



assisted living | dementia care

Expert in Assisted living & Dementia care

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For All Women - Strength, Care & Empowerment

From caregivers to elders, every woman deserves recognition and respect. At Epoch, we believe in celebrating the resilience, wisdom, and dedication that women bring to every role—whether offering care or receiving it.



A Journey of Strength, Care & Leadership

Every woman deserves to be seen, heard, and valued. Whether she's caring for others or receiving care, her journey is a testament to endurance, love, and grace. Women as caregivers stand as pillars of strength, ensuring that elders receive the dignity and attention they deserve. Their hands hold the weight of responsibility, their hearts overflow with empathy, and their unwavering commitment shapes lives.

But care extends beyond daily routines—it is about creating spaces where people feel valued. Our leaders and coordinators cultivate environments where care isn't just provided—it's deeply felt. They uphold the dignity of every individual, making elder care a warm and enriching experience.

And then there are our elders, the women who have lived through decades of change, challenges, and triumphs. Their stories remind us that age does not diminish strength—it carries the richness of experience and the beauty of a life well-lived. They embody resilience, proving that wisdom grows with time.

On Women's Day, we celebrated them all—not just as caregivers or recipients of care, but as individuals whose contributions shape the world around us. True empowerment lies in recognizing, respecting, and uplifting every woman, every day.



A Deeper Look: Sleep & Cognitive Health in Elderly Women

Caring for women also means understanding their evolving health needs. A recent study published in *Neurology* highlights a significant concern: women in their 80s who experience increased daytime sleepiness over five years have twice the risk of developing dementia.

Researchers tracked 733 dementia-free women, using wrist devices to monitor sleep patterns. Among them, 21% showed rising sleepiness, and within this group, 19% developed dementia—compared to just 8% in those

with stable sleep patterns.

While this study does not establish direct causation, it underscores the critical role of sleep in cognitive health. Dr. Yue Leng, the lead author, emphasizes the need for further research on sleep changes as a potential early marker for dementia risk in older women. Prioritizing good sleep hygiene could be an essential step in safeguarding brain health as we age.

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Epoch's Commitment to Women in Leadership

Empowerment is also about breaking barriers and leading with purpose. We are incredibly proud to share that Co-Founder & CEO- Epoch Elder Care, Ms. Neha Sinha, was recently honored with the ET Inspiring Women Leaders Award!

This recognition isn't just about professional success—it's about resilience, vision, and redefining elder care with compassion and excellence. Neha leads with heart, setting new standards in the industry every day, ensuring that aging is embraced with dignity and warmth.

Her journey is a testament to the strength of women in elder care—leaders who innovate, caregivers who nurture, and elders whose wisdom guides us forward.

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Empowering women isn't just about a single day—it's a commitment we uphold daily. Whether through compassionate care, research-driven health insights, or visionary leadership, every woman's contribution is invaluable. At Epoch, we honor them all, ensuring that recognition, respect, and care remain at the heart of everything we do

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