

Always Best Care Senior Services of Basking Ridge Newsletter

September 2022



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 ...

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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 ...

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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!

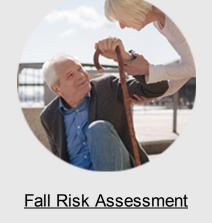




A friendly phone call each weekday for seniors and disabled adults. Always in Touch provides daily socialization and the

redeced and the common to not diene. Check the limit below to enroll.

Enroll Today



your fall risk before it happens.

Millions of elderly people are treated in emergency rooms for fall injuries every year. Let our trained professionals help assess

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!



















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