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.

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.

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.