



# NEWS & UPDATES

## United Hebrew of New Rochelle

December 2017



### United Hebrew Names New Board Chair, Appoints New Members

We are pleased to announce that James Staudt, a prominent Westchester attorney and partner in the firm McCullough, Goldberger & Staudt, has been named the chair of the United Hebrew Board of Directors, and that Liz Healy, Vice President, Industry Platforms and Blockchain, IBM, and Bruce Gordon, MD, Westchester Eye Associates, have been appointed as new members of the board. We're fortunate to have their vision, leadership and expertise.

[Learn more.](#)

### Last-Minute Gift Ideas for Senior Loved Ones on Your List

If you're about to buy another candy dish or scarf for grandma, wait. Many seniors live in smaller spaces than they used to, with less use for new tchotchkes and collectibles. With a little creativity, and an understanding of the challenges your elderly loved one faces, you'll find a gift that does more than bring a smile – it might change a life.

[Get the list of our top 9 holiday picks.](#)



### Celebrating the Holidays with Your Loved one in Nursing or Assisted Living

For many, the holidays are a time of celebration and joy. But for some older adults, the holidays can bring unhappy thoughts. They can remind the elderly of the changes in their lives, such as lost loved ones, health and mobility problems, or living somewhere that is not where they celebrated holidays past. Here's how you can help your loved one celebrate a joyous holiday season.

[Read 6 tips.](#)



## From Wheelchair to Walking: A United Hebrew Rehab Success Story

For her short-term rehabilitation following her second knee-replacement, Jeanne Strouse wanted to return to the same facility that helped her recover quickly from her first operation: United Hebrew of New Rochelle. "I could not have asked for more," says Strouse.



[Read her story.](#)

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

1. Making holiday desserts together is a great way to spend quality time with your loved ones. Our own Chef David Shakin [shows us in this video](#) how to bake and decorate a Buche de Noel.
  2. 'Tis the season for giving: Our own Community Service Club [made holiday cards and gift bags of cheer](#) for needy children in New Rochelle. The project volunteers included multiple generations.
  3. A new study shows that loneliness and social isolation not only pose health risks for seniors, they lead to more Medicare spending. Read more in this costs more [article in Forbes](#).
  4. AARP Summit on Caregiving: [Get highlights from the event](#), where the goal was to drive concrete actions to support the more than 40 million family caregivers nationwide.
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