

# Caring for the Ages

A Joint Online Publication



June 2, 2026

## Chronicle of a Century: A Tribute to the Centenarians

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This year, Baltimore, MD-based FutureCare Lochearn hosted its second Centenarian Luncheon, celebrating three remarkable residents who have each surpassed 100 years of age. The special event honored three extraordinary women, highlighting their longevity and life stories.



Their families shared the biographical sketches for Mrs. Lois S. Herron, Mrs. Elaine Jones, and Ms. Estellia S. King.

A 4th-year medical student from the Ross University School of Medicine, Faith Emovon David, who was rotating with me for a geriatric elective at a FutureCare facility, accompanied me to the event. She was impressed by the event's organization and described her experience this way:

As I stepped into the room, I found myself struck by an immediate sense of awe. It wasn't just a party; it was a profound homage to the honor of life. The atmosphere possessed a vibrancy that defied expectations, seen in everything from the elegant decor and the meticulous care of the event planners to the warmth radiating from the guests and families. It was, quite simply, beyond anything I had imagined.

I took the opportunity to mingle with the celebrants, engaging in light, meaningful conversation with their nuclear families. The stories shared were tapestries of history, rich with resilience and deeply appreciative of the present moments they continue to hold dear.

We are often reminded of the cliché that life is short. However, standing in that room, surrounded by such enduring spirits, I experienced a different truth: life can indeed be long, full, and magnificent. To witness such a legacy spanning decades was a humbling reminder of why I desire to go into the field of medicine. I was truly honored to be in the room.

### **103 Years Old: Lois Shirley Herron**

Lois Shirleymae Johnson was born in Duluth, MN, on September 6, 1922. The second youngest of six children, she was raised in Duluth and graduated from Denfield High School. In 1943, she enlisted in the United States Marine Corps as one of the first female marines. She was stationed in Cherry Point, NC, where she served with movie actor Tyrone Power and met Marine Corps flying ace Pappy Boyington.

While at Cherry Point, she also met a handsome young sailor named Paul Herron. Lois and Paul were married in 1945 after her discharge from the Marine Corps, as female Marines were not allowed to marry.

Lois worked as a fashion buyer for Grant's department store and later worked at the Teledyne Corporation. She moved into a senior community where she organized parties and special events for the residents. She also volunteered at the VA Hospital in Palo Alto, CA, where she loved working with the blind.

Lois moved to Millersville, MD, about 15 years ago at the age of 87 to be with her family here. She completed more than 100 paint-by-numbers paintings, made jewelry for family and friends, and enjoyed spending time with her two granddaughters and two great-granddaughters. Lois prides herself on still being "Marine tough." Semper Fi!

### **106 Years Old: Elaine Jones**

Elaine Jones was born in Newport News, VA, and has been a Maryland resident since the early 1940s. She has held the title of reverend at Mount Calvary Holy Temple Church, spent many years as a homemaker, had various jobs at locations such as North Charles General Hospital (which is currently the site of FutureCare Homewood), and also worked as a cafeteria associate at the College of Notre Dame. Ms. Jones loves jokes, the Lord, and chocolate, and she loves to wear fashionable clothes—especially hats. What the family most wanted to share about Ms. Jones is her ability to always provide words of wisdom and kindness.

### **100 Years Old: Estellia S. King**

Estellia King was born on July 4, 1925, in Virginia — a truly fitting day for someone as vibrant and strong-spirited as she is. A devoted homemaker, Estellia built her life around faith, family, and love. She is best known for her incredible cooking, especially her famous sweet potato pies that became a tradition in themselves. Her home has always been the place to be during the holidays — a gathering space filled with warmth, laughter, and unforgettable meals.

Estellia is the proud mother of two daughters, and her love has grown through her many grandchildren and great-grandchildren. She considers her family her greatest accomplishment, and as the matriarch, she has been the foundation, guiding everyone with kindness, wisdom, and just the right amount of directness.

Now, as she celebrates her 100th birthday, Estellia's life stands as a true blessing to her family and all who know her. Her legacy of love, togetherness, and tradition will continue to live on for generations to come.

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