



NEWS & UPDATES

United Hebrew of New Rochelle

July 2017

In the News: Willow Towers Honors 30 Veterans on Flag Day

We were honored to pay homage to 30 members of "The Greatest Generation" and to Old Glory at a moving Flag Day ceremony in June. Nearly 100 residents, staff, and local officials gathered around the flag pole amid a garden festooned in red, white, and blue, to sing patriotic songs, recite the Pledge of Allegiance, and honor the service members in our community.

[Watch the news clip](#)



Caregiving Questions You May be Embarrassed to Ask

Alzheimer's and dementia impacts brain function and changes how a person acts and communicates, and that's a challenge for adult children who may be taking care of Mom or Dad. Read tips from Mary Fogarty, RN, nursing director at United Hebrew's skilled nursing facility, on how to cope with sensitive situations.

[Get tips](#)



Seniors Go "Back to School"

Willow Towers resident Albert Fields has been packing in fellow residents to his lectures on "The Golden Age of Radio" and "20th Century History." With good reason: they're terrific! It's all part of our effort to encourage lifelong learning, which keeps seniors healthy, and happy.

[Read more](#)



**Save the Date! United Hebrew's
Gala Fundraiser is September 28**

A truly wonderful "Autumn Celebration" — this year's annual gala — is planned for September 28!



Please join us for our spectacular 98th Anniversary event! We will celebrate our achievements, and honor community leaders who support our mission. This year's honorees include Rosemary McLaughlin, Signature Bank; Harrison Edwards Strategic Communications (Carolyn Mandelker and Bob Knight); and SigmaCare (Howard Hamilton).

4 things worth sharing with you this week:

1. A new study illustrates how much [support is needed for family caregivers.](#)
2. Traveling with multiple generations in your family this summer? [Here's how to make an inter-generational vacation fun.](#)
3. Interrupted sleep is associated with higher levels of Alzheimer's-associated proteins in our bodies, according to [a new study](#), which means that chronic poor sleep during middle age may increase the risk of Alzheimer's later in life.
4. On our reading list: "Memory's Last Breath," a "melodious," "gorgeous," and "stunning" memoir from Gerda Saunders, [according to the New York Times](#). Her story chronicles her dementia journey.



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