



NEWS & UPDATES

United Hebrew of New Rochelle

June 2017

'Art of the Garden' Opens June 11 in our Lazarus Gallery

"The Art of the Garden," a juried show organized by United Hebrew of New Rochelle, will feature 50 beautiful and evocative paintings, photographs, sculptures and mixed media by 33 emerging and established artists from across the New York metropolitan region and beyond, depicting nature in all its glory.



[Read more](#)

What You Need to Know About Long Term Care Insurance

Whether you're looking for long-term care for your loved one, or thinking about how to cover the costs of your own care in the future, it's good to know the facts about long-term insurance. We interviewed Thomas Ferrara, a member of United Hebrew's Board of Directors and founder of Future Value Associates, to find out what you should know.



[Get the facts](#)

UH in the News: Community Service Awards

We were honored to recognize Mae Carpenter, John Giacobbe and Steven Zelicoff in May, for their advocacy and commitment to developing programs, services, and medical procedures that enrich the lives of seniors on United Hebrew's campus and beyond.



[Read more](#)

Online Registration Now Open for United Hebrew's Golf Tournament on July 10



Sign up for a fantastic day of golf and much more! Our annual tournament takes place Monday, July 10 at Brae Burn Country Club. Proceeds from the event will benefit United Hebrew. Besides the great exercise, you'll be treated to a gourmet buffet breakfast, BBQ lunch, cocktails and dinner. You'll also have full service locker room. It's a full day of summer fun.

[Sign up here](#)

4 things worth sharing with you this week:

1. Add longevity to your meals with these [super foods proven to protect you from head to toe.](#)
2. Our volunteers are an integral part of our team! We recognized [three of our dedicated volunteers](#) in May for their dedicated efforts.
3. [Exercise may bolster the brain function and thinking skills of those with dementia](#) according to a new report. Find out how a simple walk can help.
4. "If you're not in the obit, eat breakfast." Sage advice from Carl Reiner, on [being vital after age 90.](#)



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