

July-August, 2012 - Issue 19



CaringMonth™

From HelpingYouCare™

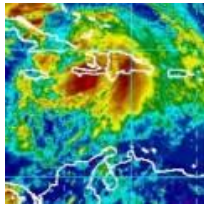
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*A Comprehensive Family Caregiver's Resource: Daily News, In-Depth Information & Supportive Resources
Helping You Care for Aging Parents & Senior Loved Ones and for Yourself*

CaringMonth™ -- Gives You a Free E-mail Update on the
Latest News, Information & Resources from **HelpingYouCare™**

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News & Events of Interest to Caregivers



Tropical Storm Isaac Puts Spotlight on Hurricane Preparedness

As Tropical Storm Isaac approaches Florida, with Hurricane warnings in effect for much of Florida's West coast, government authorities are urging all citizens to prepare, and are focusing attention on government resources available to help you prepare for a . . . → Read More: [Tropical Storm Isaac](#)

[Puts Spotlight on Hurricane Preparedness](#)



8 New Free Preventive Health Services for Women Take Effect August 1, 2012 under Health Care Law

Starting August 1, 2012, the Patient Protection & Affordable Care Act, President Obama's signature Health Care Law, requires all insurance companies to offer free coverage for an additional eight preventive health care services for women. The new free coverage, . . . → Read More: [8](#)

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 - [Practical Tips & Skills for Family Caregivers](#)
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 - [Urinary Tract Infection \(UTI\)](#)



Paul Ryan Takes Surprising Positions Against Women's Health & Reproductive Rights

Family caregivers — the vast majority of whom are women — may be surprised at the positions Congressman Paul Ryan, Mitt Romney's choice for his running mate, has consistently taken on women's health and reproductive rights issues. Recent news . . . → Read More: [Paul Ryan](#)

[Takes Surprising Positions Against Women's Health & Reproductive Rights](#)



Under Obama's Health Care Law, Those on Medicare Have Saved \$4.1 Billion in Prescription Costs + Recd Free Preventive Care, Medicare Announces

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People on Medicare Report Significantly Better Coverage than Those with Private Health Insurance, Study Finds

A recent study published in the journal HealthAffairs found that people on Medicare were substantially happier with their coverage and reported significantly fewer cost and access-related problems than those with private employer-sponsored health insurance or “Medicare Advantage” plans offered . . . → Read More: [People on Medicare Report Significantly Better Coverage than Those with Private Health Insurance, Study Finds](#)



Ryan-Romney Budget Proposals Would End Medicare as We Know It & Cut or Eliminate Programs for Poor, Elderly & Vulnerable

By selecting Paul Ryan as his running mate, former Governor and Presidential Candidate Mitt Romney has taken action that backs up and gives teeth to his previous endorsements of the Ryan Budget Plan and his promise to sign it . . . → Read More: [Ryan-Romney Budget Proposals Would End Medicare as We Know It & Cut or Eliminate Programs for Poor, Elderly & Vulnerable](#)

Practical Tips, Skills & Tools for Caregivers



NIH Announces New 52-Week Mobile Health App for Women

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CaregiversLikeUs™



National Health Center Week, August 5-11, Highlights Health Care Available Regardless of Your Ability to Pay

The U.S. Department of Health & Human Services (HHS) has declared August 5-11 as National Health Center Week, to recognize and highlight the crucial role that Community Health Centers play in maintaining the health of Americans. Federally-funded Community Health . . . → Read More: [National Health Center Week, August 5-11, Highlights Health Care Available Regardless of Your Ability to Pay](#)

Wellness: Diet, Exercise, Hygiene & Healthy Living



CDC Reports More Americans Are Walking, But Not Enough – Exercise Termed Wonder Drug

A new VitalSigns Report issued August 7 by the U.S. Centers for Disease Control & Prevention (CDC) found that Sixty-two percent of adults reported walking at least once for 10 minutes or more in the previous week in 2010, . . . → Read More: [CDC Reports More Americans Are Walking, But Not Enough – Exercise Termed Wonder Drug](#)



Wearing a Pedometer Can Help You Walk More, Study Finds

A study by scientists in Australia has found that seniors who clipped on a pedometer nearly doubled the time they spent walking each week. The study, by Gregory S. Kolt, Ph.D., head of the School of Science and Health, . . . → Read More: [Wearing a Pedometer Can Help You Walk](#)

[More, Study Finds](#)

To Lose as Good as

A new study found that 30 as, and even same loss of

[of Daily Exercise as Good as 60 Minutes, New Study Finds](#)



Weight, 30 Minutes of Daily Exercise 60 Minutes, New Study Finds

published in the American Journal of Physiology has minutes of daily aerobic exercise training are as good slightly more effective than, 60 minutes to achieve the weight . . . → Read More: [To Lose Weight, 30 Minutes](#)

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Salmonella Outbreak in 21 States Linked to Canteloupe Grown in Indiana

The U.S. Centers for Disease Control & Prevention (CDC) has announced an outbreak of Salmonella Typhimurium that has sickened 178 people, with two deaths reported, in 21 states. The CDC announced yesterday that cantaloupe originating from Chamberlain Farms Produce, . . . → Read

More: [Salmonella Outbreak in 21 States Linked to Canteloupe Grown in Indiana](#)



HealthCare.gov Features 5 Prevention Resources for You and Your Family

The U.S. Department of Health & Human Services (HHS) issued a Bulletin from HealthCare.gov on Friday, featuring links to five free Prevention Resources made available to you and your family because of the Patient Protection & Affordable Care Act, . . . → Read More: [HealthCare.gov Features 5 Prevention Resources for You and Your Family](#)



Does Coffee Help You Live Longer?

A new HealthBeat message from the U.S. Department of Health & Human Services (HHS) features a recent study published in the New England Journal of Medicine, finding that "Coffee drinkers have a lower risk of dying from heart disease, . . . → Read More: [Does Coffee Help You Live Longer?](#)

Healthy Aging/ Stories of Inspiring Seniors



Alex Nastaskin is Competitive Champion in Ballroom Dance

Arkade ("Alex") Nastaskin, performing with his instructor, international ballroom dance professional Liene Di Lorenzo, wowed the crowd with an impressive International Tango and Slow Foxtrot at the Goldcoast Ballroom Showcase on July 10, 2012 (videos below). At the Florida . . . → Read More: [Alex Nastaskin is Competitive Champion in Ballroom Dance](#)



The Tigerettes – Winning Basketball Team at Ages 65 to 75

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

With over 2,400 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

The Louisiana Tigerettes, a winning women's basketball team, is proving how effective exercise can be in keeping you young. The Tigerettes have an impressive record of 195 wins and only 5 losses, and they have earned seven gold medals . . . → Read More: [The Tigerettes – Winning Basketball Team at Ages 65 to 75](#)



What is Possible After Age 90?

What can you do after you reach the age of 90? The possibilities may be almost limitless. So demonstrate the many extraordinary people in their 90s and 100s who were featured by filmmaker Susan Polis Schutz in a documentary . . . → Read More: [What is Possible After Age 90?](#)



Nola Ochs, World's Oldest Masters Degree at Age 98, Now Writing a Book at 100 Years Old!

Nola Ochs, the World's Oldest College Graduate at age 95, set another world record by earning her Masters Degree at 98 Years Old! Now she is writing a book at age 100! Nola is pictured at left, at 98 . . . → Read More: [Nola Ochs, World's Oldest Masters Degree at Age 98, Now Writing a Book](#)

[at 100 Years Old!](#)

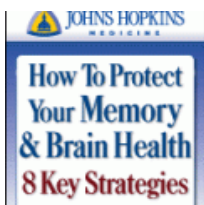
Medical Conditions Commonly Faced by Seniors



Studies Link Loneliness to Higher Risk of Death, Decline and Cardiovascular Disease

Two recent studies published in the Archives of Internal Medicine, a journal of the American Medical Association, have found loneliness to be associated with higher risks of cardiovascular disease, loss of independence, and death. However, the extent of association . . . → Read

More: [Studies Link Loneliness to Higher Risk of Death, Decline and Cardiovascular Disease](#)



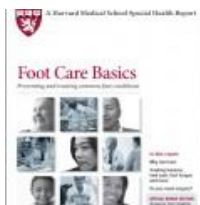
Johns Hopkins Health Alert Features 8 Key Strategies to Protect Your Memory

A new Health Alert published by Johns Hopkins Medicine features 8 key strategies that the Johns Hopkins experts say can help preserve your memory and brain health. The Health Alert, entitled "How to Protect Your Memory and Brain Health," . . . → Read More: [Johns Hopkins Health Alert](#)

reporting on many other topics of interest to seniors and family caregivers, including legal, legislative, and financial matters. These topics 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 based upon 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.



Harvard Health Updates Report on Foot Care Basics – Preventing and Treating Common Foot Conditions

Harvard Health Publications has issued a newly revised Special Health Report from Harvard Medical School on “Foot Care Basics: Preventing and treating common foot conditions.” “Three out of four Americans will suffer some kind of foot ailment in their . . . → Read More: [Harvard Health](#)

[Updates Report on Foot Care Basics – Preventing and Treating Common Foot Conditions](#)

Other Medical News & Resources



Cleveland Clinic Offers Free Health Talks

The Cleveland Clinic is offering a series of free community seminars on various health topics. Called “Health Talks,” these seminars will be held each month at the Cleveland Clinic’s main campus, and at several suburban Family Health Center locations. . . . → Read More: [Cleveland Clinic Offers Free Health Talks](#)



NIH Announces New 52-Week Mobile Health App for Women

The National Institutes of Health (NIH), Office of Research on Women's Health, announced on Thursday that it is providing a new mobile health app for women that is available for free download to an iPhone, iPad or Android device. . . . → Read More: [NIH Announces New 52-Week Mobile Health App for Women](#)



Parkinson Moving Day Miami Oct 7 – Lunch for Team Captains Aug 28

Parkinson Moving Day® – Miami will take place on October 7, 2012, starting at 8:30 a.m. in Bayfront Park, Miami. The nonprofit National Parkinson Foundation, the organizer, has announced that it is seeking Team Captains, and invites you to . . . → Read More: [Parkinson Moving Day Miami Oct 7 – Lunch for Team Captains Aug 28](#)



Future of Medicine Summit VI to be Held in West Palm Beach September 27-28, 2012

The Palm Beach County Medical Society, along with the West Palm Beach VA Medical Center and MAGEC, will sponsor the sixth annual Future of

Medicine Summit on September 27-28, 2012. The nationally attended event, to be held in the . . .
→ Read More: [Future of Medicine Summit VI to be Held in West Palm Beach September 27-28, 2012](#)

Home Health Care, Technology & Aging in Place



New Resources on Hospital to Home Transition Featured on National Library of Medicine Site

"Many older adults do not successfully make the transition home well and end up returning to the hospital. In fact, one in five Medicare patients are readmitted to a hospital within 30 days after discharge," according to a new . . . → Read More: [New Resources on Hospital to Home Transition](#)

[Featured on National Library of Medicine Site](#)

Senior Housing Options & Care Facilities



HUD Offers Tools to Find Affordable Housing for Seniors

The U.S. Department of Housing and Urban Development (HUD) announced on Friday, that it provides a number of finder tools and other resources to help find affordable housing for seniors and people with disabilities. Following is a copy of . . . → Read More: [HUD Offers Tools to](#)

[Find Affordable Housing for Seniors](#)

Legal & Financial Issues for Seniors & Caregivers



Do You or Your Senior Loved One Qualify for Veterans Health Care Benefits?

"If you served in the active military, naval, or air service and were honorably discharged or released, you may qualify for VA health care benefits, including hospital services," according to an e-mail announcement issued August 30 from USA.gov, the . . . → Read More: [Do You or Your Senior Loved One Qualify for Veterans Health Care Benefits?](#)



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Caregiver Self-Care, Stress Management & Inspiration



Can a Smile Reduce Stress?

A new study by scientists at the University of Kansas has found that a smile on your face – especially a genuine one using both mouth and eye muscles – may help lower heart rate after stressful activities. The . . . → Read More: [Can a Smile Reduce Stress?](#)



Free Webinar on Relationships & Parkinsons – August 23, 2012

The National Parkinson Foundation (NPF) is offering a Free Webinar about “Relationships and Parkinson’s” on Thursday, August 23 at 1:00 p.m. ET. Kara Barton, MSW, LCSW, from the University of Southern California, will discuss strategies for coping with changes . . . → Read More: [Free Webinar on Relationships & Parkinsons – August 23, 2012](#)



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Affordable Care Act Has Saved \$3.9 Billion on Prescription Drugs for Those on Medicare, CMS Announces

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