



## ***CaringMonth™ by HelpingYouCare™***

*Helping You Care for Aging Parents & Elderly Loved Ones*

[www.HelpingYouCare.com](http://www.HelpingYouCare.com) and [www.HelpingYouCare.org](http://www.HelpingYouCare.org)

*A Comprehensive Family Caregiver's Resource, Support Community & Your Voice for Health-Care Reform*

**CaringMonth™** is a Free e-mail Newsletter, providing updates on the latest news & helpful information for family caregivers from HelpingYouCare.com™.

**Please forward this Newsletter on to your friends and any family caregivers you know, and invite them to:**

**Subscribe to CaringMonth™ – The Free E-mail Newsletter From HelpingYouCare™ – and Forward this to Your Friends**



## **Caregiving News & Events:**

### **Statistics on Family Caregivers and Family Caregiving**

"More than 65 million people, 29% of the U.S. population, provide care for a chronically ill, disabled or aged family member or friend during any given year and spend an average of 20 hours per week providing care for . . . → Read More: [Statistics on Family Caregivers and Family Caregiving](#)

### **German Study Finds 30% of Breast Cancer Cases May be Prevented by Avoiding Hormone Therapy and Exercising More**

German cancer research scientists have found that approximately 30 percent of postmenopausal breast cancer cases may be preventable if a woman avoids hormone replacement therapy and gets enough exercise. In Germany, 58,000 women are diagnosed with breast cancer each . . . → Read More: [German Study Finds 30% of Breast Cancer Cases May be Prevented by Avoiding Hormone Therapy and Exercising More](#)

### **Sitting 4 Hours a Day In Front of a TV or Computer May Double Your Risk of Heart Attack**

A new British study, published in the Jan. 18 issue of the Journal of the American College of Cardiology, has found that sitting too long watching TV or in front of a computer screen may increase risk for heart . . . → Read More: [Sitting 4 Hours a Day In Front of a TV or Computer May Double Your Risk of Heart Attack](#)

### **Private Hospital ICU Rooms Found to Reduce Infection Rate Significantly**

Patients in Hospital Intensive Care Units (ICU) often acquire infections, imposing a heavy human and financial burden. A new study published January 10, 2011 in the Archives of Internal Medicine found and documented that private rooms in hospital intensive . . . → Read More: [Private Hospital ICU Rooms Found to Reduce Infection Rate Significantly](#)

### **Major Health Care Forum with Global Business and Government Leaders Took Place in Miami Jan. 12-14, 2011**

Under the leadership of its President, former U.S. Secretary of Health & Human Services, Donna E. Shalala, the University of Miami will host a major Global Business Forum, entitled "The Business of Health Care: Defining the Future," on January . . . → Read More: [Major Health Care Forum with Global Business and Government Leaders Taking Place in Miami Jan. 12-14, 2011](#)

### **Study Finds Family Caregivers Want Web-Based and Mobile Technologies to Help Care for Senior Loved Ones**

Caregivers are beginning to recognize that technology can provide significant benefits both to themselves and their care recipient, helping them to be more effective as caregivers, saving time and money, and reducing stress. Health records, web-based care coordination programs, . . . → Read More: [Study Finds Family Caregivers Want Web-Based and Mobile Technologies to Help Care for Senior Loved Ones](#)

### **Nominations Being Accepted for 9th Annual Nursing Distinction Awards**

Nominations are now being accepted for the 9th Annual Nursing Distinction Awards sponsored by Palm Healthcare Foundation and The Palm Beach Post. Martha Morales, Nurse Of The Year 2010 The Nursing Distinction Awards were created to honor nurses whose . . . → Read More: [Nominations Being Accepted for 9th Annual Nursing Distinction Awards](#)

### **Avoid Unnecessary Medical Tests That Involve Exposure to Radiation**

A study funded by the National Institute of Aging shows that 66% of Americans underwent medical testing involving exposure to radiation in the prior two to three years. This should be a concern since exposure to radiation increases the . . . → Read More: [Avoid Unnecessary Medical Tests That Involve Exposure to Radiation](#)

### **Radiation Risks from CT Scans**

Enlightening Video: Radiation exposure from CT Scans can vary up to six fold between different CT Scan providers. Up to now CT Scan radiation has not been regulated. Watch video . . . → Read More: [Radiation Risks from CT Scans](#)

### **FDA warns Invacare Corp. about failing to address consumer complaints about electric beds**

Federal regulators have issued a warning to Invacare Corp., an Ohio manufacturer of electric beds, for failing to report and address consumer complaints about its electric beds — including allegations involving three deaths after fires or entrapment, as reported . . . → Read More: [FDA warns Invacare Corp. about failing to address consumer complaints about electric beds](#)

### **First Baby Boomers Hit 65: Looming Strains on Medicare Solvency**

On New Year's Day, the first baby boomers, those born in 1946, will celebrate their 65th Birthday. Beginning Jan. 1, 10,000 Baby Boomers a day will turn 65. That will continue for the next 19 years. "Baby Boomers" include . . . → Read More: [First Baby Boomers Hit 65: Looming Strains on Medicare Solvency](#)

### **FDA Statements Indicate More Scrutiny & Recalls of Dietary Supplements – Some Have Ingredients with Potentially Lethal Risks**

The FDA this year has issued several statements and recalls regarding dietary supplements discovered to contain undeclared drug ingredients. Studies have shown that some supplements may increase potentially lethal risks to patients and contain varying amounts of active compounds . . . → Read More: [FDA Statements Indicate More Scrutiny & Recalls of Dietary Supplements – Some Have Ingredients with Potentially Lethal Risks](#)

### **Wanted: A National Respite System**

Over 28 million people in the United States provide care for someone age 75 or older. A 2009 study by the National Alliance for Caregiving/AARP found that 88% of family caregivers never get a break from this full-time job. . . . → Read More: [Wanted: A National Respite System – NYTimes.com](#)

### **Growing Trend: Paying a Relative to Take Care of Mom**

Read more in WSJ.com about a growing trend for families to compensate adult children or relatives who serve as caregivers to elders. This trend may be fueled by a recognition of the financial sacrifices that family caregivers often make — frequently finding it . . . → Read More: [Growing Trend: Paying a Relative to Take Care of Mom](#)



## **AnswersForCare™ – Practical Caregiver Tips & Skills:**

### **Successful Tips With Difficult Aging Parents**

Don't dare call your mom because you know it will be an hour before you can get off the phone? Is your parent always critical of your help, or just a non-ending complainer? Do you feel you're not up . . . → Read More: [Successful Tips With Difficult Aging Parents](#)

### **Video: Tips on How to Care for Your Older Parent & Avoid Caregiver Burnout**

While caring for an older parent can be one of the most rewarding experiences of a lifetime, it can also be frustrating and stressful, leading to "caregiver burnout." Dr. Alicia Arbaje, of Johns Hopkins University School of Medicine offers . . . → Read More: [Video: Tips on How to Care for Your Older Parent & Avoid Caregiver Burnout](#)

### **Making the Bathroom Safer for Your Elderly Parent**

Watch this video for good tips on how to make the bathroom safer for your elderly parent or other elderly loved . . . → Read More: [Making the Bathroom Safer for Your Elderly Parent](#)

### **Caregiving Basics: A Document Organizer**

Can you put your hands on important documents you will need as a primary caregiver? Here's a helpful to-do list to help you locate, create, or revise important papers. From the National Caregivers Library: . . . → Read More: [Caregiving Basics: A Document Organizer](#)

### **Caregiving and Dementia: New Ideas**

There is no effective medical cure for Alzheimer's. Most dementia caregiving is performed by families and nursing homes. 11 Million people care for Alzheimer's-afflicted relatives at home. Dealing with the difficult behaviors that characterize Alzheimer's and other dementias . . . → Read More: [Caregiving and Dementia: New Ideas](#)

### **Advice to caregivers: Reassure and don't argue**

What if the Alzheimer's patient says untrue and harmful things? What about correcting inconsequential things? Can a caregiver win an argument with an Alzheimer's patient? Are there helpful ways to calm an Alzheimer's patient? Read More in this Article . . . → Read More: [Advice to caregivers: Reassure and don't argue](#)



## AnswersForCare™ – Wellness for Seniors & Caregivers:

### *Diet, Exercise, Sleep & Physical Wellness*

#### **The Caregiver's Wellness Resolutions**

The Caregiver's Wellness Resolutions By Ruth Mansmith MS, RN, CRRN, RAC-C Author, national speaker, wellness coach Fresh beginning is the theme of this article. It's time for making changes and creating a hopeful future. However, with stress and fatigue, . . . → Read More: [The Caregiver's Wellness Resolutions](#)

#### **New Dietary Guidelines for Americans Issued by USDA and HHS**

January 31, 2011 — Agriculture Secretary Tom Vilsack and Secretary of the Department of Health and Human Services (HHS) Kathleen Sebelius today announced the release of the new 2010 Dietary Guidelines for Americans. This is the 7th edition of . . . → Read More: [New Dietary Guidelines for Americans Issued by USDA and HHS](#)

#### **Healthy Dining Out Tips**

Video advice from D. Gordon Blackburn of the Cleveland Clinic See video»

#### **Mediterranean Diet Adds Up**

Mediterranean Diet Adds Up Listen now to a Real Media or Windows Media audio tape. A study finds elderly people who stick to a Mediterranean diet and exercise can cut their risk of dying in half. »View . . . → Read More: [Mediterranean Diet Adds Up](#)

#### **Do Not Overcook Cancer-Fighting Broccoli**

Cooking broccoli two to three minutes can be a potent cancer fighting agent. Overcooking can destroy the vital enzymes, required for health benefits according to Elizabeth Jeffery, a professor of nutrition at the University of Illinois. Read more about . . . → Read More: [Do Not Overcook Cancer-Fighting Broccoli](#)

#### **NIHSeniorHealth: Videos on Senior Health, Medical and Wellness Topics**

A collection of multiple videos on over 36 different medical conditions and related topics, presented by the National Institutes of Health, SeniorHealth Website. This is an excellent resource for basic information on most common medical conditions faced by seniors, . . . → Read More: [NIHSeniorHealth: Videos on Senior Health, Medical and Wellness Topics](#)

#### **One Minute Diet Improvement Video**

Watch this one-minute Video for some key diet tips on how to improve your diet from Julia Zumpano, Registered Dietitian at the Cleveland Clinic. Learn what you should increase, decrease, or add to your diet. . . . → Read More: [One Minute Diet Improvement Video](#)

## **Study Finds Walking Speed Predicts Longevity in Seniors**

A study in the Journal of the American Medical Association JAMA has found that walking speed in people 65 and older correlates with expected longevity. The study, conducted by researchers at the University of Pittsburgh, was based on combined . . . → Read More: [Study Finds Walking Speed Predicts Longevity in Seniors](#)

## **Understanding Cholesterol Numbers**

From AroundWellington.com, Health & Fitness, By Cheryl Alker This article provides a good basic introduction to cholesterol measurement numbers, and what they mean. The author, an accredited fitness trainer, recommends that cholesterol levels should be measured at least once every five . . . → Read More: [Understanding Cholesterol Numbers](#)

## **Eat Healthy and Live Longer**

Studies have shown a correlation between longevity and a healthy diet. See this new video, Eat Healthy and Live Longer, by HealthDay, featured on MedLine Plus, the website of the U.S. Institutes of Health, U.S. Department of Health & Human . . . → Read More: [Eat Healthy and Live Longer](#)

## **Intellectual Wellness (Mental Acuity)**

### **Large New Study Strengthens Evidence that Mediterranean Diet May Slow Cognitive Decline**

A new study has strengthened existing evidence that the Mediterranean diet — heavy on vegetables, fish and olive oil — may be associated with slower rates of mental decline in the elderly. The study, conducted by researchers at Rush . . . → Read More: [Large New Study Strengthens Evidence that Mediterranean Diet May Slow Cognitive Decline](#)

## **Social Wellness (A Sense of Connection with Others) & Emotional, Ethical/Spiritual & Vocational Wellness**

### **Pet Therapy Helps Seniors**

Being in the presence of pets has been shown to promote physical and emotional health. Video from 5min.com (5 min Life Videopedia)» Therapy Dog for Seniors . . . → Read More: [Pet Therapy Helps Seniors](#)

## **Examples of Healthy Aging – Stories of Inspiring Seniors**

### **Viral Happiness: How To Reach 7 Million People When You're 90 Something!**

Laughter can be contagious. Here's a couple, Marlow & Frances Cowan, married 62 years, spreading a good kind of happy contagion at the Mayo Clinic. They say that "laughter, love and The Lord" have kept them young. Watch Video» . . . → Read More: [Viral Happiness: How To Reach 7 Million People When You're 90 Something!](#)

### **Inspiring Senior: Grandma Moses – Productive and Famous beginning in her 70s**

Anna Mary Robertson Moses (September 7, 1860 – December 13, 1961), known as "Grandma Moses" began painting in her 70s. As a

renowned American folk artist, her paintings were used to publicize American holidays such as Thanksgiving, Christmas and . . . → Read More: [Inspiring Senior: Grandma Moses – Productive and Famous beginning in her 70s](#)



## **AnswersForCare™ – Medical Conditions Commonly Faced by Seniors:**

### **[Alzheimer's Disease/ Dementia](#)**

See our extensive resources on Alzheimer's Disease/ Dementia, and caregiving for senior loved ones with Alzheimer's/ Dementia Read More: [Alzheimer's Disease/ Dementia: What is it – Causes; Symptoms & Diagnosis; Prevention; Treatment; & Caregiving](#)

### **Which Improves Memory? Aerobic or Toning and Stretching Exercises?**

Researchers at the University of Pittsburgh, University of Illinois, Rice University, and Ohio State University, funded through the National Institute on Aging, recruited a sedentary group of older adults without dementia for a study. One group walked around a . . . → Read More: [Which Improves Memory? Aerobic or Toning and Stretching Exercises?](#)

### **FDA Advisory Committee Recommends Approval of a New Brain Scan Test to Detect Alzheimers**

On Thursday, January 20, 2011, an Advisory Committee to the U.S. Food and Drug Administration (FDA) unanimously recommended FDA approval of a new brain dye product that would for the first time enable a brain scan to show whether . . . → Read More: [FDA Advisory Committee Recommends Approval of a New Brain Scan Test to Detect Alzheimers](#)

### **Tooth Loss May Lead to Memory Loss**

According to a new study published in Behavioral and Brain Functions, seniors who lose their teeth may be at increased risk for dementia/ Alzheimer's. The study, conducted in Japan, included more than 4,000 participants who were 65 and older. . . . → Read More: [Tooth Loss May Lead to Memory Loss](#)

### **Study Finds Protein Marker in Blood of Alzheimer's Patients; May Lead to Future Ability to Diagnose Alzheimer's by a Blood Test**

A study, funded by the U.S. National Institutes of Health and published in the Jan. 7 issue of Cell, found the presence of a protein antibody in the blood of Alzheimer's patients that was not present to the same . . . → Read More: [Study Finds Protein Marker in Blood of Alzheimer's Patients; May Lead to Future Ability to Diagnose Alzheimer's by a Blood Test](#)

### **Caregiving and Dementia: New Ideas**

There is no effective medical cure for Alzheimer's. Most dementia caregiving is performed by families and nursing homes. 11 Million people care for Alzheimer's-afflicted relatives at home. Dealing with the difficult behaviors that characterize Alzheimer's and other dementias . . . → Read More: [Caregiving and Dementia: New Ideas](#)

### **Advice to caregivers: Reassure and don't argue**

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[Advice to caregivers: Reassure and don't argue](#)

### **C-Dif:**

### **Proper Hand Washing May Prevent 80% of All Infections**

Watch this Video by the U.S. Centers for Disease Control & Prevention (CDC), and learn how to wash your hands properly. Scientists estimate that up to 80% of all infections are spread by hand contact, and could be avoided . . . → Read More: [Proper Hand Washing May Prevent 80% of All Infections](#)

### **Diabetes:**

### **CDC Reports Number of Americans with Diabetes Or Prediabetes Has Risen Dramatically; Losing Weight & Exercise Can Prevent or Delay the Disease**

According to the National Diabetes Fact Sheet for 2011 newly released by the U.S. Centers for Disease Control and Prevention (CDC), nearly 26 million Americans (8.3% of all Americans or 11.3% of adults age 20 and older) now have . . . → Read More: [CDC Reports Number of Americans with Diabetes Or Prediabetes Has Risen Dramatically; Losing Weight & Exercise Can Prevent or Delay the Disease](#)

### **Heart Disease & Stroke**

### **Traffic Noise May Lead To Higher Stroke Risk Among Seniors**

A new Danish study, published in the European Heart Journal has found a clear correlation between noise levels and stroke risk for seniors. The louder the noise, the higher the risk of stroke. In fact, the researchers reported that . . . → Read More: [Traffic Noise May Lead To Higher Stroke Risk Among Seniors](#)

### **Incontinence:**

### **Helpful Resources on Incontinence and Bladder & Bowel Problems – NAFC**

Visit [www.NAFC.org](http://www.NAFC.org), the website of the National Association For Continence (NAFC), for helpful information and resources on all aspects of understanding and dealing with Incontinence, Nocturia, Enlarged Prostate, and Prolapse. The site includes comprehensive medical information on bladder & bowel health . . . → Read More: [Helpful Resources on Incontinence and Bladder & Bowel Problems – NAFC](#)

### **Parkinson's Disease**



## **Study finds ability to ride a Bike better diagnostic test than others to distinguish standard Parkinson's from atypical Parkinson's**

A team of doctors from the Neatherlands has found that asking a Parkinson's patient whether he or she is still able to ride a bike is a more valuable tool than many diagnostic tests to determine whether the patient . . . → Read More: [Study finds ability to ride a Bike better diagnostic test than others to distinguish standard Parkinson's from atypical Parkinson's](#)

## ***Skin Cancers***

### **Mayo Clinic Slide show: Melanoma pictures to help identify skin cancer**

To help identify when a mole or skin discoloration may be of concern, see this slide show by the Mayo Clinic. If you have any questions or doubt, see your doctor. Most skin melanomas can be cured, and the . . . → Read More: [Mayo Clinic Slide show: Melanoma pictures to help identify skin cancer](#)

## ***Other Medical Conditions Common in Seniors:***

See our extensive links to information on other common senior health conditions, including:

### ***Arthritis, Osteoporosis & Rheumatic Conditions***

### ***Depression:***

### ***Eyesight Problems:***

### ***Falls/ Fractures/ Mobility Loss***

### ***Hearing Loss***

### ***High Blood Pressure***

### ***Urinary Tract Infection (UTI)***



## **General Health Information:**

### **Cleveland Clinic – A-Z Guide to Consumer Health Information**

Cleveland Clinic's website features an A to Z guide to consumer health information. This is a very good place to start to obtain basic information about any of a great number of diseases or conditions that may affect your . . . → Read More: [Cleveland Clinic – A-Z Guide to Consumer Health Information](#)

### **Diseases and Conditions – MayoClinic.com**

Link to Mayo Clinic's Information on Medical Conditions and Diseases - A to Z. This is a good place to start in your research of the various medical conditions with which your senior loved one may be challenged. Get . . . → Read More: [Diseases and Conditions – MayoClinic.com](#)

### **THE MERCK MANUAL MEDICAL LIBRARY: The Merck Manual of Medical Information–Home Edition**

The Merck Manual of Online Health Information is a recognized comprehensive resource of health and medical information for consumers. The Editorial Board of the Online Version consists of 15 Medical Doctors (MD's), and each of the Editor-In-Chief, Senior Assistant . . . → Read More: [THE MERCK MANUAL MEDICAL LIBRARY: The Merck Manual of Medical Information–Home Edition](#)

### **NOAH – New York Online Access to Health**

This website of NOAH provides excellent links to a wealth of good online information on health, categorized under the general headings: \* Health Topics (a topic listing of NOAH content by body area or disease category) \* Index A . . . → Read More: [NOAH – New York Online Access to Health](#)

### **CAPHIS | Top 100 Health Websites You Can Trust**

Links provided by the Consumer and Patient Health Information Section (CAPHIS) of the Medical Library Association, to what they deem the "Top 100 Health Websites You Can Trust." This is an excellent resource to search for quality medical information. . . . → Read More: [CAPHIS | Top 100 Health Websites You Can Trust](#)

### **FamilyDoctor.org – American Academy of Family Physicians**

Good source of "Health information for the whole family" provided by the American Academy of Family Physicians. Includes health information on conditions – A to Z – plus links to Health Tools, including, \* Dictionary \* Calculator \* Trackers . . . → Read More: [FamilyDoctor.org – American Academy of Family Physicians](#)

### **More Medical News via HelpingYouCare™**



**AnswersForCare™ – Other Information & Resources for  
Caregivers:**

## **About Home Health Care**

### **Understanding Home Care Agency Options**

Here is an excellent introduction to the home care industry and the types of agencies, options and resources available. This 16 page booklet, part of the "Since You Care" series by MetLife in cooperation with the National Alliance for . . . → Read More: [Understanding Home Care Agency Options](#)

### **Home care services: Questions to ask**

If you're considering home care services, here are some questions to ask regarding Qualifications, Quality of care, Costs, Understanding services, and Monitor your home care services From the Mayo Clinic staff

## **About Senior Housing & Care Facilities**

## **Legal & Financial Issues**

### **End-of-Life Care Expense**

End-of-life health-care costs are for the most part underestimated—the biggest expense being in-home care. While not a pleasant topic to address, issues such as power of attorney, spelling out any wishes beyond what's in the will, the fine print . . . → Read More: [End-of-Life Care Expense](#)

### **New Medicare Benefits in 2011 under the Health Reform Law**

Kathleen Sebelius, U.S. Secretary of Health & Human Services, has released a new Video explaining the new benefits that the Affordable Care Act (the Health Reform Law) provides in 2011 for people on . . . → Read More: [New Medicare Benefits in 2011 under the Health Reform Law](#)

### **New Disability & Long-Term Care Insurance Benefit Under The New Health Care Law**

The new health care law established a new voluntary national insurance program that will provide cash benefits to participants who have a qualifying disability that limits their day-to-day living and who meet the other eligibility criteria. This new program . . . → Read More: [New Disability & Long-Term Care Insurance Benefit Under The New Health Care Law](#)

## **Featured Columns & Articles**

### **The Caregiver's Wellness Resolutions**

The Caregiver's Wellness Resolutions By Ruth Mansmith MS, RN, CRRN, RAC-C Author, national speaker, wellness coach Fresh beginning is the theme of this article. It's time for making changes and creating a hopeful future. However, with stress and fatigue, . . . → Read More: [The Caregiver's Wellness Resolutions](#)

### **New Dietary Guidelines for Americans Issued by USDA and HHS**

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## ***Other Resources for Caregivers***

### **Video Introduction to Important Federal Government Resources for Caregivers & Seniors**

This Video produced by the U.S. Centers for Medicare & Medicaid Services (CMS) and the U.S. Department of Health & Human Resources provides a good introduction to the many federal government resources available to family caregivers and . . . → Read More: [Video Introduction to Important Federal Government Resources for Caregivers & Seniors](#)

### **National Family Caregivers Association List of Resources for Caregivers**

The National Family Caregivers Association, a non-profit organization, offers a long list of agencies and organizations that provide resources for caregivers. For each listing, a brief description, telephone number and link to a website are provided. See List . . . → Read More: [National Family Caregivers Association List of Resources for Caregivers](#)

### **Toll-Free Telephone Information Lines**

From Area Agency on Aging, helpful Toll-Free information lines from A-Z. Aging, Allergy, Alternative Medicine, Alzheimer's, Arthritis, etc. »Toll-Free Information Lines.

### **Family Caregivers Online Education Modules**

Sixteen different online education/ course modules for family caregivers are provided free of charge by familycaregiversonline.net, a website funded by . . . → Read More: [Family Caregivers Online Education Modules](#)

### **Elder Update**

The Florida Department of Elder Affairs publishes a free bi-monthly newspaper for Florida seniors and caregivers, which is packed with news, tips for health and wellness, Medicare information, and coverage of other topics of interest to seniors, as well as topics . . . → Read More: [Elder Update](#)



## **OurTimeForCare™ – Caregiver Self-Care:**

### ***Caregiver Self-Care, Stress Management & Survival Tips***

### ***Inspiration & Humor for Caregivers***

#### **Some Gentle Humor From Times Past: Remember Señor Wences?**

Sometimes as a caregiver, you need to just forget your cares and enjoy some gentle, light humor from times past. Remember Señor Wences? . . . → Read More: [Some Gentle Humor From Times Past: Remember Señor Wences?](#)



## CaregiversCollege™ – Classes, Webinars & Our CaringTube™ Videos:

[Classes, Courses & Webinars for Caregivers](#)

[CaringTube™ – Online Videos for Caregivers](#)



## BooksForCaregivers™ – Bookstore & Book Reviews:

[Visit Our Bookstore for Caregivers](#)

[Reviews of Editors' Selections of the Month](#)

### **A Helpful Guide Book to Home Caregiving by the American Medical Association**

The American Medical Association Guide to Home Caregiving provides information on how to: Arrange a room to adapt to a loved one's needs Give medications, monitor symptoms, deal with incontinence, provide emotional support, and relieve boredom Choose a home . . . →

Read More: [A Helpful Guide Book to Home Caregiving by the American Medical Association](#)

### **Your Picks of the Month**

#### **The Dangers of Trying to Live Forever**

In her book, Selling the Fountain of Youth: How the Anti-Aging Industry Made a Disease Out of Getting Old-And Made Billions, author Arlene Weintraub exposes how the anti-aging industry made a disease out of getting old (and made billions!). . . . → Read More: [The Dangers of](#)

[Trying to Live Forever](#)



## CareHelpFinder™ – Locator Tools to Find the Resources You Need:

[Find Home Health Care](#)

[Find Nursing Homes, Assisted Living, Independent Living, Respite Care & Other Care Facilities](#)

[Find Care Managers & Other Professional Advisors](#)

[Find Other Care Resources](#)



## **ThingsForElderNeeds™ – Technology, Equipment, Supplies & Clothing:**

[Helpful Technology, Products & Supplies](#)

### **Amazing Robots Replace Caregivers!**

Not really, and not now! Where, for instance in a robot, amidst the sensors, algorithms and antennas, is love found? There are, however, a lot of helpful things caregivers could love about the next-generation robots capable of household chores . . . → Read More: [Amazing Robots Replace Caregivers!](#)

### **Technology Most Helpful to Long-Distance Caregivers**

A phone with video capability, or an Internet-connected computer with a webcam that allows a caregiver to view a loved one when the caregiver is away, is a technology most long-distance caregivers would like to have. In a recent . . . → Read More: [Technology Most Helpful to Long-Distance Caregivers](#)

### **Five smartphone apps for caregivers**

Caregivers can keep track of medication dosages, nutritional requirements, and other daily health-care needs through a growing number of free or cheap smartphone apps. It's a good idea to ask your doctor or health provider to help assess a . . . → Read More: [Five smartphone apps for caregivers](#)

[Helpful Medical Equipment](#)

[Comfortable & Adaptive Senior Clothing](#)



## VoicesForCare™ – News, Info & Editorials on Health-Care Reform:

### **U.S. Falls Behind Other Developed Countries In Life Expectancy Gains**

A new study by a panel of the National Research Council of the National Academies has found that the rate of increase in life expectancy in the U.S. has fallen behind the rate of increase in life expectancy in . . . → Read More: [U.S. Falls Behind Other Developed Countries In Life Expectancy Gains](#)

### **New report: 129 million Americans with a pre-existing condition could be denied coverage without the health reform law**

In a News Release, Tuesday, January 18, 2011, the U.S. Department of Health & Human Services reported: Without Affordable Care Act protections, in 2014, 1 in 2 non-elderly Americans could be denied coverage or charged more due to a . . . → Read More: [New report: 129 million Americans with a pre-existing condition could be denied coverage without the health reform law](#)

### **Implementation Timeline for the Provisions of the Health Reform Law**

Kaiser Family Foundation provides a very helpful and easy to understand "Implementation Timeline" — an interactive tool to explain how and when the provisions of the health reform law will be implemented over the next several years. You can show or hide . . . → Read More: [Implementation Timeline for the Provisions of the Health Reform Law](#)

### **Webinar on The Impact of Healthcare Reform on Family Caregivers**

On November 8, 2010, the Family Caregiver Alliance, the National Alliance for Caregiving, and the National Family Caregivers Association hosted a webinar entitled "The Impact of Healthcare Reform on Family Caregivers." The archived webinar and power point are can . . . → Read More: [Webinar on The Impact of Healthcare Reform on Family Caregivers](#)

### **Nine Key Provisions of the New Health Care Reform Law Take Effect January 1, 2011**

Here is a list of the nine key provisions of the new national Health Care Reform Law that take effect on January 1, 2011: Restriction on Insurance Company Use of Premium Dollars. Health-insurance companies will now be required to . . . → Read More: [Nine Key Provisions of the New Health Care Reform Law Take Effect January 1, 2011](#)

### **The New Year Brings New Health-Care Benefits under Health Reform Law**

On Saturday, January 1, 2011 important new changes to U.S. health insurance rules will take effect under the new Health Reform Law – the Affordable Care Act. Among the new provisions taking effect today are: New rules designed to . . . → Read More: [The New Year Brings New Health-Care Benefits under Health Reform Law](#)

### **[More News on Health Care Reform](#)**



## CaregiversLikeUs™ – Online Support Groups & Forums:

[Visit our Online Support Groups & Participate in the Discussion in our Forums – at CaregiversLikeUs™](#)

[Caregiver Stories – Listen or Read & Contribute Your Story](#)

### Featured Caregiver Story of the Month – January, 2011:

The Video story of the Wedekings of Minnesota. The Wedekings from Spoke Your Mind on Vimeo.

### Caregiver Story: It's not easy to walk a mile in your elderly Mom's shoes!

Dealing with bureaucracies in behalf of an aging parent can prove frustrating. Not only does it involve handling finances, but also role reversal. Lisa Black details her experiences in becoming the caregiver for her mother. See Lise's Story in . . . → Read More: [Caregiver Story: It's not easy to walk a mile in your elderly Mom's shoes!](#)

[CareWiki™ - Help Other Caregivers by Adding Your Tips](#)

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**CaringMonth™** is a free e-mail newsletter from HelpingYouCare™. Visit our website at: [www.HelpingYouCare.com](http://www.HelpingYouCare.com)

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