



United Hebrew Geriatric Center Residents Shop for Health with State Senator

New Rochelle NY (August 11, 2006) – State Senators Jeff Klein (D-Bronx/Westchester) and Diane J. Savino (Kings/Richmond), along with the Visiting Nurse Service of New York, recently hosted residents of the United Hebrew Geriatric Center (UHGC) Soundview Apartments - Low-Savin Residence Retirement Homes, an independent living community, on a shopping for health tour at the A&P Supermarket on Pelham Road in New Rochelle.

Approximately one dozen residents joined the senators to learn about label reading and making smart food choices for meal planning and for heart health. UHGC registered dietitian consultant Martha Bencich, MS, RD, CDN, led the group on the lively tour and discussion.

"Eating right is key to staying healthy, which is why I am so pleased to offer this service to my constituents to help them learn how to shop for and prepare healthier meals," Klein said. With thousands of food options out there, following medical dietary restrictions can be a daunting task, but I'm hopeful these sessions can bring some clarity and ease to the process."

Senator Klein and the Visiting Nurse Service of New York have developed educational programs like the nutritional tour to educate the community on healthy approaches to better lifestyles through food choices and physical activities.

"I learned so many new things, like that cantaloupe has a lot of vitamin C, just like orange juice," says Mrs. Beram, a long time resident of the Soundview Apartments. "I am looking forward to using my new knowledge to make my next food shopping trip even healthier. Eating right will help me live life to the fullest."

Photo 1: Senator Savino, UHGC Soundview Apartments Residents Mary Smith and Ann Beram, and Senator Klein



About the United Hebrew Geriatric Center of New Rochelle:

UHGC is a vibrant not-for-profit, non-sectarian, multi-service senior living campus serving the Westchester metropolitan area since 1919. UHGC 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. UHGC serves over 600 clients daily in its campus facilities -- Willow Towers, a 126 unit assisted living residence with The Phoenix Neighborhood for those with memory impairment; a 270 bed Nursing Home; the 135 unit Low-Savin Apartments for seniors; a Long Term Home Health Care Program; and the Azor Home Health Agency. Its newest project, the renovation and expansion of its nursing home facility, combines world-class care with state-of-the-art features .

Website: www.uhgc.org

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Photo 2: (l. to r.) Soundveiw Apartments Residents Marge Ryan, Pat Buono, Carmela Moseley and Ann Sankey; Nancy Higbee, Visiting Nurse Service of New York; Senator Jeff Klein; Martha Bencich, MS, RD, CDN; Soundview Apartments Resident Carol Virrill

