



Always Best Care
senior services®

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



Summer is an Exciting Time for Vacation, Recreation and Outdoor Exercise...

Unfortunately, high temperatures and humidity can cause the risk of health problems such as heat stroke and heat exhaustion. However, with proper precautions aging adults can enjoy time outside with family and friends to boost their mood and stretch their muscles for increased flexibility. In this month's newsletter, we will highlight a few tips for staying safe this summer. If your loved one needs assistance with getting outside and enjoying the weather, please contact our office at 908-484-1600 and we will be happy to set up a care consultation on their behalf.



Summer Safety Tips for Spending Time Outdoors

Fresh air and sunshine can be rejuvenating for the body and mind, but seniors should take caution when spending time outdoors, especially during hot days. High temperatures can increase risk of health problems such as heat stroke and heat exhaustion. However, with proper precautions in place, aging adults can enjoy time outside ... [Read Article](#)



Move to the Music: How Music Can Support Mental Health in Aging

Music can be a very powerful tool that conjures up a lot of memories. Long after you've forgotten the details of an event, hearing a familiar song can bring you right back. Lyrics stick in your mind longer than facts and figures, and you may find yourself singing along to a song you haven't heard in years. Music can play ... [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](#)



July Recipe: Picnic Marinated Summer Slaw

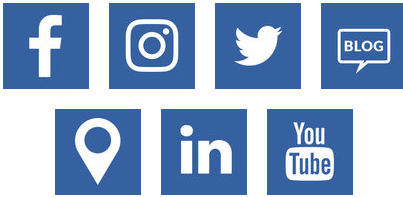
Such a summertime taste!

This slaw boasts a refreshing and delightful change for slaws. Allowing the slaw to marinate for several hours is the key to unlocking this delicious summertime picnic favorite. Enjoy!

[Start Cooking](#)



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

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