



Preventing Falls Starts with Eliminating the Dangers...

In September the senior care industry will be recognizing Falls Prevention Week, a nationwide effort to raise awareness that falls are sometimes preventable. Falls can happen anywhere and anytime. As adults age, their reflexes slow down reducing their ability to stabilize themselves, and bones tend to become weaker and more susceptible to breakage. Falls account for 87% of all fractures in individuals age 65+, and are the most common cause of injury. We may not be able to prevent every fall, but bringing in a professional to inspect your senior's home might be a good idea for preventing a life threatening fall. [Visit our website](#) and set up your personalized care consultation for your loved one today!



Independence Among Seniors

Nothing beats the comforts of home, so it is not surprising that an AARP survey revealed that approximately 90% of American seniors wish to stay in their own home for as long as possible. Aging in place offers a wealth of benefits, such as: Familiarity: Seniors are intimately familiar with the layout and organization of ... [Read Article](#)



Infection Prevention Tips for Seniors

With aging, the immune system naturally weakens, putting seniors at increased risk of illness and infection. In addition, many seniors also have other health conditions that can make them more susceptible. Whether in the hospital, an assisted living facility, out in the community, or at home, there are steps that older adults can take to ... [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](#)



September Recipe: Tomato Zucchini Casserole

A simple vegetable dish that highlights the summer flavors of fresh tomatoes and zucchini. It goes great with grilled meats or poultry.

[Start Cooking](#)



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