

April-May, 2012 - Issue 16



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



President Proclaims May as Older Americans Month

Following a tradition dating from 1963, President Barack Obama has declared the month of May as Older Americans Month. This is an observance declared by every President since President John F. Kennedy, dedicated to recognizing and honoring the achievements . . . → Read More: [President Proclaims May as Older Americans Month](#)



Govt Provides Links to More Senior Resources for Older Americans Month

May is Older Americans Month, a time to recognize and honor the guiding wisdom and contributions of our nation's seniors. Older Americans Month is declared each year by Presidential Proclamation. See President Proclaims May as Older Americans Month for . . . → Read More: [Govt Provides Links to More Senior Resources for Older Americans Month](#)



Obama Administration Releases New National Plan to Fight Alzheimer's

HelpingYouCare™

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[AnswersForCare™](#)

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 - [Practical Tips & Skills for Family Caregivers](#)
 - [How to Deal with Difficult Elderly Behavior](#)
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 - [Urinary Tract Infection \(UTI\)](#)

On May 15, 2012, U.S. Secretary of Health & Human Services Kathleen Sebelius released the final version of the first comprehensive National Plan to Address Alzheimer's Disease, which has been under development pursuant to the National Alzheimer's Project Act . . . → Read More: [Obama Administration Releases New National Plan to Fight Alzheimer's](#)



President Obama Delivers a Message of Hope & Inspiration to Women as Commencement Speaker at Barnard College

President Barack Obama delivered the commencement address at Barnard College, the women's college affiliated with Columbia University, on Monday, May 14. His address focused on issues of particular importance to women, and he then challenged the women to "stand . . . → Read More: [President Obama Delivers a Message of Hope & Inspiration to Women as Commencement Speaker at Barnard College](#)

Don't Fry Day – May 25 – Focuses on Sun Safety & Preventing Skin Cancer

The U.S. Food and Drug Administration (FDA) announced on Friday that the National Council on Skin Cancer Prevention has designated the Friday before Memorial Day (May 25) as "**Don't Fry Day**," and FDA is participating in this national campaign to "spread the word" on sun safety. → Read More: [Don't Fry Day – May 25 – Focuses on Sun Safety & Preventing Skin Cancer](#)



Mother's Day Kicks Off National Women's Health Week, May 13-19, 2012

In a news release issued May 11, U.S. Secretary of Health & Human Services, Kathleen Sebelius, announced that Mother's Day will begin the observance of National Women's Health Week, which will run from May 13 through 19 this year. . . . → Read More: [Mother's Day Kicks Off National Women's Health Week, May 13-19, 2012](#)



FDA Provides Resources for National Women's Check-Up Day – May 14 – and National Women's Health Week

May 14 is National Women's Check-Up Day. The U.S. Department of Health & Human Services (HHS), the Food and Drug Administration (FDA), and other federal agencies urge all women to have preventive health screenings and check-ups to care for . . . → Read More: [FDA Provides Resources for National Women's Check-Up Day – May 14 – and National Women's Health Week](#)

- [Medical News – General](#)

- [Links to Other Medical Resources](#)

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- [Sleep, Hygiene, Quit Smoking & Other Healthy Practices: Physical Wellness](#)

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15.8 Million Americans to Receive \$1.3 Billion in Rebates from Insurers Due to Affordable Care Act, HHS Announces

In a blog post today, U.S. Secretary of Health & Human Services, Kathleen Sebelius, announced that due to the Affordable Care Act (President Obama's Health Reform Law, which some call "Obamacare"), about 15.8 Million Americans will receive an estimated . . . → Read More: [15.8 Million Americans to Receive \\$1.3 Billion in Rebates from Insurers Due to Affordable Care Act, HHS Announces](#)



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New HBO Documentary, The Weight of The Nation, Explores Causes, Costs of Obesity

A new HBO documentary, The Weight of The Nation, produced by John Hoffman in conjunction with the National Institutes of Health (NIH), explores the costs and causes of the well-publicized obesity epidemic that is plaguing America and its health . . . → Read More: [New HBO Documentary, The Weight of The Nation, Explores Causes, Costs of Obesity](#)

Practical Tips, Skills & Tools for Caregivers



Smart Phone Apps & Social Networking Help Lose Weight, Evidence Suggests

During a session at the 19th European Congress on Obesity in Lyon, France on Thursday, May 10, Dr. Robert Pretlow of the Research Institute, eHealth International in Seattle, Washington, presented evidence suggesting that social networking and new smart phone . . . → Read More: [Smart Phone Apps & Social Networking Help Lose Weight, Evidence Suggests](#)

Wellness: Diet, Exercise, Hygiene & Healthy Living

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- [Helpful Medical Equipment](#)
- [Comfortable & Adaptive Senior Clothing](#)

OurTimeForCare™

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

CaregiversLikeUs™



May is National Mediterranean Diet Month

May has been declared as National Mediterranean Diet Month, a national health observance aimed at generating awareness of the Mediterranean Diet and lifestyle, and the health benefits associated with it. The event is sponsored by Oldways Preservation Trust, a . . . → Read More: [May is National Mediterranean Diet Month](#)



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New Reports Document High Costs of Obesity in America

Several new studies and reports have been published recently documenting the high costs of obesity to America and Americans. According to these new research findings, obesity adds \$190 Billion per year to health care costs, which is over 20% . . . → Read More: [New](#)

[Reports Document High Costs of Obesity in America](#)



Eating Blueberries & Strawberries May Slow Mental Decline with Aging, Study Finds

A new study of over 16,000 women over age 70, conducted by researchers at Harvard, has found that eating an average of one-half cup of blueberries or one cup of strawberries per week, over decades, may slow the memory . . . → Read More: [Eating Blueberries & Strawberries](#)

[May Slow Mental Decline with Aging, Study Finds](#)



Lifting Weights May Improve Seniors' Brain Function More than Walking Does, New Study Finds

A new study published in the Archives of Internal Medicine, a journal of the American Medical Association, found that among a group of senior women, aged 70-80, with mild cognitive impairment, those who engaged in

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[VoicesForCare™](#)

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6 months of twice . . . → Read More: [Lifting Weights May Improve Seniors' Brain Function More than Walking Does, New Study Finds](#)



NIH Features New Report on Good Nutrition for Healthy Bones

The National Institutes of Health (NIH) announced on Monday that it has posted a new report on Good Nutrition for Healthy Bones issued by the International Osteoporosis Foundation, on the NIH's medical

resource site. The report is posted and . . . → Read More: [NIH Features New Report on Good Nutrition for Healthy Bones](#)

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Healthy Aging/ Stories of Inspiring Seniors

94-Year-Old Does The Quickstep!

Watch Matilda Klein's Quickstep of skips, hops and runs. You may be surprised! »

Medical Conditions Commonly Faced by Seniors



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[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.

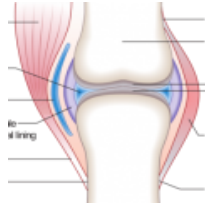
We also provide in-depth features and



National Osteoporosis Awareness & Prevention Month Spotlights Bone Health

The National Osteoporosis Foundation (NOF) announced this month that in connection with National Osteoporosis Awareness and Prevention Month, which is observed each year in May, it is launching a new campaign, called Generations of Strength®. “NOF’s Generations of

Strength . . . → Read More: [National Osteoporosis Awareness & Prevention Month Spotlights Bone Health](#)



National Arthritis Action Month Focuses on What You Can Do to Prevent or Manage this Common Condition

In a news release issued May 1, the Arthritis Foundation, a non-profit organization, declared May as National Arthritis Action Month, and “challeng[ed] Americans to begin taking steps to reduce the burden of arthritis, the nation’s leading cause of disability.” . . . → Read More: [National Arthritis Action Month Focuses on What You Can Do to Prevent or Manage this Common Condition](#)



National High Blood Pressure Education Month Highlights Risks from High Blood Pressure & Ways to Control It

In a statement issued May 2, Secretary of Health & Human Services Kathleen Sebelius announced that May is National High Blood Pressure Education Month and Stroke Awareness Month. These events, sponsored by the National Heart, Lung and Blood Institute . . . → Read More: [National High Blood Pressure Education Month Highlights Risks from High Blood Pressure & Ways to Control It](#)



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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.

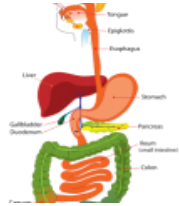
All of our original content is sourced from serious, trusted and reputable sources, such as recognized scientific journals and professional authorities in their fields, U.S. government reports and websites like HHS, the NIH sites, the CDC, FDA, CMS/ Medicare, and other government sources, as well as 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.



Cleveland Clinic Florida Offers Free Stroke Screenings on May 4

The Cleveland Clinic Florida is offering free stroke screenings at its Stroke Screening Day, to be held Friday, May 4, at its main facility in Weston, Florida. The event will be held from 9:00 am to 3:00 pm – . . . → Read More: [Cleveland Clinic Florida Offers Free Stroke Screenings on May 4](#)



U.S. Government Provides Multiple Resources on Digestive Disorders

Multiple agencies and resources within the U.S. Government provide comprehensive information on Digestive Disorders. In addition to the National Digestive Diseases Information Clearinghouse, provided by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the . . . → Read More: [U.S. Government Provides Multiple Resources on Digestive Disorders](#)



National Digestive Diseases Information Clearinghouse (NDDIC)

A service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH), the The Many Different Digestive Diseases – A to Z – including What They Are (Definitions & Etiology), What causes . . . → Read More: [National Digestive Diseases Information Clearinghouse \(NDDIC\)](#)

Other Medical News & Resources



Unnecessary Medical Tests

Doctors are calling for end to 45 common medical tests, according to a report by Brian Williams on NBC Nightly News. According to the report, doctors from several major medical societies in the United States have listed many common . . . → Read More: [Unnecessary Medical Tests](#)



New HBO Documentary, The Weight of The Nation, Explores Causes, Costs of Obesity

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Read More: [New HBO Documentary, The Weight of The Nation, Explores Causes, Costs of Obesity](#)



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[Reports Document High Costs of Obesity in America](#)



Palm Healthcare Announces 10th Annual Nursing Distinction Awards Dinner – May 4

Palm Healthcare Foundation, a nonprofit organization, has announced that it will hold its 10th Annual Nursing Distinction Awards Dinner on May 4, 2012, at The Breakers Hotel in Palm Beach, Florida. At the dinner, the Foundation will announce eight . . . → Read More: [Palm Healthcare](#)

[Announces 10th Annual Nursing Distinction Awards Dinner – May 4](#)

Home Health Care, Technology & Aging in Place



HHS Announces 3 New Home & Community-Based Care Options under Affordable Care Act

The U.S. Department of Health & Human Services (HHS) announced yesterday three new programs made possible under the Patient Protection & Affordable Care Act (the “Affordable Care Act,” which some call “Obamacare”) to help Medicare and Medicaid beneficiaries receive . . . →

Read More: [HHS Announces 3 New Home & Community-Based Care Options under Affordable Care Act](#)



News on Health Care Reform

More States to Implement Health Care Law, HHS Announces

Health and Human Services (HHS) Secretary Kathleen Sebelius announced on Wednesday, that Illinois, Nevada, Oregon, South Dakota, Tennessee and Washington will receive more than \$181 million in grants to help implement the new health care law. The grants will . . . → [Read More: More States to Implement Health Care Law, HHS Announces](#)



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HHS Announces \$728 Million of Funding for Community Health Centers Under Obama's Health Care Law

The U.S. Department of Health and Human Services (HHS) today announced the awarding of grants totaling \$728 million to Community Health Centers nationwide under President Obama's Health Care Law, the Patient Protection & Affordable Care Act ("Affordable Care Act"). . . . → [Read More: HHS Announces \\$728 Million of Funding for Community Health Centers Under Obama's Health Care Law](#)



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Norway Ranks as Best Country to be a Mom; U.S. 25th in the World, New Report Finds

The Save the Children foundation has published its 13th annual "State of the World's Mothers Report," which compares and ranks 165 countries around the world in terms of the Best and Worst Places to Be a Mom. This year's . . . → Read More: [Norway Ranks as Best Country to be a Mom; U.S. 25th in the World, New Report Finds](#)

[U.S. 25th in the World, New Report Finds](#)



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