

February-March, 2012 - Issue 14



# 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*

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## News & Events of Interest to Caregivers



### Supreme Court Hears Arguments on Health Care Law March 26-28, 2012

On Monday, March 26 through Wednesday, March 28, 2012, the U.S. Supreme Court will hear oral arguments in the cases challenging the validity of the Health Care Reform Law, the Patient Protection & Affordable Care Act ("Affordable Care Act"), . . . → Read More: [Supreme Court Hears Arguments on Health Care Law March 26-28, 2012](#)



### Health Reform Law (Obamacare) Provides 45 Million Women with Preventive Health Care

The U.S. Department of Health and Human Services (HHS), Office of the Assistant Secretary for Planning and Evaluation (ASPE), released an issue brief on Tuesday with new data, announcing that over 45 Million women can receive preventive health care . . . → Read More: [Health Reform Law \(Obamacare\) Provides 45 Million Women with Preventive Health Care](#)



### White House Issues New Report on Benefits of Affordable Care Act & Debunks Myths About It

On March 23, 2012, the White House issued a new report summarizing in simple and clear terms what the Patient Protection & Affordable Care Act

## HelpingYouCare™

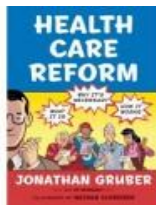
### Site Contents:

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### [AnswersForCare™](#)

- [Practical Tips, Skills & Tools for Caregiving - Overview](#)
  - [Practical Tips & Skills for Family Caregivers](#)
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  - [Urinary Tract Infection \(UTI\)](#)
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(Affordable Care Act), which some call “Obamacare,” actually does. In short, as its name . . . →  
 Read More: [White House Issues New Report on Benefits of Affordable Care Act & Debunks Myths About It](#)



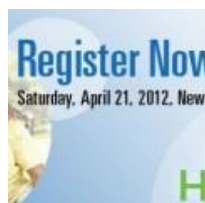
## New Comic Book by MIT Economist Explains Health Reform Law

MIT Economist Jonathan Gruber, who advised the Obama Administration on health care reform and was an architect of Governor Romney’s health care reform in Massachusetts, has written a new 152-page comic book that explains and combats some common misconceptions . . . → Read More: [New Comic Book by MIT Economist Explains Health Reform Law](#)



## Free Webinar on Parkinson’s Hospital Care Offered by National Parkinson Foundation

The National Parkinson Foundation (NPF) has announced that it will hold a Free online webinar on how to get the best care for those with Parkinson’s disease when they are hospitalized. The Webinar will take place on April 5, . . . → Read More: [Free Webinar on Parkinson’s Hospital Care Offered by National Parkinson Foundation](#)



## Free Brain Health Fair April 21, 2012 – Hosted by American Academy of Neurology Foundation

The American Academy of Neurology (AAN) Foundation has announced that it will host a Free Brain Health Fair on April 21, 2012 in New Orleans. The event, which is open to the public, “is a free, daylong family event . . . → Read More: [Free Brain Health Fair April 21, 2012 – Hosted by American Academy of Neurology Foundation](#)



## Exercise Changes DNA for the Better, New Study Finds

A new study has found that even 20 minutes of exercise by sedentary adults actually changed the DNA in their muscle cells within minutes. The DNA was changed in a way that helps the muscles work better for further . . . → Read More: [Exercise Changes DNA for the Better, New Study Finds](#)



## For Women’s History Month, Govt Focuses on Women’s Health & Education

March is Women’s History Month, as declared by Congress since 1987 and by Presidential Proclamation since 1995. In honoring Women’s History Month, Secretary of Health & Human Services, Kathleen Sebelius, has

- [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™](#)

issued a Statement focusing on promoting women's health . . . → Read More: [For Women's History Month, Govt Focuses on Women's Health & Education](#)



## Celebrate Brain Awareness Week March 12-18

Brain Awareness Week, a global campaign to raise public awareness about the progress and benefits of brain research, including research into the causes of Parkinson's disease and other problems of the brain and nervous system and how to treat . . . → Read More: [Celebrate Brain Awareness Week March 12-18](#)



## Sleep May Improve With Age, New Study Finds

A new study by researchers at the University of Pennsylvania, analyzing data from a survey of 155,877 participants, has found that contrary to popular belief, people in their 70s and 80s actually reported better sleep — less sleep disturbance . . . → Read More: [Sleep May Improve With Age, New Study Finds](#)

## Practical Tips, Skills & Tools for Caregivers

### Healthy Food Habits: Knowing What You're Actually Eating

You may be surprised by what you will find! Watch Cleveland Clinic's Lifestyle 180 Wellness Director, Kristin Kirkpatrick on ShareWIK.com »

## Wellness: Diet, Exercise, Hygiene & Healthy Living



### Ninety Percent of Americans Eat Too Much Salt, CDC Reports

According to a report posted March 26 by the U.S. Centers for Disease Control & Prevention (CDC), "About 9 in 10 Americans aged 2 years and older eat too much sodium." "There is strong evidence that eating too much . . . → Read More: [Ninety Percent of Americans Eat Too Much Salt, CDC Reports](#)



### Your Guide to Lowering Your Blood Pressure with

- [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](#)
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- [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 –](#)

## DASH: the DASH Eating Plan

The Dietary Approaches to Stop Hypertension (DASH) eating plan is published and recommended by the National Heart, Lung & Blood Institute, which is part of the National Institutes of Health, under the U.S. Department of Health & Human Services. → Read More: [Your Guide to Lowering Your Blood Pressure with DASH: the DASH Eating Plan](#)



### National Nutrition Month – Resources on Eating for Prevention & Wellness

March is National Nutrition Month®, a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics, a nonprofit organization. According to the Academy, “The campaign is designed to focus attention on the importance of making . . . → Read

More: [National Nutrition Month – Resources on Eating for Prevention & Wellness](#)



### Physically Active Seniors May Live Longer, Study Suggests

A new study published in the Archives of Internal Medicine, a journal of the American Medical Association, provides more evidence that physically active seniors have a lower risk of dying than those who are least active. This is one . . . → Read More: [Physically Active Seniors May Live Longer, Study Suggests](#)



### Fitness Lowers Odds of Death from Dementia, Study Finds

A recently published study has found that when approximately 60,000 adults were tested and ranked — as high, middle or low — for their level of cardiorespiratory fitness, those with medium or high levels of fitness had less than . . . → Read More: [Fitness Lowers Odds of Death from](#)

[Dementia, Study Finds](#)

## Healthy Cooking: How to Cook a Super Healthy Chicken Salad Veronique

Here's how to cook a super healthy and super delicious chicken salad veronique from ShareWiki.com. Watch Jim Perko, Executive Chef at the Cleveland Clinic Wellness Institute . . . → Read More: [Healthy Cooking: How to Cook a Super Healthy Chicken Salad Veronique](#)

### 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

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## Exercise Increasingly Important for Those Over Age 65

Evergreen Rehabilitation. More Information For more information on exercise and all aspects of wellness, see the HelpingYouCare™ resource pages on Wellness/ Healthy Living for Seniors & Caregivers, including: Exercise: Physical Wellness; Diet & Nutrition: Physical . . . → Read More:

[Exercise Increasingly Important for Those Over Age 65](#)



## Red Meat Increases Risk of Death; Fish or Poultry Lowers Risk, New Study Finds

A new study by scientists at Harvard and the Cleveland Clinic has found that the more red meat one eats, the higher the risk of death from cardiovascular disease, cancer, and all causes, while substituting fish, poultry and other . . . → Read More: [Red Meat Increases Risk of Death;](#)

[Fish or Poultry Lowers Risk, New Study Finds](#)

## Benefits of Weight Training for People Over 50

Fitness guru Nash Jovic advocates weight training for people over 50 to stop or slow down the aging process, increase mobility, and lower the risk of injuries. Watch » Consult your doctor before beginning an exercise . . . → Read More: [Benefits of Weight Training for People Over 50](#)

## Losing Weight Through Modest Changes in Lifestyle Habits

Donald D. Hensrud, M.D., Chairman of Preventive Medicine from the Mayo Clinic, explains how modest changes in lifestyle habits can help you lose weight and improve your health. Watch . . . → Read More: [Losing Weight Through Modest Changes in Lifestyle Habits](#)

## Exercise Study Finds

A new study has adults actually The DNA was for further . . . → [Study Finds](#)



## Changes DNA for the Better, New

found that even 20 minutes of exercise by sedentary changed the DNA in their muscle cells within minutes. changed in a way that helps the muscles work better Read More: [Exercise Changes DNA for the Better, New](#)

[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



## Omega-3 in Fish & Other Foods May Keep Your Brain Sharper, New Study Finds

"People with lower blood levels of omega-3 fatty acids had lower brain volumes that were equivalent to about two years of structural brain aging," said Dr. Zaldy S. Tan, MD, MPH of the University of California, principal author of . . . → Read More: [Omega-3 in Fish & Other Foods May Keep](#)

[Your Brain Sharper, New Study Finds](#)



## Daily Diet Soft Drinks Linked to Higher Heart Attack & Stroke Risk, New Study Finds

A new study published in the Journal of General Internal Medicine has found that older adults who drank daily diet soft drinks were 43 percent more likely to suffer a heart attack or stroke over a ten-year period than . . .

→ Read More: [Daily Diet Soft Drinks Linked to Higher Heart Attack &](#)

[Stroke Risk, New Study Finds](#)



## Eating Citrus Fruit May Lower Stroke Risk, New Study Suggests

A new study published in Stroke, a journal of the American Heart Association, has found that eating citrus fruits such as oranges and grapefruit, may lower your risk of stroke, due to a compound called "flavanone" found in citrus . . . → Read More: [Eating Citrus Fruit May](#)

[Lower Stroke Risk, New Study Suggests](#)



## Harvard Health Discusses the Pros and Cons of Drinking Coffee

In a new article entitled "What is it about coffee?" the editors of Harvard Health Publications, discuss some of the known benefits and drawbacks of drinking coffee. The new article on coffee is found in Sleep, Hygiene, Quit Smoking . . . → Read More: [Harvard Health Discusses the Pros and Cons](#)

[of Drinking Coffee](#)

## Healthy Aging/ Stories of Inspiring Seniors

### 100-Year-Old Teacher

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.

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Still going strong and still in the classroom teaching reading at 100-years old! Watch . . . →

Read More: [100-Year-Old Teacher](#)

## 105-Year-Old Volunteer

A 105-year-old Hollywood, Florida woman has been sorting and delivering mail as a volunteer at Memorial Regional Hospital for the past 38 years. Watch a report by Kerry Sanders, NBC's Nightly News (starts with a commercial) » Visit msnbc.com for . . . → Read More: [105-Year-Old Volunteer](#)

## Medical Conditions Commonly Faced by Seniors

### Preventing Osteoporosis

Here are some tips on preventing osteoporosis by Cleveland Clinic's Kristin Kirkpatrick, wellness manager for the Lifestyle 180 program. Watch ShareWik.com »



### Fitness Lowers Odds of Death from Dementia, Study Finds

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### Vitamin E Supplements May Weaken Bones, New Mouse Study Suggests

A new study by researchers at Keio University in Tokyo, Japan, has found that mice fed Vitamin E supplement in a quantity similar to that consumed by many people taking Vitamin E supplements lost bone mass, while those bred . . . → Read More: [Vitamin E Supplements May Weaken Bones, New Mouse Study Suggests](#)



### **Dietary Trans Fats Markedly Increase Stroke Risk Among Older Women, New Study Finds**

A large new study by researchers at the University of North Carolina at Chapel Hill has found that postmenopausal women whose diets were high in trans fats (and who did not take aspirin) had a 66% higher risk of . . . → Read More: [Dietary Trans Fats Markedly Increase Stroke Risk Among](#)

[Older Women, New Study Finds](#)



### **Omega-3 in Fish & Other Foods May Keep Your Brain Sharper, New Study Finds**

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[Your Brain Sharper, New Study Finds](#)



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[Stroke Risk, New Study Finds](#)

### **Eating Too Much May Increase Memory Loss in Older People**

A new study from the Mayo Clinic suggests that eating too much may double the risk of memory loss in people over 70 years old. Watch study author Yonas E. Geda, M.D., MSc, associate professor of neurology and psychiatry . . . → Read More: [Eating Too Much May Increase Memory Loss in Older People](#)

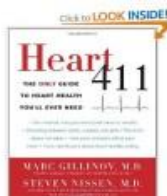




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[Lower Stroke Risk, New Study Suggests](#)



## Cleveland Clinic Heart Surgeon & Cardiologist Tackle Misconceptions About Heart Health

In their new book entitled, *Heart 411: The Only Guide to Heart Health You'll Ever Need*, two renowned heart experts, heart surgeon Marc Gillinov and cardiologist Steven Nissen, both of the Cleveland Clinic, tackle some prominent misconceptions about heart . . . → Read More: [Cleveland Clinic](#)

[Heart Surgeon & Cardiologist Tackle Misconceptions About Heart Health](#)

## Other Medical News & Resources

### Ways to Boost Your Immune System During Cold and Flu Season

Watch Cleveland Clinic Nutritionist Kristin Kirkpatrick show ShareWIK.com how to strengthen your immune system during cold and flu season »

### Coordinated Care

The Care Connectivity Consortium believes finding a national solution to coordinated care is absolutely essential to health care in America. Watch Dr. Dawn Milliner, Chief Medical Information Officer, Mayo Clinic » . . . → Read More: [Coordinated Care](#)

## Home Health Care, Technology & Aging in Place



### National Home Care & Hospice March on Washington & Law Symposium, March 25-28, 2012

website. “Connect with your members of Congress and make them understand your patients’ needs. Tell them how home care can cut costs and right a health care system that’s run off the tracks. A train wreck will

occur if . . . → Read More: [National Home Care & Hospice March on Washington & Law Symposium, March 25-28, 2012](#)

## Senior Housing Options & Care Facilities



### Medicare-Medicaid Announces Initiative to Reduce Avoidable Hospitalizations among Nursing Home Residents

The U.S. Centers for Medicare & Medicaid Services (CMS) announced a new initiative on March 15, 2012 aimed at reducing avoidable hospitalizations among nursing home residents who are dual Medicare-Medicaid beneficiaries. "The initiative aims to reduce costly and avoidable . . . → Read More: [Medicare-Medicaid Announces Initiative to Reduce Avoidable Hospitalizations among Nursing Home Residents](#)

## Legal & Financial Issues for Seniors & Caregivers



### Medicare Redesigns & Clarifies Claims and Benefits Statement

MyMedicare.gov, and will replace the current version of the Statement being mailed out to beneficiaries, starting in early 2013. The Medicare Claims and Benefits Statement was redesigned and simplified as part of a new initiative by CMS and the . . . → Read More: [Medicare Redesigns & Clarifies Claims and Benefits Statement](#)

## News on Health Care Reform

### White House Affordable

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[White House Issues New Report on Benefits of Affordable Care Act & Debunks Myths About It](#)



### Issues New Report on Benefits of Care Act & Debunks Myths About It

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## Helen, a Caregiver at a Senior Center, Tells How Health Reform Has Helped Her and Other Seniors

Helen, a senior who works at a Senior Center in Philadelphia, tells her story on how health care reform has helped her and other seniors. She explains how the free preventive services provided to seniors under the Patient Protection . . . → Read More: [Helen, a Caregiver at a Senior Center, Tells How Health Reform Has Helped Her and Other Seniors](#)



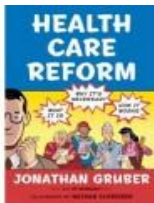
## HHS Notes Successes of Affordable Care Act (Obamacare) on its 2-Year Anniversary

March 23, 2012 was the two-year anniversary of the date on which President Obama signed the Patient Protection & Affordable Care Act ("Affordable Care Act") into law. The Affordable Care Act is the Obama Administration's signature health care reform . . . → Read More: [HHS Notes Successes of Affordable Care Act \(Obamacare\) on its 2-Year Anniversary](#)



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## New Comic Book by MIT Economist Explains Health Reform Law

MIT Economist Jonathan Gruber, who advised the Obama Administration on health care reform and was an architect of Governor Romney's health care reform in Massachusetts, has written a new 152-page comic book that explains and combats some common misconceptions . . . → Read More: [New Comic Book by MIT Economist Explains Health Reform Law](#)



## First 7 New CO-OP Health Insurers Approved for Loans under Affordable Care Act

The Centers for Medicare and Medicaid Services (CMS) announced on February 21 approval of the first seven CO-OPs (new Consumer Oriented and Operated Health Insurance Plans) that will receive loans under the Affordable Care Act. The loans will help . . . → Read More: [First 7 New](#)



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