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Home Care Assistance of Los Gatos Welcomes Lynne Watanabe as New Home Care Liaison

Lynne will play an integral role in the Los Gatos community and surrounding areas by serving the rapidly growing senior population

(Los Gatos, CA – December 16, 2015) – [Home Care Assistance of Los Gatos](#), a leading provider of in-home care for seniors, welcomes Lynne Watanabe as their new Home Care Liaison. As Home Care Liaison, Lynne leverages her expertise in marketing and her passion for health care to connect Los Gatos and surrounding communities. Lynne graduated from the University of Colorado with a degree in Biology before studying with the University of Southern California's School of Dentistry. She worked as a professional Registered Dental Hygienist in Los Angeles, Palo Alto, and Menlo Park in both private and public settings. Lynne went on to earn a Master of Communication in Digital Media and Marketing from the University of Washington before co-founding Krill Systems, where she worked as Director of Marketing. Since returning to the Bay Area, Lynne has combined her love for marketing and health care through her role at Home Care Assistance. Lynne's dedication and extensive expertise are valuable assets to the Los Gatos care team.

“At Home Care Assistance, our mission is to change the way the world ages,” said Watanabe. “I am thrilled to be a part of a home care team that is supporting our mission through unique offerings such as the Balanced Care Method™, a holistic approach to care, and the Cognitive Therapeutics Method™, an in-home activities-based program to promote brain health.”

Based on the scientific studies of the world's healthiest seniors, the [Balanced Care Method](#) promotes five key lifestyle behaviors correlated with healthy longevity: healthy diet, physical exercise, active social ties, mental stimulation and a sense of purpose and calm. Caregivers are professionally trained to incorporate the Method into daily care to encourage healthy mind, body and spirit. In addition, the [Cognitive Therapeutics Method](#) is a research-based program designed to promote long-term brain health and prevent cognitive decline by stimulating the five main cognitive domains with fun and engaging activities.

As the leading provider of live-in care, Home Care Assistance staff is available 24/7 to provide experienced, trustworthy caregivers to help with all home care needs for seniors including transportation, healthy meal preparation, companionship, socialization, activities, personal care, medication reminders and dementia care services. Home Care Assistance caregivers are bonded, insured, covered by Workers' Compensation and screened for criminal backgrounds and driving histories to ensure that clients receive the best care from the most qualified, trustworthy caregivers. Professional, compassionate caregivers encourage independence and engage clients in physical,

mental and social activities, providing safety and comfort to seniors and respite and peace of mind to their family members.

To learn more about Home Care Assistance of Los Gatos, visit www.HomeCareAssistance.com/Los-Gatos, or call 408-356-0127. The office is located at 14777 Los Gatos Boulevard, Suite 104, in Los Gatos, CA.

ABOUT HOME CARE ASSISTANCE

Home Care Assistance is the leading provider of home care for seniors across the United States and Canada. Our mission is to *change the way the world ages*. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff, and our expertise in Live-In care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. Home Care Assistance is honored to have received numerous awards for its strong focus on delivering responsive services to its clients, and educational outreach to the public. For more information about Home Care Assistance, our services and franchise opportunities, visit homecareassistance.com.