

March-April, 2012 - Issue 15



# 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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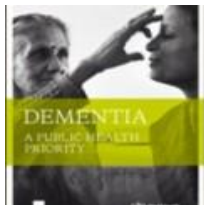
## News & Events of Interest to Caregivers



### HHS Announces New Administration on Community Living to Help Seniors & Disabled Live At Home

The U.S. Department of Health & Human Services (HHS) announced Monday that it has established a new Administration on Community Living under HHS, which will be dedicated to "enhancing and improving the broad range of supports that individuals with . . . → Read More: [HHS Announces](#)

[New Administration on Community Living to Help Seniors & Disabled Live At Home](#)



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## 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](#)
  - [Bladder & Bowel Control/ Incontinence Problems](#)
  - [C-Dif/ Extreme Diarrhea](#)
  - [Depression](#)
  - [Diabetes](#)
  - [Eyesight Problems](#)
  - [Falls/ Fractures/ Mobility Loss](#)
  - [Hearing Loss](#)
  - [Heart Diseases & Stroke](#)
  - [High Blood Pressure](#)
  - [Parkinson's Disease](#)
  - [Skin Cancers](#)
  - [Urinary Tract Infection \(UTI\)](#)
  - [Medical News – General](#)



## New Reports Highlight Harm to Women if Supreme Court Strikes Down Health Care Law

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[Highlight Harm to Women if Supreme Court Strikes Down Health Care Law](#)



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[Arguments on Health Care Law Suggest Possible Support for the Law](#)



## Parkinson's Unity Walk in New York City – April 28

The National Parkinson Foundation (NPF) announced that the 18th annual Parkinson's Unity Walk will be held in Central Park in New York City on April 28th, 2012. This is the largest annual "grassroots" fundraising event to benefit Parkinson's Disease . . . → Read More: [Parkinson's Unity Walk in New York City – April 28](#)



## Eye Health Month Focuses on Eye Health & Safety

April has been declared "Women's Eye Health and Safety Month" by Prevent Blindness America (PBA), a non-profit organization. April has also been declared "Sports Eye Safety Awareness Month" by the American Academy of Ophthalmology. Both of these campaigns have . . . → Read More: [Eye Health Month Focuses on Eye Health & Safety](#)



## National Public Health Week Being Observed April 2-8, 2012

April 2-8, 2012 has been declared National Public Health Week, an annual campaign sponsored for the past 16 years by the National Public Health Association, "aimed at educating the public, policy-makers and the public health community about critical public . . . → Read More: [National Public](#)

[Health Week Being Observed April 2-8, 2012](#)

- [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™](#)

## Practical Tips, Skills & Tools for Caregivers



### New High Value Care Guides for Patients Are Jointly Announced by American College of Physicians & Consumer Reports

The American College of Physicians (ACP) and Consumer Reports jointly announced yesterday that they will work together to produce a new series of "High Value Care" guides to help patients understand what are appropriate treatments for common health problems. . . . → Read More: [New High Value Care Guides for Patients Are Jointly Announced by American College of Physicians & Consumer Reports](#)

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



### Optimism & Positive Outlook May Help Prevent Heart Attack, New Study Finds

In a new study reviewing more than 200 studies published in two major scientific databases, researchers from the Harvard School of Public Health (HSPH) found that positive psychological well-being, including especially a sense of optimism, appears to reduce the . . . → Read More: [Optimism & Positive Outlook May Help Prevent Heart Attack, New Study Finds](#)

## Heart Disease Reversal

The Rave Diet claims to reverse heart disease, as well as wide range of other diseases, by changing to a plant-based diet. It has been endorsed by doctors from The Cleveland Clinic Foundation, who are interviewed—one of whom reversed . . . → Read More: [Heart Disease Reversal](#)



### Physical Activity of All Kinds Lowers Risk of Alzheimer's, Study Finds

A new study published in the journal Neurology, has found that physical activity, including both exercise and activity from daily chores or activities of daily living, may significantly reduce a person's risk of developing Alzheimer's disease, even if you . . . → Read More: [Physical Activity of All Kinds Lowers Risk of Alzheimer's, Study Finds](#)

- [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 –](#)



## Are You At Risk for Diabetes? CDC Provides Quiz to Help You Find Out

As part of Diabetes Alert Day, March 27, 2012, the U.S. Centers for Disease Control & Prevention (CDC) posted updated information on Diabetes' diagnosis and prevention on its website. This includes a Quiz (below), which the CDC invites you . . . → Read More: [Are You At Risk for Diabetes? CDC Provides Quiz to Help You Find Out](#)

## Healthy Aging/ Stories of Inspiring Seniors



### World Health Day April 7 Focuses on Healthy Aging

April 7, 2012 is World Health Day, an annual event sponsored by the World Health Organization (WHO), the directing and coordinating authority for health within the United Nations. The theme of this year's event is "Ageing and health: Good . . . → Read More: [World Health Day April 7 Focuses on Healthy Aging](#)

## Medical Conditions Commonly Faced by Seniors



### Physical Activity of All Kinds Lowers Risk of Alzheimer's, Study Finds

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#### 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

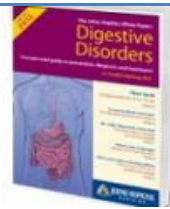
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- [Archives](#)
- [Surveys](#)
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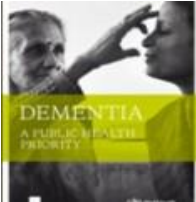




## New Digestive Disorders White Paper Issued by Johns Hopkins

Johns Hopkins Medicine has issued a new research White Paper, The 2012 Johns Hopkins Digestive Disorders White Paper, written by H. Franklin Herlong, M.D., Associate Professor of Medicine and Director, Clinical Hepatology at Johns Hopkins University School of Medicine. . . . → Read More: [New Digestive Disorders White Paper Issued by Johns Hopkins](#)

[Hopkins](#)



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## Free Fall Prevention Evaluation for Older Adults Offered by Nova Southeastern University

Nova Southeastern University in Davie, Florida offers a free interdisciplinary Fall Prevention Evaluation for older adults who are at risk due to balance problems. "This service provides a one-time, comprehensive, multiple discipline evaluation for balance and fall risk factors. . . . → Read More: [Free Fall Prevention Evaluation for Older Adults Offered by Nova Southeastern University](#)



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## Preventing and Managing Coronary Artery Disease

[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

Watch Michael S. Lauer, M.D. Director, Division of Cardiovascular Sciences, National Heart, Lung, and Blood Institute »

## Other Medical News & Resources



### Cleveland Clinic Florida Holds Health Talk on Fibroids

The Cleveland Clinic Florida invites the public to attend a Health Talk on Fibroids, to be given by Viviane Connor, MD – Gynecologist, tonight, Monday, April 16, 2012, from 6 p.m. – 7 p.m., at 525 Okeechobee Blvd. (CityPlace . . . → Read More: [Cleveland Clinic Florida Holds Health Talk](#)

[on Fibroids](#)



### Cleveland Clinic Florida – Health & Wellness Expo – April 28

The Cleveland Clinic invites everyone to come to their annual Health & Wellness Expo, which will be held in the Jagelman Conference Center at the Cleveland Clinic in Weston, Florida. This is a free annual event, which includes health . . . → Read More: [Cleveland Clinic Florida – Health &](#)

[Wellness Expo – April 28](#)

## Home Health Care, Technology & Aging in Place



### Medicare Announces Inclusion of Patient Survey Data in Home Health Compare Tool

The U.S. Centers for Medicare & Medicaid Services (CMS) announced on April 19 that the results of its ongoing survey of patients regarding their experiences with and ratings of Medicare-certified home health agencies, will now be available to consumers . . . → Read More: [Medicare](#)

[Announces Inclusion of Patient Survey Data in Home Health Compare Tool](#)



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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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## Legal & Financial Issues for Seniors & Caregivers



[Held in 30 States](#)

### Money Smart Week April 21-28 – Classes & Events to be Held in 30 States

Money Smart Week® classes and events for consumers in 30 different States — those indicated in green on the map at left. To find classes and other events (primarily in libraries) in your area, click [HERE](#) or click on . . . → Read More: [Money Smart Week April 21-28 – Classes & Events to be](#)



### You Can Negotiate Lower Prices for Health Care, New Reports Suggest

Several new reports have indicated that, facing rising healthcare costs and high-deductible health insurance or no insurance, patients and consumers are increasingly negotiating lower medical bills directly with their doctors, hospitals, and other health care providers. And, new resources . . . →

Read More: [You Can Negotiate Lower Prices for Health Care, New Reports Suggest](#)

## News on Health Care Reform



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