

October-November, 2011

Issue 11



CaringMonth™ by HelpingYouCare™

Helping You Care for Aging Parents & Senior Loved Ones

HelpingYouCare™ (.com and .org)

A Comprehensive Family Caregiver's Resource: Daily News, In-Depth Information & Supportive Resources

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News & Events of Interest to Caregivers



BPA Levels Increase Over 1000% After Eating Canned Soup, New Harvard Study Finds

A new study conducted by researchers at the Harvard School of Public Health has found that in subjects who ate canned soup for five days, levels of bisphenol A (BPA) found in the urine increased more than 1000%, compared . . . → Read More: [BPA Levels Increase Over 1000% After Eating Canned Soup, New Harvard Study Finds](#)



Happy Thanksgiving to You from HelpingYouCare™

As we give thanks for our Blessings this Thanksgiving, let us all remember in gratitude our family members and especially our senior loved ones and the love, sacrifice and many contributions they have given toward bettering the lives of . . . → Read More: [Happy Thanksgiving to You from HelpingYouCare™](#)



Shire Announces Brave Awards Recipients: 14 Family Caregivers Honored

www.ShireBRAVEAwards.com RECIPIENTS: Zarrar Beg: Zarrar cares for four handicapped children, including his three daughters, who have a form of Mucopolysaccharidosis (MPS), and his autistic

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 - [Alzheimer's/ Dementia](#)
 - [Arthritis, Osteoporosis & Rheumatic Conditions](#)
 - [Bladder & Bowel Control/ Incontinence Problems](#)
 - [C-Dif/ Extreme Diarrhea](#)
 - [Depression](#)
 - [Diabetes](#)
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son, all the while striving to fill every day of their lives with as much . . . → Read More: [Shire Announces Brave Awards Recipients: 14 Family Caregivers Honored](#)



American Heart Association Publishes New Holiday Healthy Eating Guide

The American Heart Association (AHA) has published a new “Holiday Healthy Eating Guide,” with tips for consumers on how to navigate the Holidays – usually a heavy-eating season – in a way that is healthy for your heart, blood . . . → Read More: [American Heart Association Publishes New Holiday Healthy Eating Guide](#)



New Study Fuels Controversy Over Benefits of Salt Reduction in Diet & in Processed Foods

A new research report by Danish researchers has claimed to find some adverse consequences of dietary salt reduction primarily in persons with normal blood pressure, fueling a continuing controversy over the benefits of requiring salt reduction in foods. This . . . → Read More: [New Study Fuels Controversy Over Benefits of Salt Reduction in Diet & in Processed Foods](#)



Recognizing Family Caregivers: November is National Family Caregivers Month

November is National Family Caregivers Month, a time to recognize and honor family caregivers in America, as proclaimed in a Presidential Proclamation signed by President Barack Obama on November 1, 2011. November has been set aside as a time . . . → Read More: [Recognizing Family Caregivers: November is National Family Caregivers Month](#)



Simple Front-Of-Package Nutrition Rating Symbols Proposed by Institute of Medicine Panel

A Committee of the Institute of Medicine (IOM), National Academies, issued a 232-page report on October 20, 2011, recommending that agencies of the federal government should develop a new, simple front-of-package nutrition rating system with symbols, patterned after . . . → Read More: [Simple Front-Of-Package Nutrition Rating Symbols](#)

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 - [Exercise: Physical Wellness](#)
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 - [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™](#)
 - [Currently Featured Articles & Videos](#)
 - [Wellness Column by Ruth](#)

Practical Tips, Skills & Tools for Caregivers

Assistance Dogs Provide Wonderful Help for Those with Limited Mobility



Assistance Dogs (sometimes called “Service Dogs”) provide remarkable help for those with limited mobility. In addition to the salutary love, bond, and companionship that the dogs provide, Assistance Dogs are trained to help with many tasks that make life . . . → Read More: [Assistance Dogs Provide Wonderful Help for Those with Limited Mobility](#)

Three Helpful Ideas in Dealing With Difficult People

A licensed professional counselor and trainer shares three helpful ideas in dealing with difficult people. These ideas may not work in some situations, such as with Alzheimer’s patients. But for those among us, who are near the end of . . . → Read More: [Three Helpful Ideas in Dealing With Difficult People](#)

Considerations When Shopping For a Hearing Aid

Some things to consider before buying a hearing aid, such as a telecoil, directional microphone, digital noise reduction, and, of course, one’s lifestyle. Watch a short video from Consumer Reports . . . → Read More: [Considerations When Shopping For a Hearing Aid](#)

Wellness: Diet, Exercise, Hygiene & Healthy Living



Medicare’s Free Annual Wellness Visits

Medicare recipients under the Affordable Care Act are entitled to an annual wellness visit with their physician at no cost to them. You can review medications with your doctor and talk about whether any changes are needed. You can . . . → Read More: [Medicare’s](#)

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- [Inspiration & Humor](#)

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

Some Vitamin D Benefits of the Sun

In an interview on ABC's Good Morning America, Dr. Oz discusses the importance of Vitamin D with Diane Sawyer. About 100 million Americans have Vitamin D deficiency, which could be critical in American health, according to experts. Vitamin D . . . →

Read More: [Some Vitamin D Benefits of the Sun](#)



American Heart Association Publishes New Holiday Healthy Eating Guide

The American Heart Association (AHA) has published a new "Holiday Healthy Eating Guide," with tips for consumers on how to navigate the Holidays – usually a heavy-eating season – in a way that is healthy for your heart, blood . . . → Read More: [American Heart Association Publishes New Holiday Healthy Eating Guide](#)

Improving Memory Capabilities

According to John H. (Jack) Byrne, Ph.D.), Chairman, Department Of Neurobiology and Anatomy at the University Texas Medical School at Houston, it is important to challenge one's brain by doing a variety of different activities, such as reading books, . . . → Read More: [Improving Memory Capabilities](#)



How To Stay Fit At Any Age

Read inspiring stories of how to stay fit at any age, provided by the Go4Life website of the National Institute on Aging, part of the U.S. Department of Health & Human Services. Here is an example: Grandmother Fay – . . . → Read More: [How To Stay Fit At Any Age](#)

Diet Detectives: Clues to Unhealthy Health Foods

Many health foods in the grocery store may look like they are good for you. Examination of the ingredients and caloric content may keep you from being tricked

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[HelpingYouCare™ \(.com and .org\)](#) is a comprehensive news, information and educational resource

into thinking you're eating healthy foods when you're not! Watch some . . . → Read More: [Diet Detectives: Clues to Unhealthy Health Foods](#)

Adult Attention Deficit Disorder Explained

Constantly losing things? Having difficulty staying on task? Are projects never finished? Is it ADD or just the symptoms that are the result of other issues such as depression, a mood disorder, or sleep deprivation? Watch Vivien Williams for . . . → Read More: [Adult Attention Deficit Disorder Explained](#)

Lower Triglycerides by Simply Moving More

Instead of taking medicine to lower triglycerides, most people, according to the Mayo Clinic, can lower their triglycerides number by simply moving more. Watch Stephen Kopecky, M.D. from the Mayo Clinic . . . → Read More: [Lower Triglycerides by Simply Moving More](#)

Healthy Aging/ Stories of Inspiring Seniors

Bel Kaufman – An Inspiration at Age 100

For inspiration, view this video by Doug Snyder about the remarkable Bel Kaufman. She is a teacher, lecturer, and author of the best selling humorous novel, *Up The Down Staircase*. At age 100, she gave a college course on . . . → Read More: [Bel Kaufman – An Inspiration at Age 100](#)

Two of The Last Remaining WWI Veterans Lived to 105 and 110

Lloyd Brown was one of the last remaining WWI veterans. He passed away in 2007. Frank Buckles, WWI and WWII veteran, died at age 110 in February of this year. Watch Lloyd Brown » Watch Frank Buckles . . . → Read More: [Two of The Last Remaining WWI Veterans Lived to 105 and 110](#)

Medical Conditions Commonly Faced by Seniors

Treating the Causes, Not the Symptoms of Heart Disease

and online support community for family caregivers caring for seniors.

With over 2,100 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 reporting on many other topics of interest to seniors and family caregivers, including legal, legislative, and financial matters, which are

Diet Gurus Dr. Caldwell Esselstyn Jr., and Dr. Dean Ornish, discuss the remarkable capacity of the body to heal itself through diet, as opposed to using drugs and undergoing operations. (President Bill Clinton followed their diet to reverse his . . . →
Read More: [Treating the Causes, Not the Symptoms of Heart Disease](#)



5 Healthy Lifestyle Factors Significantly Reduce Risk of Stroke, New Study Finds

A new study of 36,686 Finnish men and women, published in the Archives of Internal Medicine, a journal of the American Medical Association, has found that 5 healthy lifestyle factors are associated with significantly reduced risk of stroke. And, . . . → Read More: [5 Healthy Lifestyle Factors Significantly Reduce Risk of Stroke, New Study Finds](#)



National Association for Continence Offers Free Basic Information Packet for Consumers

The National Association for Continence (NAFC), is offering a free basic information packet on bladder and bowel control problems, for consumers. It includes information on when to seek treatment, the role of diet and daily habits, pelvic muscle exercises . . . →
Read More: [National Association for Continence Offers Free Basic Information Packet for Consumers](#)



November is American Diabetes Month

The American Diabetes Association (ADA) has declared November as American Diabetes Month. This is an annual event, a time to become informed about diabetes and the importance of diabetes prevention and control. As illustrated in the ADA poster at . . . →
Read More: [November is American Diabetes Month](#)

Reversing Heart Disease Possible With Diet According to Cleveland Clinic MD

Dr. Caldwell Esselstyn, Jr. from the Cleveland Clinic discusses how he set up his 25-year study on arresting and reversing heart disease using a plant-based diet. Former President Bill Clinton used this same diet to reverse his heart disease. . . . → Read More: [Reversing Heart Disease Possible With Diet According to Cleveland Clinic MD](#)

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.

Interval Training May Reduce the Risk of Heart Attack or Stroke

No matter what your age or fitness level, interval training may be better for your overall health than longer sessions of slow, sustained exercise, according to some cardiologists at the Mayo Clinic. Watch Vivien Williams for Mayo Clinic's Medical . . .
→ Read More: [Interval Training May Reduce the Risk of Heart Attack or Stroke](#)

Other Medical News & Resources

Animal Therapist (The Dog Will See You Now)

A video from AARP about three dogs (Destiny, Lorent and Nike) who lift patients' spirits at York Hospital in York Maine. Watch »

Senior Housing Options & Care Facilities



What to do When Medicare Will Not Cover the Costs of a Needed Rehabilitative or Skilled Care Facility

Here is a wake-up call: Medicare may cover costs of a needed rehabilitative or skilled nursing care facility after a hospitalization of at least three nights — but only to a limited extent. As explained by the Centers for . . . → Read More: [What to do When Medicare Will Not Cover the Costs of a Needed Rehabilitative or Skilled Care Facility](#)

Legal & Financial Issues for Seniors & Caregivers



Legal and Financial Issues for People with Alzheimer's Disease: A NIA Resource List

The National Institute on Aging (NIA), part of the National Institutes of Health, under the U.S. Department of Health & Human Services (HHS), provides a useful resource list with excerpts and links to multiple sources of information on Legal . . . → Read More: [Legal and Financial Issues for People with Alzheimer's Disease: A NIA Resource List](#)




Helping With A Loved One's Financial Affairs." Here is . . . → Read More: [AARP & NFCA Sponsor Free Webinar on Helping With A Loved One's Financial Affairs](#)



The U.S. Department of Health & Human Services, Centers for Medicare and Medicaid Services (CMS), has today released a Fact Sheet, announcing the Medicare premium rates and deductibles for 2012 for Medicare, Parts A, B and D. Here is . . . → Read More: [Medicare Announces Premiums & Deductibles for 2012](#)

Will You Care For Me? Feel the Compassion & Love of a Caregiver in Response to This Touching Song

 In trying to help caregivers, emphasis is often placed on the difficulty and stress of the role. But, the positive side of caregiving, the emotional rewards we feel as caregivers when we provide love and care to those in . . . → Read More: [Will You Care For Me? Feel the Compassion & Love of a Caregiver in Response to This Touching Song](#)

NFCA Calls for Family Caregivers to Help Support the Center for Medicare and Medicaid Innovation under the Affordable Care Act

In its Fall, 2011 newsletter, Take Care!, the National Family Caregivers Association (NFCA), a non-profit association working to support family caregivers, has published a thoughtful editorial entitled: "Family Caregivers and the Affordable Care Act: Where the Action Is." In . . . → Read More: [NFCA Calls for Family Caregivers to Help Support the Center for Medicare and Medicaid Innovation under the Affordable Care Act](#)



What Issues Will the Supreme Court Decide on the Health Care Law?

On Monday, November 14, 2011, the U.S. Supreme Court issued an Order agreeing to review and decide four specific issues in the litigation challenging the constitutionality of the health care law, the Patient Protection & Affordable Care Act, that . . . → Read More: [What Issues Will the Supreme Court Decide on the Health Care Law?](#)



In Your Opinion, Should the Supreme Court Strike Down the Health Care Law?

Please take this short, Yes or No, survey. In your opinion, Should the Supreme Court strike down the Patient Protection & Affordable Care Act (the Health Reform Law of 2010)? Yes or No? Click here to take survey We . . . → Read More: [In Your Opinion, Should the Supreme Court Strike Down the Health Care Law?](#)



U.S. Supreme Court Agrees to Hear and Decide Challenges to Health Reform Law

The U.S. Supreme Court today granted Petitions for Certiorari (review) in the 11th Circuit litigation challenging the constitutionality of the Patient Protection & Affordable Care Act, the health reform law passed by Congress and signed by President Obama in . . . → Read More: [U.S. Supreme Court Agrees to Hear and Decide Challenges to Health Reform Law](#)



In Debate 3 GOP Presidential Candidates Say They Would End Medicare / Medicaid or Shift It to States or Vouchers

The Republican Presidential candidates participated in a nationally

televised debate on November 12, 2011, hosted by CBS News and held at Wofford College in Spartanburg, South Carolina. While the subject of this debate was foreign policy and national security, . . . → Read More: [In Debate 3 GOP Presidential Candidates Say They Would End Medicare / Medicaid or Shift It to States or Vouchers](#)



GOP Senators Seek Investigation of \$10B Medicare Innovation Center under Affordable Care Act

Three Republican Senators, Orrin Hatch of Utah, Michael Enzi of Wyoming, and Tom Coburn of Oklahoma, called on Thursday, November 10 for an examination by the Government Accountability Office, the investigative arm of Congress, into the activities and spending . . . → Read More: [GOP Senators Seek Investigation of \\$10B Medicare Innovation Center under Affordable Care Act](#)



DC Federal Circuit Court of Appeals Upholds Health Care Law; Finds Individual Insurance Mandate Constitutional

On Tuesday, November 8, 2011, the U.S. Circuit Court of Appeals for the DC Circuit, in Washington D.C., issued a decision upholding the Patient Protection and Affordable Care Act ("the Affordable Care Act") and ruling that the individual insurance . . . → Read More: [DC Federal Circuit Court of Appeals Upholds Health Care Law; Finds Individual Insurance Mandate Constitutional](#)

Some Highlights of the Health-care Reform Law

In response to some viewer's questions about the health-care reform law, we are posting Consumer Reports' highlights from an interview with President Obama. He describes what the health-care reform bill offers and its overall thrust. Watch highlights . . . → Read More: [Some Highlights of the Health-care Reform Law](#)



Affordable Care Act to Fund Improvement of Care for Medicare Patients in 500 Community Health Centers

The U.S. Department of Health & Human Services issued the following press release on October 24, 2011: "Affordable Care Act to help improve care for Medicare beneficiaries 500 federally qualified health centers to receive funding, participate in a program . . . → Read More: [Affordable Care Act to](#)

[Fund Improvement of Care for Medicare Patients in 500 Community Health Centers](#)

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