



# NEWS & UPDATES

## United Hebrew of New Rochelle

March 2018

### All-New Look at our Expanded Campus: VIDEO

Watch our new video, which so warmly highlights all that makes the United Hebrew of New Rochelle community so special. Our campus of comprehensive care is vibrant, alive and filled with learning. We love that people are so engaged!

[Watch video.](#)



### In the News: Reducing Reliance on Antipsychotics in Nursing Homes

A recent report stated that thousands of nursing home residents nationwide are receiving antipsychotic drugs "off-label" to treat symptoms of Alzheimer's and dementia. The reality is, we are ahead of the curve. We've got a holistic, patient-centered approach that reduces reliance on these drugs, says our own Dr. Elaine Healy, whose article on the subject appeared in this week's Westchester County Business Journal.

[Read column.](#)



**Dr. Elaine Healy: Dialing back reliance on antipsychotics in nursing homes**

By Elaine Healy - March 27, 2018

A Feb. 5 study published by the Human Rights Watch stated that about 179,000 nursing home residents nationwide are being given antipsychotic drugs when they don't have the mental illnesses for which the drugs were approved. Related news headlines included the words "misuse" and "overprescribed," suggesting a widespread abuse of these medications when given to elderly individuals who have Alzheimer's or related dementias.

The fact is we have made tremendous strides in reducing the use of antipsychotic drugs in nursing homes across America. Nationally, the percentage of long-term residents receiving these drugs dropped from 24 percent in 2011 to under 16 percent in 2017...

### Daily Routines Help When Caring for Those with Dementia

Whether it's a morning walk, afternoon tea, or listening to music in a cozy chair, familiar routines give people comfort. For those with memory loss, routines may also bring a feeling of control. United Hebrew's Chief Nursing Officer, Jerome Bagaporo, shares his advice on how to provide structure for daily activities to reduce the agitation that's associated with dementia.





## The Story of Us: Addie Gassman

We like to say at United Hebrew that we preserve feisty and independent personalities, longer. But don't just take our word for it; hear it from our residents! We've launched a new campaign called "The Story of Us," which features our fabulous residents. You'll find out what makes them tick, and what keeps them feeling "feisty!" Everyone has a story to tell. You'll hear theirs. Be well, and be happy.

[Read Addie's story.](#)

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

1. Make a Mitzvah Activity Mat April 22 to support those with Alzheimer's! Sign up to [create lap mats](#) that caregivers will use to help calm and promote motor and sensory awareness in Alzheimer's residents at United Hebrew. Details here.
  2. What's the best diet for an aging brain? Researchers found that a [low fat diet combined with reduced calorie intake](#) may help reduce inflammation and keep our nervous systems humming.
  3. It's never too late to benefit from exercise, this [study at the Mayo clinic shows](#) how vigorous exercise "corrected" the decline in the cellular health of older adults.
  4. We are [advocating](#) for the needs of seniors! Our CFO Christina Villanueva traveled to Albany to work alongside State Senator Jeffrey Klein and representatives from the Continuing Care Leadership Coalition.
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