



# NEWS & UPDATES

## United Hebrew of New Rochelle

October 2017

### In the News: Treating Loneliness in Seniors as a Chronic Disease

As we age, our social networks shrink. That's of increasing concern to healthcare professionals. New research shows loneliness is linked to negative physical and mental health effects, and a risk of premature death. Rita Mabli's column on the health hazards of loneliness and what we can do about it was featured in the Oct. 5 issue of the *Westchester County Business Journal*.

[Read column](#)



### How Robotic Pets Bring Comfort To Those With Alzheimer's And Dementia

A lifelong lover of cats, United Hebrew resident Matilda Fichtenholz cuddles with her feline companion, "Spookums," all day long. She carries the cat in her lap, strokes its soft fur, and whispers affectionately to her cat, which purrs in return. Except that her cat isn't a real animal; it's a robotic pet that provides companionship and comfort to Ms. Fichtenholz. Read more on how these "pets" help our residents with dementia, in this news story featured in the *Westchester County Business Journal*.

[Read story](#)



### Christina Villanueva Named Among Top CFOs in Westchester County

United Hebrew's Chief Financial Officer, Christina Villanueva, was honored as one of the top financial decision makers in Westchester County at the Westfair CFO Awards, held October 10 at the Briardiff Manor. She has demonstrated innovation in finance, accountability, and operational excellence, helping United Hebrew remain a vital eldercare campus while exemplifying our nonprofit mission. We're so fortunate to have her on our team!





## Autumn Celebration a Huge Success!

Our Autumn Celebration drew more than 200 people to celebrate our 98th anniversary and this year's honorees: Rosemary McLaughlin, Harrison Edwards, Inc., and Sigma Care, a healthcare technology company. Our guests enjoyed cocktails, conversation and fabulous food at the Glen Island Harbour Club. We thank our friends and donors who supported the event, which directly supports our efforts to provide high-quality services to more than 1,000 clients daily.

[See photo gallery](#)

### 4 things worth sharing with you this week:

1. Learning new skills is a great way to age gracefully! We found this story in *The New York Times* about seniors learning to code inspiring. [Check it out.](#)
2. Want the secrets to happiness as you age? So do we! Great tips in this story on [Next Avenue.](#)
3. News you can use: it's Medicare's Open Enrollment period is Oct 15 through Dec. 7. Here are some tips on [choosing a plan](#) and making sense of Medicare.
4. Our dance movement therapy program was featured in the [fall issue of Westchester Senior Voice magazine!](#) Read how this therapy makes a difference for those with dementia.



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