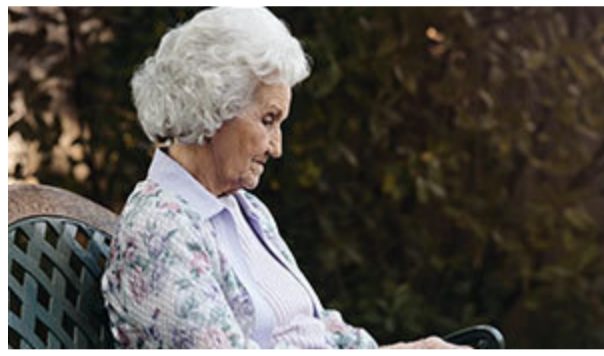




Senior Care is a Shared Responsibility

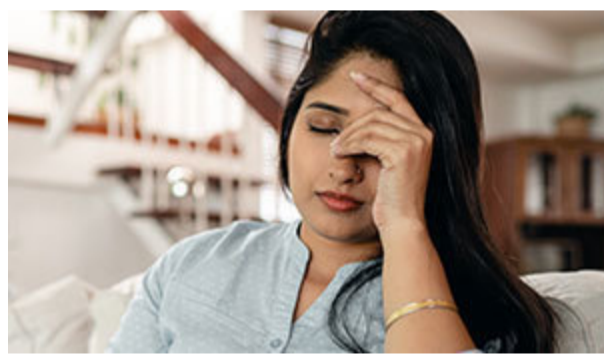
Being a primary caregiver is not for the faint of heart. It's a lot of responsibility, so don't forget to ask for help when things get complicated. If you happen to be in this situation, you do have options. You should not feel responsible for everything as there are options for sharing the responsibility. At Always Best Care we specialize in respite care and short shifts to assist you in responsibilities such as running errands, making meals, and helping with light housekeeping. If you have a client or loved one who may need a little extra assistance, please call us today at 908-484-1600 and we will be happy to help.



Combatting Depression In Aging

Depression affects people of all ages, but it is not a natural part of aging. It is normal for seniors to feel periods of sadness or grief over changes to their health or a friend's passing, but this shouldn't be a persistent feeling that negatively impacts their quality of life. Depression is a treatable medical condition ...

[Read Article](#)



Overcoming Challenges of Being a Family Caregiver

Your aging parents spent many years caring for you, so it can be incredibly rewarding to give back and spend time caring for them. However, this can also be challenging when trying to balance your own family, job, and obligations. Creating a routine can be a good place to start so that you have ...

[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](#)



Remote Patient Monitoring

RPM gives patients peace of mind at home by monitoring vital signs and alerting providers if medical intervention is required.

[Learn More](#)



October Recipe: Magical Egg Salad

Most people have had egg salad, but few have had *Magical Egg Salad*. This recipe is sure to impress any egg salad connoisseur, both young and old. This egg salad can be enjoyed in a sandwich for lunch, or on a cracker or vegetable for a delicious snack.

[Get the Recipe!](#)



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

[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 None | 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.