



Always Best Care
senior services®

Always Best Care Senior Services of Basking Ridge Newsletter | April 2021



Keeping Your Mind Sharp Can Actually Be Lots of Fun!

For the last several months we have been focusing on the importance of physical exercise for the body. This month we are turning the corner and focusing on how to keep your mind sharp as you age. So many times we tend to overlook the importance of keeping the mind stimulated and challenged. In this month's newsletter, we have highlighted many activities that you can participate in both in the group setting or individually. Remember, if you or your loved one needs a companion to share this experience with, please give us a call at 908-484-1600 and we will be happy to assist.



Coping With Arthritis As You Age

One side effect of aging that many people deal with is arthritis. This swelling of the joints can leave you feeling stiff and sore. It may become more difficult to get your fingers to do the intricate tasks you once did, or maybe you feel it in your hips ... [Read Article](#)



Senior Classes to Exercise Your Mind

There is a lot of focus on physical exercise as you age, but it is also important to exercise your mind. Challenging yourself with different activities can help to keep your mind sharper. Contact your local senior center to see what classes they ... [Read Article](#)



About Our Services

Since 1996, Always Best Care has helped families with non-medical in-home care and assisted living placement services. With Always Best Care, every client receives extraordinary care in an inspiring environment with caring people. Our Care Coordinators have worked with thousands of seniors across the country. We're here to serve you!



[Visit our Website](#)



[Always in Touch](#)

A free friendly phone call for seniors and disabled adults. Always in Touch provides daily socialization to help minimize the isolation of the current shelter in place order due to COVID-19

[Enroll Today!](#)



[Veterans Program](#)

Many Veterans and their Surviving Spouses do not know about potential entitlements to VA benefits. Always Best Care can provide the resources to obtain the VA Benefits they are entitled to receive.

[Learn More](#)

In-Home Care in Basking Ridge NJ | Always Best Care in Central New Jersey



April Recipe: Asparagus, Ham, and Lemon

For April, this is a tasty asparagus recipe that is perfect for spring. It's simple, fast and easy to make. Enjoy it as a side to your main dish or as a delicious snack.

[Start Cooking](#)



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