



NEWS & UPDATES

United Hebrew of New Rochelle

August 2017

Golf Tournament Raises \$183K for Direct Care and Music Therapy

At our 32nd Annual Golf Tournament July 10, more than 150 friends, donors, community and business leaders raised \$183,000 for the care we provide to our residents. The event included an elite 18-hole tournament, contests and prizes, cocktails, dinner and awards. A special on-site fundraiser raised \$22,000 for our enriching music programs. We're incredibly thankful for the generous support!

[Read more](#)



In the News: United Hebrew Stages Mock Emergency Drill

The federal Centers for Medicare and Medicaid (CMS) mandates that healthcare providers be prepared to handle all kinds of emergency situations. Accordingly, we organized a full-scale emergency preparedness drill in response to a simulated chemical spill. We're thrilled with the results, which demonstrate we are well-prepared to reinforce the safety of the residents in our care.

[Watch the news clip](#)



Tips to Help Caregivers Cope with 'Sundowning'

When someone has been diagnosed with Alzheimer's or dementia, some of the most challenging behaviors caregivers face are agitation, confusion, and aggression in their loved ones. These behaviors can worsen in the late afternoon or evening, a syndrome known as "sundowning," which affects 1 in 5 people with Alzheimer's. Find out what we, as caregivers, can do about them.

[Read more](#)



Dr. Elaine Healy Appointed to



Prestigious Post

Great news! Dr. Elaine Healy, United Hebrew's medical director and VP of medical affairs, has been appointed to a prestigious position at the Westchester County Medical Society. She now serves as secretary to the executive committee for the Society. Dr. Healy will also be presenting at the fall meeting of the New York Medical Directors Association. Congratulations Dr. Healy, we're proud to have you on our team!

4 things worth sharing with you this week:

1. Featuring our very own Dr. Nora O'Brien, this article on Caring.com gives [tips on helping your parent transition to assisted living.](#)
2. Healthy eating may preserve cognitive function and reduce the risk of dementia, according to [new studies](#) presented at the 2017 Alzheimer's Association International Conference.
3. Caregiving is tough. Isolation can make it unbearable. This ["New Old Age" column](#) in *The New York Times* is a must-read.
4. We've launched a Centenarian Society! [Here's a photo](#) of new member May Dushkind, a resident of our skilled nursing facility at our first Centenarian High Tea, where she shared great advice on living past the age of 100.



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