



## Your Liver is Your Filter... It Depends On You!

Most people don't realize that their liver is working hard to process everything they eat, drink, breathe, and absorb through their skin. It is removing any harmful substances from your blood allowing you to fight off diseases and keeping you healthy. This month is National Liver Awareness Month, and we are encouraging everybody to eat healthy, exercise regularly, and talk to your doctor about your liver health. If your senior needs assistance with maintaining a healthy lifestyle, contact us at 908-484-1600 today to see how we can help.

### ALWAYS BEST CARE RESOURCES

## Senior Care News & Insights



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## Reducing Risk of Liver Disease for Seniors

You may not think about your liver very often, but it performs hundreds of vital functions every single day to help keep you alive and well. The liver aids in digestion, plays a role in filtering your blood, metabolizes different medications and nutrients, produces various proteins, and does many other things. Keeping it healthy is important...

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## Senior Health: Tackling Common Dental Issues

Good oral health is important at every age as it can impact your overall health. Seniors often face dental issues as they age because of the years of wear on their teeth, certain medical conditions, and changes in memory and mobility that can make it more challenging to properly care for their teeth and gums. Being proactive can help you catch...

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### 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 Analysis

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.

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## Always Best Care Basking Ridge

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