



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™.

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Caregiving News & Events:

Mother's Day Health Message: May 9 National Women's Checkup Day

As part of National Women's Health Week which begins on Mothers Day, May 9 has been declared the ninth annual National Women's Checkup Day. "The day is dedicated to encouraging women to visit health care professionals to receive . . . → Read More: [Mother's Day Health Message: May 9 National Women's Checkup Day](#)

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](#)

May is Older Americans Month

Following an annual custom started by President John F. Kennedy in 1963, President Obama and the U.S. Department of Health & Human Services (HHS) have again proclaimed May as "Older Americans Month." Older Americans Month is an occasion to . . . → Read More: [May is Older Americans Month](#)

New Guidelines for Diagnosis of Alzheimer's

For the first time in 27 years, the clinical criteria and guidelines for diagnosis of Alzheimer's Disease have been revised. The new Guidelines recognize that the development of Alzheimer's begins 10 or more years before clear symptoms of the . . . → Read More: [New Guidelines for Diagnosis of Alzheimer's](#)

Obesity and Even Overweight in Mid-Life Linked to Higher Risk of Dementia

A new study conducted on 8,534 twin individuals in Sweden has found that those who were obese in midlife were 288% more likely to develop dementia in later life, and even those who were merely overweight in midlife were . . . → Read More: [Obesity and Even Overweight in Mid-Life Linked to Higher Risk of Dementia](#)

Weight Loss and Walking Exercise Improve Memory, Studies Find

Recent studies have found that both weight loss and walking exercise may improve or preserve memory. Weight Loss A new study led by John Gunstad, associate professor in Kent State University's Department of Psychology, and a team of researchers . . . → Read More: [Weight Loss and Walking Exercise Improve Memory, Studies Find](#)

Studies Find Calcium Supplements May Increase Risk of Heart Attack

New studies, conducted by medical researchers at the University of Auckland, New Zealand, and the University of Aberdeen, Scotland, found that post-menopausal women taking calcium supplements (with or without Vitamin D) may be at increased risk of heart attack. . . . → Read More: [Studies Find Calcium Supplements May Increase Risk of Heart Attack](#)

Beware Hand Sanitizers Making False Claims – FDA Issues Consumer Alert & Warning Letters to Four Sanitizer Companies

The U.S. Food and Drug Administration (FDA) posted a Consumer Update today, warning consumers not to rely upon any over-the-counter hand sanitizers or similar over-the-counter products making claims that they kill bacteria such as MRSA, E. coli, Salmonella, or . . . → Read More: [Beware Hand Sanitizers Making False Claims – FDA Issues Consumer Alert & Warning Letters to Four Sanitizer Companies](#)

Study Finds Eating Apples Every Day Promotes Heart Health & Weight Loss in Postmenopausal Women

A new study has found that daily apple consumption promotes cardiovascular health, and was even associated with weight loss, in postmenopausal women. The study, entitled, "Daily apple consumption promotes cardiovascular health in postmenopausal women," was conducted by researchers in . . . → Read More: [Study Finds Eating Apples Every Day Promotes Heart Health & Weight Loss in Postmenopausal Women](#)



AnswersForCare™ – Practical Caregiver Tips & Skills:

FDA Issues Tips for Caregivers on Medication Management

On May 4, 2011 the U.S. Food and Drug Administration (FDA) issued Ten Tips for Caregivers on How to Prevent Accidental Overdose from Over-The-Counter (OTC) liquid medications, at the same time as the Agency released guidelines to OTC drug . . . → Read More: [FDA Issues Tips for Caregivers on Medication Management](#)



AnswersForCare™ – Wellness for Seniors & Caregivers:

Diet, Exercise, Sleep & Physical Wellness

Weight Loss and Walking Exercise Improve Memory, Studies Find

Recent studies have found that both weight loss and walking exercise may improve or preserve memory. **Weight Loss** A new study led by John Gunstad, associate professor in Kent State University's Department of Psychology, and a team of researchers . . . → Read More: [Weight Loss and Walking Exercise Improve Memory, Studies Find](#)

Healthy Sounding Labels Are Not Always Low In Sodium!

According to doctors, too much sodium increases the risk of high blood pressure, heart disease, kidney stones, and osteoporosis. Watch Consumer Reports nutritionists find healthier . . . → Read More: [Healthy Sounding Labels Are Not Always Low In Sodium!](#)

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Some Basic Tips On Cooking For The Elderly

Meals high in fluid content avoid dehydration when cooking for the elderly. Watch Christine Marquette, a registered and licensed dietitian with the Austin Regional Clinic in Austin, . . . → Read More: [Some Basic Tips On Cooking For The Elderly](#)

Intellectual Wellness (Mental Acuity)

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

Social Isolation/ "Constricted Life Space" Linked to Higher Risk of Alzheimer's for Seniors

A recent study has found that seniors who were housebound or socially isolated (scientifically called "constricted life space") were significantly more likely to develop Alzheimer's Disease or Mild Cognitive Impairment, and experience more rapid cognitive decline, than seniors who . . . → Read More: [Social Isolation/ "Constricted Life Space" Linked to Higher Risk of Alzheimer's for Seniors](#)

Examples of Healthy Aging – Stories of Inspiring Seniors

100-Year-Old Doctor Still Seeing Patients

100-year-old gynecologist Dr. Walter Watson, the oldest practicing physician in the country, serves a chairman of his department at University Hospital in Augusta, Georgia where he still sees a few patients every day. He has delivered somewhere between 15,000 . . . → Read More: [100-Year-Old Doctor Still Seeing Patients](#)

Nebraska Matriarch Retires Next Week At 102 Years Old!

Watch Sally Gordon featured MSNBC's TodayShow when she was just 101» Visit msnbc.com for breaking news, world news, and news about the . . . → Read More: [Nebraska Matriarch Retires Next Week At 102 Years Old!](#)

100-Year-Old Table Tennis Star

Australian centenarian Dorothy de Low, at the 15th World Veterans Table Tennis Championships 2010 in China, wows the crowd. Watch from NewsOnABC»

94 Year-Old Mayor Completes Almost 50 Years Of Public Service!

Olive Stephens will not be seeking a 20th term as mayor of Shady Shores, Texas! After 48 years of public service, Ms Stephens is pleased to leave her town debt-free with money in the bank. She said this might . . . → Read More: [94 Year-Old Mayor Completes Almost 50 Years Of Public Service!](#)



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](#)

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Study Finds Common Alzheimer's Drug Not Effective To Treat Early to Moderate Alzheimer's

Attention caregivers for patients with mild to moderate Alzheimer's Disease: A new study published in the Archives of Neurology found that memantine, a drug commonly prescribed (under the brand name Namenda) for Alzheimer's patients, was not effective to treat . . . → Read More: [Study Finds Common Alzheimer's Drug Not Effective To Treat Early to Moderate Alzheimer's](#)

Arthritis, Osteoporosis & Rheumatic Conditions

Osteoporosis Concerns: What's New? Re-focus on Proper Movement and Posture

Recent reports of new statistics on osteoporosis have not been substantiated, but new concerns about safety of osteoporosis drugs and calcium supplements have recently re-focused attention on proper posture and movement techniques to avoid bone fractures, as well as . . . → Read More: [Osteoporosis Concerns: What's New? Re-focus on Proper Movement and Posture](#)

Heart Disease & Stroke

Warning Signs of A Heart Attack

Heart Attack/ Heart Disease is the number one cause of death in the U.S. Knowing the warning signs and symptoms of heart attack, and calling 911 immediately, can save your life or the life of your loved ones. Though . . . → Read More: [Warning Signs of A Heart Attack](#)

National Women's Health Week May 8 – May 14 — Focus on Older Women's Heart Health

As part of National Women's Health Week, May 8 – May 14, 2011, a new initiative of the HHS Office of Women's Health called, "Safety, Health for Older Women (SHOW)," will focus attention on older women's heart health. . . . → Read More: [National Women's Health Week May 8 – May 14 — Focus on Older Women's Heart Health](#)

Low Health Literacy Linked to Higher Death Rate Among Heart Patients

A new study conducted by a team of researchers from the Denver Health Medical Center, Kaiser Permanente Colorado Institute for Health Research, the University of Colorado Denver, and other institutions, has found that low health literacy among patients with . . . → Read More: [Low Health Literacy Linked to Higher Death Rate Among Heart Patients](#)

Studies Find Calcium Supplements May Increase Risk of Heart Attack

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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](#)

Other Medical Conditions Common in Seniors:

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

C-Dif:

Depression:

Diabetes:

Eyesight Problems:

Falls/ Fractures/ Mobility Loss

Hearing Loss

High Blood Pressure

Parkinson's Disease

Skin Cancers

Urinary Tract Infection (UTI)

More Medical News via HelpingYouCare™

How To Check Up On A Doctor

Resources to help you check up on your doctor which includes licensing, qualifications, and disciplinary action. See resource guide from Consumer Reports Health»

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

About Senior Housing & Care Facilities

Legal & Financial Issues

How To Save On The Cost Of Prescription Drugs

Some tips from the Medicare.gov on buying generic drugs and entering a discount prescription program. Click 10 ways to reduce your drug costs» See also the ABC Diane Sawyer News Video report on how to cut the cost of . . . → Read More: [How To Save On The Cost Of Prescription Drugs](#)

Featured Columns & Articles

Other Resources for Caregivers



OurTimeForCare™ – Caregiver Self-Care:

Caregiver Self-Care, Stress Management & Survival Tips

Inspiration & Humor for Caregivers

Laughter Found to Create Health Benefits Similar to Those of Exercise

Several scientific studies have found that laughter and a sense of humor produce many health benefits, some similar to those derived from

exercise. Studies by Loma Linda University Schools of Allied Health and Medicine According to studies conducted by . . . → [Read More:](#)

[Laughter Found to Create Health Benefits Similar to Those of Exercise](#)



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 Mayo Clinic Book of Home Remedies

The Mayo Clinic Book of Home Remedies: What to Do For The Most Common Health Problems provides do-it-yourself home remedies for common ailments. Many have recommended this practical book. These home remedies recommended by the Mayo Clinic for some . . . →

Read More: [The Mayo Clinic Book of Home Remedies](#)

[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](#)

How To Check Up On A Doctor

Resources to help you check up on your doctor which includes licensing, qualifications, and disciplinary action. See resource guide from Consumer Reports Health»

[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](#)

New Patient Safety Program Launched under Affordable Care Act

The “Partnership For Patients” program was officially launched today under the Patient Protection and Affordable Care Act. This \$1 Billion program, announced by the U.S. Department of Health & Human Services (HHS), aims to improve patient outcomes by reducing . . . → Read More: [New Patient Safety Program Launched under Affordable Care Act](#)

[Editorials & Advocacy for Health Care Reform](#)

Yale Study Links ‘Do-Not-Resuscitate Orders’ to Poor Surgical Outcomes & Higher Risk of Death

A new study by Yale researchers published today in the Archives of Surgery, one of the JAMA journals of the American Medical Association, found that Do-Not-Resuscitate Orders were associated with poor surgical outcomes and a higher risk of death . . . → Read More: [Yale Study Links ‘Do-Not-Resuscitate Orders’ to Poor Surgical Outcomes & Higher Risk of Death](#)

Alarming Trend: Medical Errors Have Increased in the U.S.

A new editorial in The Lancet medical journal cites staggering statistics that medical errors now occur in as many one-third of all U.S. hospitalizations. The editors present other attention-getting statistics from several scientific studies establishing that medical errors remain . . . → Read More: [Alarming Trend: Medical Errors Have Increased in the U.S.](#)

[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](#)

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