



Little Sisters of the Poor Jeanne Jugan Residence

The Little Sisters of the Poor of Los Angeles have served in Southern California since 1905. The first home was St. Anne's in Boyle Heights. It became structurally obsolete over time. In 1979, the Little Sisters moved to San Pedro and opened the Jeanne Jugan Residence. The Little Sisters serve the elderly poor without regard to ethnic or religious background. They offer lifelong security and care for the elderly in a home-like setting, surrounding them with thoughtful attention, spiritual support and appropriate medical care. The Little Sisters uphold the dignity and value of each life promote the well-being of every needy elderly person and keep vigil with them when dying. The Sisters embrace poverty and depend on the generosity of others who are willing to share in their mission.

Our home currently has approximately 98 Residents men and women. 70% are over the age of 80.

The Little Sisters provide a continuum of care:

1. The Independent Living Apartments (14 units) are for individuals capable of their own care. The apartments were opened in 2002.

2. Residential Care (24 licenses) is provided in private rooms for Residents who are the most physically capable and require limited assistance with medicine and personal needs.
 3. Assisted Living (36 licenses) is provided for Residents who require additional custodial care such as dressing and bathing, assistance with getting out of bed, going to the bathroom or dining room. Wheel chair dependent residents reside here.
 4. Skilled Nursing (27 licenses) is provided for Residents who receive hospital-type care 24 hours a day by licensed, trained professionals. These Residents have dining services on their floor.
- Regular medical service is provided for all residents by a competent staff of doctors and nurses, along with a physical therapist, a podiatrist, a dentist and a social worker. There is also an Activities Program that includes arts and crafts, bingo, cards, ceramics, sewing, physical fitness, shopping and outings to local attractions.

The proceeds from our 5K Run/Walk will contribute to our general operating budget so that we may continue to make the elderly happy as we build a tomorrow of love and hope for our eldest brothers and sisters in our home.

The Little Sisters of the Poor

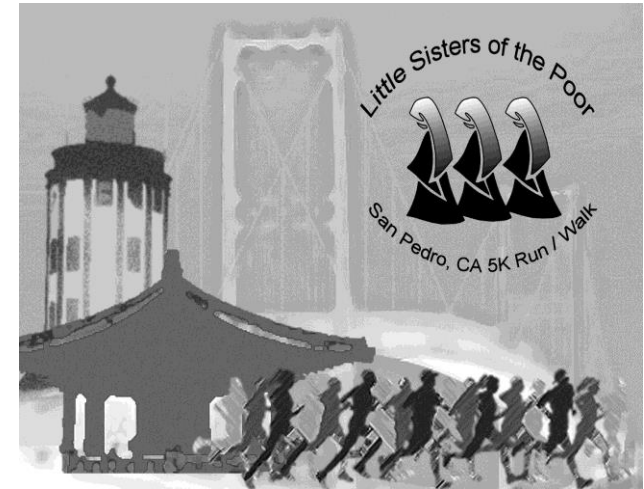
The Little Sisters of the Poor are an international congregation founded in Brittany, France by St. Jeanne Jugan in 1839. Since their inception, the Little Sisters have given quality care to over 1,000,000 aged poor. Today 2,700 Little Sisters serve in over 200 homes in 30 countries around the world.



Little Sisters of the Poor
Jeanne Jugan Residence
2100 S. Western Avenue
San Pedro, CA 90732
(310) 548-0625

Visit our website at

www.littlesistersofthepoorsanpedro.org



Little Sisters of Poor Jeanne Jugan Residence

5K Run/Walk

Saturday
May 21, 2016
8:00a.m.

Race day registration begins at 6:30a.m.

22nd Street Park
200 W 22nd St & Via Cabrillo Marina
San Pedro, CA 90731

Race managed by Active.com

Cost: \$45.00

Awards:

- Top three runners (Male and Female)
- Top Runners in age Brackets:
10 & under, 11,15,16,19, 20-29,30-39, 40-49,50-59,60-69, 70+
- School Challenge: School with the most registered runners: Winning school will be awarded the “Flying Nun” traveling trophy to place in their trophy case for a year

T- Shirts details

- T- Shirt with our Little Sisters 5K Run/Walk logo guaranteed to all runners registered by May
- Unfortunately, we cannot guarantee availability of t-shirts for those registered after the deadline.

Refreshments!



Bagels Galore



Race details



- www.littlesistersofthepoorsanpedro.org
- <http://www.active.com/search?keywords=little+sisters+of+the+poor>

- The 5K will be 3 laps around the trail in the park
- T-Shirt/ Packets pick up information will be found on these websites closer to the date.
- Contact Development Department (310) 548-0625

Sponsorship

Sponsorship level information is on our website. www.littlesistersofthepoorsanpedro.org

Levels Include:

- **Top Nun** \$2,000.00
- **Nun Better** \$1,000.00
- **Make it a Habit** \$500.00

The following opportunity is also available:

“I’m dreaming of running, BUT I’m sleeping in” (Donation)

- Would you like to support the Little Sisters and Residents, but can’t join us?
- Please consider a donation in any amount.
- Complete the form if you would like to make a credit card donation
- Donations are tax deductible per our 501(c)(3) status

Pommerenck Chiropractic

Will offer free spinal screenings to ensure they are maintaining their back and joints while remaining active and also offering free mini massages.



Wellness Center Will offer free 10minute massages

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Age (day of race) _____

Sex _____

T-Shirt Size: (Circle one) Adult: S M L XL XXL

Youth: S M L

Method of Payment:

Check (payable to Little Sisters of the Poor)

Indicate if applicable Name of School

Name of Team

In consideration of this entry being accepted, I , Intending to be legally bound, hereby, for myself, my heirs, executors, administrators, waive and release any and all rights I may have against the organization holding this event, its agents, representatives, successors and assigns for any and all injuries suffered by me at said race. I permit and authorize the free use of my image and picture in websites, broadcast, telecasts and the press as it pertains to this event. Signature and date indicates compliance with all terms described on this entry form.

Signature of participants:

Date _____ Parent/ Guardian (if under 18)

Date _____