

August-September, 2012 - Issue 20



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*

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



FDA Issues Scam Alert: Beware of Phone Scams from Bogus FDA Agents if You Have Bought Meds Online

The U.S. Food and Drug Administration (FDA) issued the following Bulletin on September 25, 2012: Scam Alert: Beware of Bogus FDA Agents

"Hundreds of people who have purchased drugs over the Internet or via telephone have unwittingly exposed themselves . . . → Read More: [FDA Issues Scam Alert: Beware of Phone Scams from Bogus FDA Agents if You Have Bought Meds Online](#)



Due to Affordable Care Act, People with Medicare will Save \$5,000 to \$18,000 through 2022, HHS Reports

The U.S. Department of Health and Human Services (HHS) released a new report on Friday, September 21, projecting that the average person with traditional Medicare will save \$5,000 from 2010 to 2022 because of the Patient Protection and Affordable . . . → Read More: [Due to Affordable Care Act, People with Medicare will Save \\$5,000 to \\$18,000 through 2022, HHS Reports](#)

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 - [Skin Cancers](#)
 - [Urinary Tract Infection \(UTI\)](#)



More than 50% Obesity in 39 States by 2030, New F as in Fat Report Projects

A new report issued September 18, 2012 projects that if current trends continue, in 39 U.S. States more than 50% of adults could be obese by 2030, 13 states could have adult obesity rates above 60 percent, and all . . . → Read More: [More than 50% Obesity in 39 States by 2030, New F as in](#)

[Fat Report Projects](#)



In Hispanic Heritage Month HHS Reaffirms Commitment to Improving Health Care Access & Celebrates Progress Made under Affordable Care Act

On the occasion of Hispanic Heritage Month, which begins September 15, Secretary of Health & Human Services, Kathleen Sebelius issued a Statement, reaffirming the commitment of HHS and the Obama Administration to reducing the disparities in health care access . . . → Read More: [In Hispanic Heritage Month HHS Reaffirms Commitment to Improving Health Care Access & Celebrates Progress Made under Affordable Care Act](#)



Healthy Aging® Month Focuses on Limitless Possibilities After Age 50

The month of September has been designated as Healthy Aging® Month, an annual health observance developed to help individuals think more positively about growing older, and take actions to promote their own physical, social, mental and financial well-being. The . . . → Read More:

[Healthy Aging® Month Focuses on Limitless Possibilities After Age 50](#)



Medicare Announces Redesigned Website to Better Serve Medicare Beneficiaries & Their Families

The U.S. centers for Medicare and Medicaid Services (CMS) announced on August 21 that it has launched a redesign of its Medicare.gov website, in order to better serve Medicare Beneficiaries and their families. The redesign, CMS said, "mak[es] content . . . → Read More: [Medicare](#)

[Announces Redesigned Website to Better Serve Medicare Beneficiaries & Their Families](#)

Practical Tips, Skills & Tools for Caregivers

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New Resources to Help Seniors & Those With Disabilities Stay Independent Provided under Affordable Care Act

Secretary of Health and Human Services (HHS) Kathleen Sebelius announced that \$12.5 million in awards funded by the Affordable Care Act and the Older Americans Act will be made to local Aging and Disability Resource Centers (ADRCs) to help . . . → Read More: [New Resources to Help Seniors & Those With Disabilities Stay Independent Provided under Affordable Care Act](#)

Wellness: Diet, Exercise, Hygiene & Healthy Living



September 26 is National Women's Health & Fitness Day

September 26 has been designated as "National Women's Health & Fitness Day," an annual health observance sponsored and organized by the Health Information Resource Center, dedicated to promoting women's health and fitness. The Health Information Resource Center (HIRC), a . . . → Read More: [September 26 is National Women's Health & Fitness Day](#)



Dental Health Key to Good Physical Health, Experts Say

"Did you know that your oral health can offer clues about your overall health? Or that problems in your mouth can affect the rest of your body?" So says the Mayo Clinic. In a paper called "Oral Health: Keeping . . . → Read More: [Dental Health Key to Good Physical Health, Experts Say](#)



Eating Yogurt May Help Prevent High Blood Pressure, New Study Suggests

A new study that followed more than 2,000 participants over 15 years has found that eating more yogurt may help lower your risk of high blood pressure. The study, by Huifen Wang, PhD, of Tufts University in Boston, and . . . → Read More: [Eating Yogurt May Help Prevent High Blood Pressure, New Study Suggests](#)

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CaregiversLikeUs™



FDA Analyzing Arsenic Found in Rice; Advises Consumers Eat a Balanced Diet of Multiple Grains

The U.S. Food and Drug Administration (FDA) issued a Consumer Update on September 19, advising that as part of its regular sampling and testing of U.S. food products, the agency has found varying levels of inorganic arsenic in samples . . . → Read More: [FDA Analyzing Arsenic Found in Rice; Advises Consumers Eat a Balanced Diet of Multiple Grains](#)

[Rice; Advises Consumers Eat a Balanced Diet of Multiple Grains](#)



September Designated as Fruits and Veggies – More Matters Month

September has been designated as “Fruits and Veggies – More Matters Month,” an officially recognized National Health Observance, HealthFinder.gov, a website of the U.S. Department of Health & Human Services, announced. “Every September, Fruit and Veggies – More

Matters . . . → Read More: [September Designated as Fruits and Veggies – More Matters Month](#)

Healthy Aging/ Stories of Inspiring Seniors



Guinness World Record Holder for Oldest Gymnast at 86 Years Old

Johanna Quaas was born in 1925, and is Germany’s oldest active gymnast. She retired as a physical education teacher from Leipzig, Germany. Her gymnastic training began when in her 50s. Her first competition was at age 56. She says, . . . → Read More: [Guinness World](#)

[Record Holder for Oldest Gymnast at 86 Years Old](#)



Oldest Gospel-Recording Artist

Edith Mama Randolph, the Oldest Gospel Recording Artist, was over 100 years old when she recorded “Will There Be Any Stars in My Crown?” She was 99 when she was approached about making an album. She sang without printed . . . → Read More: [Oldest Gospel-Recording Artist](#)



Guinness World Record Holder for Oldest Yoga Teacher

93 Year-old Tao Porchon-Lynch is the world’s oldest yoga teacher. She says: “My doctor when he did the hip replacement said you won’t be

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able to do this, you won't be able to do that. I said I don't . . . → Read More: [Guinness World Record Holder for Oldest Yoga Teacher](#)



90-Year-Old World Record Holder in Pole Vault

Watch Dr. William Bell, world record holder in pole vault in his age group, clear 7 feet, 2 inches! Dr. Bell is 90 years old! He is the father of former Olympic Pole Vaulter, Earl Bell. In this video . . . → Read More: [90-Year-Old World Record Holder in Pole Vault](#)

Medical Conditions Commonly Faced by Seniors



World Heart Day, September 29, Focuses on Prevention of Heart Disease

September 29 has been designated as "World Heart Day," an annual health observance sponsored by the World Heart Federation. "This year in continuation from our 2011 World Heart Day theme of home heart health One World, One Home, One . . . → Read More: [World Heart Day](#).

[September 29, Focuses on Prevention of Heart Disease](#)



National Parkinson Foundation Offers Helpline for Patients and Families

The National Parkinson Foundation is offering a free telephone Helpline for Parkinson's patients and their families. The Helpline at 1-800-4PD-INFO (1-800-473-4636), is available Monday through Friday from 9:00 a.m. to 5 p.m. eastern time. According to the National Parkinson . . . → Read More:

[National Parkinson Foundation Offers Helpline for Patients and Families](#)



Exercise & Home Modification Most Effective to Prevent Falls in Seniors, New Study Finds

New research published September 12 in The Cochrane Library has found that of several fall-prevention methods studied, exercise including strength and balance training was most effective in reducing the risk of falling for seniors. Modifications of the home to . . . → Read More: [Exercise & Home](#)

[Modification Most Effective to Prevent Falls in Seniors, New Study Finds](#)

[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.



Dizziness & Balance Disorders Arise from Conditions Common with Aging, Experts Report

"More than 4 in 10 Americans will experience an episode of dizziness sometime during their lives that's significant enough to send them to a doctor," according to the August, 2012 issue of NIH News in Health, a monthly newsletter . . . → Read More: [Dizziness & Balance Disorders](#)

[Arise from Conditions Common with Aging, Experts Report](#)

Other Medical News & Resources



New Initiative to Help Americans Control Blood Pressure, CDC Teams with Pharmacists

The U.S. Centers for Disease Control and Prevention (CDC) has announced a new initiative, called "Team Up. Pressure Down," in which the CDC and the U.S. Department of Health and Human Services (HHS) will team with pharmacists to help . . . → Read More: [New Initiative to Help](#)

[Americans Control Blood Pressure, CDC Teams with Pharmacists](#)



New Study Shows Link Between Heart Disease & Chemical in Common Household Products

A new study has found an association between cardiovascular disease and exposure to perfluorooctanoic acid (PFOA), a manmade chemical used in the manufacture of several common household products. The study of 1,216 individuals was conducted by Anoop Shankar, MD, . . . →

Read More: [New Study Shows Link Between Heart Disease & Chemical in Common Household Products](#)

Home Health Care, Technology & Aging in Place



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We also provide in-depth features and 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 & Editor, 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.

Legal & Financial Issues for Seniors & Caregivers



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Labor Day News for Caregivers: Know Your Workplace Rights

EDITOR’S NOTE: The following article was first published on HelpingYouCare™ on September 5, 2011. It remains relevant this Labor Day, and with some added links, we re-print it below: Recent reports have found that low-wage employees, in particular, are . . . → Read More: [Labor Day News for Caregivers: Know Your Workplace Rights](#)

Caregiver Self-Care, Stress Management & Inspiration



Is Stress at Work Adding to Your Stress as a Family Caregiver?

Feelings of stress commonly arise out of the challenges of being a family caregiver. And, managing caregiver stress is a huge part of proper caregiver self-care. But, if you are also working outside the home, is stress at work . . . → Read More: [Is Stress at Work Adding to Your Stress as a](#)

News on Health Care Reform



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Obamacare Has Saved Americans \$2.1 Billion on Health Insurance Premiums, New Report Reveals

President Obama's health care law – the Patient Protection and Affordable Care Act – has saved Americans an estimated \$2.1 Billion on health insurance premiums, according to a new report released September 11, 2012 by the U.S. Department of . . . → Read More: [Obamacare Has Saved Americans \\$2.1 Billion on Health Insurance Premiums, New Report Reveals](#)



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