



Let's March Against Loneliness and Isolation Together...

As our seniors age in place, we have to consider the consequences of not having friends and family available at all times of the day. Your loved one may struggle with poor vision, hearing, mobility, or health, which makes it harder to function, and in turn, this may leave them feeling depressed, frustrated, and disconnected from others. Having something or someone to look forward to and something to get them out of bed each day can keep your loved one feeling energized. This month's articles provide some tips to cope, and just remember, if you find yourself needing extra support, you can contact us at 908-484-1600.



Fighting Back Against Loneliness and Social Isolation with Aging

Two major challenges that many seniors face are loneliness and social isolation. Older adults often live on their own and may not have close friends or family nearby who can visit regularly. They may struggle with poor vision, hearing, mobility, or health ... [Read Article](#)



Love Yourself: Finding Purpose In Aging

Life is full of milestones and turning points. As we get older, the things we value and that bring us joy change. What made you happy in your 20s may not make you as happy in your 60s. And the older you get, the more changes you experience. Spouses, family ... [Read Article](#)

Fraud Alert: COVID-19 Scams

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19)... [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](#)



March Recipe: Easiest Asparagus Recipe

For everyone who enjoys sautéed asparagus, this is a great method to create a sweet and traditional appetizer or side dish to complement any meal. Plus, just like the title suggests, it's easy!

[Start Cooking](#)



ACHC
ACCREDITED



Always Best Care
senior services®

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

Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove®
Got this as a forward? [Sign up](#) to receive our future emails.
View this email [online](#).

233 Mt. Airy Road Suite 100
BASKING RIDGE, NJ | 7920 US

This email was sent to .
To continue receiving our emails, add us to your address book.

emma

[Subscribe](#) to our email list.