



CaringMonth™ by HelpingYouCare™

Helping You Care for Aging Parents & Elderly Loved Ones

www.HelpingYouCare.com and 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:

March is National Nutrition Month

Did you know that March is National Nutrition Month? This is the month to focus on learning and implementing good nutrition and healthy eating habits for life, as a most important step toward prevention of disease and living a . . . → Read More: [March is National Nutrition Month](#)

New Dietary Guidelines for Americans Issued by USDA and HHS

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

Worst Ever Prescription Drug Shortages Alarming Hospitals & Medical Professionals – Why is This Happening?

Several reports have recently highlighted the fact that hospitals throughout the U.S. are running out of key drugs, including anesthetics needed in surgeries, chemotherapy drugs needed to treat cancer, and common antibiotics required to treat a multitude of diseases. . . . → Read More: [Worst Ever Prescription Drug Shortages Alarming Hospitals & Medical Professionals – Why is This Happening?](#)

Errors in Medical Research – Which “Findings” Should You Trust?

Does garlic lower bad cholesterol? Does hormone replacement reduce the risk of heart disease in postmenopausal women? Does eating a big breakfast cut your total daily calories? Do statins help people with no history of heart disease? Is it . . . → Read More: [Errors in Medical Research – Which “Findings” Should You Trust?](#)

New Study Finds Heavy Smoking in Midlife Increases Risks of Alzheimer’s Disease and Vascular Dementia Later in Life by More than 100 Percent

A new study published in the February 28, 2011 issue of the Archives of Internal Medicine has found that heavy smoking in midlife may increase the risks of getting Alzheimer Disease or Vascular Dementia later in life by more . . . → Read More: [New Study Finds Heavy Smoking in Midlife Increases Risks of Alzheimer’s Disease and Vascular Dementia Later in Life by More than 100 Percent](#)

New Study Finds Alzheimer’s Disease Misdiagnosed in 50% of Cases

A new study to be presented at the American Academy of Neurology’s 63rd Annual Meeting April 9 to April 16, 2011, found that Alzheimer’s Disease was misdiagnosed in 50% of cases, according to a press release issued by the . . . → Read More: [New Study Finds Alzheimer’s Disease Misdiagnosed in 50% of Cases](#)

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](#)



AnswersForCare™ – Practical Caregiver Tips & Skills:

Coordinating Care for Caregivers

An increasingly important part of the family caregiver’s role is to manage and coordinate the care their senior loved one is receiving from a multitude of different doctors and specialists. Watch this video with Dr. Ronan Factora from the Cleveland Clinic. [Discovery Health video»](#)

How to Give Continuous Chest Compression CPR

A Mayo Clinic presentation of how to give CPR to those who have suffered a heart attack. This is a new method of CPR called Continuous Chest Compression CPR, which does not involve breathing into the mouth of . . . → Read More: [How to Give Continuous Chest Compression CPR](#)



AnswersForCare™ – Wellness for Seniors & Caregivers:

Diet, Exercise, Sleep & Other Healthy Practices for Physical Wellness

A Simple Healthy Recipe By The Mayo Clinic's Chef

A recipe for Honey Crusted Chicken, which is low in fat and uses some common ingredients. It's simple, and can be prepared for the oven in just two to three minutes. Watch Richard Johnson, Mayo Clinic's Chef»

New Study Suggests Eating More Fiber From Whole Grains May Prolong Your Life

A new study conducted by scientists at the National Cancer Institute, has found that consuming more fiber from whole grains like oatmeal, cornmeal, and brown rice may significantly reduce the risk of death, overall as well as from cardiovascular, . . . → Read More: [New Study Suggests Eating More Fiber From Whole Grains May Prolong Your Life](#)

New Dietary Guidelines for Americans Issued by USDA and HHS

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

Good news about broccoli in your diet and reducing the risk of cancer!

First the bad news. Researches found one would have to eat 2 lbs of broccoli a week to reduce the risk of cancer by 50%! In 1992, scientists from Johns Hopkins found a phyto-chemical in broccoli which reduces the . . . → Read More: [Good news about broccoli in your diet and reducing the risk of cancer!](#)

Calculate Your Body Mass Index (BMI)

Use this Standard BMI Calculator, provided by the National Institutes of Health (Heart, Lung & Blood Institute), to calculate Your Body Mass Index (BMI). The BMI is a measure of body fat based on height and weight that applies to adult . . . → Read More: [Calculate Your Body Mass Index \(BMI\)](#)

A 15-Week Walking Plan (Weeks 1 through 5)

Make a Walking Plan. See this series of Videos from the Cleveland Clinic, and learn the great health benefits of walking, how to do it properly, and how to keep motivated. Weeks 1 through 5 of the 15 week . . . → Read More: [A 15-Week Walking Plan \(Weeks 1 through 5\)](#)

Healthy Dining Out Tips

Week 6 of the Walking For Life (15 Week Walking Plan) from the Cleveland Clinic. In this Video, Dr. Gordon Blackburn of the Cleveland Clinic gives tips about how to enjoy dining out and stay healthy – part of . . . → Read More: [Healthy Dining Out Tips](#)

Oral & Dental Hygiene for Good Health

Medical experts and Health authorities recognize that proper oral and dental hygiene, including regular cleaning of your teeth, and proper brushing and flossing of your teeth at least two times per day are important steps to prevent other physical . . . → Read More: [Oral & Dental Hygiene for Good Health](#)

Eleven Tips for Healthy Sleep

The National Sleep Foundation provides the following eleven tips to help you go to sleep at night and achieve the benefits of regular, healthy sleep. It cautions that these tips are intended for “typical” adults, and not necessarily for . . . → Read More: [Eleven Tips for Healthy Sleep](#)

Intellectual Wellness (Mental Acuity)

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

Examples of Healthy Aging – Stories of Inspiring Seniors

95 Year Old Sprinter Breaks World Record For His Age Group

Watch this video of an inspiring senior (from our Healthy Aging; Stories of Inspiring Seniors Section)» [95 Year Old Sprinter Breaks World Record for His Age Group](#)



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](#)

New Study Finds Heavy Smoking in Midlife Increases Risks of Alzheimer’s Disease and Vascular Dementia Later in Life by More than 100 Percent

A new study published in the February 28, 2011 issue of the Archives of Internal Medicine has found that heavy smoking in midlife may increase the risks of getting Alzheimer Disease or Vascular Dementia later in life by more . . . → Read More: [New Study Finds Heavy](#)

New Study Finds Alzheimer's Disease Misdiagnosed in 50% of Cases

A new study to be presented at the American Academy of Neurology's 63rd Annual Meeting April 9 to April 16, 2011, found that Alzheimer's Disease was misdiagnosed in 50% of cases, according to a press release issued by the . . . → Read More: [New Study Finds Alzheimer's Disease Misdiagnosed in 50% of Cases](#)

Study Suggests Link Between Hearing Loss & Dementia

A new study conducted by scientists at Johns Hopkins School of Medicine and the National Institute on Aging has found a correlation between hearing loss and development of Alzheimer's Disease. "This work suggests that there is a strong . . . → Read More: [Study Suggests Link Between Hearing Loss & Dementia](#)

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](#)

Hearing Loss

Study Suggests Link Between Hearing Loss & Dementia

A new study conducted by scientists at Johns Hopkins School of Medicine and the National Institute on Aging has found a correlation between hearing loss and development of Alzheimer's Disease. "This work suggests that there is a strong . . . → Read More: [Study Suggests Link Between Hearing Loss & Dementia](#)

Heart Disease & Stroke

Updated Heart Disease Prevention Guidelines for Women Issued by American Heart Association

On February 15, 2011, the American Heart Association (AHA) issued updated Heart Disease Prevention Guidelines specifically for women. The updated guidelines for women focus more on practical medical advice that works in the "real-world" rather than recommendations based only . . . → Read More: [Updated Heart Disease Prevention Guidelines for Women Issued by American Heart Association](#)

True Secrets to Heart-Healthy Eating

Julia Zumpano, R.D. from the Cleveland Clinic discusses fad diets and the best way to protect one's heart without counting calories. [Watch Video»](#)

Four Things You Can Do to Prevent a Heart Attack

Watch Dr. Stephen Kopecky, a Mayo Clinic cardiologist, to learn four simple lifestyle changes you can make to reduce your chances of getting a heart attack by 40%. No treatment or other thing you could do will lower your . . . → Read More: [Four Things You Can Do to Prevent a Heart Attack](#)

Incontinence:

Helpful Resources on Incontinence and Bladder & Bowel Problems – NAFC

Visit 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](#)

Skin Cancers

Preventing millions of cancers with simple life changes

The American Institute for Cancer Research (AICR) and the World Cancer Research Fund (WCRF) estimates that about a third of all common cancers in the United States, China and Britain could be prevented each year if people ate healthier . . . → Read More: [Preventing millions of cancers with simple life changes](#)

Other Medical Conditions Common in Seniors:

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

Arthritis, Osteoporosis & Rheumatic Conditions

C-Dif:

Depression:

Eyesight Problems:

Falls/ Fractures/ Mobility Loss

High Blood Pressure

Parkinson's Disease

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](#)

Bipartisan efforts to better treat and cure paralysis

Watch The Christopher and Dana Reeve Paralysis Act (legislation) to advance research into cures and treatments for paralysis, as well as aid those living with disability»



AnswersForCare™ – Other Information & Resources for Caregivers:

About Home Health Care

About Senior Housing & Care Facilities

Search for Senior Housing & Care Facilities

Search for Senior Housing & Care Facilities. U.S. News provides this search tool to find Nursing Homes, Assisted Living Facilities, Independent Living, Continuing Care Retirement Communities, Alzheimers Facilities, or other Retirement Living. You can create a personal senior housing . . . → Read More: [Search for Senior Housing & Care Facilities](#)

U.S. News Has Released 2011 Best Nursing Homes Rankings

U.S. News Media Group has released its U.S. News Search Tool to search for a nursing home. You can search by State first, and then refine your search to include the overall star rating, whether the home accepts . . . → Read More: [U.S. News Has Released 2011 Best Nursing Homes Rankings](#)

Legal & Financial Issues

Nine Tax Questions For Family Caregivers: FAQs & Answers from the IRS

Here are nine frequently asked tax questions for family caregivers, listed by the U.S. Internal Revenue Service (IRS) on its website. Click on the links below to find the answers provided by the IRS for each question: 1. I . . . → Read More: [Nine Tax Questions For Family Caregivers: FAQs & Answers from the IRS](#)

Family Caregivers and Self-Employment Tax – Information from the IRS

Here is a copy of information provided on the IRS.gov website on: Family Caregivers and Self-Employment Tax: “Special rules apply to workers who perform in-home services for elderly or disabled individuals (caregivers). Caregivers are typically employees of the individuals . . . → Read More: [Family Caregivers and Self-Employment Tax – Information from the IRS](#)

Eight Tax Tips for Caregivers

Tax tips for Caregivers from a tax attorney, including brief tips on the following eight topics: Claiming a Dependent Care Credit Deduction Qualifying Criteria Multiple Support Agreement State Deductions and Credits Home Modifications Reimbursement Accounts In Home Assistance . . . → Read More: [Eight Tax Tips for Caregivers](#)

Tax Breaks for Family Caregivers

If you as a caregiver provide at least half of a care recipient's financial support... If you are paying for some or all of a care recipient's medical or dental expenses... you may be entitled to tax breaks. Read . . . → Read More: [Tax Breaks for Family Caregivers](#)

Featured Columns & Articles

New Dietary Guidelines for Americans Issued by USDA and HHS

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

March is National Nutrition Month

Did you know that March is National Nutrition Month? This is the month to focus on learning and implementing good nutrition and healthy eating habits for life, as a most important step toward prevention of disease and living a . . . → Read More: [March is National Nutrition Month](#)

Other Resources for Caregivers

ABC News Special Series on Eldercare with Diane Sawyer

On January 31, 2011, "ABC World News with Diane Sawyer" launched a special series, focusing on the issues surrounding eldercare. The first of the series was a roundtable discussion on the subject with Virginia Morris, author of "How to . . . → Read More: [ABC News Special Series on Eldercare with Diane Sawyer](#)

ABC News Learning Centers on 1,000 Common Diseases & Conditions

ABC News' Learning Centers provide comprehensive information on more than 1,000 common diseases and conditions. View an Index of Learning Centers » Directory of Learning Centers – ABC News.



OurTimeForCare™ – Caregiver Self-Care:

Caregiver Self-Care, Stress Management & Survival Tips

Stay healthy by taking a vacation

Watch a short video on why taking a vacation is healthy, and which cities put work before health and health before work» Video by Discovery Health, in partnership with Cleveland Clinic's Dr. Allen Weiss, a family medicine . . . → Read More: [Stay healthy by taking a vacation](#)

Inspiration & Humor for Caregivers

Raindrops Keep Fallin' on My Head

A CWOT (complete waste of time)—but fun. Caregivers need a break with some lighter moments. Watch this video for a chuckle » [Watch Video](#)



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

Classes, Courses & Webinars for Caregivers

CaringTube™ – Online Videos for Caregivers



BooksForCaregivers™ – Bookstore & Book Reviews:

Reviews of Editors' Selections of the Month

“How To Care For Aging Parents” Book

Virginia Morris, author of “How to Care for Aging Parents” appeared on Diane Sawyer's special series, “Families on the Brink: What to do About Mom & Dad,” on ABC World News. Her book is considered by many to be . . . → Read More: [“How To Care For Aging Parents” Book](#)

Your Picks of the Month

Visit Our Bookstore for Caregivers



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](#)

[Helpful Medical Equipment](#)

[Comfortable & Adaptive Senior Clothing](#)



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

[News on Health Care Reform](#)

Pre-Existing Condition Insurance Plans (PCIPs) Available under Health Reform Law to Help Those With Pre-existing Conditions

While lawsuits and Republicans in Congress are seeking to overturn The Affordable Care Act of 2010, the Department of Health and Human Services (HHS) is continuing to institute many of the law's provisions in an effort to provide low-cost . . . → Read More: [Pre-Existing Condition Insurance Plans \(PCIPs\) Available under Health Reform Law to Help Those With Pre-existing Conditions](#)

D.C. Federal Judge Dismisses Lawsuit Challenging Health Care Law — Courts now 3-2 in Favor of Law

February 22, 2011. Senior U.S. District Court Judge Gladys Kessler in Washington D.C. today upheld the constitutionality of the Obama Administration's Health Care Reform law and dismissed a lawsuit brought by individual plaintiffs who challenged the law's constitutionality based . . . → Read More: [D.C. Federal Judge Dismisses Lawsuit Challenging Health Care Law — Courts now 3-2 in Favor of Law](#)

Florida Federal Judge Declares Health Care Law Void in its Entirety – Conflicting Judicial Decisions Now Pending Appeal

On January 31, 2011, Judge Roger Vinson of the Federal District Court in Pensacola, Florida, issued a decision declaring the new federal Health Care Law void in its entirety, finding that the mandate for all Americans to purchase health . . . → Read More: [Florida Federal Judge Declares Health Care Law Void in its Entirety – Conflicting Judicial Decisions Now Pending Appeal](#)

Editorials & Advocacy for Health Care Reform

AMA Favors Some Changes to Health Care Law; 92% of Poll Respondents Oppose Tossing Out Health Care Law, but 50% Do Favor Changes

An online chat on benefits and changes under the Health Care Law conducted by the Los Angeles Times Thursday, February 17 discussed changes to the new Health Care Law advocated by the American Medical Association (AMA), and featured the results . . . → Read More: [AMA Favors Some Changes to Health Care Law; 92% of Poll Respondents Oppose Tossing Out Health Care Law, but 50% Do Favor Changes](#)

The Individual Mandate & Health Care Reform

The future survival of the health-care law may rest with Supreme Court Justice Anthony Kennedy. For the how and why of health-care reform, a clear account of the bi-partisan history of the individual mandate, and a discussion of where . . . → Read More: [The Individual Mandate & Health Care Reform](#)

The problem is not Medicare & Medicaid spending, but excessive health care costs: Ezra Klein

Here is a thoughtful editorial by Ezra Klein for the Washington Post. Everyone knows that the largest parts of our federal government's spending include Medicare and Medicaid. But, he makes the case that the root of our federal budget . . . → Read More: [The problem is not Medicare & Medicaid spending, but excessive health care costs: Ezra Klein](#)

Legislation

International Health Care Compare



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](#)

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

CaringMonth™ is a free e-mail newsletter from HelpingYouCare™. Visit our website at: www.HelpingYouCare.com

[Subscribe to CaringMonth™ – The Free E-mail Newsletter From HelpingYouCare™ – and Forward this to Your Friends](#)

Info@HelpingYouCare.com



To Unsubscribe, send an e-mail to Info@HelpingYouCare.com, with the words “Unsubscribe Newsletter” in the subject line.

The Contents of this CaringMonth™ Newsletter and the contents on HelpingYouCare.com™ do not constitute medical, legal, financial or other professional advice, and may not be relied upon as such. HelpingYouCare.com™ and its owner, Care-Help LLC, do not endorse or recommend and are not responsible for the information on other websites to which we may link, or for any content included in CaringMonth™ or posted or linked on HelpingYouCare.com™.

By accessing this CaringMonth™ Newsletter or the website HelpingYouCare.com, you agree to the [Legal Terms](#) of HelpingYouCare.com.