



CaringMonth™

From HelpingYouCare™

HelpingYouCare™ (.com and .org)

*A Comprehensive Family Caregiver's Resource: Daily News, In-Depth Information & Supportive Resources
Helping You Care for Aging Parents & Senior Loved Ones and for Yourself*

CaringMonth™ -- Gives You a Free E-mail Update on the
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News & Events of Interest to Caregivers



Medicare to Provide Expanded Primary Care At Home for Seniors under New Affordable Care Act Initiative

The Centers for Medicare & Medicaid Services (CMS) announced on December 20, a new demonstration program under the Affordable Care Act under which doctors and nurses will provide expanded primary care at home for Seniors on Medicare. The new . . . → Read More: [Medicare to Provide Expanded Primary Care At Home for Seniors under New Affordable Care Act Initiative](#)



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](#)



Which States Have the Best and Worst Health Rankings in 2011?

HelpingYouCare™

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[AnswersForCare™](#)

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The 22nd annual America's Health Rankings® report was released on December 5, 2011, grading and ranking the 50 U.S. states in terms of the level of their overall health and health care, determined by 23 objective measurements. The annual . . . → Read More: [Which States Have the Best and Worst Health Rankings in 2011?](#)

Practical Tips, Skills & Tools for Caregivers



Ideas & Checklists for New Years Resolutions – for Caregivers and Seniors

Now is the exhilarating time for a new beginning — the time to make New Years resolutions for the coming year! Have you thought about yours? Below are some ideas for positive and helpful New Years Resolutions for Caregivers . . . → Read More: [Ideas & Checklists for New Years Resolutions – for Caregivers and Seniors](#)

How the Administration On Aging Works at the Federal Level

Gregory Bator from GracefulAging interviews Kathy Greenlee, the Assistant Secretary of Aging, at the Chicago Aging In America Conference. She explains how America's aging network works at the Federal level, giving money to States, which in turn gives money . . . → Read More: [How the Administration On Aging Works at the Federal Level](#)

Some Caregiving Questions Answered

Caregiving expert, Elinor Ginzler, former AARP Senior Vice President for Livable Communities addresses some questions: Who are caregivers in America today? What are the challenges of being a family caregiver? How can families prepare for the inevitable? How . . . → Read More: [Some Caregiving Questions Answered](#)

Wellness: Diet, Exercise, Hygiene & Healthy Living



Harvard Guide to Exercise – A Program You Can Live With

Harvard Medical School has published a Special Health Report on Exercise – a Program You Can Live With, which provides a comprehensive guide to the enormous health benefits of exercise, how to get started and design an appropriate exercise . . . → Read More: [Harvard Guide to Exercise – A Program You Can Live With](#)



You're Never Too Old to Exercise

- [Links to Other Medical Resources](#)
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"Only about 30% of people ages 45 to 64 say they engage in regular leisure-time physical activity, and this falls to 25% of those between the ages of 65 and 74 and 11% of people age 85 and older," . . . → Read More: [You're Never Too Old to Exercise](#)

Wellness-Care Now or Illness-Care Later

Dr. Michael Roizen, Chief Wellness Officer at the Cleveland Clinic, shares tips for healthy living and illness prevention with Lifetime's "The Balancing Act" host Dr. David Friedman. One tip is avoiding aging foods, such as saturated fats (four-legged animal . . . → Read More: [Wellness-Care Now or Illness-Care Later](#)

Some Tips for Dealing with Holiday Eating

Why should people watch their holiday eating habits? What are some healthy holiday food choices? What are smart ways people can limit themselves? Other holiday eating tips for families? Watch Lisa Harnack, Director, Nutrition Coordinating Center, School of Public . . . → Read More: [Some Tips for Dealing with Holiday Eating](#)

Waist Management and Walking

Some practical tips on slimming down safely. The key to long-term weight (waist) loss according to Doctor Mehmet Oz »



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 Free Annual Wellness Visits](#)



Live Web Chat at Cleveland Clinic on Holiday Weight Management – Dec 12

The Cleveland Clinic will host a live online web chat on Holiday Weight Management on Monday, December 12, 2011 at 12 Noon (Eastern Time). The web chat will be hosted and moderated by Lillian Craggs-Dino, RD, Nutritionist at Cleveland . . . → Read More: [Live Web Chat at Cleveland](#)

[Clinic on Holiday Weight Management – Dec 12](#)

Healthy Aging/ Stories of Inspiring Seniors

- [Currently Featured Articles & Videos](#)
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CaregiversCollege™

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BooksForCaregivers™

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ThingsForElderNeeds™

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- [Comfortable & Adaptive Senior Clothing](#)

OurTimeForCare™

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- [Inspiration & Humor](#)

CaregiversLikeUs™

- [Support Community/ Forums –](#)

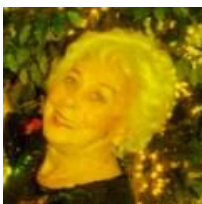


Prolific and personable artist Edna Hibel displays one of her lithographs in her studio

Edna Hibel: Renowned Artist Still Painting 12 Hours a Day in Her 90s

Edna Hibel: Capturing the Essence of Mother & Child Through Art Story and Photos by Krista Martinelli Founder & Editor, AroundWellington® Magazine www.HibelMuseumOfArt.org or call 561-622-5560 to reserve your seat. Hibel's biography by Shawn McAllister, a coffee-table sized

book . . . → Read More: [Edna Hibel: Renowned Artist Still Painting 12 Hours a Day in Her 90s](#)



Lillian Field Berkowitz – Impromptu Tango Showcase at Age 102!

Lillian Field Berkowitz, Age 102 Lillian Field Berkowitz, Age 102, and Phil Palma, her current dance partner & instructor Lillian Berkowitz (maiden name: Lillian Field) was a glamorous stage actress and acrobatic dancer on Broadway & Vaudeville during the . . . → Read More: [Lillian Field](#)

[Berkowitz – Impromptu Tango Showcase at Age 102!](#)

The Oldest Stockbroker on Wall Street

Seth Glickenhau has been trading on Wall Street since the 1920's. In an interview with Anthony Mason he says, "I love the challenge and I love the stress involved. And I think that's what kept me alive. And has . . . → Read More: [The Oldest Stockbroker on Wall Street](#)

100-Year-Old Barber

Now 100 years old, Kenneth Wood is still cutting hair as he has since 1927. He works six days a week: Monday through Friday from 9am to 5pm and on Saturdays from 9am to 4pm. He has no plans . . . → Read More: [100-Year-Old Barber](#)

Record Holder as the World's Oldest Bowler at Age 106

Bill Hargrove began bowling in 1924. The United States Bowling Congress in 2007 recognized him as the "Oldest League Bowler in History." He credits his longevity to not drinking or smoking and keeping fit by bowling. Watch an interview . . . → Read More: [Record Holder as the World's Oldest Bowler at Age 106](#)

Medical Conditions Commonly Faced by Seniors

Ask & Answer

- [Caregiver Stories](#)
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VoicesForCare™

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The Right Foods Can Help Manage Blood Pressure

Dr. Michael Roizen, Division Chair of the Cleveland Clinic, and Anti-aging expert, offers tips on blood pressure management. He cites the more colorful the fruits and vegetables, the lower the blood pressure. Spinach and tomatoes, for example, are great . . . → Read More: [The Right Foods Can Help Manage Blood Pressure](#)



Fitness More Important Than Body Weight in Reducing Death Risk

A new study of 14,345 adult men, published in *Circulation*, a Journal of the American Heart Association, found that improving physical fitness lowered risk of death, both from cardiovascular disease and from all causes, even after controlling for body . . . → Read More: [Fitness More Important Than](#)

[Body Weight in Reducing Death Risk](#)

Other Medical News & Resources

Yearly Checklist for Assessing Elderly Health

Geriatric health experts say a good place to start in assessing elderly health is weight. A weight gain or loss is something to be addressed with a doctor (especially if the reason for the gain or loss is not . . . → Read More: [Yearly Checklist for Assessing Elderly Health](#)

Home Health Care, Technology & Aging in Place



Medicare to Provide Expanded Primary Care At Home for Seniors under New Affordable Care Act Initiative

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Senior Housing Options & Care Facilities

Medicare Announces Changes to Nursing Home

[HelpingYouCare™](#) (.com and

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

With over 2,100 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

Compare Tool

The Centers for Medicare and Medicaid Services (CMS), part of the U.S. Department of Health & Human Services (HHS), has recently announced changes to its Nursing Home Compare tool which will take effect in 2012. The current nursing home . . . → Read More: [Medicare Announces Changes to Nursing Home Compare Tool](#)

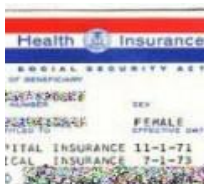
Legal & Financial Issues for Seniors & Caregivers



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](#)



Medicare Announces Premiums & Deductibles for 2012

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](#)

Caregiver Self-Care, Stress Management & Inspiration

Mindful Living Techniques May Help Caregivers Better Cope With Stress

To better help cope with caregiver stress, The Mayo Clinic offers courses in Mindful Living Techniques. This course teaches the skill of focusing on the present moment, letting go of the past (often associated with depression) as well the . . . → Read More:

[Mindful Living Techniques May Help Caregivers Better Cope With Stress](#)



Addressing Caregiver Burnout

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.

Ask Dr. Z December, 2011 By Laura Zipris, Psy. D., LMHC Editor's Note: Dr. Laura Zipris, Psy. D., LMHC, holds a doctorate in Psychology and is licensed to practice psychotherapy in New York and Florida. She writes a monthly . . . → Read More: [Addressing Caregiver Burnout](#)

News on Health Care Reform



32 Health Care Systems to Participate in Accountable Care Organizations Initiative under Affordable Care Act

The U.S. Department of Health & Human Services (HHS) announced yesterday that 32 leading health care organizations from across the U.S. have been selected to participate in the Accountable Care Organizations (ACOs) Initiative under the Affordable Care Act. This . . . → Read More: [32 Health Care Systems to Participate in Accountable Care Organizations Initiative under Affordable Care Act](#)

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