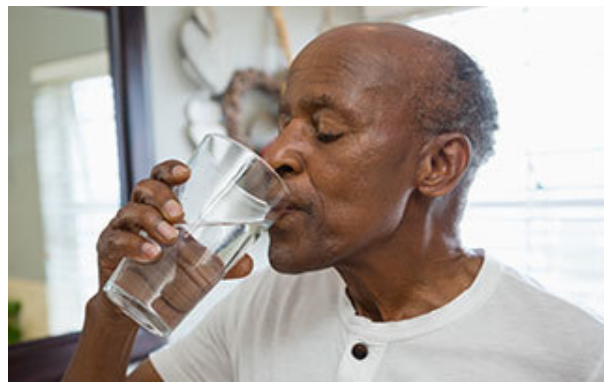




## Did You Know Nearly 40% of the Elderly are Prone to Underhydration and Dehydration?

With summer in full swing, dehydration and senior care go hand in hand. As we age, the sensation of thirst decreases along with the amount of water in your body. This means it takes even less water loss to become dehydrated. One key benefit of having a caregiver during the summer is that they make sure fresh water is easily accessible, and they provide regular reminders to keep drinking throughout the day. A caregiver can also pay attention to signs of potential dehydration, encourage more water intake, or seek medical care if needed. If you feel your senior may be in need of assistance this summer, please contact us at 908-484-1600 and schedule a care consultation to see how we can help.



### Drink Up: The Importance of Staying Hydrated for Seniors

Staying hydrated is important at every age, but as you get older, your body composition changes and the amount of water in your body decreases. This means that it takes less water loss to become dehydrated and experience impacts to your health. In addition, the sensation of...

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### 5 Tips for Traveling With Seniors

One of the perks of retirement that many seniors enjoy is the ability to travel more. They can spend time with family and friends, visit new or beloved places, and enjoy a change of scenery. But traveling with aging parents can also require special travel considerations. If you're looking to...

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## 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](#)



## July Recipe: Kiwi Strawberry Smoothie

Smoothies are a delicious way to cool off and stay hydrated during the hot summer months. This smoothie makes a great breakfast or a perfect afternoon treat.

[Get the Recipe!](#)



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