



391 Pelham Road
New Rochelle, NY 10805
(914) 632-2804
www.uhgc.org

Press Release

FOR IMMEDIATE RELEASE - April 7, 2010

United Hebrew of New Rochelle Seminars for Healthy Living Focuses on Foot Care

*Panel of Podiatric Specialists Give Advice and
Reassurance on Keeping Feet Problem Free*

New Rochelle, NY - (April 7, 2010) - Aching feet can interfere with every aspect of life. But there are treatments and lifestyle solutions to avoid painful feet, as three foot care experts recently instructed residents and visitors at [United Hebrew of New Rochelle](#) as part of United Hebrew's ongoing series of Seminars for Healthy Living. The event panelists included **Dr. Charles Morelli**, a highly respected podiatrist with an office in Mamaroneck; Ann Rupp from White Plains Hospital Center and an expert in diabetes care; and Nora O'Brien, United Hebrew's director of rehabilitation who is also on staff at Burke Rehabilitation Hospital. United Hebrew of New Rochelle's campus includes a new [nursing home and rehabilitation center](#), [Willow Towers assisted living](#), [independent living](#) and [home health care](#) services. UH sponsors free Seminars for Healthy Living several

times each year to bring the latest healthcare information to the community.

Four out of five adults eventually suffer from some sort of problem with their feet, such as in-grown nails, warts, hammertoes, bunions, heel pain, or medical conditions that affect feet such as diabetes, gout, arthritis, heart and circulatory problems. Those who ignore minor, early warning signs can wind up with a painful, chronic problem, said Dr. Morelli, who is board certified by the American board of podiatric surgery, and currently practices at Sound Shore Podiatry and Foot Surgery in Mamaroneck and the Central Park Foot Rehabilitation Associates in Yonkers, and has been a member of the New York State Podiatry Medical Association for almost 20 years.

People with diabetes are especially susceptible to foot ailments because diabetes damages nerves and affects circulation. The most important steps for diabetics are to wear shoes and socks, to check their feet daily, and to visit a foot care expert at the first sign of problems or changes in their feet, said **Ann Rupp**, a specialist in the care and treatment of diabetes for patients of all ages. While maintaining proper diet is crucial for all diabetics, it is just as important to keep feet clean, dry, well groomed and moving, O'Brien advised. "Don't cross your legs for long periods of time, put your feet up when sitting, and wiggle your toes and move your ankles," she said. As a clinician, educator and program manager at the White Plains Hospital Center, Rupp treats patients who have Type 1, Type 2 and gestational diabetes, and has an expertise in technology, such as insulin pumps and continuous glucose monitoring systems.

(more...)

For many older adults, the key to maintaining good foot health is exercise, said **Nora O'Brien**, a Physical Therapist working for Burke Rehabilitation Hospital and Director of [Rehabilitation](#) at United Hebrew. Being active increases flexibility and stability of one's feet, lowers blood pressure, improves blood glucose management and lowers risk of heart disease and other serious illnesses, she said. "Talk to your physician about the safest activities for you, and be sure to wear sneakers and socks that fit and protect your feet when you exercise." She demonstrated a variety of foot exercises, such as toe curls and pulls, the "golf ball roll", ankle pumps and stretches. "The best aerobic choice for older adults is Walk, Walk, Walk," said O'Brien, who has been part of the Burke Rehabilitation network at various nursing homes since the network's inception in 1997. She previously served as Supervisor of the Cardiac Unit and as a Staff Physical Therapist at Burke Rehabilitation Hospital.

PICTURED LEFT TO RIGHT:

Nora O'Brien, director of rehabilitation at United Hebrew; Dr. Charles Morelli of Sound Shore Podiatry and Foot Surgery in Mamaroneck and the Central Park Foot Rehabilitation Associates in Yonkers; and Ann Rupp, diabetes care specialist from White Plains Hospital Center. These foot care specialists were panelists at United Hebrew of New Rochelle's recent Seminars for Healthy Living, which focused on Foot Care.



PICTURED LEFT TO RIGHT:

Ann Rupp, diabetes care specialist from White Plains Hospital Center; Dr. Charles Morelli of Sound Shore Podiatry and Foot Surgery in Mamaroneck and the Central Park Foot Rehabilitation Associates in Yonkers; and Nora O'Brien, director of rehabilitation at United Hebrew; These foot care specialists were panelists at United Hebrew of New Rochelle's recent Seminars for Healthy Living, which focused on Foot Care.



United Hebrew is located at 391 Pelham Road, New Rochelle, New York 10805. For further information, please contact Linda Forman at 914.632.2804 x1224, e-mail lforman@uhgc.org, or visit www.uhgc.org.

About United Hebrew: [United Hebrew](#) is a vibrant not-for-profit, non-sectarian, multi-service senior living campus serving the Westchester metropolitan area since 1919. United Hebrew offers a rich array of skilled and community-based programs and services that encourages and supports a life of dignity and spirituality and promotes the highest possible quality of life. United Hebrew serves over 600 clients daily in its campus facilities -- [Willow Towers](#), a 126-unit assisted living residence; a 296-bed nursing and rehabilitation center staffed with Burke Rehabilitation professionals; the 135-unit Soundview Apartments for seniors; a Long Term Home Health Care Program; and the AZOR Home Health Agency. United Hebrew recently opened its new home, which combines world class care with state-of-the-art features.