



**For Immediate News Release
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100+ year-old Elders and Others in Longevity Fun Run Relay

In celebration of Older Americans Month, numerous DC nursing homes and assisted living residents, along with the help of their staff will physically and symbolically connect as a community in a city-wide, relay run. Covid-19 has imposed extreme hardships on the senior living community. In response, the inaugural DC Longevity Fun Run 1) honors those who have suffered losses in the past year, 2) celebrates the resilience and strength of those who live and work in senior living, 3) reunites us as a community beyond our walls, and 4) reminds us that we have more in common than that which has kept us apart. Each older American participating has a lifetime of wisdom to share.

On Wednesday, May 26, starting at 8am, Ms. Therrell Smith, 103-year-old centenarian and founder of the first African American ballet school in DC, will kick off the celebration by handing a baton to a runner from her home at Forest Hills of DC. Ms. Smith says she is looking forward to participating, and she will be wearing race bib #1. The staff runner will carry the baton to the next senior living community and hand it over to the next senior living resident awaiting the baton. The second resident will hand the baton over to the next runner from that community and so on, throughout the District of Columbia. A total of 12 communities of residents and staff will participate. The last runner will close the

loop back at the start with a handoff to the President of the Forest Hills of DC Resident Council, Mrs. Judith O'Hare. Charles De Vilmorin, CEO & Founder of Linked Senior is an avid long-distance runner who is coordinating race logistics and also running in the event.

The order of the Fun Run stops in Washington, DC, are as follows:

1. Forest Hills of DC, 4910 Connecticut Ave, NW
2. Forest Side of DC, 2701 Military Ave, NW
3. Jeanne Jugan Residence/Little Sisters of the Poor, 4200 Harewood Road, NE
4. Stoddard Baptist Global Care, 2601 18th Street, NE
5. Deanwood Rehab & Wellness Center, 5000 Nannie Helen Burroughs Ave, NE
6. Livingston Place at Southern Avenue, 4656 Livingston Road, SE
7. Serenity Rehabilitation and Health Center, 1380 Southern Ave, SE
8. Unique Rehab & Health Center, 901 1st Street, NW
9. Stoddard Baptist Nursing Home, 1818 Newton St, NW
10. Grand Oaks, 5901 MacArthur Blvd, NW
11. Lisner Louise Dickson Hurt Home, 5425 Western Avenue, NW
12. Sunrise on Connecticut Avenue, 5111 Connecticut Ave, NW
13. Forest Hills of DC, 4910 Connecticut Ave, NW

Older Americans Month is celebrated each May, with the theme this year set as "Communities of Strength." <https://acl.gov/oam/2021/older-americans-month-2021>.

The run is sponsored by Forest Hills of DC (FHDC) <https://foresthillsdc.org/>, Linked Senior <https://www.linkedsenior.com/>, and the District of Columbia Health Care Association (DCHCA) (<https://www.dchca.org/>). FHDC's mission is to continually grow as a supportive community that inspires and engages seniors. For 130+ years, seniors have been served via assisted living, assisted living memory care, respite, CMS 5-star skilled nursing care, and rehabilitation services. The mission of Linked Senior is to enhance life in senior living and to support person-centered care through life enrichment and dementia engagement using simple technology and non-drug therapy. The DCHCA mission is to promote the ability of each member to operate in a cohesive way, through the work of the DCHCA, to develop,

implement, educate and assure the delivery of quality care to long term care consumers in a safe and secure environment.

For further information, contact Tina Sandri, CEO of Forest Hills of DC and Chair of DCHCA at 202-966-7623 or tsandri@foresthillsdc.life.

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