

# SOCIAL SERVICES

CONTACT INTAKE  
514.342.1234  
socialservices@cummingscentre.org

## PERSONALIZED PLANS THAT MEET YOUR NEEDS.

### CASE MANAGEMENT

Our professional team is available to provide information, referrals, consultation, evaluation & planning and crisis intervention.

Working together in partnership with the public sector and community agencies ensures the best service and support available.

### HELP US DEFEND THE RIGHTS OF SENIORS

#### JOIN THE TEAM

Dedicated to advocating on behalf of seniors.

Call Lynn Gordon  
514.342.1234 local 7240

CONFERENCE ON ELDER ABUSE  
See Page 20

*Social Services for Holocaust Survivors are funded by the Claims Conference*



# ENHANCE YOUR INDEPENDENCE SOCIAL SERVICES

We all struggle with the reality of aging, whether for ourselves or our loved ones. We are worried about the challenges we will face in the future or those we are already facing today.

We don't like the thought of losing our independence. When we experience difficulty getting around, cooking meals, or simply doing what we want, when we want, we don't always know where to look for help.

Imagine sitting down with someone who can provide you with a plan to improve your quality of life. The Cummings Centre professional Social Services team is trained to provide you with the support you and your family need.

We listen to what is going on in your life, either as a senior, or as someone caring for a loved one. We see the bigger picture so we can help you make the best short and long-term choices.

## OUR HOMECARE AND MEALS ON WHEELS HELP HUNDREDS OF OLDER ADULTS EVERYDAY

### HOMECARE

Our homecare services assist seniors so they can live healthier, more autonomously and ultimately, in their own home as long as possible. A customized care plan is adapted to the needs of the individual and includes one or more of the following services:

- Personal Hygiene
- Grocery Shopping
- Meal Preparation
- Daily Household Tasks
- Respite
- Accompaniment

No medical referral is needed. Clients are followed by a Case Manager. Flexible hours.

Free homecare services are available for eligible Holocaust Survivors.

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### KOSHER MEALS ON WHEELS

We provide meals that are nutritionally balanced. These are delivered right to your door by friendly volunteers of the Cummings Centre.

*This service is funded in part by*



The Cummings Centre has partnered with the Alpha Omega Oral Health Program to offer expert dental services at no cost to Holocaust survivors who meet the Claims Conference eligibility and financial requirements. Please contact your case manager or call 514.342.1234.



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## ASSISTANCE FOR HOLOCAUST SURVIVORS AND THEIR FAMILIES

We provide a wide range of specialized services and programs to meet Survivors' unique needs and enhance their quality of life.

### Services include:

- Drop-in Centre
- Survivor Assistance Office
  - Compensation
  - Claims and Restitution
  - Stamping of Life Certificates
- Case Management
- Emergency Financial Assistance Program\*
- Homecare and Cleaning\*

\*Eligibility and cost based on specific criteria.

## YOM HASHOAH COMMEMORATION

A Holocaust commemorative service will be conducted by members of the Drop-in Centre for Holocaust Survivors

**Monday April 24 • 11 am  
Gelber Conference Centre**

*Social Services for Holocaust Survivors are funded by the Claims Conference*



*We are grateful to the Azrieli Foundation for their support*

[CUMMINGSCENTRE.ORG/SOCIALSERVICES](http://CUMMINGSCENTRE.ORG/SOCIALSERVICES)

## PROGRAMS FOR INDIVIDUALS WITH MEMORY LOSS, ALZHEIMER'S DISEASE OR OTHER FORMS OF DEMENTIA

### DAY PROGRAM

Programs take place in a communal setting, in small groups which help create a warm and comfortable atmosphere.

Participants have the opportunity to discuss their concerns and challenges with trained professionals and participate in activities designed to enhance cognitive and emotional well-being. The arts, music therapy, fitness and cognitive games are emphasized.

**Programs funded in part by the Sam & Sadie Roth / Latsky Family Foundations and the Nussia and Andre Aisenstadt Foundation**

## COMMUNITY MENTAL HEALTH PROGRAM

### PROMOTING STRENGTH & RECOVERY

Our mental health team provides support and empowers older adults who live with a mental illness.

- Psychosocial support
- Tailored intervention plans
- Integration into the Centre
- Advocacy

**We focus on breaking isolation through a variety of social groups and activities.**

- Structured Group Therapy
- Art & Drama Therapy
- Cooking Therapy Workshop
- Jewish Holiday Celebrations

**Funding for the Structured Group Therapy Program is provided by the Rona & Irving Levitt Family Foundation**

**Funding for the Cooking Therapy Program is provided by the Bina and Leonard Ellen Family Foundation**

## LET THE MUSIC MOVE YOU



Photo: John Kenney/Montreal Gazette

### ECHO YOUR PAST

So many beautiful memories come back to us when we hear a particular song or melody. Many of life's most memorable moments are defined through a connection with music. For individuals suffering from early stage Alzheimer's or some type of memory loss as well as mental health challenges, music serves to enliven emotional and cognitive functioning and lift the spirits. "Music fires up all the engines of the brain creating a full-brain experience," says Cummings Music Therapist Victoria McNeill. Victoria sees individuals, who are no longer verbal or able to express themselves, fully sing with great fluidity and others reflecting upon memories thought long forgotten, while still others emerging, even for a short while, out of their isolation. Motor abilities can improve as music and dance are often combined to help participants move in more coordinated ways. Through the many varied programs at Cummings ranging from a sing-a-long format, to mental health day programs, drumming and rhythm to Broadway singing and dancing, music serves as a vessel to bring about change in peoples' functional, emotional and personal well-being." There is no limit to the potential of music therapy to improve overall quality of life and support individuals through life transitions," says Victoria.

- Victoria McNeill