

## **Providence Care's Hildegard Centre Celebrates 30-year Anniversary on February 25th**

**February 24, 2009 - Kingston** – There was only one participant registered when the Hildegard Centre first opened its doors to local seniors in February, 1979. Thirty years later, the Centre is now serving over 75 local seniors every week through its programs. Located at Providence Manor on Sydenham Street, the Hildegard Centre offers activities to seniors who live in the community, including physical and mental exercise, and social gatherings, as well as support in daily personal tasks.

The Hildegard Centre offers two main programs:

The *Adult Day Program* is for adult members of the community especially seniors with physical disabilities, memory or cognition loss, sensory limitations, and social or emotional challenges that interfere with everyday activities.

The *Day Away Program* is designed to meet the needs of individuals with Alzheimer Disease or related dementia that, as a result of the progression of the disease or related behaviour, require a secure and supportive environment.

“Our programs provide a safe and structured environment for seniors to come together, socialize and help maintain or improve their physical, emotional and mental health,” says Denise Hagerman, Hildegard’s director. Denise has been with the Centre since it opened, and says their programs meet a growing need in the Kingston region.

“Some of our clients live at home alone, and need assistance with personal care and we are able to be that support. The socializing is also very important – they come to meet their friends here. At the same it offers some respite for Family Caregivers and allows family to function and go to work knowing that their parent is in a safe environment.” Denise says.

“The services we have provided through the Hildegard Centre for the past 30 years demonstrate our commitment to our Mission at Providence Care,” says Shelagh Nowlan, Providence Manor site administrator. “Our staff is committed to enhancing the quality of life of those we serve, and we see that happening every day at the Hildegard Centre.”

**The Hildegard Centre celebrates its 30<sup>th</sup> anniversary on Wednesday February 25<sup>th</sup> from 2:00p.m.-3:30p.m. at Providence Manor at 275 Sydenham Street. There will be a reception with remarks and a cake-cutting ceremony at 2:15p.m. Invited guests include the Hon. John Gerretsen, Hon. Peter Milliken, Kingston Mayor Harvey Rosen, representatives from the Local Health Integrated Network, local community programs, clients, staff and family and friends, as well as members of the community.**

*Providence Care is southeastern Ontario's leading provider of rehabilitation, specialized geriatric care, complex continuing care, specialized mental health care, palliative care and long-term care. One of Kingston's university hospitals, Providence Care has three main sites in Kingston: Mental Health Services, St. Mary's of the Lake Hospital and Providence Manor, as well as 18 community locations. Affiliated with Queen's University, Providence Care is a major centre for teaching and research.*

**For more information or if you are interested in attending the celebration, please contact:**

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