



NEWS & UPDATES

United Hebrew of New Rochelle

February 2018

United Hebrew Wins National Award for Third Straight Year!

Once again, United Hebrew has been selected by the American College of Healthcare Administrators once again to receive the Eli Pick Facility Leadership award. It honors top-performing skilled nursing facilities and the leaders who help them excel. We're always proud and humbled when United Hebrew is recognized for the care we provide to seniors in Westchester, because awards are an affirmation that we are providing compassionate care in the best possible way. We share this award with our remarkable staff, who are so dedicated to what they do.



When Mom or Dad Begins to Date

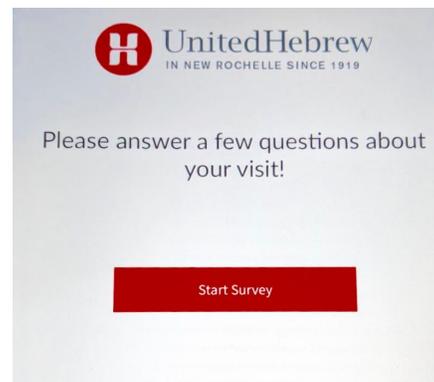
A common myth about senior living communities is that people who live there lose interest in life. At United Hebrew, that couldn't be further from the truth. Here, social opportunities empower residents and encourage them to live their lives with purpose and joy well into their golden years. In fact, it's not unusual for residents to develop new and significant relationships. While finding love later in life is a wonderful thing, it can be hard on a resident's adult children. Our own Dr. Nora O'Brien offers some tips.



[Get tips.](#)

Let Us Know How We're Doing!

We value your feedback, and want to know if you're satisfied with how we care for your loved one. With that in mind, next week we launch Zonka, a state-of-the-art survey and feedback service. Look out for the new kiosk, which will be located in the lobby of our skilled nursing home. You'll be able to stop by and respond to a brief 5-question survey about your visit and the services we provide.





"I Came Home, But Not Alone" Marge Ryan's Heartfelt Thank You

Before her recent surgery, Marge Ryan sought the help of Joanne Lanza, United Hebrew's head of independent senior housing, to figure out a plan for recovering at home at UH's Soundview Apartments. Because this was her second major surgery in four years, Marge knew she would need support following the surgery and her short-term rehab (also at United Hebrew).

"Joanne helped me set things up before I even went into the hospital," Marge said. "I came home, but not alone. With excellent nursing services, therapists from Burke rehab, and support services from UH home health care, I was able to return to my apartment and get back on my feet. Thank you, United Hebrew!"

4 things worth sharing with you this week:

1. This month saw the 25th anniversary of the Family and Medical Leave Act. Here are [5 things you need to know](#) and what lies ahead for caregivers.
2. To age well, we must eat well! A recent [study shows](#) that healthy seniors who eat leafy greens every day had a slower rate of mental decline than those who did not. Pass the spinach!
3. Need help caregiving for a loved one with dementia? This [AARP guide](#) is a great place to start. Our eldercare experts are always happy to help, too! [Contact us.](#)
4. [This video will make you smile](#): Dance movement therapy keeps our nursing home residents active, and engaged!



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