

June-July, 2012 - Issue 18



CaringMonth™

From HelpingYouCare™

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*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



Experts Advocate Dancing for Health

UPDATED July 23, 2012: A new Health Tip published by MedlinePlus, a service of the National Library of Medicine, National Institutes of Health advocates that seniors "make exercise a social activity." "Participate in a group dance class or a . . . → Read More: [Experts Advocate Dancing for Health](#)



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Strength Training & Walking Improve Brain & Memory, New Studies Find

Four new studies presented on Sunday at the Alzheimer's Association International Conference taking place in Vancouver, Canada, have clarified the key role that different types of exercises can play in improving

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mental functioning in older adults and staying off . . . → Read More: [Strength Training & Walking Improve Brain & Memory, New Studies Find](#)



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Supreme Court Upholds Health Care Law – Individual Mandate Upheld as a Tax; Medicaid Expansion Made Voluntary to States

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Feature Article



Overcoming Guillain Barre Syndrome (GBS) – A Hope-Inspiring Story of Courage & Determination

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Practical Tips, Skills & Tools for Caregivers



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Harvard Women's Health Watch Provides 8 Secrets to a Good Night's Sleep Without Medicine

Difficulty in getting a good night's sleep often plagues women as they get older, according to doctors at Harvard. "Later in life there tends to be a decrease in the number of hours slept," says Dr. Karen Carlson, associate

... → Read More: [Harvard Women's Health Watch Provides 8 Secrets to a Good Night's Sleep Without Medicine](#)

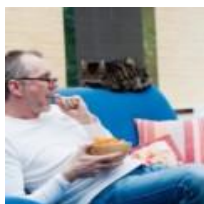


Tips to Celebrate a Safe and Happy Fourth of July and Enjoy the Outdoors Safely

This Fourth of July will be the 236th birthday of the United States of America. To help you celebrate safely, the U.S. Government has posted a number of resources at USA.gov, the U.S. government's official web portal, and on ... → Read More: [Tips to Celebrate a Safe and Happy](#)

[Fourth of July](#)

Wellness: Diet, Exercise, Hygiene & Healthy Living



Physical Inactivity May Cause as Many Deaths as Smoking, New Study Calculates

New research published July 18 in the medical journal The Lancet found that lack of physical activity by adults worldwide may cause 6% to 10% of all cases of coronary heart disease, type 2 diabetes, breast cancer, and colon ... → Read More: [Physical Inactivity May Cause as Many Deaths](#)

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Experts Advocate Dancing for Health

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Study Discovers Hormone Produced by Exercise that Helps Burn Fat and Prevent Diabetes

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A new Harvard Health Letter reports that a recent study by scientists at Harvard Medical School has discovered a previously unknown natural hormone in muscle cells that is produced by exercise. The new hormone, which the scientists called "Irisin," . . . → Read More: [Study Discovers Hormone Produced by Exercise that Helps Burn Fat and Prevent Diabetes](#)



CDC Teaches that Healthy Weight is a Lifestyle – Not Just a Diet

As part of its national mission to promote public health, the U.S. Centers for Disease Control & Prevention (CDC) is providing an educational program for the public on how to lose weight and keep it off. On its website, . . . → Read More: [CDC Teaches that Healthy Weight is a Lifestyle – Not Just a Diet](#)



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US Government Provides Free Publications on Exercise, Diet and Weight Management

The U.S. Government provides multiple free health publications on Exercise, Diet and Weight Management. These publications can be downloaded free of charge from Be Active Your Way – Consumer Booklet for Adults – By the U.S. Department of Health . . . → Read More: [US](#)

[Government Provides Free Publications on Exercise, Diet and Weight Management](#)

What is the

Which of the Pesticides on



Greatest Health Risk?

following presents the greatest risk to your health? apple skin, drinking hot beverages from a styrofoam cup, microwaves from a cell phone, or sitting 6 hours a day? View this video from ABC News, . . . → Read More: [What is the Greatest Health Risk?](#)

Compound in Apples May Help Build Muscles &

[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

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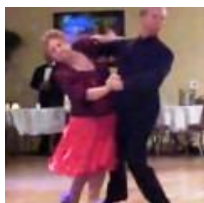
Healthy Aging/ Stories of Inspiring Seniors



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Jenny Paulisinecz Performs the Tango – at 95 Years Old!

Jenny Paulisinecz (95 Years old!) performed an impressive Tango with her instructor Alex Koulik at the July 10, 2012 Showcase at Goldcoast Ballroom in Coconut Creek, Florida. When Alex and Tanya Koulik, “Jenny started dancing 20 years ago after . . . → Read More: [Jenny Paulisinecz](#)

[Performs the Tango – at 95 Years Old!](#)



Jenny Cutler – Discovered on Britain’s Got Talent at Age 80

It’s never too late to start your career as a singer. Jenny Cutler proves that point. She says, “Better late than never!” View Jenny’s thrilling performance on Britain’s Got Talent ... at Age 80! » View more Stories of . . . → Read More: [Jenny Cutler – Discovered on Britain’s Got Talent at Age](#)

[80](#)



103 Years Old & Still Working in the Family Store

At 103, Mrs. Matsu Yamazaki is healthy and still enjoys working in her Tokoyo store with her son. She loves to chat with the customers. Some

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.

scientists say centenarians like Mrs. Yamazaki may have special genes that are associated . . .
→ Read More: [103 Years Old & Still Working in the Family Store](#)

Ruth Frith – Oldest Sportswoman of the World (98 years)

Ruth Frith was the oldest woman athlete in the World Masters Games in Sydney in 2009. She participated in the long jump, the triple jump, shot put, discus throw, hammer throw and javelin throw. She trains six days a . . . → Read More: [Ruth Frith – Oldest Sportswoman of the World \(98 years\)](#)

Medical Conditions Commonly Faced by Seniors



Strength Training & Walking Improve Brain & Memory, New Studies Find

Four new studies presented on Sunday at the Alzheimer's Association International Conference taking place in Vancouver, Canada, have clarified the key role that different types of exercises can play in improving mental functioning in older adults and staving off . . . → Read More:

[Strength Training & Walking Improve Brain & Memory, New Studies Find](#)



Parkinson Foundation Offers Free Online Webinars for Patients & Family Caregivers

The National Parkinson Foundation is offering an upcoming series of free online seminars for patients with Parkinson's Disease and their family caregivers. For more information, see the announcement below from the National Parkinson Foundation. To Register for any of . . . → Read More:

[Parkinson Foundation Offers Free Online Webinars for Patients & Family Caregivers](#)



Cranberry Products Do Help Prevent Urinary Tract Infections, New Study Suggests

According to a new study published in the Archives of Internal Medicine, a journal of the American Medical Association, use of cranberry-containing products (especially cranberry juice) does appear to help prevent urinary tract infections in some individuals — particularly . . . → Read More:

[Cranberry Products Do Help Prevent Urinary Tract Infections, New Study Suggests](#)



Harvard Health Publishes New Joint Pain Relief Workout

Harvard Health Publications has published a new Special Health Report entitled, "The Joint Pain Relief Workout: Healing exercises for your shoulders, hips, knees, and ankles." The Report provides exercises designed by doctors at Harvard Medical School, along with Master . . . →

Read More: [Harvard Health Publishes New Joint Pain Relief Workout](#)



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[Skin Cancer, New Study Suggests](#)

Home Health Care, Technology & Aging in Place



In-Home Care Coordination Helps Those with Dementia Stay at Home & Improves Care, Johns Hopkins Study Finds

A new study by researchers at Johns Hopkins University found that an in-home care coordination program for people with dementia improved their quality of care, quality of life, and ability to remain in home. The study, which was presented . . . → Read More: [In-Home Care Coordination Helps Those with Dementia Stay at Home & Improves Care, Johns Hopkins Study Finds](#)

Senior Housing Options & Care Facilities



Medicare Announces Updated Hospital Compare & Nursing Home Compare Sites

The Centers for Medicare and Medicaid Services (CMS) announced

Thursday that it has updated and re-designed its Hospital Compare and Nursing Home Compare websites, which provide tools and quality measures to help consumers find hospitals and Medicare-Certified nursing homes . . . → Read More: [Medicare Announces Updated Hospital Compare & Nursing Home Compare Sites](#)

Legal & Financial Issues for Seniors & Caregivers



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News on Health Care Reform



Health Care Providers, Insurers & Employers Now Mostly Favor Health Care Law, New Reporting Finds

New reporting published July 11 in the journal HealthAffairs has found that after the Supreme Court's decision upholding the major part of the Patient Protection & Affordable Care Act, President Obama's signature Health Care Law, a sharp partisan divide . . . → Read More: [Health Care Providers, Insurers & Employers Now Mostly Favor Health Care Law, New Reporting Finds](#)



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July 17 Conference: After the Supreme Court – Implementing Affordable Care Act

The publication HealthAffairs has announced that it will hold a conference in Washington D.C. on July 17 on the topic: After the Supreme Court: Moving Ahead to Implement the Affordable Care Act, Improve Health Care and Lower Costs. UPDATE: . . . → Read More: [July 17 Conference: After the Supreme Court – Implementing Affordable Care Act](#)



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Local Reaction to the Supreme Court's Decision Upholding Health Care Law

The Palm Beach County Medical Society of Palm Beach County, Florida released the following statement following the Supreme Court's decision upholding the Patient Protection & Affordable Care Act on Thursday: MEDICAL SOCIETY RELEASES STATEMENT ABOUT SUPREME

COURT RULING ON . . . → Read More: [Local Reaction to the Supreme Court's Decision Upholding Health Care Law](#)



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