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With this issue, we are pleased to introduce a new layout for *CaringMonth™*. Please let us know if you like it.

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| ***June-July, 2011 Issue 7***   |  | | --- | | HelpingYouCare_com Logo from Website ***CaringMonth™ by HelpingYouCare™***  ***Helping You Care for Aging Parents & Senior Loved Ones*** | | [***HelpingYouCare™***](http://www.helpingyoucare.com) ***(.com and .org)***  ***A Comprehensive Family Caregiver’s Resource, Support Community & Your Voice for Health Care Reform*** | | |
| ***CaringMonth™* -- Gives You a Free E-mail Update on the Latest News, Information & Resources from *HelpingYouCare™***  ***Latest News & Events of Interest to Caregivers***  picture  [**Caring for Parents Costs Americans $3 Trillion in Lost Wages, Pension & Social Security Benefits, as Percent of Family Caregivers Triples**](http://www.helpingyoucare.com/13672/caring-for-parents-costs-americans-3-trillion-in-lost-wages-pension-social-security-benefits-as-percent-of-family-caregivers-triples)  A significant new study has found that the percent of adult children caring for their aging parents has tripled in the last 15 years, and that providing this care costs the caregivers $3 Trillion in lost wages, pension, and . . . → Read More: [Caring for Parents Costs Americans $3 Trillion in Lost Wages, Pension & Social Security Benefits, as Percent of Family Caregivers Triples](http://www.helpingyoucare.com/13672/caring-for-parents-costs-americans-3-trillion-in-lost-wages-pension-social-security-benefits-as-percent-of-family-caregivers-triples)  picture[**Diabetes Pandemic Linked to Obesity Epidemic; Study Finds Early Diet Intervention Helps**](http://www.helpingyoucare.com/14119/diabetes-pandemic-linked-to-obesity-epidemic-study-finds-early-diet-intervention-helps)  New statistics show an alarming increase in type 2 diabetes, of pandemic proportions, worldwide, which is linked to the continuing, dramatic increase in obesity now being widely reported in the U.S. and worldwide. Addressing this worldwide “diabetes pandemic,” a . . . → Read More: [Diabetes Pandemic Linked to Obesity Epidemic; Study Finds Early Diet Intervention Helps](http://www.helpingyoucare.com/14119/diabetes-pandemic-linked-to-obesity-epidemic-study-finds-early-diet-intervention-helps)  picture[**New Report Shows Americans Getting Fatter; Serious Health & Policy Concerns**](http://www.helpingyoucare.com/14072/new-report-shows-americans-are-fatter-than-ever-and-getting-fatter)  A new report, F as in Fat: How Obesity Threatens America’s Future 2011, from the Trust for America’s Health (TFAH) and the Robert Wood Johnson Foundation (RWJF), shows that 68% of Americans are either overweight or obese, and adult . . . → Read More: [New Report Shows Americans Getting Fatter; Serious Health & Policy Concerns](http://www.helpingyoucare.com/14072/new-report-shows-americans-are-fatter-than-ever-and-getting-fatter)  picture [**TV Viewing Linked to Higher Risk of Type 2 Diabetes, Cardiovascular Disease & Death**](http://www.helpingyoucare.com/13602/tv-viewing-linked-to-higher-risk-of-type-2-diabetes-cardiovascular-disease-death)  A new study has found a correlation between every two additional hours of television viewing per day and an increase in risk of type 2 diabetes, cardiovascular disease, and death. The study, by researchers from Harvard School of Public . . . → Read More: [TV Viewing Linked to Higher Risk of Type 2 Diabetes, Cardiovascular Disease & Death](http://www.helpingyoucare.com/13602/tv-viewing-linked-to-higher-risk-of-type-2-diabetes-cardiovascular-disease-death)  picture[**Tips to Celebrate a Safe and Happy Fourth of July**](http://www.helpingyoucare.com/13929/tips-to-celebrate-a-safe-and-happy-fourth-of-july)  This Fourth of July will be the 235th birthday of the United States of America. To help you celebrate safely, the U.S. Government has posted a number of resources at USA.gov, the U.S. government’s official web portal, and on . . . → Read More: [Tips to Celebrate a Safe and Happy Fourth of July](http://www.helpingyoucare.com/13929/tips-to-celebrate-a-safe-and-happy-fourth-of-july)  picture[**Some Fourth of July Barbecue Tips For Avoiding Bacteria**](http://www.helpingyoucare.com/13917/some-fouth-of-july-barbecue-tips-for-avoiding-bacteria)  How long can hot or cold food be left out on the kitchen counter, or outside in hot weather? See the Food and Drug Administration guidelines and tips here» What is the minimum safe cooking temperature for beef? What . . . → Read More: [Some Fouth of July Barbecue Tips For Avoiding Bacteria](http://www.helpingyoucare.com/13917/some-fouth-of-july-barbecue-tips-for-avoiding-bacteria)  picture[**Shire Launches BRAVE Awards to Recognize Caregivers**](http://www.helpingyoucare.com/13784/shire-launches-brave-awards-to-recognize-caregivers)  HelpingYouCare™ has received the following press release from representatives of Shire Pharmaceuticals, an international biopharmaceutical company headquartered in Ireland, announcing a new BRAVE Awards program being sponsored by Shire to recognize family caregivers: www.ShireBRAVEawards.com between June 15 and August . . . → Read More: [Shire Launches BRAVE Awards to Recognize Caregivers](http://www.helpingyoucare.com/13784/shire-launches-brave-awards-to-recognize-caregivers)  ***Practical Tips, Skills & Tools for Caregivers***  picture[**Can a Patient Know Too Much? Are You Annoying Your Doctors?**](http://www.helpingyoucare.com/14033/can-a-patient-know-too-much-are-you-annoying-your-doctors)  Recently controversy has swirled around a website, QuantiaMD, which provides a physician-to-physician educational presentation entitled, “Managing the Difficult Patient.” This controversy has raised questions about how patients can make the most constructive and helpful use of the vast quantity . . . → Read More: [Can a Patient Know Too Much? Are You Annoying Your Doctors?](http://www.helpingyoucare.com/14033/can-a-patient-know-too-much-are-you-annoying-your-doctors)  [**How To Stay Healthy On A Cruise**](http://www.helpingyoucare.com/14005/how-to-stay-healthy-on-a-cruise)  Concerned about seasickness or cruise ship outbreaks of norovirus? Watch these videos for some helpful tips for a safe and healthy cruise vacation from the National Center for Emerging and Zoonotic Infectious Disease (NCEZID)» CDC Video Player. Flash Player . . . → Read More: [How To Stay Healthy On A Cruise](http://www.helpingyoucare.com/14005/how-to-stay-healthy-on-a-cruise)  picture[**9 Common-Sense Tips to Improve Your Memory from Johns Hopkins**](http://www.helpingyoucare.com/14024/9-common-sense-tips-to-improve-your-memory-from-johns-hopkins)  In its July 4 issue, Johns Hopkins Health Alerts published a checklist of 9 common-sense tips to help overcome minor memory lapses that come with aging. Johns Hopkins cautions that “age-associated memory impairment can’t be eliminated completely,” but, they . . . → Read More: [9 Common-Sense Tips to Improve Your Memory from Johns Hopkins](http://www.helpingyoucare.com/14024/9-common-sense-tips-to-improve-your-memory-from-johns-hopkins)  ***Wellness: Diet, Exercise & Healthy Living***  picture[**Which Foods Are Linked to Highest Weight Gain Every 4 Years?**](http://www.helpingyoucare.com/13763/which-foods-are-linked-to-highest-weight-gain-every-4-years)  Based on three long-term studies conducted on 120,877 adult men and women who were followed for periods of 12 to 20 years, scientists at Harvard have isolated a list of foods and other lifestyle factors most and least associated . . . → Read More: [Which Foods Are Linked to Highest Weight Gain Every 4 Years?](http://www.helpingyoucare.com/13763/which-foods-are-linked-to-highest-weight-gain-every-4-years)  picture[**Healthy Lifestyle Associated With 92 Percent Lower Risk of Sudden Cardiac Death**](http://www.helpingyoucare.com/13946/healthy-lifestyle-associated-with-92-percent-lower-risk-of-sudden-cardiac-death)  A new study by Harvard researchers has found that adhering to a healthy lifestyle, including not smoking, exercising regularly, having a low body weight and eating a healthy diet, lowered by 92 percent the risk of sudden cardiac . . . → Read More: [Healthy Lifestyle Associated With 92 Percent Lower Risk of Sudden Cardiac Death](http://www.helpingyoucare.com/13946/healthy-lifestyle-associated-with-92-percent-lower-risk-of-sudden-cardiac-death)  picture[**Automated Motivational Text Messages Help Stop Smoking**](http://www.helpingyoucare.com/13976/motivational-text-messages-help-stop-smoking)  A new UK study has found that smokers who participated in an smoking cessation program called “text2stop” which was delivered by automated mobile phone text messages achieved continuous abstinence at 6 months at twice the rate of a control . . . → Read More: [Automated Motivational Text Messages Help Stop Smoking](http://www.helpingyoucare.com/13976/motivational-text-messages-help-stop-smoking)  picture[**MyPlate Icon Replaces Food Pyramid**](http://www.helpingyoucare.com/13797/myplate-icon-replaces-food-pyramid)  The U.S. Department of Agriculture (USDA) has announced that the traditional Food Pyramid will be replaced with an icon in the shape of a plate, to help Americans understand and achieve a balanced diet. Information about the new icon, . . . → Read More: [MyPlate Icon Replaces Food Pyramid](http://www.helpingyoucare.com/13797/myplate-icon-replaces-food-pyramid)  [**Can Chlorinated Water Hurt Your Skin Or Hair?**](http://www.helpingyoucare.com/13744/can-chlorinated-water-hurt-your-skin-or-hair)  Swimming is one of the best exercises for people over 50…but can the chlorine hurt your skin or hair? For the answer and some tips watch Dr. Wilma Bergfeld’s video from Discovery Health in partnership with the Cleveland . . . → Read More: [Can Chlorinated pictureWater Hurt Your Skin Or Hair?](http://www.helpingyoucare.com/13744/can-chlorinated-water-hurt-your-skin-or-hair)  [**ABS Workout**](http://www.helpingyoucare.com/13717/abs-workout)  Looking for a good ABS workout? Want to learn and understand what abdominal muscles are really involved, what makes for a good workout, and why? And, be prudent and cautious to avoid injuring yourself? Read this article by Cheryl . . . → Read More: [ABS Workout](http://www.helpingyoucare.com/13717/abs-workout)  picture[**June is National Prevention and Wellness Month**](http://www.helpingyoucare.com/13641/june-is-national-prevention-and-wellness-month)  This June has been declared the first ever National Prevention and Wellness Month. As explained in a release issued Monday, June 20 by the U.S. Department of Health & Human Services (HHS), this is part of an initiative, sparked . . . → Read More: [June is National Prevention and Wellness Month](http://www.helpingyoucare.com/13641/june-is-national-prevention-and-wellness-month)  picture  [**Why Some Doctors Dance**](http://www.helpingyoucare.com/13625/why-some-doctors-dance)  Cleveland Clinic Dr. Elaine Wyllie, Director of Pediatric Neurology, and Dr. Robert Wyllie, Chairman of the Pediatric Institute and Children’s Hospital, took up ballroom dancing to help them stay in shape. Some other benefits of ballroom dancing, according to . . . → Read More: [Why Some Doctors Dance](http://www.helpingyoucare.com/13625/why-some-doctors-dance)  picture [**National Prevention Strategy Released June 16 Under Affordable Care Act**](http://www.helpingyoucare.com/13573/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](http://www.helpingyoucare.com/13573/national-prevention-strategy-released-june-16-under-affordable-care-act)  ***Healthy Aging/ Stories of Inspiring Seniors***  [**Japan’s Best-Selling Poet Began Writing At 92**](http://www.helpingyoucare.com/14115/japans-best-selling-poet-began-writing-at-92)  Toyo Shibata is now celebrating her 100th birthday. She said, “I work hard to improve every day.” She has already sold 1.5 million copies of her book “Don’t Lose Heart.” Watch her story on ABC News . . . → Read More: [Japan’s Best-Selling Poet Began Writing At 92](http://www.helpingyoucare.com/14115/japans-best-selling-poet-began-writing-at-92)  [**Loving Life And Over 90**](http://www.helpingyoucare.com/14104/loving-life-and-over-90)  Watch a segment of a PBS documentary, featuring people 90 plus living extraordinary and passionate lives, by filmmaker Susan Polis Schutz»  ***Medical Conditions Commonly Faced by Seniors***  picture[**Motivational Talk Therapy After Stoke May Increase Chances of Survival & Reduce Depression**](http://www.helpingyoucare.com/13870/motivational-talk-therapy-after-stoke-may-increase-chances-of-survival-reduce-depression)  A new study has found that stroke patients who, in addition to receiving standard stroke care, met with therapists to discuss recovery, life expectations, and potential obstacles, within one month after stroke experienced a 50% lower death rate, and . . . → Read More: [Motivational Talk Therapy After Stoke May Increase Chances of Survival & Reduce Depression](http://www.helpingyoucare.com/13870/motivational-talk-therapy-after-stoke-may-increase-chances-of-survival-reduce-depression)  picture[**Diabetes Pandemic Linked to Obesity Epidemic; Study Finds Early Diet Intervention Helps**](http://www.helpingyoucare.com/14119/diabetes-pandemic-linked-to-obesity-epidemic-study-finds-early-diet-intervention-helps)  New statistics show an alarming increase in type 2 diabetes, of pandemic proportions, worldwide, which is linked to the continuing, dramatic increase in obesity now being widely reported in the U.S. and worldwide. Addressing this worldwide “diabetes pandemic,” a . . . → Read More: [Diabetes Pandemic Linked to Obesity Epidemic; Study Finds Early Diet Intervention Helps](http://www.helpingyoucare.com/14119/diabetes-pandemic-linked-to-obesity-epidemic-study-finds-early-diet-intervention-helps)  picture[**Calcium + Vitamin D Reduced Melanoma Risk by 57% in Women with History of Other Skin Cancer**](http://www.helpingyoucare.com/13838/calcium-vitamin-d-reduced-melanoma-risk-by-57-in-women-with-history-of-other-skin-cancer)  A new study led by scientists at Stanford has found that a daily supplement of 1,000 mg of calcium plus 400 IU of vitamin D3 lowered the risk of getting melanoma by 57% in women with a history of . . . → Read More: [Calcium + Vitamin D Reduced Melanoma Risk by 57% in Women with History of Other Skin Cancer](http://www.helpingyoucare.com/13838/calcium-vitamin-d-reduced-melanoma-risk-by-57-in-women-with-history-of-other-skin-cancer)  picture [**TV Viewing Linked to Higher Risk of Type 2 Diabetes, Cardiovascular Disease & Death**](http://www.helpingyoucare.com/13602/tv-viewing-linked-to-higher-risk-of-type-2-diabetes-cardiovascular-disease-death)  A new study has found a correlation between every two additional hours of television viewing per day and an increase in risk of type 2 diabetes, cardiovascular disease, and death. The study, by researchers from Harvard School of Public . . . → Read More: [TV Viewing Linked to Higher Risk of Type 2 Diabetes, Cardiovascular Disease & Death](http://www.helpingyoucare.com/13602/tv-viewing-linked-to-higher-risk-of-type-2-diabetes-cardiovascular-disease-death)  picture[**Screening for Melanoma Found Most Effective in Patients 50 Years or Older**](http://www.helpingyoucare.com/13559/screening-for-melanoma-found-most-effective-in-patients-50-years-or-older)  June, 2011 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 . . . → Read More: [Screening for Melanoma Found Most Effective in Patients 50 Years or Older](http://www.helpingyoucare.com/13559/screening-for-melanoma-found-most-effective-in-patients-50-years-or-older)  ***Home Health Care, Technology & Aging in Place***  picture [**High-Tech Increasingly Used to Allow Seniors to Age in Place**](http://www.helpingyoucare.com/13583/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](http://www.helpingyoucare.com/13583/high-tech-increasingly-used-to-allow-seniors-to-age-in-place)  picture[**Telemedicine Allows Parkinson’s Patients to Visit Their Doctors by Video Conference**](http://www.helpingyoucare.com/13855/telemedicine-allows-parkinsons-patients-to-visit-their-doctors-by-video-conference)  A new telemedicine program at the University of Rochester Movement Disorders Clinic in Rochester, New York, supported in part by funding from the National Parkinson Foundation, is allowing patients with Parkinson’s Disease to see their doctors remotely via video-conference. . . . → Read More: [Telemedicine Allows Parkinson’s Patients to Visit Their Doctors by Video Conference](http://www.helpingyoucare.com/13855/telemedicine-allows-parkinsons-patients-to-visit-their-doctors-by-video-conference)  ***News on Health Care Reform***  [**U.S. Sixth Circuit Court of Appeals Upholds Affordable Care Act**](http://www.helpingyoucare.com/13883/u-s-sixth-circuit-court-of-appeals-upholds-affordable-care-act)  lower court ruling by U.S. District Judge George C. Steeh in Detroit. Judge Steeh upheld the Constitutionality of the Affordable Care Act, finding that the act of choosing not to buy health insurance was a consequential commercial decision that . . . → Read More: [U.S. Sixth Circuit Court of Appeals Upholds Affordable Care Act](http://www.helpingyoucare.com/13883/u-s-sixth-circuit-court-of-appeals-upholds-affordable-care-act)  picture[**Affordable Care Act Has Saved Medicare Beneficiaries $260 Million on Prescription Drugs in 5 Months**](http://www.helpingyoucare.com/13823/affordable-care-act-has-saved-medicare-beneficiaries-260-million-on-prescription-drugs-in-5-months)  The U.S. Department of Health & Human Services (HHS), Centers for Medicare and Medicaid Services (CMS), reported today that in the first five months of 2011, the Affordable Care Act has saved $260 Million in prescription drug costs for . . . → Read More: [Affordable Care Act Has Saved Medicare Beneficiaries $260 Million on Prescription Drugs in 5 Months](http://www.helpingyoucare.com/13823/affordable-care-act-has-saved-medicare-beneficiaries-260-million-on-prescription-drugs-in-5-months)  picture [**Which State Provides the Best Health Care?**](http://www.helpingyoucare.com/13703/which-state-provides-the-best-health-care-3)  A study by the Commonwealth Fund ranked the 50 U.S. States as to the quality of their health care in 2009. [See Image At Left] Recently, U.S. States have signaled increasingly divergent approaches to health care,  moving in opposite . . . → Read More: [Which State Provides the Best Health Care?](http://www.helpingyoucare.com/13703/which-state-provides-the-best-health-care-3)  picture [**National Prevention Strategy Released June 16 Under Affordable Care Act**](http://www.helpingyoucare.com/13573/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](http://www.helpingyoucare.com/13573/national-prevention-strategy-released-june-16-under-affordable-care-act) | ***HelpingYouCare™***  **Site Contents:**  [**Home**](http://www.helpingyoucare.com/)  [**AnswersForCare™**](http://www.helpingyoucare.com/answersforcare%e2%84%a2)   * [**Practical Tips, Skills & Tools for Caregiving - Overview**](http://www.helpingyoucare.com/answersforcare%e2%84%a2/practical-tips-skills-tools-checklists-for-caregivers-overview)   + - [Practical Tips & Skills for Family Caregivers](http://www.helpingyoucare.com/answersforcare%e2%84%a2/practical-tips-skills-tools-checklists-for-caregivers-overview/practical-tips-skills-for-family-caregivers)     - [How to Deal with Difficult Elderly Behavior](http://www.helpingyoucare.com/answersforcare%e2%84%a2/practical-tips-skills-tools-checklists-for-caregivers-overview/how-to-deal-with-difficult-elderly-behavior)     - [Checklists for Caregivers (Free)](http://www.helpingyoucare.com/answersforcare%e2%84%a2/practical-tips-skills-tools-checklists-for-caregivers-overview/checklists-for-caregivers)     - [Other Practical Tools for Caregiving](http://www.helpingyoucare.com/answersforcare%e2%84%a2/practical-tips-skills-tools-checklists-for-caregivers-overview/practical-tools-for-caregiving-worksheets-technology-calendars-more) * [**Medical Conditions Commonly Faced by Seniors**](http://www.helpingyoucare.com/answersforcare%e2%84%a2/medical-conditions-commonly-faced-by-seniors)   + - [Alzheimer’s/ Dementia](http://www.helpingyoucare.com/answersforcare%e2%84%a2/medical-conditions-commonly-faced-by-seniors/alzheimers-dementia)     - [Arthritis, Osteoporosis & Rheumatic Conditions](http://www.helpingyoucare.com/answersforcare%e2%84%a2/medical-conditions-commonly-faced-by-seniors/arthritis-osteoporosis-rheumatic-conditions)     - [Bladder & Bowel Control/ Incontinence Problems](http://www.helpingyoucare.com/answersforcare%e2%84%a2/medical-conditions-commonly-faced-by-seniors/bladder-bowel-control-incontinence-problems)     - [C-Dif/ Extreme Diarrhea](http://www.helpingyoucare.com/answersforcare%e2%84%a2/medical-conditions-commonly-faced-by-seniors/c-dif-extreme-diarrhea)     - [Depression](http://www.helpingyoucare.com/answersforcare%e2%84%a2/medical-conditions-commonly-faced-by-seniors/depression)     - [Diabetes](http://www.helpingyoucare.com/answersforcare%e2%84%a2/medical-conditions-commonly-faced-by-seniors/diabetes)     - [Eyesight Problems](http://www.helpingyoucare.com/answersforcare%e2%84%a2/medical-conditions-commonly-faced-by-seniors/eyesight-problems)     - [Falls/ Fractures/ Mobility Loss](http://www.helpingyoucare.com/answersforcare%e2%84%a2/medical-conditions-commonly-faced-by-seniors/falls-fractures-mobility-loss)     - [Hearing Loss](http://www.helpingyoucare.com/answersforcare%e2%84%a2/medical-conditions-commonly-faced-by-seniors/hearing-loss)     - [Heart Diseases & Stroke](http://www.helpingyoucare.com/answersforcare%e2%84%a2/medical-conditions-commonly-faced-by-seniors/heart-disease-stroke)     - [High Blood Pressure](http://www.helpingyoucare.com/answersforcare%e2%84%a2/medical-conditions-commonly-faced-by-seniors/high-blood-pressure)     - [Parkinson's Disease](http://www.helpingyoucare.com/answersforcare%e2%84%a2/medical-conditions-commonly-faced-by-seniors/parkinsons-disease)     - [Skin Cancers](http://www.helpingyoucare.com/answersforcare%e2%84%a2/medical-conditions-commonly-faced-by-seniors/skin-cancer)     - [Urinary Tract Infection (UTI)](http://www.helpingyoucare.com/answersforcare%e2%84%a2/medical-conditions-commonly-faced-by-seniors/urinary-tract-infection)     - [Medical News – General](http://www.helpingyoucare.com/answersforcare%e2%84%a2/medical-conditions-commonly-faced-by-seniors/medical-news-general)     - [Links to Other Medical Resources](http://www.helpingyoucare.com/answersforcare%e2%84%a2/medical-conditions-commonly-faced-by-seniors/other-medical-resources) * [**Wellness/ Healthy Living for Seniors & Caregivers**](http://www.helpingyoucare.com/answersforcare%e2%84%a2/wellness-healthy-living-for-seniors-caregivers)   + - [Diet & Nutrition: Physical Wellness](http://www.helpingyoucare.com/answersforcare%e2%84%a2/wellness-healthy-living-for-seniors-caregivers/diet-nutrition-physical-wellness)     - [Exercise: Physical Wellness](http://www.helpingyoucare.com/answersforcare%e2%84%a2/wellness-healthy-living-for-seniors-caregivers/exercise-physical-wellness)     - [Sleep, Hygiene, Quit Smoking & Other Healthy Practices: Physical Wellness](http://www.helpingyoucare.com/answersforcare%e2%84%a2/wellness-healthy-living-for-seniors-caregivers/sleep-hygiene-quit-smoking-other-healthy-practices-physical-wellness)     - [Activities for Mental Acuity: Intellectual Wellness](http://www.helpingyoucare.com/answersforcare%e2%84%a2/wellness-healthy-living-for-seniors-caregivers/activities-for-mental-acuity-intellectual-wellness)     - [Social Interaction & A Sense of Connection With Others: Social Wellness](http://www.helpingyoucare.com/answersforcare%e2%84%a2/wellness-healthy-living-for-seniors-caregivers/social-interaction-a-sense-of-connection-with-others-social-wellness)     - [Other Areas of Wellness: Emotional, Ethical/ Spiritual & Vocational Wellness](http://www.helpingyoucare.com/answersforcare%e2%84%a2/wellness-healthy-living-for-seniors-caregivers/other-areas-of-wellness-emotional-ethical-spiritual-vocational-wellness)     - [Healthy Aging – Stories of Inspiring Seniors](http://www.helpingyoucare.com/answersforcare%e2%84%a2/wellness-healthy-living-for-seniors-caregivers/healthy-aging-stories-of-inspiring-seniors) * [**About Home Health Care**](http://www.helpingyoucare.com/answersforcare%e2%84%a2/about-home-health-care) * [**About Senior Housing & Care Facilities**](http://www.helpingyoucare.com/answersforcare%e2%84%a2/about-senior-housing-care-facilities)   + - [Introduction: Senior Housing & Care Facility Options – Understanding & Choosing](http://www.helpingyoucare.com/answersforcare%e2%84%a2/about-senior-housing-care-facilities/introduction-senior-housing-care-facility-options-%e2%80%93-understanding-choosing)     - [About Continuing Care Retirement Communities (CCRC's)](http://www.helpingyoucare.com/answersforcare%e2%84%a2/about-senior-housing-care-facilities/about-continuing-care-retirement-communities-ccrcs)     - [About Assisted Living](http://www.helpingyoucare.com/answersforcare%e2%84%a2/about-senior-housing-care-facilities/about-assisted-living)     - [About Nursing Homes & Rehabilitation Facilities](http://www.helpingyoucare.com/answersforcare%e2%84%a2/about-senior-housing-care-facilities/about-nursing-homes-rehabilitation-facilities)     - [About Hospice & Palliative Care](http://www.helpingyoucare.com/answersforcare%e2%84%a2/about-senior-housing-care-facilities/about-hospice-palliative-care)     - [Monitoring & Improving Quality of Your Loved One’s Care at a Care Facility](http://www.helpingyoucare.com/answersforcare%e2%84%a2/about-senior-housing-care-facilities/monitoring-improving-quality-of-your-loved-ones-care-at-a-care-facility) * [**Legal & Financial Matters**](http://www.helpingyoucare.com/answersforcare%e2%84%a2/legal-financial-matters-for-seniors-caregivers)   + - 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