



Cummings Jewish Centre For Seniors

ANNUAL REPORT

2025 - 2026



LE CENTRE
Cummings
CENTRE

cummingscentre.org



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A MESSAGE TO OUR STAKEHOLDERS



Shelley Paris
President

I am filled with gratitude for the people and experiences that define our community. It has been a year of listening, learning, and seeing firsthand the impact of our work.

As I complete my first year as President, I am filled with gratitude for the people and experiences that define our community. It has been a year of listening, learning, and seeing firsthand the impact of our work. Across our programs and services, we continue to respond thoughtfully and proactively to the evolving needs of older adults in Montreal and the community at large.

One of the most pressing realities we continue to face is the complex set of challenges affecting seniors, including isolation, barriers to essential services, and persistent gaps in support. Our social services, programming, and volunteer engagement remain critical in responding to these needs, and there is still much work to be done.

A highlight this year was the launch of our Combatting Ageism Initiative, funded by the Secrétariat aux relations avec les Québécois d'expression anglaise and led by our Social Action Committee. Through storytelling and lived experiences, this initiative is raising awareness, shifting perceptions on aging, and sparking meaningful dialogue in schools, community centres, and workplaces.

We are grateful for the continued commitment of our government and community support partners, whose funding enables programs and initiatives across the Centre - from social services and community programming to digital innovation and outreach - ensuring we can continue to serve the seniors at the heart of our community.

The Board undertook a comprehensive review of our financial position and strategic direction, strengthening

program evaluation and laying the groundwork for more sustainable and scalable revenue streams. This work is helping shape a five-year strategic plan that will guide our growth and ensure we continue to meet the evolving needs of the 50+ community.

All of this is driven by the commitment and collaboration of our engaged Board of Directors, outstanding staff, and remarkable volunteers, who bring this Centre to life each and every day. I would also like to recognize the transition of our Executive Director to Chief Executive Officer, an important milestone that reflects the strength and continued evolution of our organization.

Thank you for your continued trust and support. It is indeed a privilege to serve this community.

A handwritten signature in black ink that reads "Shelley Paris".



Pauline Grunberg

Chief Executive Officer (CEO)

Our commitment to excellence continues to guide us. Ongoing evaluations are helping us listen more closely, learn more deeply, and refine our programs, services and volunteer opportunities to better meet the needs of our seniors.

This past year called on us not only to reflect and adapt, but to reaffirm why we do this work and who we do it for. In a year shaped by both meaningful opportunities and complex global challenges, we remained grounded in our commitment to delivering high-quality services for seniors - guided by the individuals at the heart of our community and the stories they entrust us with each day.

We expanded our reach through collaboration and innovation, building more strategic partnerships than ever before. By embracing intergenerational, multicultural, and inclusive perspectives, our Centre continues to reflect the richness and diversity of the community we serve. These relationships have strengthened our ability to respond to evolving needs, while creating new pathways for connection, support, and meaningful engagement, fostering a deeper sense of belonging and enhancing quality of life.

Our commitment to excellence continues to guide us. Ongoing evaluations are helping us listen more closely, learn more deeply, and refine our programs, services and volunteer opportunities to better meet the needs of our seniors. Their voices shape our direction, ensuring that what we offer remains not only high-quality, but also responsive, relevant, and impactful.

None of this progress happens alone. It is the result of a collective effort, and I am deeply grateful to our staff, volunteers, and Board of Directors. Their compassion, leadership, dedication, and creativity are the heartbeat of our Centre felt in every program, every conversation, and every connection. Together, we have remained agile and forward-looking, always keeping the well-being of our seniors at the center of every decision.

As we look ahead, we do so with clarity, purpose, and optimism. With continued support, we will continue to strengthen a community where every individual is valued, every voice is heard, and every person feels a true sense of belonging. Together, we move forward with determination, shaping a future of lasting and meaningful impact.

Pauline Grunberg



Our Mission

To empower and enhance the quality of life of adults age 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.

Our Values



Respect and Dignity



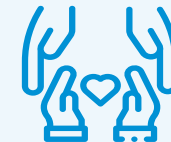
Diversity, Equity and Inclusion



Excellence



Empowerment



Compassion

AT THE HEART OF OUR COMMUNITY: ONE STORY AMONG MANY



“Because of the Cummings Centre, I am still here today, with a second chance at life.”

Four and a half years ago, I suffered a severe stroke. I then underwent open-heart surgery to remove its cause. I went through nearly every physical and psychological symptom that a stroke survivor can unfortunately experience. And to this day, I still live with serious aftereffects.

I would like to write, with infinite gratitude, about the Cummings Centre.

It’s leadership, the people who work there, and the professionals who dedicate themselves with such humanity and excellence.

I first joined a psychological support group there... and it quite literally saved my life. I then continued with their programs and classes... which helped restore my dignity.

Their presence, their dedication to excellence, their kindness, and above all their humanity became essential pillars of my recovery. Because of them, I am still here today, with a second chance at life.

I went from being in a wheelchair to becoming fully independent again. Today, I drive my own car.

People often see me as strong. Determined. The truth is that I still rely on invisible crutches. And one of the most important of those crutches is their presence.

We wipe away our tears in silence. We survive the best we can. But I have learned one essential thing: we must seek help.

For me, that help was the Cummings Centre.

I will never be able to say enough: Thank you.

-Alice H.

LEADING WITH PURPOSE: OUR BOARD

Our highly engaged Board of Directors is composed of 16 dedicated members and two ex-officio members. Over the past year, nine meetings took place to address key priorities, including strengthening cohesion during a transition year marked by changes in membership, ensuring financial stability and oversight, and revising the by-laws.

The Board also completed a self-evaluation and began discussions on program evaluation and strategic direction. Throughout the year, there was an emphasis on generative discussions, laying the groundwork for future planning. These efforts reflect a Board that is engaged, collaborative, and firmly focused on building a strong and sustainable future for the Cummings Centre.



Board of Directors

Shelley Paris

President

Gloria Steinberg

Immediate Past President

Rochelle Lerner

Vice-President

Yaffa Cohen

Vice-President

Masha Sorina

Treasurer

Monica Mendel-Bensoussan

Secretary

Nancy Cooperberg

Past President (Ex Officio)

Annette Oliel

Past President (Ex Officio)

Members-at-Large

Renée Charbit-Malka

Romy Schnaiberg

Hillel Ades

Andy Frankel

Linda Shohet

Neil Creme

Camille Isaacs-Morell

Daniel Salée

Gail Small

Lesli Green

*All Board members are members of the Cummings Centre and reside in the Greater Montreal area.

Governance

ENSURING STRONG LEADERSHIP, ACCOUNTABILITY, AND STRATEGIC DIRECTION

To support effective and efficient operations, governance structures and policies are continuously reviewed and strengthened. Our framework is grounded in impartiality and independence, ensuring decision-making remains free from external influence and upholds the integrity of the organization. We maintain the highest standards of transparency and accountability, incorporating diverse stakeholder perspectives to support meaningful impact and alignment with our mission. The Governance Committee, composed of five Board members, plays a key role in advancing best practices and strengthening organizational leadership.

This year, the Committee focused on the following priorities:

- **By-law Review and Modernization**
Conducted a comprehensive review to modernize structures, clarify roles, and align with current needs and best practices.
- **Board Composition and Leadership Structure**
Strengthened Board composition and leadership roles to ensure the right balance of skills, experience, and alignment with strategic priorities.
- **Succession Planning and Board Development**
Advanced a proactive approach to building a strong and sustainable leadership pipeline.
- **Committee Mandates and Effectiveness**
Reviewed the Governance Committee's role to enhance clarity, accountability, and impact.
- **Governance and Management Roles**
Reinforced clear distinctions to ensure appropriate authority and accountability remain with the full Board.



These efforts reflect an ongoing commitment to strong, responsible governance - positioning the Centre for long-term stability and impact.

Standing Lay Committees of the Board:

- Budget, Finance, and Audit Committee
- Nominating Committee
- Chief Executive Officer (CEO) Evaluation Committee
- Governance Committee

BRINGING OUR VISION TO LIFE: THE LEADERSHIP TEAM

Management Team

Pauline Grunberg, M.Ed.

Chief Executive Director (CEO)

Leadership Milestone

This year, Pauline Grunberg was appointed CEO, marking an important step in the Centre's continued growth and evolution.

Beth Fineberg MSW, TS

Director, Social Services

Lynn Gordon, BSW

Director Volunteer Services

Sandy Jesion, CPA

Director Finance & Administration

Brenda Yuen

Director Programs & Communications

Rose Gottheil

Administration & Building Manager

Janice Besner

*Marketing & Communications
and Membership Manager*

Alexa Davis

*Human Resources Manager, CRHA
Cummings Centre & Agence Ometz*

Fadi Khalil

Information Technology Manager

Nancy Master

Claims Conference Manager

Susan Rozansky

Executive Assistant, Strategic Initiatives

Program Management Team

Nadine Azoulay

*Program Manager, Registration
& Strategic Partnerships*

Marcy Beraznik

*Program Manager, Strategic
Partnerships & Projects*

Trisha Felgar

Program Manager, Homecare

Mandy Flikier

*Program Manager, Volunteer
Outreach & Engagement*

Maria Fragapane

*Program Manager, Wellness
& Adapted Clinic*

Jo-Anna Posner

Program Manager, Mental Health

Andrea Batsis

*(covering maternity leave for Victoria McNeill)
Program Manager, Inclusion
& Engagement*

Sandy Neim

Program Manager, Intake Services

Landon Chapley

*(covering maternity leave for Lauren Seller)
Program Manager, Programs*

Sylvia Serruya

Program Manager, Liaison & Outreach

Sheri Stock

Program Manager, Day Services

Mollie Witenoff

Program Manager, Case Management

*Together with our dedicated staff,
volunteers, members, and stakeholders,
we continued to make the Cummings
Centre 'A Place Where We All Belong'.*

OPERATIONS & SUPPORT SERVICES

STRENGTHENING THE FOUNDATION BEHIND OUR PROGRAMS AND SERVICES

Human Resources

SUPPORTING OUR PEOPLE THROUGH CLARITY, GROWTH, AND ENGAGEMENT

This year marked an important step forward in strengthening employee experience, with a focus on clarity, support, and continuous growth.

A new employee handbook was introduced for homecare staff, providing clear, accessible guidance on roles, safety, and benefits. By consolidating essential information in one place, it supports consistency, accountability, and confidence in day-to-day work.

In addition, a refreshed performance management approach was launched for all staff, shifting from annual reviews to ongoing dialogue, shared goal-setting, and regular check-ins. This approach encourages timely feedback, strengthens working relationships, and supports continuous development.

Together, these initiatives reflect a people-first approach - fostering transparency, engagement, and a supportive environment where employees can grow and succeed.

Employee Handbook Launched for Homecare Staff



Provides clear guidance on roles, safety, and benefits - supporting consistency, confidence, and accountability.

Modernized Performance Management Approach



Introduced ongoing check-ins and goal-setting, strengthening feedback, engagement, and employee development.



Information Technology

ENHANCING SYSTEMS, EFFICIENCY, AND DIGITAL EXPERIENCE

Over the past year, the Information Technology (IT) department focused on modernizing systems, improving efficiency, and reducing costs through integrated cloud-based solutions.

A key achievement was the launch of a new Virtual Library (Beta), offering an enhanced user experience, streamlined account management, and improved reporting.

IT also implemented a digital signage system across 17 screens, enabling more dynamic and targeted communication for promotions, programming, and updates, and introduced a fully integrated room booking platform - improving coordination and ease of use for staff.

Operational efficiency was further strengthened through the deployment of a Meals-on-Wheels management system, enhancing inventory tracking, financial integration, and reporting.

In addition, a podcast initiative expanded digital engagement and introduced a new revenue stream.

At a Glance

- **85%** reduction in Virtual Library operating costs (\$7,075 to \$1,060)
- **17** digital signage screens deployed
- **96%** reduction in room booking platform costs
- **20** podcast episodes produced across 4 series
- **\$4,100** in podcast-generated revenue



Virtual Library (Beta)



Improved user experience, automated account management, and expanded reporting - enhancing access to digital content.

Digital Signage & Room Booking Systems



Streamlined communication and scheduling, improving access to information across the organization.

Communications & Marketing

CONNECTING OUR COMMUNITY THROUGH STORYTELLING, OUTREACH, AND ENGAGEMENT

Over the past year, the Marketing and Communications team elevated awareness of the Cummings Centre's programs, services, and impact - reaching the broader community through creative and strategic outreach.

Through a mix of storytelling, traditional and digital marketing, and social media engagement, the team highlighted the Centre's innovative activities and welcoming spirit - encouraging participation, volunteerism, and community support.

In response to evolving organizational priorities, efforts were redirected to promote key initiatives tied to grants and funding, including Cummings -Connex, Ageless, and partner events. By leveraging cost-effective and no-cost channels, the team expanded its reach across platforms such as JLIVE, LinkedIn, Instagram, and Facebook - strengthening connections with a growing and engaged community.

Website Redesign and Digital Growth



Launched a new responsive website and expanded digital outreach, improving accessibility and strengthening engagement across platforms.

Volunteer Recruitment Campaign: "Connection Starts with You"



Developed and launched a multimedia campaign showcasing diverse volunteer experiences, inspiring engagement and recruitment.



"I feel that I owe the Cummings Centre far more than it could ever owe me. The compassion and warmth of the people here go beyond anything I could have imagined. The memories I have that were created by the people that I've met here brought me a purpose beyond."

"It's a place where people go to help each other, which is very, very pleasant. It's a very communal feeling to know that there are people who are going to be there, who recognize you, first because you help them or you give them a hand, or you're simply there."



At a Glance

- New WordPress website launched (fully responsive across devices)
- Expanded bilingual marketing reach with increased francophone engagement
- **+13%** Facebook growth (3,050 followers)
- **+27%** Instagram growth (1,309 followers)
- **+13%** LinkedIn growth (877 followers)

Finance

STRENGTHENING FINANCIAL OVERSIGHT, ACCOUNTABILITY,
AND INFORMED DECISION-MAKING

A new quarterly budget reporting process was implemented this year to enhance financial oversight and support informed decision-making across the organization. Under this approach, departmental revenues and expenses are reviewed quarterly to ensure alignment with the approved budget and organizational priorities.

This process enables early identification of variances and timely adjustments as needed. Departmental surpluses are also reviewed and, where appropriate, strategically reallocated to address pressures or shortfalls in other areas - ensuring resources are used efficiently in support of our mission.

Quarterly Budget Reporting Implemented



Strengthened financial oversight and enabled more timely, informed decision-making across the organization.



Building

ENHANCING THE SPACES AND SERVICES THAT SUPPORT OUR COMMUNITY

Over the past year, the operations team focused on enhancing hospitality services, improving efficiency, and supporting staff well-being.

In response to growing demand, Café Soleil expanded its menu and extended hours, improving accessibility for members, guests, and staff. La Boutique refreshed its displays and introduced curated gift baskets, supported by six new volunteers contributing retail and merchandising expertise.

A dedicated staff lounge was introduced to provide a comfortable space for breaks, supporting employee well-being and reinforcing a positive workplace culture.

To further improve efficiency, purchasing for hospitality supplies was centralized-streamlining processes, improving cost management, and reducing administrative delays.

Recognizing Excellence and Determination



Elaine Katzefman, a JEM Workshop employee at Café Soleil, received the Prix de Reconnaissance Roger Pedneault, recognizing her professional excellence and determination.

JEM Workshop supports individuals with diverse abilities in reaching their employment potential.

COLLABORATIVE PARTNERSHIPS & NETWORKS

TABLES DE CONCERTATION AND CROSS-SECTOR ENGAGEMENT

BRINGING PARTNERS TOGETHER TO ALIGN EFFORTS AND STRENGTHEN COMMUNITY IMPACT

The Cummings Centre actively participates in several tables de concertation that meet monthly or bimonthly to deepen our understanding of the challenges facing seniors in the community.

Through La Table des aînées de Côte-des-Neiges (TACDN), we welcomed external community groups for tours of the Centre. This past year, we engaged members of the Filipino Heritage Society of Montreal, helping Filipino seniors discover our programs and volunteer opportunities through guided visits.

The Cummings Centre is regularly called upon to collaborate in projects led by municipal, community, public health, and research organizations throughout Quebec. These partnerships are focused on improving the physical, cognitive, and overall well-being of adults aged 50 and older.

Every day, limited mobility prevents seniors from connecting with others, engaging in activities, and thriving. Together, we have the power to transform this reality by offering concrete, accessible solutions.

As part of the second year of Phase 2 of the Living Lab - Quartier Innovant initiative, the Cummings Centre was invited to take part in a collaborative strategic plan validation session organized by the Research Centre of the University Institute of Geriatrics of Montreal. This activity offered an opportunity for collective reflection within a participatory validation framework, focusing on the alignment between proposed strategies and anticipated outcomes, as well as on enhancing the coherence of future actions. The overarching goal is to support healthy aging and foster the social participation of older adults in the Côte-des-Neiges neighbourhood.

As a field expert that understands the challenges experienced by seniors, the Cummings Centre continues to be a partner in the following actions:

Level 1

Sharing perspectives on mobility challenges to help develop a comprehensive understanding of seniors' needs.

Level 2

Disseminating information and resources to the community.

Level 3

Mobilizing audiences and participating in awareness-raising workshops.

Level 4

Hosting workshops and community discussions on-site.

Level 5

Participating in partner meetings to support collaborative project development.



The Network of Jewish Human Service Agencies (NJHSA) is a collective of more than 170 non-profit Jewish human service organizations across the United States, Canada, and Israel. Together, the Network works to create a positive impact on the lives of nearly two million clients annually. The Cummings Centre is proud to be one of its member organizations, joining a network that provides a comprehensive range of human services for individuals of all ages, both within and beyond the Jewish community. Participation in the Network offers valuable opportunities for professionals and lay leaders to connect, exchange knowledge and strategies, and benefit from educational workshops, affinity groups, and conferences that support innovation and more effective ways of working.

Expanding Knowledge Sharing & Collaboration



Through participation in the Network of Jewish Human Service Agencies, the Centre benefits from international collaboration, professional development opportunities, and the exchange of innovative practices that strengthen community services.

Working with the tables in the CDN area, we have strengthened our collaboration with the Service de police de la Ville de Montréal (SPVM).

Together, we are discussing cross-sectoral action and the following objectives:

1. Better understand the specific issues related to supporting the well-being and health of aging Montrealers.
2. Highlight local expertise.
3. Strengthen intersectoral collaboration networks.
4. Share best practices and innovative models.

Some of our Partner Organizations

Table des aînés de Côte-des-Neiges	Maison de la culture Côte-des-Neiges	Équipe de santé publique et Partenariat	Direction des services intégrés de première ligne
CIUSSS du Nord-de-l'Île-de-Montréal	CIUSSS du Centre-Ouest de-l'Île-de-Montréal	ICLSC René Cassin	Table de concertation des aînés de l'île de Montréal (TCAÎM)
Table de quartier CDN	Network of Jewish Human Service Agencies (NJHSA)	Service de police de la Ville de Montréal (SPVM)	Arrondissement de Côte-des-Neiges-Notre-Dame-de-Grâce
Table des leaders religieux	Corporation de développement communautaire de Côte-des-Neiges	FADOQ Région Île de Montréal	Communauté Sépharade Unifiée du Québec
Centre de recherche de l'Institut universitaire de gériatrie de Montréal		Table provinciale spécialisée dans la lutte à la maltraitance envers les personnes âgées d'expression anglaise et de communautés culturelles	

Special thanks to our collaborators.

SOCIAL SERVICES

SUPPORTING WELLBEING, INDEPENDENCE, AND CONNECTION

The Cummings Centre's Social Services team supports older adults through a range of clinical, therapeutic, and community-based programs designed to promote wellbeing, independence, and social connection.

The Community Mental Health Program provides individualized and group-based support for older adults living with mental illness, helping to reduce isolation, strengthen self-esteem, and support stability. As access to public mental health resources becomes increasingly limited, the Centre continues to respond to growing and more complex needs within the community, reflected in rising intake levels and increased demand for mental health services.

Cummings-Connex (CCx), a collaborative initiative between Social Services and the Programs team, supports seniors facing barriers to participation by connecting them to appropriate recreational and therapeutic programs. In its second year, the program supported 267 individuals, generating referrals and contributing to increased inclusive programming across the Centre.

The L'espoir Day Program supports older adults living with cognitive impairments, providing structured programming that promotes cognitive stimulation, physical activity, and social engagement. The program helps maintain quality of life for participants while also offering essential respite and support to caregivers - an impact that continues to grow.

Through services such as **Meals-on-Wheels**, clinical support, and community-based programming, Social Services continues to respond to increasing demand, ensuring vulnerable seniors remain supported, connected, and are able to live with dignity. Meals-on-Wheels plays a vital role in supporting independence, delivering nutritious meals directly to clients while also providing regular social contact and a meaningful point of connection to the Centre.

The Centre is also evolving how services are structured and delivered, including the refinement of Case Management under a more clearly defined Older Adult Services model, enhancing clarity, coordination, and access for clients.



Expanding Dementia Care Across Quebec

Developed 26 adaptive recreation toolkits through the Québec Ami des Aînés (QADA) program, supporting over 1,020 seniors and 338 care providers across 24 sites, extending the Centre's model of person-centred dementia care province-wide.

For additional information reach out to:
marcy.beraznik@cummingscentre.org



Enhancing Community Mental Health Support

Introduced a new day program group supporting over 20 participants weekly, providing meals, life skills education, and meaningful social connection - strengthening wellbeing, food security, and community belonging.



At a Glance

Reach & Demand

- **2,157** social services clients served | **856** intakes (increased from 770)
- **154** clients supported through Community Mental Health (increased from 129)

CCx

- **267** individuals connected to programs and services
- **220+** referrals generated through psychosocial assessments
- **390+** volunteer hours supporting inclusive programming

L'Espoir Day Program

- **64** participants supported | **92** caregivers impacted (increased from 87)

Meals-on-Wheels

- **13,857** meals delivered

In Their Words

"Meals on Wheels ensures we're eating a healthy amount of proteins and vegetables... The meals are tasty, well prepared and varied. The team has been most helpful... we are most fortunate to benefit from this opportunity to eat well."

-Meals-on-Wheels recipient



Community Impact

CONNECTING CARE, PROGRAMS, AND PEOPLE (CUMMINGS-CONNEX / CCx)

Cummings-Connex (CCx) reflects a collaborative approach to care, bringing together Social Services, Programs, and Volunteers to better support vulnerable seniors. By identifying barriers to participation and connecting individuals to appropriate programs, the initiative acts as a pathway to engagement - ensuring seniors are not only supported clinically, but meaningfully connected to the life of the Centre.

Through this integrated model, participants gain access to social, recreational, and therapeutic opportunities that reduce isolation and foster a sense of belonging. Reflecting a social prescribing approach, CCx connects individuals to the programs, services, and community supports they need- functioning as a “prescription” for connection.

At the same time, the program strengthens internal collaboration, expands inclusive programming, and mobilizes volunteers to support delivery. Acting as both an access point and a safety net, CCx demonstrates how coordinated, cross-departmental efforts can create deeper and more sustainable community impact.



MATERIAL CLAIMS

Holocaust Survivor Services & Claims Conference Support

SUPPORTING HOLOCAUST SURVIVORS WITH DIGNITY, CARE, AND ESSENTIAL SERVICES

The Conference on Jewish Material Claims Against Germany (Claims Conference), founded in 1951, is dedicated to securing a measure of justice for Jewish survivors of the Holocaust by funding essential supports and services worldwide. Through grants provided to more than 300 social service agencies, including the Cummings Centre, survivors receive assistance with homecare, food, medication, and other critical daily needs.

As the survivor population ages, the need for support continues to grow. As of January 2026, approximately 196,600 Holocaust survivors were living in more than 90 countries, with a median age of 87. Many are now experiencing increased health, mobility, and financial challenges requiring more intensive and coordinated care.

The Cummings Centre serves as the lead agency and primary liaison with the Claims Conference in Canada, overseeing services for Holocaust survivors in Montreal and affiliated agencies in Vancouver Island (BC), Calgary (AB), Winnipeg (MB), Windsor (ON), Hamilton (ON), and Halifax (NS). Currently, 1,117 survivors receive homecare and/or financial assistance through our network, including 920 individuals living in Quebec.

Through coordinated homecare, financial assistance, case management support, and programs such as **Café Europa**, the Centre helps survivors maintain independence, dignity, and quality of life while remaining safely in their own homes for as long as possible. These services play a critical role in reducing isolation, easing financial strain, and supporting both survivors and their families during increasingly complex stages of aging.

Support from the Claims Conference, Federation CJA, and the Azrieli Foundation also strengthens collaboration across affiliated agencies nationwide, helping ensure survivors receive consistent, compassionate, and responsive care regardless of where they live.

Expanding Outreach to Previously Unserved Survivors



The Basic Needs Fund also served as an important outreach initiative, helping identify more than 90 previously unknown survivors who were subsequently connected to financial assistance, homecare, and other essential support services. This outreach further highlighted the growing and evolving needs within the survivor community.

Improving Food Security Through the Basic Needs Fund



A new Claims Conference initiative provided 350 Holocaust survivors living in poverty with additional grocery support through \$400 food gift cards, helping improve food security and access to essential needs.

At a Glance

Reach & Support

- **1,117** Holocaust survivors supported across Canada
- **920** survivors supported in Quebec

Homecare & Essential Services

- **822,069** hours of homecare delivered (up 16.5% from 705,101 hours in FY2024-2025)
- **78%** of Claims Conference funding allocated to homecare services

Financial Assistance

- Over **\$2.8** million in food gift cards distributed
- Additional assistance provided for:
 - rent
 - medications
 - medical equipment
 - prescription glasses
 - lifeline monitoring systems
 - other essential needs

Funding

- **\$26.3** million in Claims Conference funding supported homecare and essential services for Holocaust survivors across Canada (up from \$25.3 million the previous year)



In Their Words

“The Cummings Centre provided tremendous support to our parents and our family. The financial assistance and programs offered truly enriched the final years of both my mother’s and father’s lives, while helping ease financial burdens through supplemental support from the Claims Conference.

As my parents gradually lost mobility and the ability to care for themselves independently, their wish was to remain at home with the care they needed. This would not have been possible without the support we received from the Cummings Centre.

We are incredibly grateful for the compassion, guidance, and meaningful impact the organization had on our family.”

- Family member of Claims Conference client

PROGRAMMING

FOSTERING CONNECTION, LEARNING, AND ACTIVE LIVING

The Cummings Centre offers more than 300 programs each season designed for adults aged 50 and over, reflecting a strong commitment to active, engaged aging. With its main location in Montreal and expanded in-person programming in the West Island, the Centre provides welcoming spaces where members can connect, learn, and thrive.

Approximately 21% of programs are delivered virtually through the Cummings Centre's **Virtual Library**, ensuring accessibility and inclusion for those who prefer or require remote participation. In addition, more than 100 program sessions per week are offered through **Cummings to Community (C2C)**, extending the Centre's reach into senior residences and community organizations across the Island of Montreal.

A diverse range of educational, social, and wellness programs, including art, music, current affairs, and adapted fitness encourage lifelong learning, personal growth, and meaningful social connection. Specialized programming through **The Wellness Centre & Adapted Exercise Clinic** further supports physical health, mobility, and overall wellbeing.

Partnerships continue to play an important role in expanding the impact of programming. Through initiatives such as **Crafting Legacies**, an intergenerational program, students from Herzliah High School and L'Annexe worked alongside Cummings Centre senior volunteers to learn woodworking and engage in shared creative experiences. These interactions fostered connection, mentorship, and mutual understanding across generations, strengthening community bonds and a sense of belonging.

Through this dynamic blend of in-person, virtual, and outreach programming, the Cummings Centre served 3,200 members and guests this past year. Across all areas of service, the Centre touches the lives of more than 12,000 people annually, fostering a vibrant, inclusive community that supports wellbeing, creativity, and connection at every stage of aging.

"Adapted Boxing not only provides a physical workout, but also a fun and interactive social experience... the group dynamic and music make each session something I truly enjoy."

Robin L., MS West Island

Expanding Community Reach and Partnerships



Strengthened collaborations across community, government, and organizational partners - expanding program reach and increasing visibility across Quebec and beyond.

Funding Driving Program Innovation



Government and donor support enabled new collaborative programs in areas such as dementia care, wellness, fraud prevention, and intergenerational engagement - expanding access and improving quality of life.

Finding Strength and Connection Through Adapted Fitness



For participants like Robin, programs at the Cummings Centre offer more than physical activity - they create meaningful opportunities for connection. Through adapted boxing, participants engage in exercise, music, and social interaction in a supportive group setting. These programs foster not only physical wellbeing, but also a sense of community and enjoyment, making each session both energizing and socially enriching.

In Their Words

“Collaborating with the Cummings Centre (through C2C) has made building up our programming calendars a breeze... there is always something new to bring to our residents, and we have the peace of mind that the service providers are top quality.”

*Julie Eskenazi, Caldwell Residences
(under the administration of Les Maisons Kehilla)*



At a Glance

Program Reach & Participation

- **300+** programs offered each season
- **15,263** program registrations | **3,200** participants served
Including West Island: 42 programs offered | 610 registrations (not unique)

Program Delivery

- **141** online and **531** in-person programs delivered
- **21%** of programs delivered virtually

Cummings to Community (C2C)

- **280** distinct programs per year across 48 partner organizations | 70+ contracted specialists
- **100+** weekly program sessions delivered
- C2C revenue more than doubled over two years
- **66%** increase in C2C revenue year over year

Community Impact

EXTENDING CONNECTION BEYOND OUR WALLS (CUMMINGS TO COMMUNITY)

Cummings to Community (C2C) brings the Centre's programs directly into senior residences and community organizations across Montreal - extending access to those who may not otherwise be able to participate. Through this outreach model, participants benefit from engaging, meaningful activities that reduce isolation and foster social connection in familiar environments. At the same time, C2C strengthens partnerships across the community and creates new opportunities for collaboration. As a growing revenue stream for the Centre, C2C has more than doubled over the past two years - supporting long-term sustainability while increasing community reach.

VOLUNTEERISM

LEADERSHIP, CONNECTION, AND ENGAGEMENT

The Volunteer Department plays a vital role in strengthening community connection, leadership development, and meaningful engagement across the Centre. Through training opportunities, intergenerational initiatives, and social action programming, volunteers contribute their time, experience, and skills while deepening their own sense of purpose and belonging.

This year, leadership development remained a key focus. Through workshops and learning opportunities, volunteers explored issues affecting older adults, strengthened leadership capacity, and reflected on how principles of diversity, equity, and inclusion can foster more welcoming and inclusive environments across the Centre.

Programs such as **the Helen Levy Leadership Development Program** and **LEDA (Leadership.Education.Development.Action.)** created opportunities for volunteers of all ages to learn, connect, and grow together. Through intergenerational dialogue and shared experiences, senior volunteers and students developed meaningful relationships while building confidence, leadership skills, and mutual understanding.

Volunteers also played a central role in the **Combatting Ageism Initiative**, helping raise awareness and encourage meaningful conversations around aging within Quebec's English-speaking community. Through outreach, workshops, screenings, and committee participation, volunteers helped strengthen community engagement and promote more inclusive attitudes across generations.

Developing Future Volunteer Leaders



The Helen Levy Leadership Development Program equipped volunteers with leadership skills, organizational insight, and collaborative learning opportunities. Eight new volunteer leaders graduated from the program, with many assuming leadership roles across the Centre.

Advancing Intergenerational Learning and Inclusion



Programs such as LEDA and the Combatting Ageism Initiative brought together students, senior volunteers, and community members to foster meaningful dialogue, challenge age-related stereotypes, and strengthen connection across generations.

At a Glance

Volunteer Engagement

- **650** volunteers contributed over **41,000** hours
- **116** new volunteers joined the Centre
- **42** volunteers under the age of 30
- Volunteers represented diverse backgrounds, including newcomers from Russia, China, India, Ghana, Greece, Egypt, and Morocco

Leadership & Intergenerational Learning

- **127** volunteers participated in leadership development and training initiatives
- LEDA engaged **29** students and **33** senior volunteers
- **21** student interns participated through Adapted Exercise programs

Combatting Ageism Initiative

- **56** volunteers contributed **840** hours across six committees
- **600** attendees at the sold-out Ageless film launch
- **4** additional screenings reached **960** unique viewers
- **35** post-launch workshops engaged **875** participants, facilitated by **20** trained volunteers
- **91%** of participants reported increased knowledge of ageism



Community Impact

CHANGING THE CONVERSATION AROUND AGING

Through the Combatting Ageism Initiative, volunteers helped spark meaningful conversations about aging and inclusion across Quebec's English-speaking community. Funded by the Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA), the initiative combined storytelling, education, and community engagement to challenge stereotypes and promote more positive perceptions of aging.

The sold-out launch of the *Ageless* film drew 600 attendees and received coverage from six media outlets, generating significant community interest and leading to additional screenings and workshops facilitated by trained volunteers. A complementary pedagogical guide was also developed to support ongoing education, strengthen community capacity for anti-ageism learning, and foster intergenerational understanding.

Beyond public engagement, the initiative also had a meaningful impact on volunteers themselves. Participants reported increased understanding of ageism, stronger social connections, and a deep sense of purpose through their involvement, with more than 80% feeling their contributions meaningfully shaped the project.

Together, these efforts created opportunities for dialogue, strengthened community connection, and empowered participants of all ages to recognize and challenge ageism in everyday life.

In Their Words



"Finding my leadership style helps me understand who I am and how I work."
-LEDA Student Participant

"Seniors are sometimes not visible. To me, to have a purpose and to be respected for my life experiences is wonderful."

-LEDA Senior Volunteer



"My background had always been as a self-employed professional, and the program led me to believe in the value of teamwork, developing a collective consciousness, and creating space for team members to make valuable contributions."

Helen Levy Leadership Development Program Participant



GRANTS & CONTRIBUTIONS

We are grateful for the continued commitment of our government and community partners, whose funding enables programs and initiatives across the Cummings Centre, ensuring we can continue to serve the seniors at the heart of our community.



Provincial Government Funders

- Centre intégré universitaire de santé et de services sociaux (CIUSSS) du Centre-Sud-de-l'Île-de-Montréal
 - Programme de soutien aux organismes communautaires (PSOC) Continues to support the Cummings Centre's global mission.
 - Programme de soutien aux organismes communautaires (PSOC) Contribution towards Meals-On-Wheels.
 - Programme de soutien aux organismes communautaires (PSOC) As part of the government's recognition to better support an action plan for family caregivers 2021-2026, we obtained a generous grant that enabled family caregivers to acquire knowledge, resources and new skills to improve their role as a caregiver.
- Programme Québec ami des aînés (QADA) Funding to develop therapeutic dementia care kits for seniors in the community.
- Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA) - Funding to combat Ageism.
- Community Health and Social Services Network (CHSSN) Funding distributed by the CHSSN through the SRQEA supports the Senior Wellness Initiative across four Cummings Centre (CC) sites: Côte Saint-Luc, West Island, CC virtual programming, and CC Westbury in-person programming.

Specific Reporting Linked to this Funding

Type of Services	Total Number of Family Caregivers
<i>Group psychosocial services</i>	<i>30 Family Caregivers</i>
Support group for caregivers of stroke victims	10 sessions per season = 30 per year
<i>Group information services</i>	<i>40 Family Caregivers</i>
Recreational/social group for caregivers of people with dementia	10 sessions per year / 1 session per month / 10 months
Total:	70 Family Caregivers



Federal Government Funders

- **Canadian Heritage Community Cultural Action Fund**
Funding for Crafting Legacies: Bridging Generations through the Art of Woodworking.
- **Employment and Social Development Canada**
Funding for six summer students under the Canada Summer Jobs program.
- **Canadian Red Cross Covid 19 Recovery Grant**
Funding to enhance our Website and Virtual Library.
- **Canadian Heritage Support for Interpretation & Translation**
- **Canadian Heritage Discretionary Fund**
Funding for non-for-profit organizations serving English-speaking communities.
- **New Horizons for Seniors Program (NHSP)**
Funding for Senior Fraud Prevention Training Program
- **Canadian Heritage, Community Life, Development of Official-Language Communities**
Dedicated Fund for the English-Speaking Communities of Quebec.
Funding for Quilting Memories: Building Community One Square at a Time.

Recognition

The Cummings Centre has been recognized under the: Policy of recognizing and supporting non-profit organizations (NPO) in the Côte-des-Neiges-Notre-Dame-de-Grâce Borough.

Community Support Funders

- **Grace Dart Foundation**
Funding related to programming for L'espoir Day Program.
- **Jewish Community Foundation Nova Grant**
Funding for Crafting Legacies: Bridging Generations through the Art of Woodworking.
- **Pride & Remembrance Foundation**
provided funding for LGBTQ+ programming.
- **Leadership Development Hub**
Federation CJA and the Jewish Community Foundation (JCF) provided seed funding, along with the support of dedicated lay leaders and professionals, to launch the Leadership Development Hub to strengthen Montreal's Jewish organizations by fostering a culture of learning, collaboration, and shared leadership development.



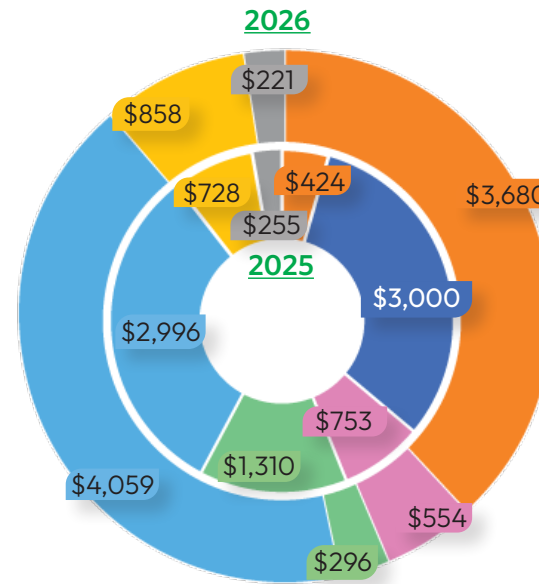
FINANCIAL STATEMENTS

STATEMENT OF FINANCIAL POSITION



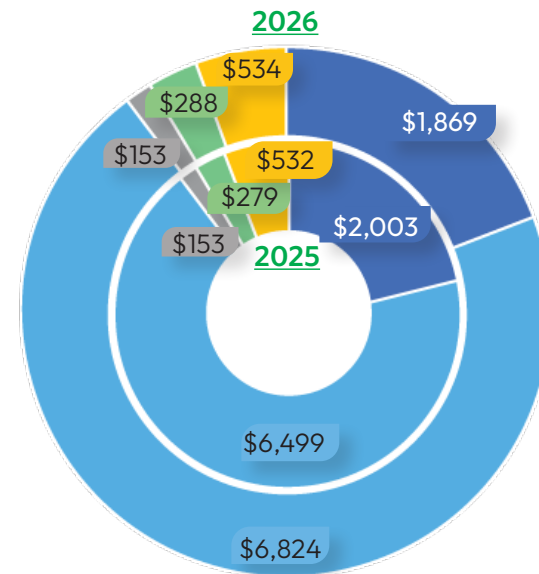
Total Liabilities & Fund Balances (000's)

A/P and Accrued Liabilities	7%	↓	
Deferred Revenue	5%	↑	
Deferred Occupancy Obligation	—		
Deferred Contributions	3%	↑	
Unrestricted Fund Balances	0.4%	↑	
Total Liabilities & Fund Balances	2%	↑	
2026	\$9,668	2025	\$9,466



Total Assets (000's)

Cash	767%	↑	
Short Term Investments	100%	↓	
Prepaid	26%	↓	
Accounts Receivable	77%	↓	
Due from Foundation	35%	↑	
Capital Assets	18%	↑	
Asset related to the Implementation of a Software Service	13%	↓	
Total Assets	2%	↑	
2026	\$9,668	2025	\$9,466



Statement of Operations

		2026 (000's)	2025 (000's)	Change	
Revenues	Subsidy from Federation CJA	\$2,149	\$2,192	2%	↓
	Subsidy from Centraide	95	95	0%	—
	Program and Social Services	7,537	6,916	9%	↑
	PSOC	501	500	0.2%	↑
	Government Grants	196	291	33%	↓
	Membership Fees	81	85	5%	↓
	Donation from Cummings Jewish Centre for Seniors Foundation	3,369	3,332	1%	↑
Expenses	Operating Expenses	-10,917	-10,115	8%	↑
	Administrative Expenses	-2,768	-2,867	3%	↓
	Amortization of Capital Assets	-241	-428	44%	↓
	Excess (Deficiency) of Revenues Over Expenses	2	1	100%	↑



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**ANNUAL
REPORT**
2025 - 2026