



## ***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:**

#### **High-Tech Increasingly Used to Allow Seniors to Age in Place**

Several pilot programs are being conducted by the Oregon Center for Aging & Technology to test motion sensors, skype-like video monitors, robots and other high-tech equipment, as a means of constantly monitoring the well-being of seniors in their own . . . →

Read More: [High-Tech Increasingly Used to Allow Seniors to Age in Place](#)

#### **TV Viewing Linked to Higher Risk of Type 2 Diabetes, Cardiovascular Disease & Death**

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#### **National Prevention Strategy Released June 16 Under Affordable Care Act**

On June 16, 2011, the Surgeon General of the U.S. along with the U.S. Department of Health and Human Services (HHS), and members of the National Prevention Council, announced the release of the National Prevention and Health Promotion Strategy, . . .

→ Read More: [National Prevention Strategy Released June 16 Under Affordable Care Act](#)

#### **Memorial Day Health Message for Caregivers: Wellness Tips from the CDC**

This Memorial Day, as we remember our loved ones who have gone on, including those who gave their lives in service of our country, let us resolve to honor their lives and the lives of those loved ones we . . . → Read More: [Memorial Day Health Message for Caregivers: Wellness Tips from the CDC](#)

[for Caregivers: Wellness Tips from the CDC](#)

#### **Vote by May 27 to Select Winner of Video Contest for Older Americans Month - & See Winners**

10 Finalists have been announced in the Connecting Generations Video Challenge being sponsored by the U.S. Administration on Aging (AoA) in honor of Older Americans Month, May, 2011. Public voting is open and ends May 27, to select the . . . → Read

More: [Vote by May 27 to Select Winner of Video Contest for Older Americans Month](#)

### **City Emergency Rooms Closing – Linked to Profit Motive – While ER Use Increases**

A significant new study reported in the May 18, 2011 issue of the Journal of the American Medical Association, has found that a net 27% of Hospital Emergency Rooms in U.S. cities closed between 1990 and 2009, and those . . . → Read More: [City Emergency Rooms Closing – Linked to Profit Motive – While ER Use Increases](#)

### **Govt Finds Dangerous Antipsychotic Drugs Given 95% “Off Label” in Nursing Homes**

The Office of Inspector General (OIG) of the U.S. Department of Health & Human Services released an investigation report on May 4, 2011, finding that among elderly Medicare patients in nursing homes, dangerous antipsychotic drugs are being given predominantly . . . → Read More: [Govt Finds Dangerous Antipsychotic Drugs Given 95% “Off Label” in Nursing Homes](#)



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

### **Under Affordable Care Act, Preventive Services Now Free to Medicare Beneficiaries**

Under the Affordable Care Act, since January 1, 2011, beneficiaries of Original Medicare no longer have to pay out-of-pocket costs for a “Welcome to Medicare” physical exam, and an annual preventive/ wellness visit with a participating physician is also . . . → Read More: [Under Affordable Care Act, Preventive Services Now Free to Medicare Beneficiaries](#)

### **New Tool Issued by HHS to Help Reduce Medication Errors**

The U.S. Department of Health & Human Services (HHS), Agency for Healthcare Research and Quality (AHRQ), has released a new tool to help consumers reduce medication errors — a revised booklet, with detachable wallet-sized card, entitled: “Your Medicines: Be . . . → Read More: [New Tool Issued by HHS to Help Reduce Medication Errors](#)

### **More Emergency Rooms Adopt Online Reservations Systems: You Can Book An Appointment & Wait at Home**

Ten hospitals in South Florida have recently joined a growing national trend by adopting online reservations systems for their Emergency Rooms. These systems allow patients with non-life-threatening conditions to go online, enter their symptoms, and, for a fee, book . . . → Read More: [More Emergency Rooms Adopt Online Reservations Systems: You Can Book An Appointment & Wait at Home](#)

### **Medicare Launches New Website for Caregivers**

The U.S. Department of Health & Human Services, Centers for Medicare & Medicaid Services has launched a new section of the Medicare.gov website focused on helping caregivers. The new site, called Medicare Basics — Eligibility and enrollment; definitions for . . . → Read More: [Medicare Launches New Website for Caregivers](#)



### **AnswersForCare™ – Wellness for Seniors & Caregivers:**

[Diet, Exercise, Sleep & Physical Wellness](#)

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## **FDA Tips For Cleaning Fruits and Vegetables**

It's estimated by Federal health officials that nearly 48 million people are sickened by contaminated food each year. Here are seven Food and Drug Administration recommendations for avoiding food contamination: "Wash your hands for 20 seconds with warm water . . . → Read More: [FDA Tips For Cleaning Fruits and Vegetables](#)

## **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**

### **Active At 103-Years-Old**

A daily bike ride with Octavio Orduno at 103. Watch»

### **The Oldest Man In America**

112-Year-old Walter Breuning is currently the oldest man in America. He lives in an assisted living center, but needs little assistance. He is not on any medicine and attributes his good health to watching what he eats and maintaining . . . → Read More: [The Oldest Man In America](#)

### **World's Oldest Woman**

YONE MINAGAWA, born in 1893 and now 114 years old, lives in Japan. She attributes her long life to a healthy diet rich in fish and rice. . . . → Read More: [World's Oldest Woman](#)

### **Secrets From A 101-Year-Old Life Of The Party**

Having a passion and not letting things bother you is a great start according to medical research! Gertrude Matthews plays the piano at a Palm Beach restaurant for two hours a night, twice a week. Watch her on 'World . . . → Read More: [Secrets From A 101-Year-Old Life Of The Party](#)

### **Dance Performance At 101-Years-Old**

The last remaining Ziegfeld Girl passed away at age 106 in 2010. Watch Doris Eaton Travis dancing at 101-years-old»

### **A Healthy Body and Mind at 98-Years Old**

A 98-year-old Japanese man's story of how he keeps physically and mentally fit. Watch an excerpt from the PBS documentary "The Art of . . . → Read More: [A Healthy Body and Mind at 98-Years Old](#)

### **94-Year-Old Track Star**

Watch a 94-year-old champ run the 100 yard dash»

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### **A 99-Year-Old Inspiration**

Veatrice Henson, a 99-year-old Missouri woman proves you are never too old to help those in need. See Marissa Cleaver's NBCActionNews report»

### **A Centenarian Competitive Snow Skier**

Watch CBS Sunday Morning introduce us to Lou Batori»



## **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](#)

### **Govt Finds Dangerous Antipsychotic Drugs Given 95% “Off Label” in Nursing Homes**

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### **Diabetes**

### **TV Viewing Linked to Higher Risk of Type 2 Diabetes, Cardiovascular Disease & Death**

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### **Tips for Traveling With Diabetes Issued by NIH and CDC**

The National Diabetes Education Program, jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention(CDC), has issued a checklist of tips to help you travel with diabetes. These may be helpful to . . . → Read More: [Tips for Traveling With Diabetes Issued by NIH and CDC](#)

### **Eyesight Problems**

### **May is Healthy Vision Month**

The National Eye Institute, part of the U.S. National Institutes of Health (NIH), has declared May as “Healthy Vision Month.” The purpose of Healthy Vision Month is to “encourage people and organizations around the world to recognize the value . . . → Read More: [May is Healthy Vision Month](#)

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

### **Prevent Falls by Older Adults**

The HHS Agency for Healthcare Research and Quality reports that fall-related injuries are responsible for about two million visits to hospital emergency departments per year, according to a May 12, 2011 HealthBeat report issued by the U.S. Department of . . . →  
Read More: [Prevent Falls by Older Adults](#)

## **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**

### **Midwest Parkinson Disease Conference, June 17, 2011**

The National Parkinson's Foundation is holding the annual Midwest Parkinson Disease Conference in Des Moines, Iowa, on Friday, June 17, 2011. Registrants can participate in person or by Free live webcast. HelpingYouCare™ has received the following announcement, inviting you . . . → Read More: [Midwest Parkinson Disease Conference, June 17, 2011](#)

## **Skin Cancers**

### **Screening for Melanoma Found Most Effective in Patients 50 Years or Older**

June issue of the Archives of Dermatology, a Journal of the American Medical Association, concluded: "Screening and surveillance efforts should focus on patients 50 years or older and those with a personal history of skin cancer or a family . . . → Read More: [Screening for Melanoma Found Most Effective in Patients 50 Years or Older](#)

## ***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**

### **Hearing Loss**

### **Heart Disease & Stroke**

### **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](#)



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

### **About Home Health Care**

### **High-Tech Increasingly Used to Allow Seniors to Age in Place**

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Read More: [High-Tech Increasingly Used to Allow Seniors to Age in Place](#)

### [About Senior Housing & Care Facilities](#)

### [Legal & Financial Issues](#)

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### [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*

#### **To Love What Is: A Marriage Transformed**

To Love What Is: A Marriage Transformed, by Alix Kates Shulman, is a beautiful, poignant love story spanning several decades. This memoir will touch your heart, and will touch home for you if you are or have been . . . → Read More: [To Love What Is: A Marriage Transformed](#)

### *Your Picks of the Month*

#### **Editors Seek Caregivers' Stories for New Chicken Soup for Caregivers Book**

The publisher of the Chicken Soup for the Soul series of books announced that its Editors are seeking submissions of original family caregiver stories for possible inclusion in a new book to be produced, under the title: Chicken Soup . . . → Read More: [Editors Seek Caregivers' Stories for New Chicken Soup for Caregivers Book](#)

### *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

#### **National Prevention Strategy Released June 16 Under Affordable Care Act**

On June 16, 2011, the Surgeon General of the U.S. along with the U.S. Department of Health and Human Services (HHS), and members of the National Prevention Council, announced the release of the National Prevention and Health Promotion Strategy, . . . → Read More: [National Prevention Strategy Released June 16 Under Affordable Care Act](#)

#### **Government Imposes Review on All Premium Rate Hikes of 10% or More by Health Insurers**

“Over the last 10 years, the cost of family health insurance has jumped an amazing 131 percent and today coverage is out of reach for millions of people and business owners,” the U.S. Department of Health & Human Services . . . → Read More: [Government Imposes Review on All Premium Rate Hikes of 10% or More by Health Insurers](#)

#### **Health Insurers Report Record Profits, Yet Raise Premiums, While People Postpone Care**

Kaiser Health News, which provides a summary of health policy coverage from more than 300 news organizations, is reporting from several sources that health insurance companies have realized record profits for the third year in a row, enhanced even . . . → Read More: [Health Insurers Report Record Profits, Yet Raise Premiums, While People Postpone Care](#)

#### **Affordable Care Act Will Save \$120 Billion for Medicare over 5 Years**

CMS.gov. It outlines savings resulting from improvements to the Medicare program, including implementation of several provisions in the Affordable Care Act, cracking down on fraud, waste, and abuse in the Medicare system; reforming payment systems to reward high quality . . . → Read More: [Affordable Care Act Will Save \\$120 Billion for Medicare over 5 Years](#)

#### **2011 Medicare Trustees Report Shows Affordable Care Act Added 8 Years of Solvency to Medicare Part A Hospital Insurance Trust Fund**

The Medicare Trustees issued their Annual Report for 2011 today. It shows that the Medicare (Part A) Hospital Insurance Trust Fund is now projected to remain solvent until 2024, eight years longer than would have been the case without . . . → Read More: [2011 Medicare Trustees Report Shows Affordable Care Act Added 8 Years of Solvency to Medicare Part A Hospital Insurance Trust Fund](#)

#### **Lawsuits Challenging Health Care Law to Be Argued on Appeal May 10**

Conservative blogs have pointed out that the Solicitor General usually argues cases only before the U.S. Supreme Court. E. Duncan Getchell Jr., Virginia’s solicitor general, will argue before the Fourth Circuit for the Commonwealth of Virginia, and the Dean . . . → Read More: [Lawsuits Challenging Health Care Law to Be Argued on Appeal May 10](#)

### Editorials & Advocacy for Health Care Reform

#### **Top 5 Recommendations for Improving Primary Care Issued Today by National Physicians Alliance**

The National Physicians Alliance (NPA), an organization of 22,000 physicians in the U.S., has developed and issued today, three lists of “Top 5” recommended changes in common clinical practices in primary medicine. They say, based on scientific literature and . . . → Read More: [Top 5 Recommendations for Improving Primary Care Issued Today by National Physicians Alliance](#)

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## **International Health Care Compare**



## **CaregiversLikeUs™ – Online Support Groups & Forums:**

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

### **New Virtual Caregiver Support Group by Telephone – 4 PM to 5:30 PM June 26**

The following Press Release was received from the Empowered Caregiver Network: “Houston, TX (PRWEB) June 09, 2011 The Empowered Caregiver Network, a new organization to support family caregivers worldwide, will begin conducting monthly “virtual support groups” on June 26. . . . → Read More: [New Virtual Caregiver Support Group by Telephone – 4 PM to 5:30 PM June 26](#)

## **Caregiver Stories – Listen or Read & Contribute Your Story**

### **Editors Seek Caregivers’ Stories for New Chicken Soup for Caregivers Book**

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## **CareWiki™ - Help Other Caregivers by Adding Your Tips**

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

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

[Info@HelpingYouCare.com](mailto:Info@HelpingYouCare.com)



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