



MOSAIC

Home Care Services & Community Resource Centres

SPRING & SUMMER 2021

*Newsletter*



MOSAIC

Home Care Services & Community Resource Centres

2900 Steeles Ave East, Suite 218

Markham, ON L3T 4X1

[www.mosaichomecare.com](http://www.mosaichomecare.com)

## 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:

Thursday April 1<sup>st</sup> & 15<sup>th</sup>, 2021

Thursday May 6<sup>th</sup> & 20<sup>th</sup>, 2021

Thursday June 3<sup>rd</sup> & 17<sup>th</sup>, 2021

Thursday July 8<sup>th</sup> & 22<sup>nd</sup>, 2021

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

Held every Wednesday starting from April 7<sup>th</sup> to June 30<sup>th</sup>, 2021

#### **Mosaic's Community Café**

Monday April 19<sup>th</sup>, 2021

Monday May 17<sup>th</sup>, 2021

Monday June 21<sup>st</sup>, 2021

#### **Scheduled Workshops:**

- Monday April 19<sup>th</sup>, 2021 – Creating Space to Align with Our True Essence with Almeiri Santos
- Monday May 17<sup>th</sup>, 2021 – Staying Educated During COVID-19 with Jean Raymond Soulorde from OSSCO
- Monday June 21<sup>st</sup>, 2021 – The Art of Being Happy with Shukla Datta

#### **First Link® Memory Café Programs**

Tuesday April 27<sup>th</sup>, 2021

Tuesday May 25<sup>th</sup>, 2021

Tuesday June 29<sup>th</sup>, 2021

Tuesday July 27<sup>th</sup>, 2021

#### **Scheduled Workshops:**

- Tuesday April 27<sup>th</sup>, 2021 – Guided Museum Tour: "A Like Vision" by The Group of Seven at 100
- Tuesday May 25<sup>th</sup>, 2021 – Forest Bathing with Emma Rooney
- Tuesday June 29<sup>th</sup>, 2021 – Improve your Brain Health with Physical & Social Activities During Covid-19 with Judy Chu
- Tuesday July 27<sup>th</sup>, 2021 – Power of Attorney's, Wills and Elder Scams with Sheldon Parker Retired Lawyer

#### **Spring & Summer Pole Walking with Mosaic (Toronto)**

Thursday May 13<sup>th</sup> & 27<sup>th</sup>, 2021

Thursday June 10<sup>th</sup> & 24<sup>th</sup>, 2021

Thursday July 1<sup>st</sup> (cancelled due to Canada Day), July 8<sup>th</sup>, July 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>, 2021

Thursday August 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>, 2021

#### **Spring & Summer Pole Walking with Mosaic (Markham)**

Friday May 14<sup>th</sup> & 28<sup>th</sup>, 2021

Friday June 11<sup>th</sup> & 25<sup>th</sup>, 2021

Friday July 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>th</sup>, 30<sup>th</sup>, 2021

Friday August 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, 2021

## SPECIAL ONLINE PROGRAMS:

**Mosaic Home Care Services Presents Rediscover Toronto During COVID Urban Strolls with Nathalie Prezeau**  
Tuesday May 18<sup>th</sup>, 2021

**Mosaic Home Care Services Presents Theatre in The Web – A virtual Interactive Theatre Experience! in Celebration of Seniors Month**  
Tuesday June 8<sup>th</sup>, 2021

**Mosaic Home Care Services Presents, Summer Cook Along with Miranda Keyes**  
Friday July 9<sup>th</sup>, 2021

**Mosaic Presents a Community Games Afternoon with Beth and Jane**  
Tuesday August 10<sup>th</sup>, 2021

## COMMUNITY PROGRAMS OUTSIDE OF MOSAIC HOME CARE

**North York Elder Abuse Network – Join our Online Platform in Recognition of World Elder Abuse Awareness Day!** Featuring Sheldon Park speaking on "A Primer Online Fraud". Featuring Theatre in the Web providing a few vignettes on types of fraud that seniors may experience either online or in the community.  
Tuesday June 15<sup>th</sup>, 2021

**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)

**SIGN UP**

**To subscribe to our Mosaic's newsletter –**

<https://www.mosaichomecare.com/newsevents/newsletter>

**To sign up for our Mosaic Blog – Jane's GTA Café**

<https://janesgtacafe.ca>

**Mosaic's Facebook Page –** <https://www.facebook.com/Mosaic-Home-Care-Community-Resource-Centre-152643828123852>

**YouTube –** <https://www.youtube.com/channel/UCOKEvoBnxBA2yCdm7DO9FVA>

**Mosaic's Twitter –** @mosaichomecare



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

*Jane and Nathalie*

Welcome to Spring! April is here at last and we appear to be getting closer to resolving many things COVID. Canada and especially Toronto has had a slow start to vaccinations, but vaccine availability is now improving – that was then but this is now, fingers crossed. Luckily, we can now walk outside in the sunshine to receive some of that “Vitamin D” that our bodies have been craving for so long. Soon, we will be able to connect with friends and family outside from afar. In May hopefully we will be able to visit our favourite restaurants for patio dining outside! I know that residents in the Toronto area are looking forward to the GTA coming alive again.

Finally, we know that there is some vaccination hesitancy across our communities. We believe that taking the vaccine is a monumental social and moral responsibility. Over the last year and a bit many families have been left devastated by the impact of the virus on health and life. But the impact of COVID-19 extends to the social, emotional and economic consequences of the world-wide response to the virus. If we decide not to get vaccinated, we not only increase our risk of contracting COVID-19 but of passing it onto others, of incubating and passing on a mutation with further life, social, mental health and economic consequences. Any concerns are important and need to be properly and sensitively addressed, so please raise them by contacting your doctor, Toronto Public Health or local hospital for further direction.

Stay safe and socially distanced and “Roll up your Sleeves for the COVID-19 Vaccination!”

### New Services for families, clients and Community through Mosaic!

At Mosaic, our core service offering is to provide you and your family with a plan of care to support you and/or your family member in your daily life in a way that respects you as human beings with meaning.

Our Client Services team assess your personal support and nursing service needs and develop a plan of care in collaboration with you, nominated family members and those with power of attorney, to meet those needs. We adjust our care plans according to your needs and your feedback over time. More than that we are also here to monitor care provision and to react to questions and concerns you may have. But there are times when our provision of homecare services may not address all those associated needs.

Mosaic is broadening its service offering to include navigation and advocacy, including enhanced services for complex care needs and family counselling and assistance. The name for this broad service offering is EC Plus®, Family Counselling & Navigation.

Stay tuned for more information on this program in the coming months.



*Jane Teasdale and Nathalie Anderson*

## JOIN US FOR OUR COMMUNITY LIFE IN CANADA MOSAIC'S NEW PODCAST COMING SOON!

Directed by Jane Teasdale and Beth Eshete from Mosaic Home Care Services & Community Resource Centres. I will be interviewing authors, community experts, researchers, advocates, health care professionals from community organizations, family caregivers and community through our podcasts.

We will be running these podcasts once every two months to start.

Our first episode will be available at the end of April and will feature one of the staff from North York Seniors

Centre from Toronto. In this Podcast we will discuss the importance of social connection through community organizations in your local neighbourhoods. The importance in attending social programs either online or in person. Mosaic to discuss the importance of building communities within communities!

Check out our YouTube channel for updates on services, programs and podcasts through our website at **www.mosaichomecare.com**





## “Things To Consider When Making A Decision To Vaccinate Against COVID-19 And Its Many Variants”

**W**e faced so many fears throughout the past year. Our lives have drastically changed in exponential proportions that is often mind-boggling. Simple things such as going to work, picking up groceries and socializing are not as simple as before. When we first heard of Coronavirus, we feared the unknown: what is this virus? How do we protect ourselves and others? We gained more knowledge and we adapted. We put on our masks, physically distanced, frequently washed our hands and protected ourselves as much as we could.

Then, here comes another fear: what are these vaccines? How will they affect me? What are the long-term effects? You are not alone, people have so many questions and the community needs further information. **Getting the vaccine is a choice but let it be an informed decision.** I encourage you to research about available vaccines or talk to your doctor.

- [COVID-19 Vaccines: Authorized vaccines - Canada.ca](https://www.canada.ca/en/health-services/minister-of-health/2020/12/covid-19-vaccines-authorized-vaccines-canada-ca.html)
- [What you should know about the COVID-19 vaccines - Ontario.ca](https://www.ontario.ca/page/what-you-should-know-about-the-covid-19-vaccines-ontario-ca)

## Our Caregivers Say...

*“My first dose of Hope! I wasn’t 100% on-board with receiving the COVID vaccine. After doing some research, talking to family and friends in the medical field, and considering the risk-to-benefit for myself, I decided to keep my family, my clients, people around me and myself protected. On vaccination day, I was fearful while lining up. Then I thought, it could still be a privilege to be vaccinated in the facility where my client is. Looking forward for my second dose of hope!”*

~ Joy

*“I decided to get the Covid-19 vaccine to protect me and others around me. I didn’t have any side effects other than a small jab of pain when I received the vaccination.”*

~ Marieta

*“I decided to get the vaccine because I knew this will protect me, my clients and the community from COVID-19. It felt so safe and it was a relief getting a vaccine as a PSW and as a commuter.”*

~ Ellen

I attend weekly meetings with IPAC team (Infection Prevention and Control team) from Sunnybrook Hospital and University Health Network. What I learned so far about the vaccine is that the benefits far outweigh the risks. I asked myself what I personally value the most – I want to be able to visit my family again, conduct home visits in the community, and meet up with friends, safely. I’m hoping that when most people have been vaccinated, I will be able to do all of this safely again.

I look forward to living my life without this kind of fear. I am hopeful that I will get to visit caregivers and Mosaic members again and see their smiling faces. When the time comes and the community transmission is low, healthcare workers can go back to being the heroes they have always been – with loving hands and compassionate hearts.

~ Karyn Terrell, RPN, Client Services Nurse Consultant

*“Mosaic had encouraged frontline staff to get the vaccine, but I was still hesitant. I gave myself time to decide while gaining more information from my friends who had it already. When I was mentally ready, I did it. I got my first dose of Pfizer at Sunnybrook and there was no pain, no headache or body malaise. I will get my second dose in February.”*

~ Melodina

*“Here I am after 2 doses of the vaccine – feeling good with no side effects! Still doing all the necessary protocols. I was hesitant at first but gave it a night and decided to go for it! Surely good not only for myself, but the people I work and commute with. My fellow caregivers – we can do this! Help fight the virus!”*

~ Anonymous

*“I decided to take the vaccine to protect myself and my client. That was the only way to chase this virus away. I got my first dose at Sunnybrook hospital and it was just like a normal flu shot.”*

~ Temi

**Thank you to the others who shared their experiences with us!**



**Passion**



**Compassion**



**Education**

# Mosaic Member Turns 100 Years Old



## Celebration

We're delighted to report that **Mary-Anne**, a Mosaic client for almost 3 years, celebrated her 100<sup>th</sup> birthday in January 2021. In her youth, Mary-Anne developed a deep love for horseback riding, hiking and skiing. She's been a loving daughter, wife, mother and grandmother; an executive secretary for four Deans at York University; and a skier until age 80. During the last 20 years, her passions have been family, friends, walking, hiking, yoga, French, Jeopardy... and chocolate.

## Testimonial from Family

"Our family is very grateful to Mosaic for the kind, competent and creative caregivers and nurses that you've provided to Mary-Anne since June of 2018. We're especially grateful to Catherine and Rebecca for their deep compassion, good humour, sensitive hearts and funloving spirit. The positive energy that they bring to Mary-Anne replenishes her diminishing physical abilities and lights the spark within her."

~ David and Peter (Mary-Anne's sons)

## Testimonial from Mary-Anne's Care Team

"It has been my honour to work with Mary-Anne's family especially for Mary-Anne. She is kind and the smartest woman I know. She has taught me many things in life that I will carry on for the rest of my life."

~ Catherine,  
Personal Support Worker

"I am very grateful to have met and worked with Mary-Anne for over two years. It's been a fun and challenging journey. I remember the first time I visited her. She is funny, witty and full of knowledge. From that day on, I look forward to working with her and couldn't wait to hear more of her stories, travels, and jokes. She is a very busy lady, she enjoys her French class and looks forward to it every Tuesday, and she keeps waking up at dawn to check the time. She enjoys socializing with the community, going out for her walk, gardening, and cooking. Her love for Classical music, Arts and Literature. She always talks about her evening show, "Doc Martin".

It's so inspiring to witness her positive outlook in life, she is a Feisty Lady. She will correct you if you don't say it right, which is one thing I like about her. To this day, she looks forward to her yoga class. Mary-Anne is a "Woman of Substance".

~ Rebecca, Personal Support Worker



# Mosaic Community Updates

Dear Community Members,

I hope that you all are keeping well and looking forward to the spring! I wanted to briefly outline some community updates from Winter 2021. This winter was not an easy one, the stay-at-home order kept us away from each other in a season normally filled with family gatherings and other fun social activities. Mosaic organized programs to keep the community engaged during this time, here are a few events that we ran during this winter: **Meditation Made Easy, Functional Fitness with Joanne Picot, Luck O'the Irish with Lianne Harris, My Life as an Opera Singer, and A Tour of France with Julie Williams.**

As community agencies continue to navigate the new realities due to COVID, one great update is that Mosaic has seen higher participation rates for our online programs. This is a hopeful sign that communities are feeling

increasingly comfortable using technology and platforms such as Zoom. Mosaic has a "Zoom Tips and Tricks" article included in this newsletter, feel free to share with anyone you know who may need some help getting started participating in events online.

Mosaic has also developed a COVID-19 edition of our monthly Activity Booklet that includes various recipes, puzzles, COVID-19 resources, ideas for indoor and outdoor activities (that follow COVID safety protocols). We send the booklet out through email and add new information to it every month!

I am looking forward to seeing you all online for spring-summer programming. If you have any questions, would like to sign up for programs or receive resources and updates, please feel free to contact me. You can also find our events and resources on our website at [www.mosaichomecare.com/events/](http://www.mosaichomecare.com/events/)

Contact Information

**905-597-7000 or [beth@mosaichomecare.com](mailto:beth@mosaichomecare.com).**

Best,

*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



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>

[download](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](mailto:beth@mosaichomecare.com).





# 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:** Thursdays, April 1<sup>st</sup> & 15<sup>th</sup>, 2021 | May 6<sup>th</sup> & 20<sup>th</sup>, 2021  
June 3<sup>rd</sup> & 17<sup>th</sup>, 2021 | July 8<sup>th</sup> & 22<sup>nd</sup>, 2021

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

**Registration required**

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.



## MOSAIC'S KNITTING & CROCHET GROUP ON ZOOM

### Drop-in to knit, chat and make new friends virtually on Zoom!

Join us for an opportunity to chat, knit and make new friends. Knitting has been proven to: reduce stress and anxiety, slows cognitive decline and can help prevent arthritis and tendonitis.

**Dates:** Every Wednesday  
from April 7<sup>th</sup> to June 30<sup>th</sup>, 2021

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

**Registration required**



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.

# Dementia-Friendly Creative Arts Classes for Life Enrichment

The Bitove Method is a not-for-profit academic program with a mission to change the way the world sees memory loss. It offers virtual, educational, and interactive artbased classes that are created and facilitated by Professional Artists trained in Relational Caring.

Isn't it funny how devices considered to isolate us, helped us to expand our community and make our art classes accessible to everyone across the globe?

Art is used as the vehicle to creatively express ourselves; our thoughts, and feelings of who we are and what we believe in. Our goal at The Bitove Method is to establish inviting spaces for real relationships to bloom. To build meaningful and purposeful classes that encourage us all to creatively connect with one another.

January, our first month was filled with singing, dancing, and insightful conversations. And how do we know we are successful in our programs for people with memory loss, you might ask? Do not just take it from us: see a few testimonials from some of The Bitove Method's attendees about our art based relational caring program:

*"To hear him laugh and watching the talented staff interact with joy, professionalism and laughter was fun to watch."*

*"I felt beautifully welcomed and "held" in a bubble of joyful, sensitive and stimulating interaction."*

*"Warm and wonderful."*

And on the right you can see pictures from arts and poems created by the members during classes!

The other classes included Nia creative movement, piano concerts, conversations about joy and sharing our gratitude. You can find more on our social profiles: Facebook, Instagram & LinkedIn!

For the upcoming months we planned all of that and much more! We have a plethora of options – from music, visual arts, drama, self-expression to creative movement. Check our **calendar** for the full list. No special skills required for all our classes – you just need to ride our wave of creativity together.

## We also have a few promotions!

- You can get **50% off** your first class by **subscribing** to our newsletter. This way you will always stay up to date with our calendar, events and much more!
- If you enjoy the class and **spread the word** with your friends – we will give you another **50% off** your next class. Just ask your friends to put your email address when buying the ticket!
- And, for those who are hooked, we have promo **4 classes for \$100**.

All the sessions are interactive, engaging and an hour and a half long. We have a maximum of 10 participants per class.

Connect with us today at [www.thebitovemethod.com](http://www.thebitovemethod.com) to learn more about who we are, and how to join our creative, judgement free community.





# 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.

## April

### **Guided Museum Tour:**

#### **"A Like Vision" by**

#### **The Group of Seven at 100**

*Celebrate the centenary of The Group of Seven's first exhibition! An interactive guided tour by an expert McMichael Educator will provide participants the time to examine images of artwork up close while remaining responsibly distanced from home!*

**Tuesday April 27<sup>th</sup>, 2021**

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

## May

### **Forest Bathing**

#### **with Emma Rooney**

*Forest bathing is a practice that originated in Japan in the 1980s to address burnout caused by the technological boom. Join Emma as she discusses on the benefits of forest therapy and guide us to try it for ourselves!*

**Tuesday May 25<sup>th</sup>, 2021**

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

## June

### **Improve your Brain Health**

#### **with Physical & Social**

#### **Activities During Covid-19**

*Join us for a discussion on the latest research on improving brain health with Judy Chu.*

**Tuesday June 29<sup>th</sup>, 2021**

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

## July

### **Power of Attorney's, Wills and Elder Scams**

*Lawyer, Sheldon Parker, will lead an interactive discussion on how to designate a POA, particulars of developing a will and how to protect yourself from scams.*

**Tuesday July 27<sup>th</sup>, 2021**

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

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.



# Mosaic's Zoom Community Café

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!

## April

### **Creating Space to Align**

#### **with Our True Essence with Almeiri Santos**

*Enjoy learning how to use your own resources to stay grounded and centred during these difficult times.*

**Monday April 19<sup>th</sup>, 2021**

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

## May

### **Staying Educated During**

#### **COVID-19 with Jean Raymond Soulorde from OSSCO**

*Join us to learn how to stay educated and informed during COVID-19.*

**Monday May 17<sup>th</sup>, 2021**

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

## June

### **The Art of Being Happy with Shukla Datta**

*This workshop decodes the What, Why and How's of Happiness in an interactive and fun way.*

**Monday June 21<sup>st</sup>, 2021**

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

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.

**I**t has always troubled me that for some people, the older they become, the more of their life they leave behind, along with their profession, their accomplishments, and their personal style – the things that define them.

Even for people living at home with all their things around them, as they become slower, smaller, stiffer one wonders, did they ever go dancing? Photos of someone's best life, should come out of their albums, and be put on display so we can see how remarkable they are.

Currently Person-Centred Care that recognizes and celebrates our loved ones as people first is becoming the standard of care. As an artist not working in healthcare, I was inspired to create something that without knowing it, aligned perfectly.

I imagined how a series of photos for people living in care that show them in their younger days, in familiar places doing favourite activities *would allow others to see them as the people in their life have always known them*. The photos would give care teams and visitors insight leading to more meaningful interactions, even re-engaging those with dementia.

For families who feel at a loss without their loved one, gathering the photos would give them something constructive to do to help keep them close.

For the loved one, memories of happy times will help settle a person who feels lonely and unhinged and will bring them joy. Most importantly, keeping that display of their finest moments close by, can restore their sense of self, and allow them to feel a little bit proud! Our vision is to ensure a person's life stays with

them, to connect people with who they really are so that they are acknowledged not just as a patient, but as a person.

I have personal experience with how an image can be grounding for someone in cognitive decline. I was in



hospital with someone close to me, who was confused about where he was. He came across a newspaper ad about the company where he had worked for forty years and tore the page out so he could keep it close by. It was a familiar thing in a strange place and I believe it helped him feel better. That moment sparked my vision to create photo collages for people in care.

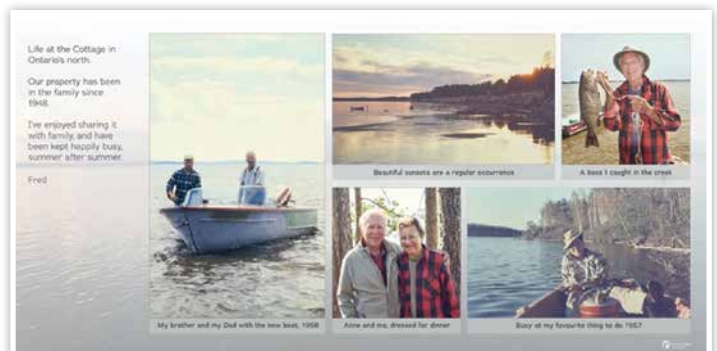
We make our collages *really* big to be seen from anywhere in a room and add captions so they are self-explanatory.

We print them on adhesive vinyl, so they can go on just



about any wall. In a long term care home, if a collage is visible from the hallway, or put on the door, (we have a vertical option) does it help a resident to find their own room?

For people aging in place at home, if the best wall to put one up has wallpaper, we can print our small sizes on paper to fit a frame. I am uncompromising about design and high-quality reproduction to make sure a collage complements any décor.



One of the first reminisart™ collages we created in our testing and research stage was about my late father-in-law. I believe if this reminisart™ about his best life was in his room, it would have felt more like *his* room, and he may have felt more like himself. Most of all, I believe people would've seen him differently – not just as a resident, but as a husband, a Dad and a Grandpa, who was very good at catching small mouth bass!

©Sylvia Verkley 2020

## joy lives here

Reminisart™ is a Canadian start-up, wholly owned and operated by women. Sylvia Verkley and Marie Greatrix have pivoted their careers to build a product for the senior care community. Their mission is "connecting joyful memories in art".

# Spring & Summer Pole Walking with Mosaic

A Free Walking and Nordic Pole Walking Club in **Toronto** and **Markham**



**Mosaic's Pole Walking program returns with appropriate social distancing and other protection measures.**

Participants must bring their own walking poles, water bottles and wear comfortable clothing. Contact tracing questions will be asked when registering and again before the pole walking sessions.



**Where: CNIB – 1929 Bayview Avenue, Toronto**

**Dates: Thursdays, May 13<sup>th</sup> & 27<sup>th</sup>, June 10<sup>th</sup> & 24<sup>th</sup>,  
July 1<sup>st</sup> (Cancelled due to Canada Day), 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>, August 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, 2021**

**Address: CNIB – 1929 Bayview Avenue, Toronto**

(Meeting outside the building near the garden area)

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

*No charge for event. Close to public transit. Paid parking onsite.*

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

**Dates: Fridays, May 14<sup>th</sup> & 28<sup>th</sup>, June 11<sup>th</sup> & 25<sup>th</sup>,  
July 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>, August 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> 2021**

**Address: 2900 Steeles Avenue East, Markham**

(Meeting outside mall at Wimpy's entrance)

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

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



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







# ***VV's Adult Support Centre – Our Organization***

## **INTRODUCTION**

VV's Adult Support Centre Corp. is a non-profit organization that was founded by Veronica Vernon in 2003. With Veronica Vernon's passion for helping seniors in need, VV's Adult Support Centre Corp. strives to enhance the well-being of these individuals through companionship and assistance. Thus, this organization provides service to seniors through various programs such as counselling, appointment transportation, grocery/medication delivery, fitness workshops, and games events. Although the appointment transportation and grocery/delivery services are limited to serving the Durham region, the virtual services are available to anyone who wishes to join, as they are easily accessible to the public. Our services are available to individuals who are 50+ years old or adults who are recovering from illness/injuries. VV's Adult Support Centre welcomes and encourages you to participate in these remote services.

## **SENIOR COUNSELLING PROGRAM**

VV's Senior Counselling Program launched in September 2020, as Veronica Vernon began to notice the significant deterioration of mental health within the senior population. Due to the COVID-19 pandemic, seniors are feeling more isolated than ever and need assistance during this extremely difficult time. Hours of operation for this program are 10am-6pm from Monday to Friday. Since this launch, the counsellors at VV's Adult Support Centre Corp. have provided mental health support to seniors who are experiencing difficulties with their mental health, including depression, anxiety, and loneliness. This counselling service is a firstline service for those who are seeking general support and connections to additional support. Based on the participant's specific needs, counsellors may connect the participants with additional resources such as crisis lines, housing supports, and addiction hotlines. Therefore, this organization aims to create a positive difference by improving the quality of life and well-being of seniors.

## **ADDITIONAL ONLINE ACTIVITIES**

VV's Adult Support Centre Corp. provides additional virtual programs for seniors such as online game events, webinars, and fitness workshops. For these events, we simply provide a Zoom link for participants to join. For our weekly games event, participants meet every Thursday at 2pm on Zoom to play games such as bingo, charades, and jeopardy! These activities are a great way to have seniors engage with others, as many are currently experiencing social isolation due to the COVID-19 pandemic. Additionally, we host weekly fitness workshops every Monday and Wednesday at 2pm. As seniors cannot travel to fitness centres at this time, this program encourages seniors to stay active in the comfort of their own home. With that said, VV's Adult Support Centre Corp. welcomes you to join these easily accessible events.

## **CONCLUSION**

For more information about our organization, please visit our website at  
**[www.vvsadulthoodsupportcentre.com](http://www.vvsadulthoodsupportcentre.com)**.

Thank you for your interest in our organization!

Mosaic Home Care Services presents  
**REDISCOVER TORONTO DURING COVID:**  
*Urban Strolls with Nathalie Prezeau*



Author and self-publisher **Nathalie Prézeau** moved from Montréal to Toronto almost 30 years ago and she instantly fell in love with the city. She has shared her enthusiasm with us since the publication of her first guide in 1999. She followed the five editions of her family guide *Toronto Fun Places* with four walking guides. Her latest, *Toronto Best Urban Strolls*, was released during the pandemic, to help Torontonians get some fresh air!



Join us on Zoom for a  
lively presentation by  
**Nathalie Prezeau, author  
of popular walking guides!**

One big takeaway from 2020's worldwide roller-coaster is our renewed appreciation for little pleasures. Never again will we take for granted: long walks with a dear friend, surprising little nooks at every turn, sitting at a table for our caffeine fix while people watching, savouring a treat on a patio, soaking in the sun.

Nathalie will present the colourful neighbourhood of Canary District and stimulate us to plan delightful local outings with a traveller's mindset.

**Date:** Tuesday May 18<sup>th</sup>, 2021

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

**Registration required**

This program is brought you  
by **Mosaic Home Care and  
The Sumach by Chartwell**



**THE SUMACH**

by **CHARTWELL**

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.



info@mosaichomecare.com  
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**

105 Wilson Avenue

Second Floor

Toronto, ON M5M 2Z9

Tel **416.322.7002**



# Join Mosaic Home Care Services in Celebration of **SENIORS MONTH**

Online on June 8<sup>th</sup>, 2021

## Theatre In The Web Welcomes you to...

A virtual interactive theatre experience!



Mark your calendars for the premier of Theatre In The Web's upcoming virtual performance. In celebration of Seniors Month, join the actors online this Spring for an out of this world fun and interactive performance! Hosted by Mosaic Home Care Services & Community Resource Centres!

**Date:** Tuesday June 8<sup>th</sup>, 2021

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

**Registration required.**

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.



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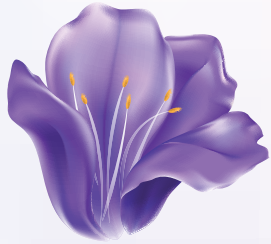
Tel **416.322.7002**





# ***“Rights Don’t Get Old”***

Join our Online Platform in Recognition of



## **World Elder Abuse Awareness Day!**

**Tuesday June 15<sup>th</sup>, 2021  
1:00 p.m. to 2:30 p.m.**

Featuring **Sheldon Parker**

### **“A Primer Online Frauds”**



A graduate of Osgoode Hall Law School, Sheldon was a founding partner Parker and Zener LLP, specializing in Real Estate, Commercial and Estate files. Throughout his legal career he was a frequent lecturer on legal issues at banks and real estate offices. He retired from active practice in early 2016. Sheldon lectures extensively on politics, fraud, elder abuse and Estate planning throughout the GTA.



**Theatre in the Web** acting group, will perform a few vignettes on types of fraud that seniors may experience in the community.

**Discussions and Questions from attendees are welcome!**

**REGISTER:** Contact Jane at **Mosaic Home Care Services** at **416.322.7002 Ext. 223** or send email to: **info@mosaichomecare.com** or contact Natalie at **nzabolotsky@circleofcare.com**

A link will be provided after you have registered. If you are not able to access Zoom, you will be provided with a sign-in telephone number to access the event.

**North York Elder Abuse Network, Elder Abuse Etobicoke and Elder Abuse Prevention Ontario** are happy to be organizing this joint interactive presentation for the community.



**Elder Abuse Prevention (ON)**

**Stop Abuse - Restore Respect**

**Prévention de la maltraitance envers les aînés (ON)**

**Arrêtez les mauvais traitements - Restaurez le respect**





Mosaic Home Care Services presents

# Summer Cook Along with Miranda Keyes

**Miranda Keyes** is a freelance food stylist and recipe writer. She began her career as a cook, working in kitchens in Toronto and London, UK. A food stylist's job is to make food appear appetizing and delicious to eat for cookbooks, advertisements, magazines and food companies. Miranda works for a broad range of clients including the LCBO, Metro grocery, *Chatelaine* magazine and Lindt Chocolate.

Join us for an exciting and interactive cooking class with food stylist, Miranda Keyes. Miranda will create two summer salads:

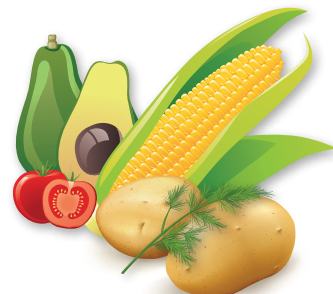
**Salad 1** - A classic potato salad using local potatoes, fresh dill, celery, green onions and vinegar

**Salad 2** - A grilled corn salad using fresh Ontario corn, grilled with avocado, onion and cherry tomatoes

Ask questions about local foods and get to learn how to prepare healthy, easy meals for you and your family. This will be an instructional cooking workshop that is pre-recorded with a live Question and Answer and discussion period with Miranda.

### What participants can expect from this workshop:

- How to make two quick and easy summer salads
- What tools are essential to any kitchen
- Cooking tips and tricks



**Date:** Friday July 9<sup>th</sup>, 2021

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

**Registration required.**

**Full recipe and instructions will be sent out at the time of registration.**

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.



Mosaic Home Care Services presents

# Community Games Afternoon



Join Mosaic for a fun  
Community Games  
Afternoon on Zoom!

We will have interactive  
games planned for  
the afternoon!



Feel free to invite your friends and family to join in the fun! If you have any game ideas to share with us, please forward to **[beth@mosaichomecare.com](mailto:beth@mosaichomecare.com)**.

**Date:** Tuesday August 10<sup>th</sup>, 2021

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

**Registration required**

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.







## COVID-19 Vaccine



### Why should I get the vaccine?

The vaccine will protect you from getting sick with COVID-19. Some people can get very ill from COVID-19, needing hospital care.



### How does the vaccine work?

The vaccine tells our body to make antibodies. The antibodies will protect us from getting sick if we are exposed to COVID-19. The vaccine does not have the virus, so you cannot catch COVID-19 by getting the vaccine.



### Is the vaccine safe?

Yes. The vaccine has been tested for safety, and Health Canada has approved it for use in Canada. The vaccine is safe for people with diabetes, high blood pressure, heart disease and asthma.



### I have allergies. Can I get the vaccine?

The COVID-19 vaccine does not contain eggs, gelatin, preservatives or antibiotics. The nurse will review the list of vaccine ingredients with you to make sure it is safe for you before you are vaccinated.



### I've already had COVID-19. Do I need to get the vaccine?

Yes. Immunity from having COVID-19 may not protect you for very long. It is possible to get COVID-19 again. It is better to get the vaccine to stay protected.



### Are there any side effects?

The vaccine can cause pain or redness at the injection site, headache, fever, and muscle aches. Most side effects will go away in a few days. A nurse will monitor you for any reactions after you get vaccinated.

Have questions? Call us at 416-338-7600.

# Information on Vaccination Online Registration for COVID-19

Mosaic has participated, over the last few weeks and months in the many Zoom calls held for health professionals. We have engaged actively with the LHINS, community groups, Ontario Health Care teams and hospital IPAC units. We have aimed to stay on top of all things COVID including the latest information on vaccination rollout and registration for our front line teams, our clients and family members.

There are still too many loose ends and unanswered questions:

**1** Mosaic has been pushing, under the auspices Family Funded Care Partners Alliance, for all community PSWs and nurses to receive vaccinations.

**2** How do those without computers register for a vaccination, especially the older adult who may rely

on others for their advocacy and support? Can a home care agency or a PSW register their client if the client doesn't have anyone to do this?

**3** There are many home bound seniors who will not be able to get to the designated vaccination points. However, other countries quickly implemented processes and have already vaccinated these individuals at home. While Toronto Canada is still in the process of working this out!

**4** What about Family Caregivers, will they be able to get vaccinated irrespective of age?

We have included many different resources for the online registration process to receive the COVID-19 vaccination.



Updates from hospitals and the Toronto Public Health will be provided to the communities on protocols with regards to proper Personal Protection Equipment, social distancing, protective masking and handwashing even after you receive the vaccination.

Mosaic Home Care will continue to do our part in providing resources and information to our Mosaic families, clients, staff and community.

Stay safe and socially distanced and "Roll up your Sleeves for the COVID-19 Vaccination".

More sites and locations will be added ongoing as vaccination points open up. You can find updates through our website at **COVID 19 - Mosaic Home Care:** <https://www.mosaichomecare.com/covid-19/> or contact **Toronto Public Health:** <https://www.toronto.ca/home/covid-19/> for the most recent updates.

## North York and Mid-town

**North York General:** <https://nygh.on.ca/covid19vaccination>

**Sunnybrook:** <https://sunnybrook.ca/content/?page=novel-coronavirus-covid-19-vaccine-information>

## Downtown Toronto

**University Health Network:** COVID-19 Vaccine Information at UHN

## East GTA

**Michael Garron Hospital:** Online booking for COVID-19 testing | Michael Garron Hospital, Toronto East Health Network (MGH/TEHN)

**Scarborough Health Network:** COVID-19 Vaccine Information – Scarborough Health Network (shn.ca)

## West

**Trillium:** <https://trilliumhealthpartners.ca/covid-19/A/vaccine.html>

**Humber River:** Coronavirus (COVID-19) Information and Booking – Humber River Hospital (hrh.ca)

## North GTA

**Simcoe Muskoka:** <https://www.simcoemuskokahealth.org/Topics/COVID-19>

**York Region:** [york.ca/COVID19Vaccine](https://york.ca/COVID19Vaccine)

**Toronto COVID-19 Vaccine Call Centre and Website:** Toronto hospitals and their partner Ontario Health Teams (OHTs) joined forces to launch a centralized COVID-19 call centre and website to support eligible adults in Toronto to pre-register or book their vaccination appointments. The Toronto COVID-19 Vaccine Call Centre and Website will now support priority populations identified as part of Phase 1 in Ontario Vaccine Distribution Plan.

- People who are 80 years of age and older (born in 1941 or before)
- Health Care Workers in priority risk groups
- Indigenous adults (16 years and older)

People from these priority groups can now go to **www.vaccineto.ca** to access the pre-registration or appointment booking systems for sites near them.

# 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



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