The Secret to a Long Life? Lots of Friends, Healthy Living, and a ‘Can Do’ Attitude, Said Three Women Centenarians at Joint Birthday Party at Willow Towers Assisted Living

Mayor Noam Bramson, City of New Rochelle, presented Special Proclamations to Willow Towers Residents—all over 100 years old—one of whom received her Bachelor’s Degree at age 70!

*Century party celebrated accomplishments of three remarkable women, among Westchester’s oldest living residents*

(New Rochelle, NY, March 22, 2017…….) There may be more than one pathway to reach age 100, but three women who have passed that milestone have a few key things in common: they remain close to their families; they cultivate passions, hobbies, and interests; they have a strong social network; and they maintain their independence as much as possible.

“My mother has always had a positive outlook and a can-do attitude,” explained Judy Friedlander, daughter of Shirley Meyers, 102, one of three centenarians who celebrated joint birthdays at a luncheon at United Hebrew of New Rochelle’s Willow Towers Assisted Living facility on Wednesday. “She’s as active as she can be, every day, and that keeps her mentally and socially connected.”

Meyers joined Anne Adler, who turns 103 on March 28, and Mary Tallarini, who turned 102 on February 14, at a special ‘Century Celebration’ hosted by Willow Towers. Surrounded by family and friends, the three women were feted by Nora O’Brien, Executive Director, Willow Towers; Rita Mabli, President & CEO of United Hebrew; and the Hon. Noam Bramson, Mayor of the City of New Rochelle, who presented each honoree with a special proclamation.

“I am delighted to join in recognizing three remarkable centenarians whose life experiences and personal examples inspire neighbors and friends throughout New Rochelle,” Bramson said.

Centenarian studies show that more people are living to age 100 and beyond; contributing factors to their longevity include having an optimistic attitude, practicing good health habits, and having plenty of social connections. Across United Hebrew’s campus of comprehensive care, compassionate and expert staff foster friendships, healthy lifestyles, and new social, cultural, and recreational interests among their residents, noted Mabli.
In her remarks, O’Brien applauded the accomplishments of the three women—graduating from college at age 70; running a family business while caring for aging parents and young children; and traveling the world to fulfill a life dream, among others. “Today, we celebrate three lives well lived. We honor their past, present, and future contributions to community; and we revel in the wisdom of three women who live their lives to the fullest.”

The Centenarians

Anne Adler, 103 on March 28

The daughter of Russian immigrants, Anne Adler grew up in New Rochelle with her two brothers. Adler graduated from New Rochelle High School and began her college education at SUNY New Paltz. Like many American families, the Adlers were hard-hit by the Great Depression: they lost the family’s deli business and she had to drop out of college. Adler found work as a telephone operator, married, and moved with her husband to Baltimore, where they raised two daughters. After her husband died in 1962, Adler took a job at the Social Security Administration, where she worked until she retired in 1969. She fulfilled her dream of graduating from college when she was 70 years old.

Adler attributes her long and happy life in part to her passions: her daughters, involvement in her temple, her professional accomplishments, and travel. After her retirement, she traveled extensively to United States, Russia, and Europe. She remained active well into her 80s at her synagogue, where she was president of the sisterhood group. “Her work and her friends at her temple became a real anchor for her,” said her daughter Leslie Adler. “She enjoyed going out to lunch, going to the theater, and spending time with her friends. Now at Willow Towers, she’s still very social.”

Shirley Meyers, 102 on October 15

Born in the Bronx on October 15, 1914, Shirley Meyers, [née Keppler,] grew up in New Rochelle with her parents and her two sisters. Of the “Three Keppler Girls,” Meyers was among the first to be confirmed at Temple Israel of New Rochelle. Following her graduation in 1933 from New Rochelle High School, she attended art school. After meeting Howard Meyers of White Plains, she eloped with him in 1934 and shortly thereafter, the couple started a wholesale men’s gift business, H.C. Meyers Company, which supplied major department stores and catalogues. After her husband’s death in 1986, Meyers moved to Boca Raton, FL, where she was an avid golfer, bridge enthusiast, and world traveler. She fulfilled her dreams of visiting far-flung destinations across the United States, Europe, and the Middle East. She moved back to New Rochelle to be near her family, and still enjoys following her beloved New York Giants, from whom whom she was thrilled to receive recognition for her status as a 50-year-ticket holder.

Ten family members, including four generations of New Rochelle High School graduates, joined Meyers at the Centenarians luncheon to help celebrate. She remains active in the lives of her two children, seven grandchildren, and 16 great-grandchildren, who are a
tremendous source of pride and joy, and whose names and birthdays she remembers so well that other relatives frequently check with Shirley on which family birthday is coming up next. “Have the will to do things for yourself; be independent, and have a positive outlook,” says Meyers on living a long and healthy life. Meyers still walks every day, and participates in the full complement of social activities offered at United Hebrew’s Willow Towers Assisted Living.

**Mary Tallarini, 103 on February 14**

Reducing stress whenever possible, maintaining a strong social network, and following a healthy lifestyle are some of the keys to Mary Tallarini’s long life, according to her daughter, Sandra Annunziata. “She spent her entire life in New Rochelle, growing up in a large, tight-knit Italian family as one of 9 children,” said Annunziata. “She was always involved in her community, from our school’s PTA when we were growing up, to her group of friends in her senior housing complex on Maple Avenue, where she lived on her own until she was 99 and a half.”

Born to Luigi and Filomena Panico in 1914, Mary had four brothers and four sisters. In 1943, she married Anthony Tallarini, with whom she had three children. She cooked for her husband’s luncheonette, contributed to Sunday dinners at her parent’s house, and helped care for her parents, as they grew older. After her husband retired in his 70s, Tallarini continued her community involvement, and knitted hats, gloves, and scarves for those in need. After her husband’s death, she moved to a senior community near Hugh Doyle Senior Center in New Rochelle, where for 15 years, she walked nearly every day to have lunch, cook, and play cards and bingo with friends. Tallarini is the proud grandmother of six, great-grandmother of two, and Aunt to 23 nieces and nephews. “She had good genes, she ate healthfully, and never drank or smoked,” said Annunziata. “She became much more social as an elderly adult, and that helped her maintain her independence for so long.” Among the family celebrating her centenarian status are her three children, including one brother visiting from Florida.

**About United Hebrew**

United Hebrew of New Rochelle ([uhgc.org](http://uhgc.org)) 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 Senior Housing (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](http://www.uhgc.org).