



# Always Best Care senior services®

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



## Aging in Place Can Have Many Risks ... It's Important to be Informed

We all love the idea of aging in place when our loved ones get older, yet our seniors can fall prey to harm if someone is not monitoring the warning signs. From falls to scams to elder abuse, we need to always be on our toes. Harm can be caused in many ways, some of which are more noticeable than others. In this month's article, we will highlight elder abuse which unfortunately does occur, how to identify it, and how to protect seniors from it. If you need advice in this area, please contact us at 908-484-1600 and we would be happy to assist.



### Not Just Physical: Recognizing Different Types of Elder Abuse

Many seniors rely on family members, friends, or caregivers to assist and support them as they age. They may need help with mobility, running errands, preparing meals, scheduling appointments, or any number of other tasks to allow them to age in place more safely and independently... [Read Article](#)



### How Occupational Therapy Can Support Aging In Place

Home is comfortable. It is familiar. It holds memories. That is why it should come as no surprise that many seniors prefer to stay in their own homes for as long as possible. With the right modifications, accommodations, and support, older adults can safely age in place. Occupational therapists... [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 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. Always Best Care can provide the resources to obtain the VA Benefits they are entitled to receive.

[Learn More](#)

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



## March Recipe: Corned Beef and Cabbage

A traditional St. Patrick's Day dish, corned beef and cabbage is a great meal to celebrate this March holiday. Serve with mustard or horseradish if desired.

[Start Cooking](#)



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