Rita Mabli wins prestigious award

We’re thrilled that 914Inc. has named Rita Mabli, United Hebrew’s president and CEO, one of the county’s most successful businesswomen. 914Inc. is Westchester’s top business magazine. Rita’s consistent level of success in the eldercare industry, and the “lasting impact” on that community and the Westchester County economy were cited as......

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Signs your aging parents need more care

The holidays are a time for togetherness, and an opportunity for adult children to observe Mom or Dad. After the New Year is a time when many families initiate conversations with their parents about their changing needs, having seen the signs......

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How to manage ‘sandwich generation’ stress

Once merely juggling the demands of home, office, and caring for children, the “sandwich generation” now has an additional responsibility: caring for aging parents. The struggle can be overwhelming, but there are ways to cope.

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Game changer: exercise may prevent dementia

Most people exercise because it gives them energy, it reduces the risk of several chronic diseases, and it feels good. But now there’s another reason: exercise may help prevent Alzheimer’s disease and dementia, according to recent research published by the University of Pittsburgh and UCLA.

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5 things we thought were worth sharing with you this week:

1. Let’s get moving: Couch potatoes face same chance of dementia as those with genetic risk factors
2. Protect your teeth: Healthy Aging: Oral health for older adults
3. 2016 Influencers in Aging 2016: 50 inspiring advocates, researchers, thought leaders, innovators, writers and experts continue to push beyond traditional boundaries and change our understanding of what it means to grow older.
4. This sweet post from pro skateboarder Tony Hawk reminds us that the little things matter so much, especially when you have a loved one living with Alzheimer’s.
5. A no-guilt nap: New research shows a one-hour afternoon nap may be an important part of optimizing cognition in elderly adults.