



During this difficult time, if your loved one is experiencing problems due to the pandemic, please call us at 908-484-1600. We can provide meal preparation, light house cleaning, and so much more...

Start the Year With a New Perspective On Heart Health ...

A new year typically brings a new outlook on health and wellness, and with all the recent focus on COVID, don't forget about your most important organ, your heart. Your heart is a powerful muscle and it takes effort and planning to keep your ticker...ticking. Unfortunately, heart disease has become an even more critical issue as many Americans have let their busy lifestyles take over their lives. In this month's newsletter we will discuss a few concepts to help reduce your risk of heart disease. For more information, please contact us to discuss a few options to get you back on track!

Simple Steps to Reduce Risk of Heart Disease

You only have one heart, so it's important to take good care of it. Unfortunately, heart disease can cause damage and keep your heart from working as effectively as possible... [Read More](#).



Overcoming Loss of Appetite with Aging

As your loved one gets older, you may notice that they appear to be losing weight or eating less than they used to. This is very common, but can still be concerning. You want to ensure that they are getting all of the calories, vitamins, and nutrients they need to ... [Read More](#).

January is National Blood Donor Month

The history of blood donor month:
President Richard Nixon proclaimed January 1970 as the first National Blood Donor Month on December 31, 1969, as requested by Senate Joint Resolution 154, to pay tribute to voluntary blood donors and encourage new donors ... [Learn More](#)



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. We can provide the resources to obtain the VA Benefits they are entitled to.

[Learn More](#)

January Recipe: Grilled Salmon

A simple soy sauce and brown sugar marinade, with hints of lemon and garlic. These flavors are the perfect salty-sweet complement to rich salmon fillets.



Recipe provided by:
allrecipes.com

[Start Cooking!](#)

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



Call for a *free* care consultation **1 (908) 484-1600**
AlwaysBestCareBaskingRidge.com

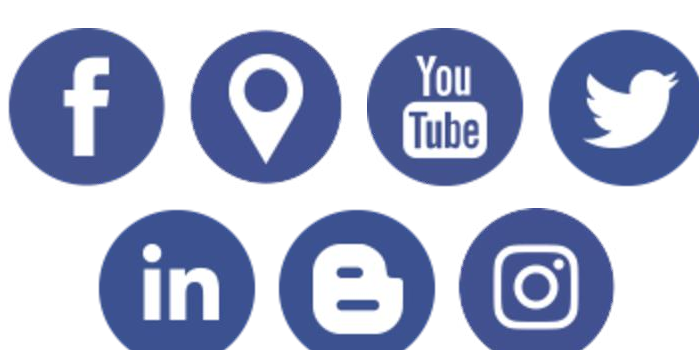


About Our Services

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!



ACHC ACCREDITED



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