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Six Centenarians Feted by United Hebrew of New Rochelle at Joint Birthday Party

Their Secret to a Long Life? Friends, Healthy Living, and Staying Active

(New Rochelle, NY, June 19, 2019....) Six individuals who have passed the 100-year milestone say they have a few key things in common: they remain close to their families; they cultivate passions, hobbies, and interests; they have a strong social network; and they maintain their independence as much as possible.

These six centenarians, among a dozen centenarians who reside on United Hebrew of New Rochelle's senior living campus (not all were able to attend), were feted at a special celebration at United Hebrew's nursing home on Pelham Road. Part of United Hebrew's Centennial Celebration, the event highlighted United Hebrew's history of caring for Westchester's seniors.

"The key to living as long as I have is staying active and having a wonderful family to be with," said Adele Weisberg, 100, a resident of Willow Towers Assisted Living, located on United Hebrew of New Rochelle's senior living campus. A former ballroom dancer, she continues to enjoy activities at Willow Towers, including dancing, attending intergenerational music classes, and walking. She relishes spending time with her sons, Fred, Harold, and Arthur Weisberg, and her daughter-in-law, Amy Rosen.

Centenarian studies show that more people are living to age 100 and beyond; contributing factors to their longevity include having an optimistic attitude, practicing good health habits, and having plenty of social connections.

"It's no surprise that we have a dozen centenarians here at United Hebrew," said Rita Mabli, president and CEO of United Hebrew of New Rochelle. "Our staff fosters friendships and healthy lifestyles through the care they provide and our wide array of social, cultural, and recreational activities."

The Hon. Noam Bramson, Mayor of the City of New Rochelle, presented special proclamations to the centenarians. A representative of State Senator Shelley Mayer's office also presented resolutions in the seniors' honor.

[Photo captions](#)

#2006: Front: Mary Mignogna; Back: Sammy and Al D'Angelo; Rita Mabli, United Hebrew of New Rochelle; Christina D'Angelo

#1988: Nora O'Brien, DPT, Willow Towers Assisted Living; Adele, centenarian; Fred, and Arthur Weisberg; Amy Rosen

#1989: Ethel Traberman; Randy Neuringer

#2008: Barbara Kroin; Hon. Noam Bramson, Mayor, City of New Rochelle; Dorothy Landes

#2011: Beatrice Mark, centenarian

Full list of United Hebrew of New Rochelle 2019 Centenarians

Anne Adler, 105

Lucille Fullerton, 101

Blanche Hardigan, 100

Dorothy Landes, 100

Evelyn Levine, 100

Samuel Levine, 102

Beatrice Mark, 100

Shirley Meyers, 103

Mary Mignogna, 103

Edith Solomon, 102

Ethel Traberman, 101

Adele Weisberg, 100

About United Hebrew of New Rochelle

United Hebrew of New Rochelle (uhgc.org) is a vibrant not-for-profit, non-sectarian, multiservice campus of comprehensive care nestled on 7.5 acres. United Hebrew has been serving the Westchester metropolitan area since 1919, and today, serves more than 1,000 residents and clients daily on its Harry and Jeannette Weinberg Campus and within the Westchester community. Services include: Long-Term Skilled Nursing (The Kramer and Skalet Pavilion); Burke Rehabilitation at United Hebrew; Willow Towers Assisted Living (The Beverly and Alfred J. Green Pavilion), Memory Care at Willow Gardens; The Phoenix Neighborhood and Griffen Program at Willow Towers; and Nightingale Neighborhood at United Hebrew; Independent Senior Housing at Soundview (Low-Savin Residence) and Meadow Lane Senior Apartments; Health at Home (AZOR Licensed Home Health Care and Certified Home Health Agency); and Private Geriatric Care Management Services (Raven Care Advocates). For more information, call (914) 632-2804 or visit www.uhgc.org at www.uhgc.org