

## We Focus First and Foremost on You

Whether your needs are companionship or help in your day to day, more support in your personal care or intensive around the clock care, we focus first and foremost on you. Your personal preferences, your social and emotional needs, your physical and mental abilities are our focus. This continues along the cycle of care, from the active living, through the palliative, and to the end of life.

As a professional provider of home care support services, we also need to be knowledgeable and sensitive to medical conditions and how they impact your life experience. This is the case whether you are living with dementia, Parkinson's, stroke, diabetes, heart conditions, depression or any manner of physical or mental health concern.



Call  
*Mosaic Home Care*  
Home Care Support and  
Lifestyle Companionship

416.322.7002

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

## 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 CENTRE

- Resources for families with care needs
- Regular fun, educational and social events
- Mosaic's Memory Cafés/Mosaic Community Table Talks

## MOSAIC'S ELDER CARE PLUS®

- Care Management integrated with home care
- Expert advice provided by registered Social Workers



**Mosaic Home Care Services & Community Resource Centre**

105 Wilson Avenue, Second Floor, Toronto, ON M5M 2Z9

Tel 416.322.7002

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

Close to public transit | Free parking



If you would like to enquire about starting services or to book an assessment contact us at our offices at 416.322.7002 and speak to one of our client services representatives.



Winter 2024  
*Newsletter*

## About Mosaic, Our Community Resource Centre, and our Newsletter

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

We operate a resource centre and pop-up events around the GTA. These provide a wide range of events to the community as well as information on community resources. Our events are mostly free and include social, educational, physical, cognitive, historical, festive and many other monthly

activities. We host Memory Cafés and Community Cafés and provide regular pole walking and knitting group activities.

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

*What a difference we make®!*





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

*Jane and Nathalie*

### Jane Teasdale Co-owner of Mosaic interviewed for Senior Flicks by Shepherd Village YouTube channel



Jane Teasdale, one of the Co-owners of Mosaic, was interviewed by Rev. Anthony Baker and was organized by Tahseen Gill from Shepherd Village. Some of the areas covered included Mosaic's long standing relationship with Shepherd Village (since June 2015), Mosaic's community focus and engagement and what makes Mosaic stand out as a home care agency in Toronto. With respect to the

latter, Jane highlighted Mosaic's person centered care framework and its community work. Topics also covered include Social Prescribing and Social Prescriptions: in this segment Jane describes a holistic approach to healthcare drawing on person centeredness, empathy, community, navigation and social connection.

### Training through Baycrest@home for our front-line staff



**An update from Nathalie:** As of the beginning of December our first group of front-line employees will have completed the Baycrest's Baycrest@Home™ training program. The program's comprehensive modules provide



our front-line teams with a "working toolbox" to help address the care needs of those persons living with dementia and cognitive change. Training for staff will recommence in January 2024.



**Happy New Year 2024!** *Jane Teasdale and Nathalie Anderson*



## MOSAIC'S GROWING WELLNESS CAFE

A Memory – Friendly Community\*

### Brighten your month with inspiration from nature

Easily awaken your senses with a gentle warm-up and brain exercise. Experience the month's **garden and nature theme** through poetry, art, and activities. Participate in a friendly group discussion. Leave the virtual cafe feeling connected to community and with new knowledge and tools to grow your wellness naturally.



\*We are an inclusive community that welcomes everyone, including those living with memory loss and their care partners.

**Dates:** Thursdays, January 4<sup>th</sup>, February 1<sup>st</sup>, March 7<sup>th</sup>, 2024

**Time:** 2:00 p.m. to 3:00 p.m. EST

**Location:** Zoom

**Registration required**

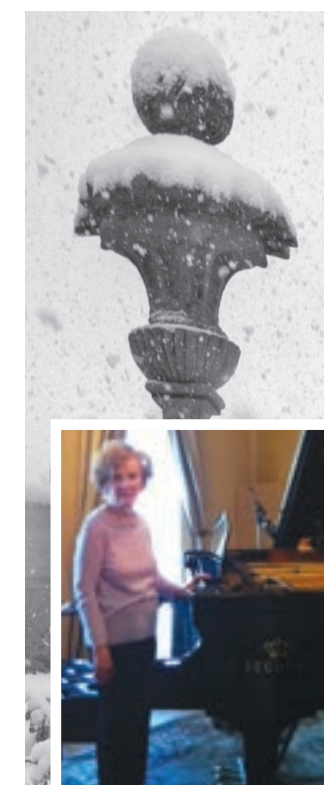


**Emma Rooney** - Certified Forest Therapy Guide and Horticultural Therapy Practitioner with a passion for helping others connect to the benefits of nearby nature. ([www.bloomingcaravan.ca](http://www.bloomingcaravan.ca))



**Victoria Muir-Burcea** - Wellness Advocate and Certified Life Coach with a passion for helping others connect and create more health and joy in their lives. ([www.myrecreo.health](http://www.myrecreo.health))

To register for all programs call our offices at **416.322.7002** or [info@mosaichomecare.com](mailto:info@mosaichomecare.com) if you need more information. A Zoom link for the program will be sent once you have completed the registration.



### An introduction to Frances Hernick (née Pratz) on Zoom

## A February Winterlude

Organized by Mosaic Home Care

**Date:** Wednesday February 21<sup>st</sup>, 2024

**Time:** 2:00 p.m. to 3:00 p.m. EST

**Location:** Zoom

Please RSVP by Friday February 16<sup>th</sup>, 2024  
at **416.322.7002** or [info@mosaichomecare.com](mailto:info@mosaichomecare.com)

A person-to-person interview featuring Frances Hernick (née Pratz) about her life as a concert pianist. She will be playing some of her favourite pieces by Chopin.

Photo credit: Christian Teasdale  
Creative Technology

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