



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:

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Caregiving News & Events:

Nearly 15 Million Americans Are Now Caring for Someone With Alzheimer's Disease – A Number Rapidly Growing

Nearly 15 million Americans are now caring for a loved one with Alzheimer's Disease or another form of dementia, an increase of 37 percent over the number at this time last year, according to a significant new report released . . . → Read More: [Nearly 15 Million Americans Are Now Caring for Someone With Alzheimer's Disease – A Number Rapidly Growing](#)

New Virtual Assisted Living Model: Technology + Paid Staff and Volunteers Enable Seniors to Remain in Their Own Homes

Allen "Chip" Teel, MD, a family physician in Maine, is pioneering a new model for virtual assisted living at home. Use of technology plus a combination of paid staff and volunteers to check on seniors living in their own . . . → Read More: [New Virtual Assisted Living Model: Technology + Paid Staff and Volunteers Enable Seniors to Remain in Their Own Homes](#)

Antibiotic Resistance

Antimicrobial resistance, due to indiscriminate use of existing antibiotics, is an urgent global problem and is the theme for World Health Organization's World Health Day. Watch Dr. James Hughes, IDSA President See also article on "Worst ever prescription drug . . . → Read More: [Antibiotic Resistance](#)

April is Parkinson's Awareness Month

The National Parkinson Foundation has declared April as Parkinson's Awareness Month. As part of this campaign to raise awareness for Parkinson's disease, the Foundation lists on its website a full 30 actions you can take to make a difference. . . . → Read More: [April is Parkinson's Awareness Month](#)

National Women's Health Week, May 8-14, 2011

National Women's Health Week, May 8-14, 2011 Theme: It's Your Time National Women's Health Week kicks off on Mother's Day and is a week-long health observance that brings together women, groups, and communities to promote and support women being . . . → [Read More: National Women's Health Week, May 8-14, 2011](#)

8th Annual Heroes in Medicine Awards Luncheon – May 11, 2011

The 8th Annual Heroes in Medicine Awards Luncheon, hosted by the Palm Beach County Medical Society, will take place at the The Kravis Center, Cohen Pavilion in West Palm Beach, Florida on May 11, 2011, from 11:00 AM – . . . → [Read More: 8th Annual Heroes in Medicine Awards Luncheon – May 11, 2011](#)

Are You Prepared for a Radiation Emergency, if One Happened Near You?

With the serious radiation emergency that has occurred after Japan's earthquake and tsunami, many are asking, "Could it happen here?" and "How do you prepare to deal with radioactive contamination and radiation exposure?" The U.S. Centers for Disease Control . . . → [Read More: Are You Prepared for a Radiation Emergency, if One Happened Near You?](#)

How To Protect Your Brainpower Through Lifestyle Changes

European researchers have found cardiovascular health is related to mental wellness—that cardiovascular disease or the narrowing of blood vessels to the brain causes vascular dementia. Fortunately, it may not be too late to make some lifestyle changes! Read "6 . . . → [Read More: How To Protect Your Brainpower Through Lifestyle Changes](#)

Swedish Study Suggests Drinking Coffee Associated with Lower Stroke Risk

A new study analyzing data collected from 34,670 Swedish women, aged 49 to 83, found that those who reported drinking from 1 to 5 cups of coffee daily had a 22 to 25 percent lower risk of stroke than . . . → [Read More: Swedish Study Suggests Drinking Coffee Associated with Lower Stroke Risk](#)

Benefits Of Physically Fit Older Adults

Studies shows physical activity reduces the risk of type 2 diabetes, heart disease, and delays the onset of Alzheimer's. Watch VOA's Carol Pearson report»

Doctors Try New Direct-Pay Models for Primary Care; Leaving Health Insurers Out

Much has been written about how our current insurance model encourages doctors to perform procedures and tests rather than for time spent with patients. The role of the insurance companies, intervening between doctors and their patients, displeases both doctors . . . → [Read More: Doctors Try New Direct-Pay Models for Primary Care; Leaving Health Insurers Out](#)

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](#)



AnswersForCare™ – Practical Caregiver Tips & Skills:

A Free Online Application to Manage Health

Here's a free online health application that assists families in managing their health. The Mayo Clinic has teamed up with Microsoft to give you tools to control your family's health care with personalized reminders and guidance. . . . → [Read More: A Free Online Application to](#)

5 Tips On Dealing With Violent Alzheimer's Behavior

"Alzheimer's patients are often vulnerable and fragile, but in rare cases, they can become the aggressor. About 5% to 10% of Alzheimer's patients exhibit violent behavior. It's unclear why the outbursts occur in certain patients," according to a recent . . . → Read More: [5 Tips On Dealing With Violent Alzheimer's Behavior](#)



AnswersForCare™ – Wellness for Seniors & Caregivers:

Diet, Exercise, Sleep & Physical Wellness

A 240-Calorie Heart-Healthy Recipe

Watch Julia Zumpano, Clinical Dietician, Preventive Cardiology & Rehabilitation, from the Cleveland Clinic, along with Donna Setta, Executive Chef of AVI Foods, prepare a Salmon recipe»

New Study Finds Exercising to Music Improves Balance & Reduces Risk of Falls in Seniors

A new study by Swiss researchers has found that seniors over age 65 who participated in a six-month music-based multi-task exercise program improved their gait, improved their balance, and experienced less falls and less risk of falling than a . . . → Read More: [New Study Finds Exercising to Music Improves Balance & Reduces Risk of Falls in Seniors](#)

A Healthy Diet That Doesn't Count Calories

The Mayo Clinic Diet is a lifestyle that helps you maintain a healthy weight for a lifetime. It's a sensible, habit-based approach to food that involves breaking unhealthy habits and adopting healthy new ones. Watch Dr. Donald Hensrud, The . . . → Read More: [A Healthy Diet That Doesn't Count Calories](#)

Physical Activity: A Key Health Indicator

Meeting the 2008 Physical Activity Guidelines for Americans was high on the list among 12 health indicators identified in a report published this month by the Institute of Medicine of the National Academies, as part of the US Government's . . . → Read More: [Physical Activity: A Key Health Indicator](#)

Insufficient Sleep Declared a Public Health Epidemic

The U.S. Centers for Disease Control & Prevention (CDC) has released the results of two new studies and added a feature page to its website, declaring, "Insufficient Sleep is a Public Health Epidemic." An estimated 50-70 million US adults . . . → Read More: [Insufficient Sleep Declared a Public Health Epidemic](#)

The Best Anti-Aging Treatment

How to turn back the time on the inside as well as the outside How to lower your blood pressure How to keep limber, have good bones, and eliminate stress How to keep your mind sharp Watch Dr. . . . → Read More: [The Best Anti-Aging Treatment](#)

Benefits Of Physically Fit Older Adults

Studies shows physical activity reduces the risk of type 2 diabetes, heart disease, and delays the onset of Alzheimer's. Watch VOA's Carol Pearson report»

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»

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

Age Is Just A Number!

87 year old Salsa dancer. Watch it past the 2 minute mark for quite a surprise»

Exceptional Memory is Made, Not Born. Studies Suggest Cognitive Expertise In Later Adulthood

In 2001, John Basinger completely memorized John Milton's 10,565-line poem Paradise Lost after eight years. In 2001 and 2008 he recited the entire classic in three eight-hour days. Watch this 76 year old recite No Tuna For The Moth . . . → Read More: [Exceptional Memory is Made, Not Born. Studies Suggest Cognitive Expertise In Later Adulthood](#)



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](#)

How To Protect Your Brainpower Through Lifestyle Changes

European researchers have found cardiovascular health is related to mental wellness—that cardiovascular disease or the narrowing of blood vessels to the brain causes vascular dementia. Fortunately, it may not be too late to make some lifestyle changes! Read "6 . . . → Read More: [How To Protect Your Brainpower Through Lifestyle Changes](#)

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Arthritis, Osteoporosis & Rheumatic Conditions

Arthritis Tutorial

Arthritis is a common condition that affects one in six Americans. To learn basic facts about arthritis, click the link below to take a tutorial provided by the Patient Education Institute of the U.S. Library of Medicine, National Institutes . . . → Read More: [Arthritis Tutorial](#)

How To Prevent Osteoporosis

Some practical tips for good bone health including advice on traditional calcium sources, weight-bearing activity, plant-based foods, and an overall healthy diet. Watch Cleveland Clinic's Kristin Kirkpatrick, MS,RD,LD, Wellness Manager for the Lifestyle 180 . . . → Read More: [How To Prevent Osteoporosis](#)

Diabetes:

Are You At Risk for Type 2 (Adult-Onset) Diabetes?

If you have a family history of diabetes, are obese, are over age 45 and get little or no exercise, or belong to certain racial or ethnic groups you may be at risk. Take a simple quiz provided by . . . → Read More: [Are You At Risk for Type 2 \(Adult-Onset\) Diabetes?](#)

Ways To Lower Type 2 Diabetes Risk

Did you know walking 30 minutes a day, 5 days a week, combined with a moderate weight loss, can lower one's risk of Type 2 Diabetes by 58%? Watch Dr.Raul Seballos from the Cleveland . . . → Read More: [Ways To Lower Type 2 Diabetes Risk](#)

Eyesight Problems:

New Study: Eating Fish & Omega-3 May Reduce Risk of Age-Related Macular Degeneration in Women

A new study conducted by scientists at Brigham and Women's Hospital and Divisions of Harvard Medical School and Harvard School of Public Health, Boston, found that regular consumption of fish and omega-3 fatty acids contained in fish is associated . . . → Read More: [New Study: Eating Fish & Omega-3 May Reduce Risk of Age-Related Macular Degeneration in Women](#)

Healthy Eyes – Information for Healthy Vision

Millions of people, particularly the elderly, have problems with their eyes or vision every year. This website by the National Eye Institute of the National Institutes of Health (NIH) offers science-based tools and tips for keeping your eyes healthy. . . . → Read More: [Healthy Eyes – Information for Healthy Vision](#)

Heart Disease & Stroke

Cardiovascular Disease Prevention and Vitamins

Do vitamins and supplements lower your risk of cardiovascular disease? Some frequently asked questions answered by Leslie Cho, M.D. Director of the Women's Cardiovascular Center of the Cleveland Clinic. Watch»

Check Out Your Estimated 10-year Risk of Having a Heart Attack – New Quiz/ Assessment Tool Posted by NIH

Take this Quiz — a new assessment tool to estimate your 10-year risk of having a heart attack, posted by the National Institutes of Health (NIH) on its Health Information website. Called the " Risk Assessment Tool for Estimating . . . → Read More: [Check Out Your Estimated 10-year Risk of Having a Heart Attack – New Quiz/ Assessment Tool Posted by NIH](#)

Swedish Study Suggests Drinking Coffee Associated with Lower Stroke Risk

A new study analyzing data collected from 34,670 Swedish women, aged 49 to 83, found that those who reported drinking from 1 to 5 cups of coffee daily had a 22 to 25 percent lower risk of stroke than . . . → Read More: [Swedish Study Suggests Drinking Coffee Associated with Lower Stroke Risk](#)

Test Your Knowledge About Stroke with this Quiz and Then Learn More from the NIH

Take this new Quiz which has been posted as part of the “Know Stroke Campaign” on the website of the National Institute of Neurological Disorders and Stroke (NINDS). NINDS is part of the National Institutes of Health (NIH), under . . . → Read More: [Test Your Knowledge About Stroke with this Quiz and Then Learn More from the NIH](#)

High Blood Pressure

How To Read Blood Pressure Numbers

A simple explanation of Systolic and Diastolic pressure and what the numbers mean. See Dr. David Frid, Cardiologist, from the Cleveland Clinic»

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](#)

Parkinson’s Disease

Skin Cancers

Other Medical Conditions Common in Seniors:

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

C-Dif:

Depression:

Falls/ Fractures/ Mobility Loss

Hearing Loss

Urinary Tract Infection (UTI)

Other Medical News via HelpingYouCare™

Health Risk Alert: Unilever Recalls Skippy® Reduced Fat Peanut Butter Spread; Possible Salmonella Contamination

In a Press Release posted by the U.S. Food and Drug Administration (FDA) on March 4, 2011, Unilever announced a Recall of Skippy® Reduced Fat Super Chunk Peanut Butter Spread due to health risks associated with possible Salmonella Contamination. . . . → Read More: [Health Risk Alert: Unilever Recalls Skippy® Reduced Fat Peanut Butter Spread; Possible Salmonella Contamination](#)

News Bulletin: Hazelnuts Recalled; Linked to E.coli Cases in Three States

According to a March 5, 2011 press release by the U.S. Food & Drug Administration, E. coli O157:H7 cases have been linked to hazelnuts. DeFranco & Sons of Los Angeles, California is voluntarily recalling bulk and consumer-packaged in-shell hazelnuts . . . → Read More: [News Bulletin: Hazelnuts Recalled; Linked to E.coli Cases in Three States](#)

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](#)



AnswersForCare™ – Other Information & Resources for Caregivers:

About Home Health Care

New Virtual Assisted Living Model: Technology + Paid Staff and Volunteers Enable Seniors to Remain in Their Own Homes

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About Senior Housing & Care Facilities

Legal & Financial Issues

Featured Columns & Articles

Other Resources for Caregivers



OurTimeForCare™ – Caregiver Self-Care:

Caregiver Self-Care, Stress Management & Survival Tips

Inspiration & Humor for Caregivers



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

The Long Hello – The Other Side of Alzheimer's

The Long Hello – The Other Side of Alzheimer's, by Cathie Borrie, is a sensitive and poetic memoir by a loving daughter told in the setting of her passage with her Mother through her Mother's journey with Alzheimer's. We . . . → Read More: [The Long Hello – The Other Side of Alzheimer's](#)

The Mayo Clinic Diet: A Healthy Diet That Doesn't Count Calories

The Mayo Clinic Diet is a lifestyle that helps you maintain a healthy weight for a lifetime. It's a sensible, habit-based approach to food that involves breaking unhealthy habits and adopting healthy new ones. Watch Dr. Donald Hensrud, The . . . → Read More: [A Healthy Diet That Doesn't Count Calories](#)

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](#)

A Free Online Application to Manage Health

Here's a free online health application that assists families in managing their health. The Mayo Clinic has teamed up with Microsoft to give you tools to control your family's health care with personalized reminders and guidance. . . . → Read More: [A Free Online Application to Manage Health](#)

Send Your Elderly Loved One A Tech Support Care Package

Here are fifty 2-minute simple and easy step-by-step instructional videos from Google for your tech-stymied senior loved one. Some subjects covered: copy & paste adjust the time on your clock change your desktop background (Mac) change your wallpaper (PC) . . . → Read More: [Send Your Elderly Loved One A Tech Support Care Package](#)

[Helpful Medical Equipment](#)

[Comfortable & Adaptive Senior Clothing](#)



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

News on Health Care Reform

Survey Finds 9 of 10 Health Care Leaders Support Affordable Care Act; 7 of 10 Favor Implementing the Law with Little or No Change

A recent survey of leaders in health care and health care policy found that 9 of 10 Health Care Leaders agree that the general direction set by the Affordable Care Act is appropriate, and 7 out of 10 favor . . . → Read More: [Survey Finds 9 of 10 Health Care Leaders Support Affordable Care Act; 7 of 10 Favor Implementing the Law with Little or No Change](#)

Florida Federal Judge Stays His Previous Decision Against Health Care Reform Law

U.S. District Judge Roger Vinson, the federal judge in Pensacola, Florida who previously ruled the Health Care Reform Law unconstitutional in its entirety, entered an Order on March 3, staying his own decision, pending appeal. This essentially suspends enforcement . . . → Read More: [Florida Federal Judge Stays His Previous Decision Against Health Care Reform Law](#)

Editorials & Advocacy for Health Care Reform

Doctors Try New Direct-Pay Models for Primary Care; Leaving Health Insurers Out

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Legislation

International Health Care Compare

New Study Finds U.S. Adults Significantly More Obese than Canadians

A new study published by the U.S. Centers for Disease Control & Prevention (CDC) has found that the prevalence of obesity among adults in the United States is significantly higher than among adults in Canada. In addition, over a . . . → Read More: [New Study Finds U.S. Adults Significantly More Obese than Canadians](#)



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](#)

What Would Help You Most as a Caregiver?

Please take a minute to answer a few questions (anonymously) that will help us learn and let others know what most concerns family caregiver and what would most help family caregivers. Create your free online surveys with SurveyMonkey, the . . . → Read More: [What Would Help You Most as a Caregiver?](#)

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

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