



Always Best Care senior services®

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



I Got the COVID Vaccine... Now What?

In many states the vaccine is readily available and many individuals 16+ have already received their vaccinations. There are still lots of unknowns when it comes to COVID-19, so please try to always follow the up to date CDC guidelines. The good news is that after you have been vaccinated you can now enjoy more relaxed guidelines and hopefully someday we will be closer to our normal lifestyle. If your loved one is looking to spread their wings, or needs assistance in getting back to the new normal, please reach out to us at 908-484-1600 and we will be happy to help with your needs.



Senior Safety: I Got the COVID-19 Vaccine – Now What?

COVID-19 vaccinations continue to roll out across the United States as all adults are now eligible. Since seniors were some of the first to receive the vaccine, many are now fully vaccinated. With this added layer of protection against severe disease, older adults may be wondering what that means for socializing and getting back to some ... [Read Article](#)



Coping with Arthritis as You Age

One side effect of aging that many people deal with is arthritis. This swelling of the joints can leave you feeling stiff and sore. It may become more difficult to get your fingers to do the intricate tasks you once did, or maybe you feel it in your hips or ankles when you try to transition from sitting to standing. But arthritis doesn't have to keep you down. [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](#)



May Recipe: Chicken Cordon Bleu

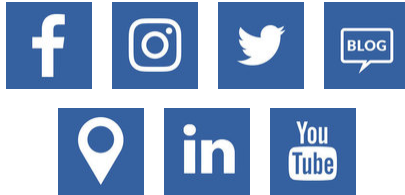
This entree is easy and delicious! A perfect main course for a family dinner at home.

A tip from one who has made it is to use the largest chicken breasts you can find. This is so you'll be able to roll them easier.

[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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