



## Lifestyle Changes to Boost Seniors' Quality of Life

Until we discover the fountain of youth, we cannot prevent the signs of aging. This does not mean you cannot enjoy the journey, or even prevent some of the health issues that may occur over time. It simply means by changing some routines, eating a healthy diet or even changing your mindset of aging, there are definitely ways to improve your quality of life. In this month's article, we will explore some of those ideas and provide some tips on managing stress. Our caregivers are trained to assist with these changes, so call us today at 908-484-1600 for more information.

### ALWAYS BEST CARE RESOURCES

## Senior Care News & Insights



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## Helping Seniors Manage Stress

A little bit of stress can keep you energized and motivated, but too much can take a toll on your body. As you get older, it can put a strain on your heart, raise your blood pressure, increase tension in your muscles, and wear you down mentally. In short, stress can keep you from enjoying your life to its fullest...

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## Young at Heart: Lifestyle Changes to...

Getting older is inevitable, but that doesn't mean you can't enjoy the journey. Some changes may be out of your control, but there are many things that you can do to continue feeling youthful and make the most of each day. Regardless of your age, here are a few ways to promote healthy aging and boost your quality of life...

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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!



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### SUPPORTING YOUR NEEDS

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## 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.

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## 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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