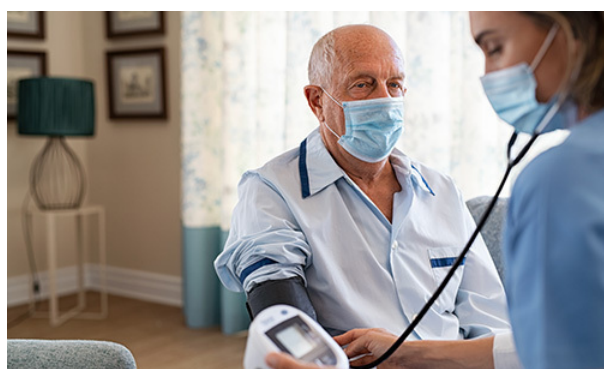




Let's Celebrate American Heart Month Together

Protecting the heart is important, especially as you get older. While age does increase some risks for heart disease, there are ways to be proactive and lower certain risk factors. Eating a heart-healthy diet is a great place to start. The food you put into your body affects many different organs and processes, including the heart. Knowing the risk factors ahead of time will help reduce potential heart attacks or other cardiovascular diseases in the future. Please contact us at 908-484-1600 and we will be happy to help you develop a strategy to keep you or your loved one healthy.



Maintaining Heart Health for Seniors

Did you know that as you age your heart changes? Older adults are at increased risk of heart disease, heart attacks, and strokes, thus making taking care of your heart even more important. Years of use and activities that impact the heart can cause clogging or hardening of arteries and stiffening ...

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Supporting Seniors Following a Stroke

Recovery from a stroke can take time. Even after leaving the hospital or rehab facility, seniors may experience weakness or paralysis in their arms or legs. This can make caring for themselves and safely living independently more difficult. While there are many things they can do on their own, there are ...

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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](#)



February Recipes: Heart Healthy Recipes

In honor of American Heart Month we've decided to share a whole plethora of heart healthy recipes from [allrecipes.com](#). We're sure you'll find a heart healthy recipe for anyone's taste.

[Start Cooking](#)



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Always Best Care Basking Ridge
233 Mt. Airy Road, Suite 100
Basking Ridge, NJ 07920
(908) 484-1600

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