



Let's Love Our Hearts This Month...

Keeping your heart healthy requires more than just eating healthy, it's a complete lifestyle approach. With February being Heart Disease Awareness Month and American Heart Month, there is no better time to get your ticker checked out. In this month's newsletter we are going to debunk some common myths about heart disease and educate you on how home care can assist the sandwich generation. In addition let's not forget February 14th. The young and young at heart enjoy a little extra sweetness this month. Happy Valentine's Day from all of us at Always Best Care.



Breaking Down 5 Myths About Heart Disease

Not only is February the time for Valentine's Day, but it is also Heart Disease Awareness Month and American Heart Month. It's a month for all things heart-related, and we are taking this opportunity to debunk some common myths about heart ... [Read Article](#)



The Sandwich Generation: How In-Home Care Can Help

Americans are living longer, which can be a good thing, but it also means that they may require assistance for a longer period of time. Many seniors prefer to age in place for as long as possible, and with the right supports this can be quite feasible. Oftentimes ... [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](#)



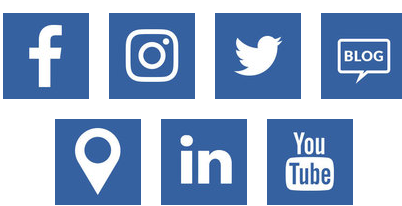
February Recipe: 3 Cheese Enchiladas

A delicious enchilada recipe passed down from a generation. If your family loves enchiladas, they are sure to love this recipe!

[Start Cooking](#)



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Always Best Care
senior services®

Always Best Care Basking Ridge
233 Mt. Airy Road, Suite 100
Basking Ridge, NJ 07920
(908) 484-1600

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