



## Is Your Loved One At Risk for Parkinson's Disease?

At Always Best Care we try to recognize some of the more common diseases and struggles that our senior clients are dealing with. April happens to be Parkinson's Awareness Month and a great time to go over some of the basics of this disease that affects nearly one million Americans. Although there is currently no cure for Parkinson's Disease, there are many ways of managing symptoms to make your senior much more comfortable. This month we will discuss how senior care can play a role with Parkinson's, and we will also feature an article on adjusting to retirement. Although we all dream about retirement, once it becomes a reality, some seniors may need some tips on how to find a sense of purpose as they head into their golden years. For additional information on these topics and more, please reach out to our office at 908-484-1600 and we will be happy to assist.



### What You Need to Know About Parkinson's

April is Parkinson's Awareness Month and a great time to go over some of the basics of this disease that affects nearly one million Americans. The more you know, the more alert you can be for early warning signs and the better care you can provide for loved ones with Parkinson's. Although there is currently no cure, there are ways to manage symptoms... [Read Article](#)



### Adjusting to Life in Retirement

You spend your whole life improving your education, working, and saving money so that you can finally retire. But once you do reach retirement, it can be a significant life change to go from the structured working world and a regular income to having a wealth of free time and limited income. A lot of seniors feel a loss of purpose once they are no longer ... [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 friendly phone call each weekday for seniors and disabled adults. Always in Touch provides daily socialization and the reassurance that the senior "is not alone." Click the link below to enroll.

[Enroll Today!](#)



### Fall Risk Assessment

Millions of elderly people are treated in emergency rooms for fall injuries every year. Let our trained professionals help assess your fall risk before it happens.

[Learn More](#)



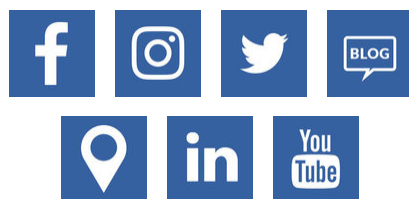
## April Recipe: Magnificent Macaroni Salad

For April we have selected a slightly sweet, classic macaroni salad recipe. This "magnificent" macaroni salad goes great with a delicious sandwich, and is a perfect side to bring to the park for those early spring picnics!

[Start Cooking](#)



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**Always Best Care**  
senior services®

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