



HAPPY HOLIDAYS

Understand Diabetes Risk this Holiday Season

With the holidays in full swing, people of all ages need to know how much is too much. Last month we celebrated National Diabetes Awareness Month, yet diabetes is a condition that needs to be managed 24/7. With the calorie rich foods that will be served during the holidays, we need to understand our seniors are at greater risk of developing type 2 diabetes due to their lifestyle over the years and overall health. Not to put a scare into you, but according to the CDC, as of 2018 approximately 26.8% of adults aged 65 and older have diabetes. This is a staggering number, so we felt it was appropriate to highlight seniors and diabetes this month to help educate everyone on what steps can be taken in order to prevent further increases in diabetes. If you need assistance in managing your loved one's diabetes, please call us today at 908-484-1600. From our family to yours, Happy Holidays to all...



How Senior Care Can Support Seniors with Diabetes

Diabetes can affect individuals of all ages, but seniors may face an increased risk of developing type 2 diabetes due to their lifestyle over the years and overall health. According to the Centers for Disease Control and Prevention (CDC), as of 2018, approximately 26.8% of adults aged 65 or older have ...

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Reducing Stress Around the Holidays for Seniors

Holidays can be a joyous time where family and friends gather and celebrate, but these get togethers can also be overwhelming and stressful for seniors. There is a lot of activity, a lot of people, and a lot of stimulation. It can be difficult to manage and keep up. This holiday season, take steps ...

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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!



[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](#)



December Recipes: 15 Diabetes-Friendly Breakfast Recipes to Start Your Day Off Right

You already know breakfast is important. But this is especially true for people with diabetes. A balanced breakfast will power you through the first part of your day, break the overnight fasting, and keep your blood sugar stable...

[Check out the Recipes](#)



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