



Boosting Your Mental Health Is Easier Than You Think!

This time of the year is traditionally one of the best seasons for improving your physical and mental well-being. Summer provides lots of daylight to boost your physical exercise, which can trickle down in helping your mental, emotional, and social health. With the nice weather many seniors choose to participate in their favorite activities, such as visiting with neighbors or just strolling around the neighborhood. If your loved one is having trouble with mobility or social interaction, please contact us at 908-484-1600 and one of our dedicated representatives will be happy to set up a care consultation to discuss your options.



5 Simple Ways Seniors Can Boost Their Health

Aging is inevitable, but that doesn't have to slow you down. With proper care and a healthy lifestyle, seniors can make the most of every stage of their life. Next month is Healthy Aging Month and a wonderful time to reflect on what is going well, and where there are opportunities for ... [Read Article](#)



Managing Pain With Aging

Experiencing occasional aches and pains is a normal part of aging, but discomfort usually resolves relatively quickly. You may be sore for a day or two but then get back to your regular activities. When pain lingers for three months or more, it may be considered chronic pain. Chronic pain ... [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!](#)



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.

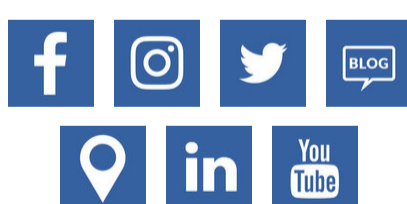
[Learn More](#)



August Recipe: Japanese Cucumber Sunomono

Cucumber sunomono is a tasty Japanese cucumber salad made with just a few easy-to-find ingredients. Serve this as a Japanese appetizer, or as a salad or side dish to pair with any meal. Nice for a summer BBQ!

[Start Cooking](#)



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