



For Immediate Release

CUMMINGS CENTRE SET TO LAUNCH A NEW DAY PROGRAM

Montreal, November 9, 2023 -- The Cummings Centre announced plans today to launch a new Day Program for older adults living with memory loss and/or dementia. With funding to the current Day Program no longer available, a new service delivery model is planned for January 8, 2024. The newly named Programme de jour - L'espoir - Day Program will be located at the Côte Saint-Luc Aquatic and Community Centre.

"The Cummings Centre's Programme de jour - L'espoir - Day Program represents a safe space for people living with memory loss and/or dementia," said Beth Fineberg, Director of Social Services. "Our welcoming and compassionate staff offer a non-judgmental therapeutic approach where each person's contributions are valued. Those who attend are given the opportunity to thrive and build on their sense of self-worth. This program's activities aim to foster greater self-confidence and enhance the dignity they deserve."

This innovative Day Program provides stimulating programming and activities for vulnerable seniors with memory loss and/ or dementia. The objective is to maintain and improve their social, psychological, emotional and cognitive abilities and wellbeing. Therapeutic interventions aim to highlight participants' strengths. The program also provides respite and support for the caregivers of the participants enabling them to gain knowledge, resources and skills.

"The program provides caregivers with much needed respite and peace of mind," added Fineberg. "Family and friend caregivers dedicate their time and energy to ensuring their loved ones are well cared for. This program is also described as a 'lifeline' and an essential resource for caregivers and their loved ones, wanting to remain in the community as long as possible."

For more information contact Sheri Stock, Program Manager, Programme de jour - L'espoir - Day Program, 514.734.1819 or sheri.stock@cummingscentre.org.

This program is funded through the generosity of donors to the Cummings Jewish Centre for Seniors Foundation.

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About Cummings Centre -

The Cummings Centre's mission is to empower and enhance the quality of life of adults aged 50 and over by providing dynamic and innovative programs, social services and volunteer opportunities in a vibrant, respectful, inclusive and compassionate environment. Building on its Jewish heritage, Cummings embraces people from all ethnic, cultural and socio-economic backgrounds. As the hub of Montreal's 50+ community, the Cummings Centre touches the lives of 10,000 people on an annual basis.

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