



NEWS & UPDATES

United Hebrew of New Rochelle

May 2017

Dancing Makes a Difference for Those Plagued by Dementia

Dance/movement therapy is the latest addition to our creative arts therapy program, and it makes a big impact for those living with Alzheimer's and dementia. Dance therapy helps trigger memories, keeps people engaged, and eases the agitation that is common with dementia.

Here's [how it works.](#)



UH's "WOW" Initiative featured in McKnight's Senior Living

Managing staff conflict in a healthy and constructive manner goes a long way in creating a positive environment for residents, according to McKnight's Senior Living, which featured United Hebrew's "WOW" initiative as a model for improving resident and employee satisfaction.

[Read the story.](#)



Sixth Annual Community Service Awards on May 10

It is our pleasure to honor three exceptional leaders for their outstanding contributions to community: Mae Carpenter, Commissioner, Westchester County Department of Senior Programs and Services; John Giacobbe, Esq., Law Office of John Giacobbe; and Steven Zelicof, M.D., Specialty Orthopedics, Please join us May 10 at 2:30 p.m. at this perennially well-attended event. Besides the ceremony, delicious refreshments will be served.



[RSVP](#)

SAVE THE DATE: United Hebrew's Annual Golf Tournament is July 10



Mark your calendars for a day of golf and fun on Monday, July 10 at Brae Burn Country Club. Proceeds from our Annual Golf Tournament will benefit United Hebrew. Besides the great exercise, you'll be treated to a gourmet buffet breakfast, BBQ lunch, cocktails and dinner. You'll also have full service locker room. It's a full day of summer fun.

[Sign up here.](#)

4 things worth sharing with you this week:

1. People with dementia retain a sense of self and maintain a quality of life, overall, until the end stages. Here are [simple steps to help those with dementia.](#)
2. How are Millennials are changing the face of work? Read what our very own Christine Sanders, a member of the millennial generation working at United Hebrew, shared with [Westchester Magazine.](#)
3. [Diet soda tied to dementia and stroke:](#) This *New York Times* story gives us another reason to skip the sugar to maintain good health.
4. The number of male caregivers is growing. Men are taking on new roles in caregiving, and [a new "Caregiving is Tougher than Tough" campaign](#) highlights information and resources for them.



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