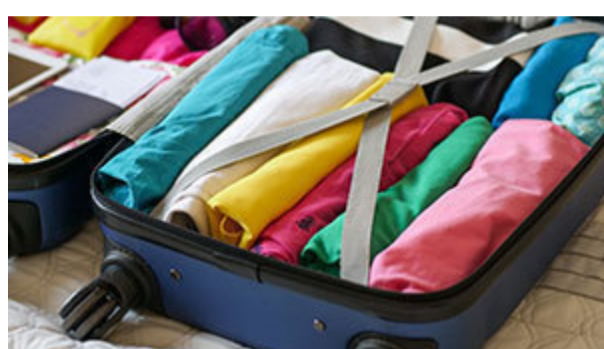


Tips for Traveling with Seniors

It's now the holiday season and many families are planning to get together in the coming months. For those with seniors, be aware this can disrupt regular routines which can cause added stress for your loved ones. Then throw in the flu season, COVID-19, the normal stress of traveling, and now you have some things to consider before hitting the road. This month we will list a few tips that might make traveling with seniors a little less stressful for everyone. From all of us at Always Best Care, have a wonderful start to the holiday season.



Holiday Season Tips for Seniors: Travel and More

The holidays are here, and for many families around the U.S. that means family gatherings and gift-giving galore. While the holidays are a great time for seniors to connect with family, exercise routines are often disrupted for shopping excursions and rich holiday meals replace important diet needs ...

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Health Spotlight: Chronic Obstructive Pulmonary Disease (COPD)

Chronic obstructive pulmonary disease or COPD affects millions of Americans, but it tends to be more common in older adults. Research has shown that approximately 10% of Americans aged 75 or older are living with COPD, and the actual percentage may be higher since many cases go ...

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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

[Learn More](#)



November Recipes: TOP 15 Turkey Recipes

If turkey is the centerpiece of your Thanksgiving menu, you'll want to try one of AllRecipes' best Thanksgiving turkey recipes of all time. These top-rated, 5-star recipes range from traditional roasted turkey to deep-fried turkey, smoked turkey, spatchcock turkey, brined turkey, and German-inspired bacon-wrapped turkey. They're all so good, it's going to be hard to pick just one. Scroll through to find the perfect bird for your Thanksgiving feast.

[Check out the Recipes](#)



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