

September-October, 2012 - Issue 21



# 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



### HHS Agrees to End Practice of Denying Medicare Coverage for Skilled Care & Related Home Health & Therapy Due to Lack of Patient Improvement

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### Doctor Shortage: Which States Have the Fewest & Most Doctors Per 100,000 People?

A new survey conducted by the research firm 2/7 Wall St has identified the 10 U.S. States that have the fewest doctors per 100,000 people in the population, versus the 10 States that have the most doctors per 100,000 . . . → Read More: [Doctor Shortage: Which States Have the Fewest & Most](#)

[Doctors Per 100,000 People?](#)

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## Social Security Benefits Will Increase by 1.7% in 2013, SSA Announces

The U.S. Social Security Administration (SSA) announced today that Social Security benefits will increase by 1.7% in 2013, as a result of a cost-of-living adjustment. The 1.7% increase will benefit nearly 62 million Americans receiving Social Security or Supplemental . . . → Read More:

[Social Security Benefits Will Increase by 1.7% in 2013, SSA Announces](#)



## Medicare Open Enrollment Runs From October 15 Through December 7, 2012

The Medicare Open Enrollment period runs from October 15 through December 7, 2012, the U.S. Centers for Medicare and Medicaid Services (CMS) and U.S. Department of Health and Human Services (HHS) announced on Friday. This is the period when . . . → Read More: [Medicare](#)

[Open Enrollment Runs From October 15 Through December 7, 2012](#)



## Expanded Recalls of Peanuts and Peanut Butter Products – Linked to Multi-State Outbreak of Salmonella Infections

The U.S. Food and Drug Administration (FDA) and the U.S. Centers for Disease Control and Prevention (CDC) have announced an expanded investigation of a multi-state outbreak of cases of Salmonella Bredeney infections. So far 35 cases have been reported . . . → Read More: [Expanded Recalls of Peanuts and Peanut Butter Products – Linked to Multi-State Outbreak of Salmonella Infections](#)



## Recall of Select Packages of Kellogg's Mini-Wheats — Frosted and Unfrosted

On October 8, 2012, the U.S. Food and Drug Administration (FDA) announced that Kellogg initiated a voluntary recall of certain packages of Kellogg's Frosted Mini-Wheats. In a news release posted by the FDA, Kellogg stated that the recall was . . . → Read More: [Recall of Select Packages of Kellogg's Mini-Wheats — Frosted and Unfrosted](#)



## Thank a Caregiver Week, Nov. 4-10, Sponsored by National Parkinson Foundation

The National Parkinson Foundation (NPF) has announced that, as part of

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observing National Family Caregivers Month in November, it will for the first time sponsor Thank a Caregiver Week during the week of November 4 through 10, 2012. "Caring . . . → Read More: [Thank a Caregiver Week, Nov. 4-10, Sponsored by National Parkinson Foundation](#)

## Practical Tips, Skills & Tools for Caregivers



### Tips on Keeping Food & Water Safe During Emergencies, Circulated by HHS

As Hurricane Sandy was preparing to strike New Jersey and New York on October 29, the U.S. Department of Health & Human Services (HHS) circulated a bulletin on how to prepare for, and keep your food and water safe . . . → Read More: [Tips on Keeping Food & Water Safe During Emergencies, Circulated by HHS](#)

## TSA Provides Helpline for Travelers with Disabilities and Medical Conditions

A new update on the U.S. Transportation Security Administration (TSA) website announces and provides information about a new Helpline called "TSA Cares" that will be provided by the TSA to assist travelers with disabilities and medical conditions. According to . . .



→ Read More: [TSA Provides Helpline for Travelers with Disabilities and Medical Conditions](#)

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



### Eating Tomatoes May Lower Stroke Risk, Study Suggests

A study by Finnish researchers has found that men with relatively high blood levels of the antioxidant lycopene, commonly found in tomatoes, had a significantly lower risk of suffering a stroke over a twelve-year study period than those with . . . → Read More: [Eating Tomatoes May Lower Stroke Risk, Study Suggests](#)



### Eating Legumes May Help Diabetes Patients Control Blood Sugar & Lower Heart Disease Risk, Study

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## Finds

A new study published October 22 in the Archives of Internal Medicine, a journal of the American Medical Association, has found that type 2 diabetes patients who consumed at least one cup of legumes (such as beans, chickpeas or . . . → Read More: [Eating Legumes May Help Diabetes Patients Control Blood Sugar & Lower Heart Disease Risk, Study Finds](#)



### What You Need to Know About Dietary Supplements

According to The U.S. Food and Drug Administration (FDA), “Unlike drugs, supplements are not intended to treat, diagnose, prevent, or cure diseases.” That means supplements should not make claims, such as reduces ‘arthritic pain’ or ‘treats heart disease.’ Claims . . . → Read More:

[What You Need to Know About Dietary Supplements](#)



### Harvard Health Publishes Report on Strength and Power Training: A guide for adults of all ages

According to a special health report issued by Harvard Health Publications of Harvard Medical School, “Sarcopenia—the gradual decrease in muscle tissue—starts at around age 30, [and] the average 30-year-old can expect to lose about 25% of muscle mass and . . . → Read More: [Harvard Health](#)

[Publishes Report on Strength and Power Training: A guide for adults of all ages](#)

## Healthy Aging/ Stories of Inspiring Seniors



### What are the Secrets of Living to Be Healthy & Active at 100 Years Old?

Recent studies of people who are healthy, alert and active at age 100 have found that lifestyle appears to be the secret to their remarkable health and longevity. Among the key factors identified: a healthy, plant-based diet; daily low-intensity . . . → Read More: [What are the Secrets of Living to Be](#)

[Healthy & Active at 100 Years Old?](#)



### New Zealand's Talented 91-Year-Old Singer Olivia Turner

91-Year-Old Olivia Turner is a contestant on New Zealand's TV show “Got

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Talent.” When asked whether she was affected by the a series of devastating earthquakes which occurred in New Zealand two years ago, Ms Turner simply answered; ‘Yes, . . . → Read More: [New Zealand's Talented 91-Year-Old Singer Olivia Turner](#)



## Secrets of Superagers: Loving to Live or Longevity Genes?

Why do some people live and maintain their zest for life well past 95? Is it a passion for life, or longevity genes? Watch a short video about the life of Dr. Harold Laufman, who served as professor of . . . → Read More: [Secrets of Superagers: Loving to Live or Longevity Genes?](#)

## Medical Conditions Commonly Faced by Seniors



### Decline in Physical Abilities Linked to Increased Risk for Dementia Among 90 Year Olds, Study Finds

A new study published in the Archives of Neurology, a journal of the American Medical Association, as found that among people age 90 and older, poor ability to walk, stand up, maintain balance, and perform other physical tasks was . . . → Read More: [Decline in Physical Abilities Linked to Increased Risk for Dementia Among 90 Year Olds, Study Finds](#)



### Treating Sleep Apnea Found to Reduce High Blood Pressure

A new study published in the Journal of Clinical Sleep Medicine has found that a group of men with obstructive sleep apnea who also had high blood pressure, benefited from a significant lowering of their blood pressure when their . . . → Read More: [Treating Sleep Apnea Found to Reduce High Blood Pressure](#)



### Eating Tomatoes May Lower Stroke Risk, Study Suggests

A study by Finnish researchers has found that men with relatively high blood levels of the antioxidant lycopene, commonly found in tomatoes, had a significantly lower risk of suffering a stroke over a twelve-year study

[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.

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## Breast Cancer Awareness Month Twitter Chat – October 23, 2012

The Office of Women's Health of the U.S. Food and Drug Administration (FDA) has announced that it will co-sponsor a Twitter Chat for Breast Cancer Awareness Month on October 23, 2012. The Chat on Twitter will focus on discussing . . . → Read More: [Breast Cancer Awareness Month](#)

[Twitter Chat – October 23, 2012](#)



## Signs That a Headache Could be Dangerous, Featured in Johns Hopkins Health Alert

In a Health Alert published October 17, 2012 by Johns Hopkins, Peter Goadsby, M.D., Ph.D., a neurologist who is director of the Headache Center at the University of California at San Francisco, lists some of the signs and symptoms . . . → Read More: [Signs That a Headache Could be Dangerous, Featured in Johns Hopkins Health Alert](#)



## Mental Health Awareness Week & World Mental Health Day Educate About Depression

October 7-13 has been declared "Mental Illness Awareness Week" in the U.S. This annual health observance to raise mental illness awareness was declared by an Act of Congress in 1990, to occur in the first full week of October . . . → Read More: [Mental Health Awareness Week & World](#)

[Mental Health Day Educate About Depression](#)

## Other Medical News & Resources



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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.

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## **Meningitis Outbreak Expands to 284 Cases; 23 Deaths**

The U.S. Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA) are investigating a deadly multistate outbreak of fungal meningitis, which has been linked to steroid injections given for back and joint pain — . . . → Read More: [Meningitis Outbreak](#)

[Expands to 284 Cases; 23 Deaths](#)



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## **The FDA's Role in Reviewing the Safety & Efficacy of Dietary Supplements**

The U.S. Food and Drug Administration (FDA) makes clear that it does not conduct a pre-market review of dietary supplements. Dietary supplements are not approved by the government for safety and effectiveness before they are marketed. However, Vasilios H. . . . → Read More: [The FDA's](#)

[Role in Reviewing the Safety & Efficacy of Dietary Supplements](#)

## **Home Health Care, Technology & Aging in Place**



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## Senior Housing Options & Care Facilities



### New Program to Improve Quality of Care for Nursing Home Residents in 7 States Announced by Medicare

The U.S. Centers for Medicare and Medicaid Services (CMS) announced Thursday awards of funding to seven organizations selected to partner with CMS and 145 nursing homes in seven different states in a new pilot program aimed at improving quality . . . → Read More: [New Program to Improve Quality of Care for Nursing Home Residents in 7 States Announced by Medicare](#)

## Legal & Financial Issues for Seniors & Caregivers



### Find Out What Medicare Covers, on Medicare.gov

On its website, Medicare.gov, the U.S. Centers for Medicare and Medicaid Services (CMS) provides links to comprehensive information on what Medicare covers under each of its different Parts. Here are links to Medicare coverage information, as provided on Medicare.gov: . . . → Read More: [Find Out What Medicare Covers, on Medicare.gov](#)



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## Caregiver Self-Care, Stress Management & Inspiration



### Perceived Stress Increases Risk of Heart Disease, Study Finds; Plus How to Handle Stress

A new analysis of studies involving 118,696 participants, conducted by Donald Edmundson, PhD, a professor at Columbia University Medical Center, and colleagues, has found that self-reported perceived stress was associated with a 27% higher risk of coronary heart disease . . . → [Read](#)

More: [Perceived Stress Increases Risk of Heart Disease, Study Finds; Plus How to Handle Stress](#)

## News on Health Care Reform



### In Debate, Obama and Romney Clarify Positions on Medicare, Medicaid & Healthcare

So far, much of the punditry and commentary following the first U.S. Presidential Debate, which took place Wednesday, October 3 in Denver, has focused on the style, optics, and mannerisms of the candidates — not on the substance of . . . → [Read More: In Debate, Obama and Romney](#)

[Clarify Positions on Medicare, Medicaid & Healthcare](#)



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## International Health Care Comparisons



### US and UK Healthcare Systems Should Learn From Each Other, Experts Conclude

In a health policy paper published on October 11, 2012 in The Lancet medical journal, US and UK experts on healthcare policy who co-authored the article conclude that, even though the US and UK healthcare systems are often thought . . . → Read More: [US and UK Healthcare Systems](#)

[Should Learn From Each Other, Experts Conclude](#)



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