



HOLY BLOSSOM TEMPLE

Living with Dementia: Caring and Coping

Learning and Support for
Family-member Caregivers
and their Loved Ones

In partnership with:
Mount Sinai Hospital
Reitman Centre
CARERS Program

MOUNT SINAI HOSPITAL 
Joseph and Wolf Lebovic Health Complex

The Cyril & Dorothy, Joel & Jill Reitman
Centre for Alzheimers Support and Training

 Human Resources and Skills Development Canada / Ressources humaines et Développement des compétences Canada

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1950 Bathurst Street, Toronto, ON M5P 3K9
416.789.3291 • www.holyblossom.org



‘LIVING WITH DEMENTIA’ at Holy Blossom Temple is a unique 10 week learning and support program for families with a loved one experiencing dementia.

This program accomplishes 3 goals:

1. Equipping the family member with specific coping skills to meet daily challenges, to better communicate and to connect with the person being cared for
2. Providing a creative group program simultaneously for the loved one with dementia
3. Incorporating a spiritual dimension of Judaic prayer, discussion and song for everyone who attends, within the sacred space of the synagogue

LIVING WITH DEMENTIA consists of 10 weekly sessions of 2-1/2 hours each, and is offered free of charge. It is rooted in Jewish values and open to all.

Spring Program Dates:
Thursdays - April 16, 2015 - June 18, 2015

For contact information, please see the back cover of this brochure.

About the Program

Family-member caregivers tell us:

- Gave me courage to express my needs
- Helped me take control of my situation
- Benefited from discussing various experiences
- Helped me weave my way through this sad experience
- Singing Jewish and Hebrew songs together to end each session was a pleasure for us

Loved ones tell us:

- People in the group are so nice; we share ideas and get to be creative
- There are no wrong answers
- The atmosphere is very accommodating
- I have never been part of a group like this

Group facilitators tell us:

- Contributing to this program has deepened my understanding of how being creative enables those with Dementia to focus on their 'abilities' instead of their 'disabilities'.
- Bringing my professional skills to this program is the most meaningful work I have done

Our Rabbi tells us:

- When I am visiting Living with Dementia, I see joy around the table, as song, story and conversation connect everyone there in a meaningful way





For more information please
contact in confidence:

Elana Fehler at Holy Blossom:
416.789.3291 ext.221

Gerri Richman or **Sandra Atlin**
via templemail@holyblossom.org

Rabbi Yael Splansky:
ysplansky@holyblossom.org



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