



UnitedHebrew

IN NEW ROCHELLE SINCE 1919

United for You.



In the News

How to Face Down
Alzheimer's Threat: The
Journal News features our
experts who tell how...

Alzheimer's Disease is a growing scourge, especially since our entire population is living so much longer. The good news is that there are things we can do to help prevent dementia as we age, namely make healthy life choices and exercise.

In last weekend's special edition on Baby Boomer Health, The Journal News featured our experts, Dr. Elaine Healy, Vice President of Medical Affairs, and Dr. Nora O'Brien, Executive Director at Willow Towers Assisted Living. Both spoke about recent research on this topic and gave some prudent advice.

They emphasized that it's never too late to improve one's health. A Mediterranean diet, and even modest increases in physical activity can slow or reverse cognitive impairment, according to research. At United Hebrew of New Rochelle, the goal is for all residents to exercise every day, whether in organized fitness classes, a walking club, or dancing with friends.

[Read the story and watch the video with Dr. Healy's 3 quick tips for improving brain health.](#)



About United Hebrew of New Rochelle

United Hebrew of New Rochelle is a vibrant not-for-profit, non-sectarian, multi-service campus of comprehensive care nestled on 7.5 acres. United Hebrew has

been serving the Westchester metropolitan area since 1919, and today, works with more than 1,000 clients daily. Services include: **Long-Term Skilled Nursing; Burke Rehabilitation at United Hebrew; Willow Towers Assisted Living** (*The Beverly and Alfred J. Green Pavilion*); **Memory Care** at Willow Gardens, The Phoenix Neighborhood and Griffen Program at Willow Towers, and Nightingale Neighborhood at United Hebrew; **Independent living for Seniors** (*Low-Savin Soundview Senior Apartments*); **Health at Home** (AZOR Licensed Home Health Care and a Certified Home Health Agency); and **Private Geriatric Care Management Services** (Raven Care Advocates). For more information, call (914) 632-2804 or visit www.uhgc.org.

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