 26<sup>th</sup>, 2021

Tuesday February 23<sup>rd</sup>, 2021

Tuesday March 30<sup>th</sup>, 2021

### *Scheduled Workshops:*

- Tuesday January 26<sup>th</sup>, 2021 – A Healthy Bite of Exercise & Nutrition with Urban Poling Inc.
- Tuesday February 23<sup>rd</sup>, 2021 – National Ballet School Info Session & Dance Demo
- Tuesday March 30<sup>th</sup>, 2021 – Stress on the Brain: How to Destress with Sara MacLean

## SPECIAL ONLINE PROGRAMS:

**Mosaic Home Care is proud to welcome Kristi Stangeland presenting on Zoom Meditation Made Easy**

Friday February 19<sup>th</sup>, 2021

**Mosaic Home Care is proud to present Jane Rowan – Preserving Our Memories**

Friday February 26<sup>th</sup>, 2021

**Valentine's Heart Health Workshop with Karyn Terrell, Mosaic RPN & Client Services**

Friday February 12<sup>th</sup>, 2021

**Mosaic Presents A Tour of France with Julie Williams**

Friday March 19<sup>th</sup>, 2021

**Mosaic is excited to feature Maria Soulis presenting on: My Life as an Opera Singer**

Thursday March 25<sup>th</sup>, 2021



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**Additional Updates with regards to registrations for the above programs and Information from Mosaic Home Care**

### *Zoom & Phone Participation*

Since the start of COVID-19 in March 2020, Mosaic has gone online with most social programs using the Zoom platform. Participants can register for programs by contacting Beth Eshete at [info@mosaichomecare.com](mailto:info@mosaichomecare.com) or **905.597.7000** and the links will be sent via email. Participation through the telephone is also possible if you do not have access to a computer or internet. Local phone numbers for program participation are sent at the time of registration.

### *Registration Contact*

If you need guidance, contact Beth at [info@mosaichomecare.com](mailto:info@mosaichomecare.com)



## Hours of Operation for Mosaic Home Care Resource Centres and In-Person Programs

Our resource centres will continue to be closed in January, February and March 2021 at both locations due to the COVID-19 Pandemic. We are closely monitoring all updates from the Government and Toronto Public Health, and will keep our members updated.





## An Update from the Principal Owners of Mosaic Home Care Services & Community Resource Centres

*Jane and Nathalie*

Nathalie and I, our Mosaic Team and front-line staff would like to wish you all a Happy New Year!

We have all experienced a difficult year. Our ability to connect meaningfully has been severely restricted. With a vaccine in the works, this year's holiday season will hopefully be the last of the COVID-19 restrictions.

We remain vigilant with respect to infection prevention and social contact awareness. The COVID-19 policies we have had in place since March for our frontline teams and families remain in place.

Over the last six months we are seeing more families deciding to keep their family members in their homes and communities. Our client services team with its nursing, social work, geriatric, counselling and case management expertise has been working hard.

The wider supportive community that has developed during COVID remains in place; we continue to engage with the IFA's Town Hall Meetings, The Alzheimer Society of Toronto's Community Partner updates, Sunnybrook Health Sciences and North York Health Partners and The Integrated Partnerships for Seniors online forums.

Given the continuing COVID environment we will be

moving our Steeles community resource centre upstairs to a space available within our main offices. We will continue to run events in Centre Court at The Shops on Steeles and 404 once the COVID risk has subsided.

Over the last few months our free online programs continue with events from Joanne Picot, the Alzheimer Society York Region, Donna Zekas, Theatre in the Web and Dr. Daren Heyland.

Finally, in November Jane Teasdale received a Recognition Award from the Elder Abuse Prevention Ontario: "Jane is recognized for her continued efforts for the committee and for always coming up with new and creative ways of offering support to the seniors in the greater community."

**On behalf of our Mosaic team and front-line staff, all the best for 2021!**



*Jane Teasdale and Nathalie Anderson*

## Updates from our New Office Location at Armour Heights Presbyterian Church

We celebrate this year our new space at Armour Heights Presbyterian Church. We now have big high ceilings, lovely stained-glass windows and an embracing community spirit. We include a few pictures of



this wonderful space. Prior to the renewed lockdown to be able to say a socially distanced (and masked) hello to Erin Stone and Rev. Dr. Harris Athanasiadis was a highlight of my day.



Our community resource centre at Armour Heights waits in the wings to serve the community. We expect it may not be before the Summer or possibly even

the fall before we are able to open this up.

We look forward to working with Armour Heights to bring social gatherings, knitting and other hobby groups, community café's and presentations to this space.

Between Mosaic Home Care Services & the staff at Armour Heights Presbyterian Church there are some wonderful online programs running for the community to attend. For a full listing of Mosaic events visit [www.mosaichomecare.com](http://www.mosaichomecare.com) or call us at **416.322.7002**. For Armour Heights events you can visit their website at <https://armourheights.org/> and/or contact **(416) 485-4000**.

We look forward to community engagement at Armour Heights, to social gatherings, rummage sales, music festivals, dance programs, community café's, lunch and learns and more.



# Taking Care of *Care in the Community*

During COVID-19 many families and individuals have decided against Long-term care and older adult retirement residences. The risks of catching COVID-19 and of social isolation have been considerable over the period.

COVID-19 has also raised the curtain on long standing living and social care conditions in Long-term care. While Long-term care homes supposedly provide 24/7 care the amount of time that residents actually receive is considerably less. A 2018 study looking at data between 2014 and 2015 found an average of 2.55 hours of care a day across Ontario homes studied with little if any time allocated to meeting social and emotional needs. Numerous studies and reports have continued to find serious deficiencies in our Long-term care system.

Before the crisis families who had loved ones in care often spent considerable time in care homes providing care and social and emotional support. Those who could afford would also pay for private caregivers to go into the homes to provide additional care. Since the onset of the crisis visitation has been restricted and care provision has declined further in the face of staff shortages and other issues. Recent reports have documented the significant increase in medications being given to care home residents.

Other countries around the world, notably those in Europe, spend a far greater amount of their care budget on providing care in the community, allowing people to remain in their homes for longer, connected to their communities and their supportive social networks.

The question is, how do families and family caregivers who might have considered putting their loved one into care make the transition to providing more care in the home? Many caregivers are already struggling and with COVID-19; they too have become more socially

isolated and distanced from their social support networks.

For those persons with complex care needs, the key to looking after persons in their home and community is to find a way of working with family caregivers, Public Health and family funded providers and to take advantage as much as possible of local community resources. Social networks and addressing the social, emotional and health needs of family caregivers is also an important aspect of the overall plan.

Public Health provides limited input over and above the limited care current funding allows so families are

often forced to either go it alone, pay for a professional social worker or other care providers to come in and develop a cohesive plan of care that addresses the wider care needs across the day to day.

At Mosaic we have a client services team staffed with nurse, social work, geriatric and counselling expertise that we use to bring to bear and develop a cohesive plan

of care that addresses the wider care needs across the day to day. We provide case management services for our families that help address the fundamental needs of care over and above those provided by public health. We support the continuing social, emotional, cerebral, spiritual, creative, cultural and physical capacities of assets of the person. Our care is designed so the person, as an intrinsic being, can continue to express their unique human individuality. We look to social networks and community assets as well as public health services and clinical relationships to help determine what we can and cannot do and work with families to achieve realistic holistic goals. We also work with families to advocate for care provided in long term care homes.



Article provided by Mosaic Home Care Services



Our Mosaic Lifestyle Companions® are individuals that deliver a friendly visiting service as opposed to personal care. This service will build on our “The Meaning of Me®” person centered care model. This model of care, serves as both a conversation and a journey of exploration that places the individual front and centre of our care-based service relationships.



## Mosaic Lifestyle Companions®

Our Lifestyle Companions® will provide companionship and conversation in the home, retirement home or long-term care facility.

Duties will include:

- Conversations
- Letter writing & typing
- Reading
- Companionship
- Grocery shopping/errands
- Meal preparation and working together with client
- Activities, hobbies and interests of the client

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

For more information on Mosaic Lifestyle Companions® or 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** or **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.



## ZOOM FUNCTIONAL FITNESS with Joanne Picot

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

Join us on Zoom twice a month for a complete body workout featuring simple exercises to build muscles, flexibility, and boost heart health. Joanne will lead you through a variety of energizing standing and seated exercises using light free weights.

If you don't have weights, you can use a filled water bottle or a small ball that you can grip with one hand as a substitute. Get fit and learn some great workouts!

**Dates:** Tuesdays, January 5<sup>th</sup> & 19<sup>th</sup>, 2021 | February 2<sup>nd</sup> & 16<sup>th</sup>, 2021 | March 2<sup>nd</sup> & 16<sup>th</sup>, 2021

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

**Registration required**

**Join Mosaic Home Care Services for Zoom Programs Online.** Mosaic Home Care Services & Community Resource Centres have taken some of our programs online during the COVID-19 Pandemic.

To register for all programs call our offices at **905.597.7000** or **info@mosaichomecare.com** or **beth@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.



# Online Programs?

## Mosaic's Transition from In-Person to Online Programs

Dear Community Members,

As we all tackled a year that no one expected, we have worked to make sure that we could continue serving our community safely and effectively throughout this pandemic. Since April 2020, Mosaic has been providing social and educational programs online in lieu of our traditional in-person programming that takes place in our community centres.

Here are some things that Mosaic knew when switching to an online program platform like Zoom:

- That the transition from in person to online would not be easy but necessary in order to keep the community engaged in this unprecedented time.
- That the issue of isolation in our communities would only be exacerbated in quarantine and with social distancing restrictions (even more so for those living alone, with mobility concerns and those without internet or computer access).
- That even with internet and computer access that nothing would take the place of in-person, face to face social interaction.
- That many individuals would have security related concerns switching onto an online programming platform like Zoom.
- That some community members would not be able to participate online so we created a contact list of individuals who may need check-ins during this time.

Considering these points, Mosaic tried to create a seamless transition from in-person programs to online programs. Here are some things Mosaic has and is continuing to provide to community members to ensure comfortable participation on Zoom:

- Mosaic is providing one on one **"How to Use Zoom"** tutorials through the telephone



- Facilitating cyber security presentations with community partners
- Ensuring that Zoom program links are only sent to those registered to ensure safe participation
- Mosaic continued to keep the community updated through our newsletter, articles and pandemic protocols through the post and email delivery.

We want our community to feel equipped, secure and comfortable online with us! Feel free to call to set up one on one tutorial to install Zoom and take part in the programs we have curated for Winter 2021.

If you have any questions regarding upcoming programs or would like to register please feel free to contact me at **905-597-7000 ext. 242** or **[beth@mosaichomecare.com](mailto:beth@mosaichomecare.com)**.

Sincerely,

*Beth Eshete*

Community Resource & Social Engagement Coordinator  
Mosaic Home Care & Community Resource Centres

# Mosaic Community Updates.....

BY BETH ESHETE

Dear Mosaic Friends and Families,

We hope that you and your family are keeping safe. We wanted to share some community updates with you from the fall 2020 season. This fall, we had several programs and workshops that we offered online, from exercise classes, educational workshops on COVID-19 and hobby-based programs (music and art programs). Community members who attend our programs provide us with feedback on how they are enjoying current programming, what they would like to see and where Mosaic can improve the experience.

Here are some of the programs and workshops we ran fall 2020:

- **The Roaring 20's** with Lianne Harris
- **Exercise** with Joanne Picot
- **Plan Well Guide Workshop** with Dr. Heyland
- **Threads of Our Past**, Performance by Theatre in The Web

We wanted to share some of the comments with you from our attendees!

When asked to comment on the program they attended and what could be done differently, attendees responded:

## Attendee 1:

*"Very entertaining & interesting roaring 20's event."*

## Attendee 2:

*"No, it was excellent. Thank you for all the hard work in arranging these sessions."*

## Attendee 3:

*"I always look forward to your programs, they are educational, entertaining and empowering."*

## Attendee 4:

*"It's perfect....professional and well organized."*

## Attendee 5:

*"Just a big THANK YOU for offering this! It was excellent..."*

## Attendee 6:

*"Speaker's talk was concise and informative, with good visuals"*

If you are interested in joining us online for Winter 2021 programs be sure to register by calling **905.597.7000** ext. **242** or **beth@mosaichomecare.com**. We would love to have you!

Sincerely,

*Beth Eshete*

Community Resource & Social Engagement Coordinator  
Mosaic Home Care & Community Resource Centres

# Zoom Tips and Tricks

BY BETH ESHETE | COMMUNITY RESOURCE & SOCIAL ENGAGEMENT COORDINATOR

Dear Community Members,

Here are some tips and tricks on how to use Zoom!

## Download Zoom To Your Device



[download](#)

This is an **optional step**, you **do not** have to download Zoom in order to participate in a program; you can also just click on the link provided by the host. <https://zoom.us/>

[download](#)

## Joining A Program

Join by clicking the **Zoom link** in the email invitation:

Join Zoom Meeting

<https://us04web.zoom.us/j/>

Meeting ID:

Password:

Once you click the link, you will follow the prompts to get onto the Zoom program. Sometimes, you will need to wait for your host to let you into the program if they have added the waiting room feature for the event (in this case, just hang tight until admitted!).

## OR



Join the program through **telephone participation**.

When your host sends an email link they will usually send corresponding local telephone numbers that participants can use to dial into the program using a cell phone or landline. You can dial one of the numbers and follow the prompts to get on the Zoom.

## Zoom Etiquette & Other Considerations:

- Keep yourself on mute unless otherwise stated by facilitator or individual presenting.
- Ask your presenter or facilitator to show you where the "Raise Hand" button is to ask a question.
- Limit the noise in your background for interactive programs where you won't be on mute so participants can hear you clearly.
- If you have a question, type it in the group chat or write it down so you don't forget to ask during the Question and Answer portion of the program or event.

If you have questions about the Zoom software or would like more information, please contact Beth Eshete at **beth@mosaichomecare.com**.



# Get Moving with Canada's National Ballet School This Winter!

At Canada's National Ballet School (NBS), excellence, access and inclusion fuel our belief in sharing the transformative power of dance to change lives for the better. NBS knows how dance affects our bodies, minds and souls. We know it because we live it and help others live it every day. People of every age, ability and aspiration have a transformative experience waiting for them in dance.

## Why dance?

Dance is a powerful, yet underutilized tool for health and well-being across all spectrums of Canadian society. Creative movement has the unique ability to connect people and provide comfort during challenging times. Research also suggests that dance is an exciting new direction in the study of aging and cognitive neuroscience, offering a unique combination of physical, mental and social benefits for seniors at home, in retirement and care facilities and with age-related illnesses like Parkinson's disease and dementia.

The physical benefits of dancing in older adulthood may include:

- improved aerobic power
- increased muscle endurance
- greater strength and flexibility
- improved balance and gait
- reduced risk of falls

Dance may also be emotionally and socially beneficial for older adults by helping to reduce isolation, encouraging a sense of community and providing a space for creativity and artistic expression.

"Participating in Sharing Dance Seniors truly changed my life. It helped me physically do things I haven't been allowed to do for more than 50 years." – Participant

"When I dance, I feel free, ageless and euphoric." – Participant



## Discover the joy and benefits of dance – at home!



### Baycrest NBS Sharing Dance Seniors – at Home

Baycrest and Canada's National Ballet School (NBS), industry leaders in geriatric care and dance training, are offering FREE six-week dance courses for older adults, which can be accessed at home.

Weekly online classes are taught by professional dance teachers from NBS, are accompanied by a live musician, and include a variety of movement options to suit participants' needs. Classes are 20 minutes in length and both seated and standing course options are available.

Join any time and engage in these fun, creative and musical classes at your own pace. No dance experience required! Visit [www.nbs-enb.ca/sharingdanceseniors](http://www.nbs-enb.ca/sharingdanceseniors) and start dancing today!

**Want to learn more? Take part in an interactive presentation and hear more about the benefits of dance and the Baycrest NBS Sharing Dance Seniors Program. Tune in to the First Link® Memory Café on February 23<sup>rd</sup> from 1:00 - 2:00pm.**

Canada's National Ballet School (NBS) and Baycrest, industry leaders in aging and brain health and dance training, have collaborated to develop meaningful dance activities for older adults. Through its artistry and physicality, dance supports overall physical, emotional and social wellbeing. Take part in this interactive presentation, and hear more about the benefits of dance and the Baycrest NBS Sharing Dance Programs.

*Photos courtesy of Canada's National Ballet School.*



# UPCOMING First Link® Memory Café PROGRAMS ON ZOOM



The First Link® Memory Café Program on Zoom is a collaborative program run by Mosaic Home Care and Alzheimer Society York Region for those living with memory issues and their caregivers. Here are the upcoming presentations and workshops online for the First Link® Memory Café featured through Zoom through Mosaic Home Care Services.

## January

### **A Healthy Bite of Exercise & Nutrition with Urban Poling Inc.**

*An informative "bite" of exercise and nutrition! A series of seated and standing exercises which will get your heart pumping and put your mind at ease.*

**Tuesday January 26<sup>th</sup>, 2021**  
**from 1:00 p.m. to 2:00 p.m.**

## February

### **National Ballet School Info Session & Dance Demo**

*Take part in this interactive presentation to hear more about the benefits of dance and the Baycrest NBS Sharing Dance Programs. We will also discuss the important link between movement and brain health.*

**Tuesday February 23<sup>rd</sup>, 2021**  
**from 1:00 p.m. to 2:00 p.m.**

## March

### **Stress on the Brain: How to Destress with Sara MacLean**

*Join us as we discuss how to manage stress healthily and how stress impacts brain health.*

**Tuesday March 30<sup>th</sup>, 2021**  
**from 1:00 p.m. to 2:00 p.m.**

**Join Mosaic Home Care Services for Zoom Programs Online.** Mosaic Home Care Services & Community Resource Centres have taken some of our programs online during the COVID-19 Pandemic.

To register for all programs call our offices at **905.597.7000** or **info@mosaichomecare.com** or **beth@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.



Join Mosaic for an afternoon of ideas, fun, connection and social interaction! Our café is a virtual space for everyone whether you want to sit and listen, talk and take part or lead the group about your hobbies and interests. There will be activities and events as well as discussions. Stay engaged, active and involved in our communities!

## January

### **Tales of Wisdom Story Telling Workshop Timothy Greenwood**

Local Newmarket Storyteller Tim Greenwood has been telling stories to audiences of all ages for over 25 years. He will share his own life stories but also fantastic and humorous tales from others as well. Stories help us face the challenges of life with examples of inspiration, humor and overcoming; and these days we need these types of stories more than ever.

**Monday January 18<sup>th</sup>, 2021**  
**from 1 p.m. to 2 p.m.**

## February

### **Cancelled due to Family Day**

**Monday February 15<sup>th</sup>, 2021**

## March

### **Luck O'the Irish with Lianne Harris**

Mysterious, superstitious, religious, tenacious, ingenious, courageous and indomitable. Take a journey into the history of the people and land of Ireland with Lianne Harris (before pubs and St. Patrick, beyond leprechauns and shamrocks)!

**Monday March 22<sup>nd</sup>, 2021**  
**from 1 p.m. to 2 p.m.**

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# ZOOM Meditation Made Easy with Kristi Stangeland

**Kristi Stangeland** is the founder of My ParaVita. As an international retreat leader, lecturer, private meditation coach for busy executives and creator of the My ParaVita Circle, an online meditation membership program, she helps busy people find balance, wellness and contentment in their daily lives.

Many might feel that they should meditate, only few maintain a meditation practice. Join Kristi for a guided meditation to get started!

During this session, you will learn:

- ◆ How meditation can help with health and wellbeing
- ◆ The key ingredients for an effective meditation practice
- ◆ How to easily start a practice

In addition, Kristi will lead a group guided meditation for all to experience the relaxed state that can be attained with meditation.

**Date:** Friday February 19<sup>th</sup>, 2021 | **Time:** 1:00 p.m. to 2:00 p.m. | **Registration required**

**Join Mosaic Home Care Services for Zoom Programs Online.** Mosaic Home Care Services & Community Resource Centres have taken some of our programs online during the COVID-19 Pandemic.

To register for all programs call our offices at **905.597.7000** or [info@mosaichomecare.com](mailto:info@mosaichomecare.com) or [beth@mosaichomecare.com](mailto:beth@mosaichomecare.com) if you need more information. A Zoom link for the program will be sent once you have completed the registration.

## In-Home Flu Shots

**\$40/person**

*Pick up of vaccine is required. Nurses can pick up vaccine for an additional fee.*



### Avoid lines at the doctor or pharmacy.

- Bayshore Home Health is offering flu shots administered by a nurse in the comfort and safety of your own home.
- Our nurses will come to you at a convenient time and provide flu shots for new or existing clients and their families in the city of Toronto.

For further details or to book an appointment please call our office to speak with a Care Manager today – **416-927-7850**.

**Note:** Individuals do not have to be current clients of Bayshore. Service is available to anyone any age.

**Bayshore<sup>®</sup>**  
Home Health



## Some Helpful Tips from Kristi Stangeland on *Relaxation and Meditation*

The coronavirus pandemic has profoundly changed so many aspects of our daily lives, including the way we work and play. Many of us are navigating a “new normal” that entails working from home while also balancing the responsibilities of childcare, eldercare, schooling, etc.

Striking a healthy balance between work and home life has never been more challenging. And on top of that, it is also much more difficult to engage in our traditional strategies for dealing with stress, such as visits to the gym, church, the therapist, etc.

But there is something that everyone can do at home right now—and after the pandemic passes—to deal with life’s stresses: meditate.

More than 20 years ago, I discovered the power of meditation and mindfulness to help me focus my thoughts, energies and insights. Without a doubt, meditation has helped me find more opportunities for peace, power and play in my life.

Regardless of where you are on life’s journey, it is never too late to take up meditation, especially since the benefits are so invaluable. Consider this:

- Meditation is a powerful tool that enables us to push away distractions and excuses so we can focus on what we really want to achieve and create the **attitude** for success that will get us there.
- Meditation boosts our **resiliency** so we can live with less fear of what might (or might not) happen.
- By allowing the mind to tune out distractions, we can train our minds to let go of the easy stuff so we have **more energy** to concentrate on bigger challenges with greater focus, creativity and productivity.
- When we meditate, we create the opportunity to focus on **values** that matter most to us. We can “clear the clutter” so we can find compassion and understanding for those in our families, our workplaces and our communities.
- A Dutch study cited by the University of California-Berkeley’s *Greater Good* magazine found that even a 10-minute meditation practice for just two weeks led to **enhanced quality and duration of sleep**.



- Meditation leads to more inner peace and fosters **forgiveness**, the benefits of which are well-documented: less stress, anxiety and depression. But studies also show that forgiveness reaps physical benefits as well: lower blood pressure, improved heart rate and strengthened immune function.
- When we focus on the meaningful things that have shaped our lives during meditation, we literally do ourselves good. Studies have shown that **gratitude** and appreciation can reduce the risk of death from cardiac disease.

Like so many things in life, the best way to enjoy the benefits of meditation is through a regular practice. As noted above, just a few minutes daily of dedicated mindfulness and meditation can significantly improve our physical and emotional well-being.

Through my business, My ParaVita, I provide my clients with additional techniques and insights on how to enhance their meditation so they can bring their practice to a higher level and reap even greater benefits from it. Through guided meditations, retreats and other wellness programs, my goal is to help people tune out distractions and negativity in their lives so they are better equipped to face life’s challenges with less stress and more serenity.

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*Kristi Stangeland is the founder of My ParaVita. She holds several advanced certificates and diplomas from some of the most renowned Chinese philosophers of our time. Learn more about her and her meditation business at [www.MyParaVita.com](http://www.MyParaVita.com).*







# Preserving Our Memories

## An online conversation with Jane Rowan



Sit back with a cup of Tea or Coffee and join Mosaic for an afternoon with Jane Rowan: Artist, writer, community advocate and story teller on her many memories past and present!

She will be discussing her community and advocacy work and reading one of her delightful and funny stories of her travels around the globe.

**Date:** Friday February 26<sup>th</sup>, 2021

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

**Registration required**

**Join Mosaic Home Care Services for Zoom Programs Online.** Mosaic Home Care Services & Community Resource Centres have taken some of our programs online during the COVID-19 Pandemic.

To register for all programs call our offices at **905.597.7000** or **info@mosaichomecare.com** or **beth@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.



## Valentine's



## Heart Health Workshop with Karyn Terrell, RPN Client Services Nurse Consultant

Join Karyn Terrell on Zoom as she leads a heart health workshop for the community. Karyn will discuss steps to maintain a strong and healthy heart. What participants can expect from this workshop:

- A simple overview of common heart diseases
- Steps and tips to maintain a healthy heart and lifestyle
- Tips to maintaining a healthy cholesterol level

**Date:** Friday February 12<sup>th</sup>, 2021

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

**Registration required**



**Karyn Terrell** is an Registered Practical Nurse working on the Client Services team at Mosaic Home Care. Karyn is devoted to providing the highest quality of care while working in a Person Centered Care framework.

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To register for all programs call our offices at **905.597.7000** or **info@mosaichomecare.com** or **beth@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.

# A Tour of France with Julie Williams



Join us as Julie Williams takes us on a delightful visual tour of France! You will experience the sights and cultures of this magical and breathtaking old-world country. Through Julie's images we will savour quintessential memories of Provence's narrow cobblestone streets, pastel-coloured homes, timeless ivy-covered walls, and terra-cotta tiled rooftops. The final stop will be in Paris, all aboard!

**Date:** Friday March 19<sup>th</sup>, 2021 | **Time:** 1:00 p.m. to 2:00 p.m | **Registration required**

**Julie Williams** is the official photographer for a number of high-profile organizations including the Women's Law Association of Ontario and the Town of Whitchurch-Stouffville. Her images have received international recognition and awards.

Julie uses her experience and skills in documentary-style reporting to produce coffee table photobooks, fine art, custom jigsaw puzzles and calendars. She enjoys sharing her love of being a visual artist and storyteller through speaking opportunities in the hopes she will inspire the inner creativity in others!

**Join Mosaic Home Care Services for Zoom Programs Online.** Mosaic Home Care Services & Community Resource Centres have taken some of our programs online during the COVID-19 Pandemic.

To register for all programs call our offices at **905.597.7000** or **info@mosaichomecare.com** or **beth@mosaichomecare.com** if you need more information. A Zoom link for the program will be sent once you have completed the registration.



## ZOOM My Life as an Opera Singer

Join us on Zoom for a conversation with Maria Soulis about her life on the operatic stage! Her presentation will highlight how she decided she wanted to be a classical singer, the training and auditioning process, and the lucky breaks. Maria will share stories and pictures of some of the beautiful opera houses throughout Europe where she had the privilege of singing.

Mezzo-soprano **Maria Soulis** began her operatic career as a resident singer with the Regensburg Opera in Germany (1999-2002), afterwards branching out as a freelance artist in theatres throughout Europe. Nominated for a Juno in 2016, Maria continues to perform with Canadian theatres and orchestras, in repertoire ranging from Baroque to new works.

**Date:** Thursday March 25<sup>th</sup>, 2021

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

**Registration required**

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# Toronto Council on Aging “Seniors Surviving COVID-19” Webinar Series

The Toronto Council on Aging (TCA) is a registered, non-profit organization that addresses the issues and concerns of older adults in Toronto. Our vision is to create a community that respects, values, and empowers seniors.

The “Seniors Surviving COVID-19” Webinar Series will provide seniors in Toronto with a series of online educational sessions. The topics features were based on the needs and interests of TCA members shared through surveys and phone conversations.

All webinars will be presented through **Zoom**, and instructions on how to use Zoom are available on the TCA Website in the under the “**Resources**” section of the website ([www.torontocouncilonaging.com](http://www.torontocouncilonaging.com)).

## Upcoming Dates:

<b>Tuesday January 12<sup>th</sup>, 2021</b>	How Technology Can Reduce Social Isolation
<b>Thursday February 4<sup>th</sup>, 2021</b>	How Do You Know if Online Health Information is Reliable?
<b>Tuesday March 2<sup>nd</sup>, 2021</b>	The Challenge of Identifying & Addressing Elder Abuse in a Pandemic
<b>Wednesday March 17<sup>th</sup>, 2021</b>	The Importance of Social Connections within our Communities: A Person-Centered Community Model of Care

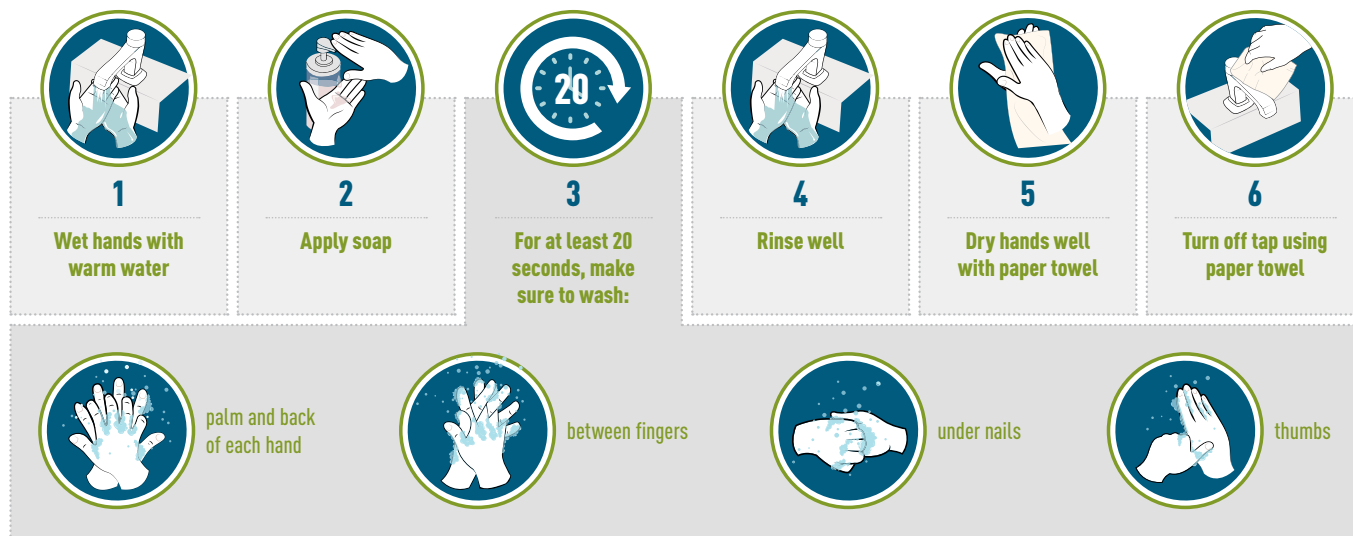
## Cost: Free

**Registration: Visit the Toronto Council on Aging Website**



# REDUCE THE SPREAD OF COVID-19.

## WASH YOUR HANDS.



1-833-784-4397

@canada.ca/coronavirus



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada

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Appendix – A066R1\_25MAR2020



## Mosaic's Advanced Hand Washing Protocols

### Wash Hands Immediately in ALL Instances:

- **Before Initial Client (Person)/Client Environment Contact:** This should be done on entry to the room or bed space, even if the client (person)/resident has not been touched.
- **Personal Care Procedures:** Clean your hands immediately before performing personal care and before putting on gloves. Procedures include showering/sponge bath, oral/denture care, perineal care.
- **After Body Fluid Exposure Risk:** Clean your hands after care involving contact with blood, body fluids, secretions and excretions of a client (person)/resident, even if gloves are worn and before moving to another activity.
- **After Contact:** Clean your hands after contact with a client (person)/resident, or items in their immediate surroundings, also when leaving the room/home, even if the client (person)/resident has not been touched.
- **Food Safety:** Clean your hands before preparing, handling or serving food or medications to a client (person)/resident.
- **Handling Garbage:** Clean your hands after disposing garbage.
- **Whenever in doubt!**

### Notes to Remember:

- Hand washing is the most effective way to prevent the transmission of germs.
- The use of gloves does not replace the need to wash your hands.
- Discard gloves after each procedure.
- Do not wear hand jewelry – bacteria can linger onto bracelets, rings, and watches.
- Do not touch your face!

# 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



Home Care Services & Community Resource Centres

info@mosaichomecare.com  
www.mosaichomecare.com

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