

## Hoffman SummerWood Community to Travel 1,678 Miles During 2011 May-a-thon

**WEST HARTFORD, CT, May 5, 2011** - There are some things worth repeating and that's how SummerWood feels about their celebration of Older Americans Month. SummerWood is holding its fifth *month-long* May-a-thon challenge. Their goal is to "travel" from **West Hartford, CT** to **Cando, ND**, which is a mere 1,678 miles! Regardless of age and physical ability, this year, SummerWood residents, family members, staff and friends are walking, biking, and exercising the entire month of May. Miles accumulated and all funds raised will benefit the international medical organization, ***Doctors Without Borders***.

To keep the interest and the motivation strong, the daily mileage of each participant is tracked on large visual posters on the walls in the lobby. This promotes a friendly competition among all involved. Participants' enthusiasm is peaked when they see each week's mileage tallied and the distance plotted on a huge map of the USA. Chants of, "We Cando it, we Cando it!" can be heard throughout the halls of SummerWood.

Brightly colored matching T-shirts and bandanas, courtesy of our local corporate sponsors, are an inspiration and make walking together more fun. This year's corporate sponsors are Hoffman Auto Group, All Waste, Inc., CarpetWorks, Errico Bros. Landscaping, Inc., Right at Home, Suburban Pharmacy, Philips Lifeline, Avon Self Storage, DATTCO, Inc., HPC Foodservice, JP Maguire, and Marcus Insurance.

Thanks to the corporate sponsors, SummerWood will host a grand May-a-thon celebration on June 6th, at which time a check will be presented to a representative of ***Doctors Without Borders***. Certificates will be awarded to participants in a variety of categories including: longest distance, youngest and oldest participants, most determined, best effort and top fundraiser. Participants and sponsors will enjoy an outdoor barbeque, music, dancing and a feeling of goodwill, good health and accomplishment!

Hoffman SummerWood Community is a national award-winning assisted living community located at 160 Simsbury Road in West Hartford, CT and is an affiliate of Hebrew Health Care. For more information or to participate, please contact Valerie Bartos, Director of Community Relations @ 860-523-3808 or at vbartos@hoffmansummerwood.org.

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