

September-October, 2011

Issue 10



CaringMonth™ by HelpingYouCare™

Helping You Care for Senior Loved Ones & For Yourself

HelpingYouCare™ (.com and .org)

A Comprehensive Family Caregiver's Resource

Daily News, In-Depth Information & Supportive Resources –HelpingYouCare for Senior Loved Ones & Yourself

CaringMonth™ -- Gives You a Free E-mail Update on the Latest News, Information & Resources from *HelpingYouCare™*

Please forward this to your Friends & Invite them to [Subscribe to CaringMonth™](#) - The Free E-Mail Newsletter from [HelpingYouCare™](#)

Latest News & Events of Interest to Caregivers



Improving Your Health Literacy May Help You Improve Your Health, Survey Suggests

A new survey published on October 19 found that while almost eight in ten people who reported having a recent blood test claim they understood the results, in fact 48 percent did not know their cholesterol level, and 65 . . .

→ Read More: [Improving Your Health Literacy May Help You Improve](#)

[Your Health, Survey Suggests](#)



October is National Physical Therapy Month

The American Physical Therapy Association (APTA) has declared October as "National Physical Therapy Month." "Mobility is the key ingredient to aging successfully and remaining active and independent throughout our lives," said R Scott Ward, PT, PhD, President of the . . . → Read More:

[October is National Physical Therapy Month](#)



New Studies Find Harm to Health from Vitamin Use

Two new studies published this week in journals of the American Medical Association have found evidence that taking extra doses of vitamin supplements may significantly increase risks to health and longevity.

"There really is not any compelling evidence that . . . → Read More: [New](#)

HelpingYouCare™

Site Contents:

[Home](#)

AnswersForCare™

- [Practical Tips, Skills & Tools for Caregiving - Overview](#)
 - [Practical Tips & Skills for Family Caregivers](#)
 - [How to Deal with Difficult Elderly Behavior](#)
 - [Checklists for Caregivers \(Free\)](#)
 - [Other Practical Tools for Caregiving](#)
- [Medical Conditions Commonly Faced by Seniors](#)
 - [Alzheimer's/ Dementia](#)
 - [Arthritis, Osteoporosis & Rheumatic Conditions](#)
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 - [Falls/ Fractures/ Mobility Loss](#)
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 - [Heart Diseases & Stroke](#)
 - [High Blood Pressure](#)
 - [Parkinson's Disease](#)
 - [Skin Cancers](#)
 - [Urinary Tract Infection \(UTI\)](#)
 - [Medical News – General](#)



[Wellness](#)

A Tribute to Steve Jobs; Remembering His Legacy to Healthcare & Wellness

Steve Jobs, 56, the founder of Apple®, died Wednesday, October 5, 2011, after a long battle with pancreatic cancer. Despite his personal struggle, Jobs is remembered for his remarkable contributions to technology, including healthcare and wellness technology, and his . . . → [Read More: A Tribute to Steve Jobs; Remembering His Legacy to Healthcare &](#)



Next Generations – Seminar Series on Aging

HelpingYouCare™ has received the following announcement of a Seminar Series on Aging, starting November 9, 2011, sponsored by Next Generations:



Future of Medicine Summit V, Oct 27-29, Sponsored by Palm Beach County Medical Society

The Fifth annual Future of Medicine Summit, sponsored by the Palm Beach County Medical Society, will take place on October 27-29, 2011, at the Palm Beach County Convention Center in West Palm Beach, Florida. Here is information about the . . . → [Read More: Future of Medicine Summit V, Oct 27-29, Sponsored by Palm Beach County Medical Society](#)



[Heart](#)

September 29 is World Heart Day — One World, One Home, One Heart

September 29, 2011 marks the 11 year anniversary of celebrating World Heart Day, an international campaign created in 2000 by the World Heart Federation, a non-governmental organization based in Geneva, Switzerland, to increase public awareness about the threat of . . . → [Read More: September 29 is World Heart Day — One World, One Home, One](#)



September is World Alzheimer's Month; September 21 is Alzheimer's Action Day

- [Links to Other Medical Resources](#)
- [Medication Management and Information](#)
- [Wellness/ Healthy Living for Seniors & Caregivers](#)
 - [Diet & Nutrition: Physical Wellness](#)
 - [Exercise: Physical Wellness](#)
 - [Sleep, Hygiene, Quit Smoking & Other Healthy Practices: Physical Wellness](#)
 - [Activities for Mental Acuity: Intellectual Wellness](#)
 - [Social Interaction & A Sense of Connection With Others: Social Wellness](#)
 - [Other Areas of Wellness: Emotional, Ethical/ Spiritual & Vocational Wellness](#)
 - [Healthy Aging – Stories of Inspiring Seniors](#)
- [About Home Health Care](#)
- [About Senior Housing & Care Facilities](#)
 - [Introduction: Senior Housing & Care Facility Options – Understanding & Choosing](#)
 - [About Continuing Care Retirement Communities \(CCRC's\)](#)
 - [About Assisted Living](#)
 - [About Nursing Homes & Rehabilitation Facilities](#)
 - [About Hospice & Palliative Care](#)
 - [Monitoring & Improving Quality of Your Loved One's Care at a Care Facility](#)
- [Legal & Financial Matters](#)
 - [Legal Matters - For Seniors & Family Caregivers](#)
 - [Financial Matters – Paying for Care](#)
- [Other Resources for Caregivers – Links](#)
- [Featured Columns & Articles on HelpingYouCare™](#)

The Alzheimer's Association has declared September "World Alzheimer's Month," a time to place focus on Alzheimer's and the need for public education, awareness and action to combat the "Alzheimer's Epidemic" that threatens the world as populations age. As part . . . → [Read More: September is World Alzheimer's Month; September 21 is Alzheimer's Action Day](#)



HHS Text4Health Task Force Recommends Health Text Messaging Initiatives

On Monday, September 19, the U.S. Department of Health and Human Services (HHS) announced new recommendations of its Text4Health Task Force as well as other initiatives to support health text messaging and encourage development of mobile health (mHealth) programs. . . . → [Read More: HHS Text4Health Task Force Recommends Health Text Messaging Initiatives](#)



HHS & Public-Private Partners Aim to Prevent 1 Million Heart Attacks & Strokes in 5 Years

The U.S. Department of Health & Human Services (HHS) yesterday announced a new "Million Hearts" campaign being launched by a public-private partnership of several government and private sector organizations, with the aim of preventing 1 million heart attacks and . . . → [Read More: HHS & Public-Private Partners Aim to Prevent 1 Million Heart Attacks & Strokes in 5 Years](#)

Practical Tips, Skills & Tools for Caregivers



New Patient Guides & Treatment Decision Aids Provided by AHRQ

The Agency for Healthcare Research and Quality (AHRQ), part of the U.S. Department of Health & Human Services (HHS) is providing a new series of Guides for Patients and Consumers. These new Guides for Patients and Consumers include Consumer . . . → [Read More: New Patient Guides & Treatment Decision Aids Provided by AHRQ](#)



New AHRQ Initiative: Questions are the Answer For Better Doctor-Patient Communication

On Tuesday, September 20, the Agency for Healthcare Research and Quality (AHRQ), part of the U.S. Department of Health and Human Services' (HHS), along with the Ad Council, a non-profit organization, launched a new Questions are the Answer initiative . . . → [Read More:](#)

- [Currently Featured Articles & Videos](#)
- [Wellness Column by Ruth Mansmith](#)
- [Ask An Expert](#)

[CaregiversCollege™](#)

- [Classes, Lectures, Courses & Webinars For Caregivers](#)
- [CaringTube™ Channel – Online Videos for Caregivers](#)
- [Ask An Expert/ Find an Advisor](#)

[BooksForCaregivers™](#)

- [Bookstore](#)
- [Editors' Book Selections of the Month](#)
- [Your Book Picks of the Month](#)

[CareHelpFinder™](#)

- [Find Home Health Care](#)
- [Find Senior Housing and Care Facilities](#)
 - [Find Assisted Living Facilities](#)
 - [Find Nursing Homes](#)
 - [Find Continuing Care Retirement Communities \(CCRC's\) & Independent Living](#)
 - [Find Respite Care & Other Care Facilities](#)
- [Find Care Managers & Other Professional Advisors](#)
- [Find Other Care Resources](#)

[ThingsForElderNeeds™](#)

- [Helpful Technology, Products & Supplies for Elder Needs](#)
- [Helpful Medical Equipment](#)
- [Comfortable & Adaptive Senior Clothing](#)

[OurTimeForCare™](#)

- [Caregiver Self-Care, Stress Management & Survival Tips](#)
- [Inspiration & Humor](#)

[CaregiversLikeUs™](#)

- [Support Community/ Forums –](#)



[New AHRQ Initiative: Questions are the Answer For Better Doctor-Patient Communication](#)

American Red Cross Offers Free Family Caregiver Classes

The American Red Cross is sponsoring a series of Classes for Family caregivers, which include eight one-hour modules of instruction on topics intended "to help participants gain an understanding of what is involved in caring for a loved one." . . . → Read More: [American Red Cross Offers Free Family Caregiver Classes](#)

Wellness: Diet, Exercise, Hygiene & Healthy Living



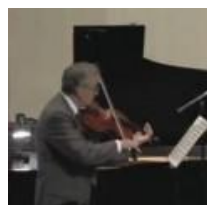
Harvard Proposes Its Own Healthy Eating Plate Instead of USDA's MyPlate

On Wednesday, September 14, Harvard Health Publications revealed a new Healthy Eating Plate icon developed by nutrition experts at Harvard School of Public Health with Harvard Health Publications, which the Harvard scientists say is intended to provide a simple . . . → Read More: [Harvard Proposes Its Own Healthy Eating Plate Instead of USDA's](#)

[MyPlate](#)

No Drug as Good as Walking

Four lifestyle choices (tobacco, unmanaged stress, physical inactivity, and poor food choices) account for why Americans spent last year over 16% of GDP (all goods and services we produce) on healthcare. Americans have twice the rate of all chronic . . . → Read More: [No Drug as Good as Walking](#)



The Healing Power of Music

Watch Cleveland Clinic's involvement on how the arts can be used in the healing process . . . → Read More: [The Healing Power of Music](#)



Stop the Spread of Viruses and Germs at Home

While most of us are concerned about the spread of germs outside the home, medical experts tell us not to forget to prevent the spread of germs right in our own homes. Germs can survive on surfaces from 2-8 . . . →

Ask & Answer

- [Caregiver Stories](#)
- [CareWiki™ – Add Your Tips to Help Other Caregivers](#)

VoicesForCare™

- [News On Health Care Reform](#)
- [Editorials with Your Comments](#)
- [Advocacy – Proposals for Reform & Your Comments](#)
- [Legislation – Pending & Recently Adopted](#)
- [International - Health Care Compare](#)

News/ Events

- [Latest Caregiving News](#)
- [The Expanding Role of Family Caregivers](#)
- [News Feeds](#)
- [Events: Caregiver Conferences & Calendar of Events](#)

About Us

- [Mission & How We Differ](#)
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Admin & Misc

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- [Legal Terms](#)
- [Quick Start/Guide Me](#)
 - [Site At a Glance](#)
- [Login/ Register to Join the HelpingYouCare™ Community & Post Comments](#)

Read More: [Stop the Spread of Viruses and Germs at Home](#)



Some Steps You Can Take to Help Prevent Illness From Listeria Bacteria

Recent news articles have reported a rather alarming number of illnesses and deaths in some states caused by listeriosis associated with cantaloupes and lettuce. See for example recent reports by Wall Street Journal on FDA discovery of listeria in . . . → Read More: [Some Steps You](#)

[Can Take to Help Prevent Illness From Listeria Bacteria](#)

Aging Well: Unlearning and Avoiding Ergonomic Injuries

Poor body use may interfere with the way the body functions in circulation, mobility and respiration. Some have found the Alexander Technique helpful in overcoming aches and pains. To those looking for a medical alternative, finding a good, reputable . . . → Read More: [Aging Well: Unlearning and Avoiding Ergonomic Injuries](#)



Quit Smoking: It May Improve Your Memory, Study Finds

A new study by researchers at Northumbria University in the UK, has found that smokers have seriously impaired prospective memory skills (the ability to remember to do tasks in the future), but those who quit smoking have significantly better . . . → Read More: [Quit Smoking: It May Improve](#)

[Your Memory, Study Finds](#)



HHS Text4Health Task Force Recommends Health Text Messaging Initiatives

On Monday, September 19, the U.S. Department of Health and Human Services (HHS) announced new recommendations of its Text4Health Task Force as well as other initiatives to support health text messaging and encourage development of mobile health (mHealth) programs. . . . → Read

More: [HHS Text4Health Task Force Recommends Health Text Messaging Initiatives](#)

Food as Preventive Medicine

[HelpingYouCare™ \(.com and](#)

[.org\)](#) is a comprehensive news, information and educational resource and online support community for family caregivers caring for seniors.

With over 2,000 pages of content, we provide [daily news](#), information, [feature articles](#), [videos](#), [books](#), [checklists](#), [resource locator tools](#), [classes](#), and [educational information & resources with AnswersForCare™](#) on virtually all aspects of senior care and [caregiver self-care](#), including [practical tips & skills for caregivers](#), [health & wellness](#), [medical issues](#), [medication management & information](#), [home health care](#), [care facilities](#), [legal & financial issues](#) for seniors and family caregivers, [senior care technology & equipment](#), and [health care legislation and reform](#), and well as [online support groups](#), [CaringMonth™](#) (our monthly e-mail newsletter), and other solution-oriented resources to help family caregivers caring for aging parents and senior loved ones.

[HelpingYouCare™](#) is an approved and regularly included Google News provider of health news. Here is a [sample of some of our recent news articles](#).

Based on our substantive and in-depth coverage of new and significant scientific studies of interest to seniors and caregivers, [HelpingYouCare™](#) has been approved and granted full advance press access to all content, for purposes of our reporting, by medical journals including *The New England Journal of Medicine*, *JAMA* and the several *Archives* journals of the American Medical Association, *The Lancet*, *Neurology* of the American Association of Neurology, the *Annals of Internal Medicine* of the American College of Physicians, and others.

We also provide in-depth features and

A Johns Hopkins expert explains how eating the right foods can keep you healthy. Watch nutritionist Lynda . . . → Read More: [Food as Preventive Medicine](#)

Healthy Aging/ Stories of Inspiring Seniors

100-Year-Old Man Finishes a 26-Mile Marathon

Fauja Singh ran the Toronto Waterfront Marathon in eight hours and 25 minutes. In 2003 he ran the Toronto marathon in five hours and 40 minutes. Watch Fauja Singh reflect on his views of healthy living (English subtitles)from Sangat . . . → Read More: [100-Year-Old Man Finishes a 26-Mile Marathon](#)

90-Year-Old Tap Dancer

90-Year-Old tap dancer, Bonnie Buchner performs on the CBS show “Live to Dance.” Watch»

Medical Conditions Commonly Faced by Seniors

Steps to Take to Avoid Diabetes

Watch Dr. Raul Seballos from the Cleveland Clinic»

Joint Health and Preventing Fractures

The number one cause of fractures in elderly people is falling. Low impact exercise like walking can improve balance and keep nerve receptors healthy. Watch Gary Calabrese Gary Calabrese, PT, director of Cleveland Clinic Sports Health and Orthopaedic . . . → Read More: [Joint Health and Preventing Fractures](#)

Some Helpful Advice About Recurring Colds

Dr. Rosemary Leonard, a familiar face on BBC's Breakfast program and one of Britain's best-known GPs answers a question on recurring colds»

Warning Signs of a Stroke

According to a Canadian study one in eight strokes is preceded by a warning stroke. Watch Dr. Rishi Gupta, Stroke Expert from the Cleveland Clinic describe the warning signs and suggest some risk factor . . . → Read More: [Warning Signs of a Stroke](#)

reporting on many other topics of interest to seniors and family caregivers, including legal, legislative, and financial matters, which are covered by *HelpingYouCare™*'s Managing Member, who is an attorney with more than 30 years of legal practice experience, including many years as a partner at large law firms.

All of our original content is sourced from serious, trusted and reputable sources, such as recognized scientific journals and professional authorities in their fields, U.S. government reports and websites like HHS, the NIH sites, the CDC, FDA, CMS/ Medicare, and other government sources, as well as information provided by The Mayo Clinic, The Cleveland Clinic, Johns Hopkins, Harvard, and other reputable medical establishments and recognized media and non-profit sources.

Care-Help LLC, the publisher of *HelpingYouCare™*, is a Fourth Sector/ Social Enterprise company that provides this website as a community service to help family caregivers and their senior loved ones.



Can Eating Fish Reduce Your Risk of Stroke?

A recent analysis of 15 studies measuring the potential relationship between fish consumption and incidence of stroke in a combined total of 383,838 participants, found that eating fish at least three times per week was associated with a slightly . . . → Read More: [Can Eating Fish Reduce Your Risk of Stroke?](#)



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[September is World Alzheimer's Month; September 21 is Alzheimer's Action Day](#)

Tango Therapy Helpful to People With Parkinson's Disease

Tango therapy uses the Argentinean-style tango dance to help people with Parkinson's Disease improve their balance, walking, posture and happiness. Watch a short video from Tango Therapy UK, a member of the International Tango Therapy . . . → Read More: [Tango Therapy Helpful to People With Parkinson's Disease](#)



Diabetes Doubles The Risk of Getting Dementia, Study Finds

A new study of over 1,000 adults age 60 and above, conducted by researchers in Japan found that those with diabetes had about twice the risk of developing Alzheimer's dementia and 1.74 times the risk of developing dementia of . . . → Read More: [Diabetes Doubles The Risk of](#)

[Getting Dementia, Study Finds](#)



HHS & Public-Private Partners Aim to Prevent 1 Million Heart Attacks & Strokes in 5 Years

The U.S. Department of Health & Human Services (HHS) yesterday announced a new “Million Hearts” campaign being launched by a public-private partnership of several government and private sector organizations, with the aim of preventing 1 million heart attacks and . . . →

Read More: [HHS & Public-Private Partners Aim to Prevent 1 Million Heart](#)

[Attacks & Strokes in 5 Years](#)

Other Medical News & Resources



Harvard Medical School Issues Tips on How to Take Your Own Blood Pressure At Home

Harvard Medical School has recently issued a new HealthBeat report, published by Harvard Health Publications, with practical tips on how to measure your blood pressure at home. “Checking blood pressure at home won’t cure hypertension, but it will help . . . → Read More: [Harvard Medical School Issues Tips on How to Take Your Own Blood Pressure At Home](#)



Find and Compare Doctors

Visit Medicare.gov’s Physician Compare tool to find and compare doctors and other health care professionals: by geographic location (zip code or city and state); and by specialty You can also search for a health care professional by last name, . . . → Read More: [Find and Compare Doctors](#)



FDA Offers Webinar on Prescription Drug Shortages

According to the U.S. Food and Drug Administration (FDA), “in 2010 there were a record number of shortages of prescription drugs, and . . . in 2011, FDA continues to see an increasing number of shortages, especially those involving older sterile . . . → Read More: [FDA Offers Webinar on Prescription Drug Shortages](#)



At National Health IT Week Summit HHS Proposes New Rules to Give Patients Direct Access to Their Lab Reports

On August 12, 2011, at an inaugural Summit for National Health IT Week, taking place August 11-16, 2011, the U.S. Department of Health & Human Services (HHS) announced proposed new rules that would allow patients for the first time . . . → Read More: [At National Health IT Week Summit HHS Proposes New Rules to Give Patients Direct Access to Their Lab Reports](#)

Home Health Care, Technology & Aging in Place



Home Health Compare – by Medicare.gov

This important finder tool, provided by the U.S. Government, Department of Health & Human Services, Centers for Medicare & Medicaid (CMS), has detailed information about every Medicare-certified home health agency in the country. The data contained in this data . . . → Read More: [Home Health Compare – by Medicare.gov](#)

Senior Housing Options & Care Facilities



Caregiverlist – Search Tool to Find & Compare Nursing Homes & Their Costs

Caregiverlist.com offers a Nursing Home search tool combined with a “Star Rating Service” for family caregivers, which allows you to search for nursing homes by State and County, by zip code, or by name, and find a list with . . . → Read More: [Caregiverlist – Search Tool to Find & Compare](#)

[Nursing Homes & Their Costs](#)



Medicare Nursing Home Compare – Find & Compare Nursing Homes

The Centers for Medicare & Medicaid Services (CMS), part of the U.S. Department of Health & Human Services (HHS), provides a comprehensive Nursing Home Compare that includes every Medicare certified nursing home in the United States. Use of this . . . → Read More:

[Medicare Nursing Home Compare – Find & Compare Nursing Homes](#)



Legal & Financial Issues for Seniors & Caregivers

Retirement and Long-Term Care Planning Tools

What can you do as a Baby Boomer and family caregiver to secure your retirement future against the threat of rising health care and long-term care costs? Here are some links to information that may be helpful to you . . . → Read More: [Retirement and Long-Term Care Planning Tools](#)



All of the U.S. States: Health-Care Advance Directives By State

Updated August 3, 2011, by NOAH (New York Online Access to Health), a not for profit organization co-sponsored by several public and private libraries in New York. Provides a list of all 50 U.S. States, with links to information . . . → Read More: [All of the U.S. States: Health-Care Advance](#)

[Directives By State](#)

Download Your State's Advance Directive for Healthcare Form

The National Hospice and Palliative Care Organization provides free downloads of forms for Health Care Advance Directives for all 50 States, along with instructions, and related information. These forms are provided free of charge on the Organization's website, What . . . → Read More: [Download Your State's Advance Directive for Healthcare Form](#)

OurTimeForCare™ – Caregiver Self-Care & Stress Management

One Way to Reduce Stress

Walking can help you reduce stress, according to Dr. Michael McKee from the Cleveland Clinic. Among other benefits, he further states walking can help you sleep better and put things in better perspective. . . . → Read More: [One Way to Reduce Stress](#)

No Drug as Good as Walking

Four lifestyle choices (tobacco, unmanaged stress, physical inactivity, and poor food choices) account for why Americans spent last year over 16% of GDP (all goods and services we produce) on healthcare. Americans have twice the rate of all chronic . . . → Read More: [No Drug as Good as Walking](#)



News on Health Care Reform

Is Money in Politics Harmful to Health & the Real

Enemy of Meaningful Health Care Reform?

Professor Lawrence Lessig of Harvard Law School has written a seminal new book entitled, *Republic, Lost: How Money Corrupts Congress—and a Plan to Stop It*, recently published by Hachette Book Group. In it he argues that the root of . . . → Read More: [Is Money in Politics Harmful to Health & the Real Enemy of Meaningful Health Care Reform?](#)



U.S. Government Appeals Health Care Law Litigation to Supreme Court

On Wednesday, September 28, 2011 the U.S. Department of Justice petitioned the U.S. Supreme Court to review and decide the litigation over the constitutionality of the individual insurance mandate in the Patient Protection & Affordable Care Act, the signature . . . → Read More: [U.S.](#)

[Government Appeals Health Care Law Litigation to Supreme Court](#)



HHS Announces Comprehensive Primary Care Initiative to Reward Better Coordination of Care

The U.S. Department of Health and Human Services (HHS) announced on September 28, 2011 the launch of a new, voluntary Comprehensive Primary Care Initiative (the "Initiative") funded under the Affordable Care Act. The Initiative, HHS says, will incentivize primary . . . → Read More:

[HHS Announces Comprehensive Primary Care Initiative to Reward Better Coordination of Care](#)



Grants to States under Affordable Care Act Help Fight Health Insurance Premium Hikes

HHS Secretary Kathleen Sebelius announced on September 20, 2011 that under the Affordable Care Act, 28 states and the District of Columbia have been awarded grants totaling \$109 million, to help fight unreasonable health insurance premium increases and protect . . . → Read More: [Grants](#)

[to States under Affordable Care Act Help Fight Health Insurance Premium](#)

[Hikes](#)



At National Health IT Week Summit HHS Proposes New Rules to Give Patients Direct Access to Their Lab Reports

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[HHS Proposes New Rules to Give Patients Direct Access to Their Lab Reports](#)

[International Health Care Compare](#)



Denmark Imposes 'Fat Tax' on High Saturated Fat Foods to Combat Obesity

In a declared effort to combat obesity and heart disease, Denmark has imposed what may be the world's first "fat food tax" on foods with more than 2.3 percent saturated fat. The tax, which went into effect on Saturday, . . . → Read More: [Denmark Imposes 'Fat Tax' on High Saturated Fat Foods to Combat Obesity](#)

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To Unsubscribe, reply to this e-mail with the word UNSUBSCRIBE in the Subject line of your reply.