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Home Care Assistance of San Mateo Welcomes Athena Sahourieh as Home Care Liaison

Sahourieh will play an important role in the San Mateo community and surrounding areas by serving their rapidly growing senior population

(San Mateo, CA – February 3, 2016) [Home Care Assistance of San Mateo](#), a leading provider of in-home care for seniors, is proud to welcome Athena Sahourieh as Home Care Liaison. Prior to her role at Home Care Assistance, Sahourieh was Director of Business Development for a senior services agency where she helped provide resources for seniors in the community. She has a genuine passion for helping others and has found her true calling in educating seniors and their families in San Mateo and surrounding communities.

“At Home Care Assistance, our mission is to change the way the world ages,” said Sahourieh. “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™, a proactive approach to brain health. I know that my efforts will continue to make a difference for local San Mateo seniors.”

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 daily 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 San Mateo, please visit www.HomeCareAssistance.com/San-Mateo or call at 650-401-3670. The office is located at 102 South El Camino Real in San Mateo, California.

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 daily care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2016 Franchise500® and Inc. 5000 Company, Home Care Assistance has received numerous industry awards including Entrepreneur's Fastest-Growing Franchises and Franchise Business Review's Top 50. For more information about Home Care Assistance, our services and franchise opportunities, visit <http://www.homecareassistance.com>.