



NEWS & UPDATES

United Hebrew of New Rochelle

February 2017 || Volume 2

Benefits of Joining an Alzheimer's Caregiver Support Group

Caring for a loved one who has Alzheimer's disease or dementia can leave caregivers exhausted, overwhelmed, and isolated. But you don't have to go it alone. Join our new caregiver support group that meets...

[Read more](#)



Rita Mabli, United Hebrew Honored with National Healthcare Leadership Award

Rita Mabli has been selected to receive the American College of Healthcare Administrators 2017 Eli Pick Facility Leadership award, which honors top skilled nursing facilities and the leaders who help them excel. We're proud of the recognition, which affirms that we are delivering compassionate care in the best possible way.

[Read more](#)



Welcome aboard, Jean La Padula!

More than ever, home health providers require specialized skills to care for an aging population. We welcome Jean La Padula, who is now overseeing our five-star home health division. She'll build upon our success, enhance the training we provide to our home health team, and continue to expand our...

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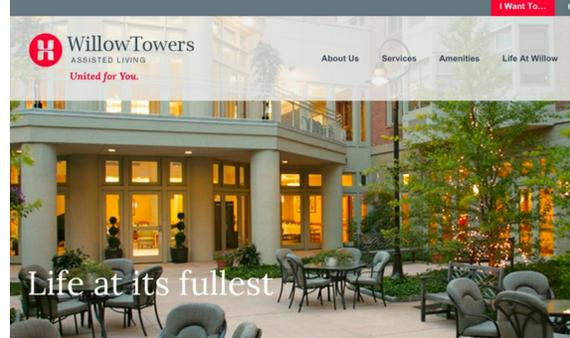


WillowTowers.com has a New Look!

We launched a new website for Willow Towers AssistedLiving, a key part of the family of services

we offer on United Hebrew's campus of comprehensive care. Visit often to find out what's happening...

[Read more](#)



4 things we thought were worth sharing with you this week:

1. Diet may be a powerful mode of Alzheimer's prevention: [New study links a healthy gut to a healthy brain.](#)
2. [How technology can help the elderly:](#) A range of apps, sensors, and connected monitors can help seniors age in place.
3. Caregiver stress check: February 19 was National Caregivers Day. Take this Alzheimer's Association ["Stress Check" quiz](#) to find out if your own health is suffering from caring for others.
4. The restaurant that Blanche built: Who doesn't remember the smart, sexy, and sassy senior, Blanche Devereaux, from *The Golden Girls*? Next time you're in New York City, stop by [the Rue La Rue Café, a new restaurant](#) devoted to the actress and her hit TV show.



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