



## NEWS & UPDATES

### United Hebrew of New Rochelle

January 2017 || Volume 1

#### Rita Mabli wins prestigious award

We're thrilled that *914Inc.* has named Rita Mabli, United Hebrew's president and CEO, one of the county's most successful businesswomen. *914Inc.* is Westchester's top business magazine. Rita's consistent level of success in the eldercare industry, and the "lasting impact" on that community and the Westchester County economy were cited as.....

[Read more](#)



#### Signs your aging parents need more care

The holidays are a time for togetherness, and an opportunity for adult children to observe Mom or Dad. After the New Year is a time when many families initiate conversations with their parents about their changing needs, having seen the signs...

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#### How to manage 'sandwich generation' stress

Once merely juggling the demands of home, office, and caring for children, the "sandwich generation" now has an additional responsibility: caring for aging parents. The struggle can be overwhelming, but there are ways to cope.

[Read more](#)



#### Game changer: exercise may prevent dementia

Most people exercise because it gives them energy, it reduces the risk of several chronic diseases, and it feels good. But now there's another reason: exercise may help prevent Alzheimer's disease and dementia, according to recent research published by the University of Pittsburgh and UCLA.

[Read more.](#)



#### 5 things we thought were worth sharing with you this week:

1. Let's get moving: [Couch potatoes face same chance of dementia as those with genetic risk factors](#)
2. Protect your teeth: [Healthy Aging: Oral health for older adults](#)
3. [2016 Influencers in Aging 2016](#): 50 inspiring advocates, researchers, thought leaders, innovators, writers and experts continue to push beyond traditional boundaries and change our understanding of what it means to grow older.
4. This [sweet post](#) from pro skateboarder Tony Hawk reminds us that the little things matter so much, especially when you have a loved one living with Alzheimer's.
5. A no-guilt nap: [New research](#) shows a one-hour afternoon nap may be an important part of optimizing cognition in elderly adults.



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