



LACE UP YOUR SNEAKERS AND JOIN US! EVERY STEP YOU TAKE BRINGS HOPE AND DIGNITY TO THOSE WHO NEED IT MOST!!

Join us for the ***Race for the Ages Rockin' 5K*** and help bring hope and support to vulnerable adults in South Carolina. This fun and meaningful 5K run/walk, benefits the residents served by the South Carolina Long Term Care Ombudsman Program, which stands up for the rights and well-being of adults living in long term care facilities.



WHAT IS A LONG TERM CARE OMBUDSMAN?

A Long Term Care Ombudsman is a dedicated advocate for residents of long term care facilities. Ombudsmen listen to concerns, resolve problems, and ensure that every resident is treated with dignity and respect—especially during times of crisis, like facility closures. When residents are displaced, the Ombudsman Program steps in to help them transition safely and compassionately to new homes.

WHY WE RUN

This year 12 long term care facilities have closed across South Carolina, leaving many residents suddenly without a place to call home. Your participation will help provide:

- **Relocation Bags:** Sturdy, new bags for dignified moves
- **Activity Items:** Puzzles, books, and games to ease loneliness
- **Clothing:** Pajamas, sweatsuits, and essentials for comfort
- **Toiletries:** Hygiene products for immediate needs
- **Care/Comfort Items:** Cups, journals, calendars, and more
- **HOPE:** Most importantly, your support shows displaced residents they are not forgotten



RACE FOR THE AGES ROCKIN' 5K

Saturday, November 1, 2025 – 8:00 AM

The Fields at Saluda Shoals Park

6071 St. Andrews Road, Columbia, SC

\$40.00 registration includes a t-shirt!

Open to all ages and abilities - walkers and runners welcome!

Visit <https://strictlyrunning.com/gpuilreg-8l.asp?uRaceId=4761>
for registration details and to sign up as a sponsor or participant.

Benefitting vulnerable adults displaced from long term care facilities.

Contact Desmond Harrison at dharrison@aging.sc.gov for more information