



Join Us In Supporting World Alzheimer's Awareness Month...

September is World Alzheimer's Awareness Month and Always Best Care is doing our best to educate and comfort those who suffer from this dreadful disease. We have a National Partnership with the Alzheimer's Association to help raise funds for those suffering from Alzheimer's, and we are committed to providing qualified caregivers trained in Alzheimer's to provide care in the comfort of your loved one's home. Call us today at 908-484-1600 to learn more about how we can assist with strategies to help navigate this difficult journey.



How In-Home Care Can Support Seniors with Alzheimer's Disease

Alzheimer's disease is a progressive condition that impacts virtually every aspect of an individual's life. While you want to ensure that your aging parent is well cared for, it can be difficult to predict their needs because sometimes they are fully alert and oriented, and other times they are confused ...

[Read Article](#)



Cooking Tips for Seniors to Reduce Cancer Risk

Maintaining good health can go a long way in reducing cancer risk, and a well-balanced diet is part of the equation. Eating nutritious meals can give seniors' bodies the fuel they need for a strong immune system and faster recovery as well as reducing cancer risk. There are many factors that can ...

[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](#)



September Recipe: Kale & Banana Smoothie

Nutrient-rich kale is hidden in this delicious banana smoothie! It's perfect for those of us who have a hard time getting our daily dose of veggies!

[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.