



Always Best Care
senior services®



Summertime Tips for Seniors

Summertime can be the best season to get outside and enjoy the weather, yet it also can pose a few risks as we get older. As we age, our bodies may become more sensitive to the heat and have more trouble effectively regulating our body temperature. By just taking a few extra steps to protect your senior's health, it will make this season much more enjoyable. In this month's articles we have a few tips to keep your senior safe during those summer heat waves. We hope you have a chance to enjoy the great outdoors with friends and family.

ALWAYS BEST CARE RESOURCES

Senior Care News & Insights



Summer Safety

Tips for Seniors

The warm weather and bright sunshine are attractive reasons to spend more time outside this summer. Sunlight naturally stimulates the body to produce more vitamin D, an essential part of good health. Being outdoors can also boost mood and help shake off the blues. But summertime can ...

[Read Article](#)



Would You Recognize Common Signs of Dementia?

It is estimated that around 5.8 million Americans are living with Alzheimer's disease and related dementias, and this number is only expected to grow. However, dementia is not a normal part of aging, and it does not affect everyone. There are many older adults who are not affected. Recognizing ...

[Read Article](#)

ABOUT US

Welcome to Always Best Care Basking Ridge

Since 1996, Always Best Care has helped families with in-home care and assisted living referral 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 and we're here to serve you!



[Visit Website](#)

SUPPORTING YOUR NEEDS

Special Care Services



Always in Touch

A friendly weekday phone call 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.

[Learn More](#)

Fall Risk Assessment

The Balance Tracking System is a computerized balance assessment tool that provides an objective, accurate and reliable measure of an individual's postural sway. Postural sway is a known indicator of balance ability and is commonly used in fall risk assessment. After an individual is tested there are five results available for interpretation.

[Learn More](#)



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, None 7920 US

This email was sent to .
To continue receiving our emails, add us to your address book.

emma®

[Subscribe](#) to our email list.