



**Cindy Lewans** is an Associate Chaplain at Sherbrooke Community Centre and Central Haven, and a member of the Sisters of the Presentation of Mary. For the past six years, she has had the grace and privilege of journeying with people – including those living with dementia – in a mutual quest for spiritual health and full life.



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**Queen's House Retreat & Renewal Centre**  
601 Taylor Street W, Saskatoon SK S7M 0C9

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## Spiritual Care for Those Living with Dementia

**Saturday March 11**  
**10:00 a.m. - 4:00 p.m. CST**

A WORKSHOP OFFERED  
AT QUEEN'S HOUSE  
& ON ZOOM



**Cindy Lewans**



# Spiritual Care for Those Living with Dementia

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A former teacher, Cindy studies what makes for holistic spiritual health and care, particularly for those living with dementia. She seeks out studies, experts and resources which can help in this arena, and strives to integrate these into improving her practice.

This workshop is a means towards reaching that goal, as well as sharing beneficial learnings with other caregivers. Cindy hopes to address some key issues and practical responses.

In this workshop, we will look at:

- Situating ourselves and where we are at with dementia
- Defining dementia; understanding the key characteristics; how it affects family and friends; and the changes which occur in the brain
- Implications for how we approach and communicate with someone who has dementia
- The challenge of dementia for Western culture
- Redescribing dementia
- Spiritual needs; common issues
- Helpful responses and tools

**Saturday March 11**  
**10:00 a.m. - 4:00 p.m. CST**

Cost:

\$70 - at Queen's House, includes lunch\*

*\*onsite option will be offered with 10 or more registrants*

\$50 - on zoom

Registration deadline: **March 6**

*A recording of this session will be available to anyone (on-site or on zoom) registered for this workshop. Cost is per person or couple - if more than two people are participating in this Zoom event, sharing one screen, we invite you to make a donation to the retreat centre.*

## **Registration Details**

There are two options to consider when registering for this series:

- Visit our website: <https://www.queenshouse.org/programs/>

***Participants can register and pay online***

OR

- Call Queen's House and register over the phone: 306-242-1916x226. As our staffing is minimal, please leave a message and we will be in touch ASAP.