



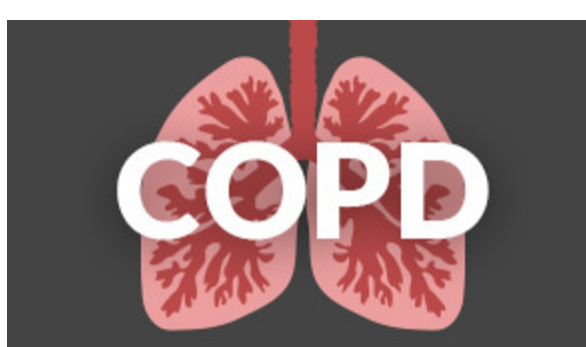
October is Breast Cancer Awareness Month...

October is Breast Cancer Awareness Month and early detection paired with modern medicine has allowed this disease to become more treatable. Although there is still more attention and messaging surrounding women in their earlier years, we cannot forget about the risk of our senior population when it comes to this potentially life threatening disease. The median age of breast cancer diagnosis is 62, and nearly 20% of women are diagnosed over the age of 75. So, don't let your loved one miss their screening. If we can be of any assistance, please call us at 908-484-1600 to find out how we can help you!



Breast Cancer and Seniors: What You Need to Know

October is Breast Cancer Awareness Month, and while a lot of attention is given to the importance of early detection and women getting mammograms beginning at age 40, there is less emphasis on older adults. In reality, this population is at increased risk and should continue to be vigilant about breast health. According to the ... [Read Article](#)



What is COPD and How Can You Manage Symptoms?

Chronic obstructive pulmonary disease, or COPD, is an umbrella term that encompasses several progressive lung diseases, including emphysema and chronic bronchitis. There are millions of Americans who are living with COPD who have gone undiagnosed. COPD commonly affects individuals age 65 and older... [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!](#)



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](#)



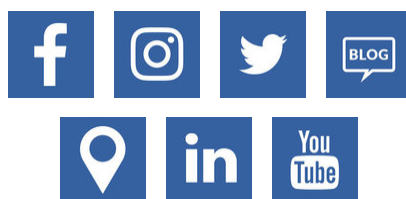
October Recipe: Oktoberfest Potato Salad

This traditional German-style potato salad is a great side dish for your October festivities, but it is not limited to just October. This dish can be great in any month.

[Start Cooking](#)



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