

November-December, 2012 - Issue 23



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



One Voluntary Act of Kindness Could Start a Movement to Help Those in Need

One simple act of kindness to help someone in need, by Bus Driver Kristian Doubledee in Winnipeg, Canada, may have helped move a nation, or two, to focus on the true meaning of Christmas — giving and helping others. . . . → Read More: [One Voluntary Act of Kindness Could Start a](#)

[Movement to Help Those in Need](#)



Seniors in their 70s and 80s Volunteer to Help Distribute Food to Those in Need

Thirty-six years ago Tony Lampa and three of his neighbors saw that good tomatoes were going to waste because the tomato vines in their gardens and back yards were producing more beautiful tomatoes than they were able to eat. . . . → Read More: [Seniors in their 70s and 80s Volunteer to Help Distribute Food to Those in Need](#)



HelpingYouCare® Launches New Wellness Resource on Weight Loss/ Maintaining a Healthy Weight

HelpingYouCare®

Site Contents:

[Home](#)

[AnswersForCare™](#)

- [Practical Tips, Skills & Tools for Caregiving - Overview](#)
 - [Practical Tips & Skills for Family Caregivers](#)
 - [How to Deal with Difficult Elderly Behavior](#)
 - [Checklists for Caregivers \(Free\)](#)
 - [Other Practical Tools for Caregiving](#)
- [Medical Conditions Commonly Faced by Seniors](#)
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 - [Hearing Loss](#)
 - [Heart Diseases & Stroke](#)
 - [High Blood Pressure](#)
 - [Parkinson's Disease](#)
 - [Skin Cancers](#)
 - [Urinary Tract Infection \(UTI\)](#)

HelpingYouCare® (.com and .org), a comprehensive resource for family caregivers and their senior loved ones, has launched a new resource page in its Wellness Section on Weight Loss/ Maintaining a Healthy Weight. The new resource page includes hundreds of . . . → [Read More: HelpingYouCare® Launches New Wellness Resource on Weight Loss/ Maintaining a Healthy Weight](#)



Enough Exercise + Normal Weight May Add Up To 7.2 Years to Your Life, New NIH Study Finds

A new study by researchers at the National Institutes of Health (NIH) has measured the effect that getting enough exercise can have on life expectancy, and the even greater effect that combining enough exercise with maintaining a normal body . . . → [Read More: Enough Exercise +](#)

[Normal Weight May Add Up To 7.2 Years to Your Life, New NIH Study Finds](#)



New Report on America's Health Rankings Indicates Progress But Troubling Challenges

The United Health Foundation's released its 22nd annual America's Health Rankings report on Tuesday, December 11. Based on data from the Centers for Disease Control and Prevention, Census Bureau and American Medical Association, the report provides an overview and . . . →

[Read More: New Report on America's Health Rankings Indicates Progress But Troubling Challenges](#)



Social Security Statements Now Available Online – at My Social Security

The U.S. Social Security Administration (SSA) has added to its website a new feature called My Social Security, which allows you to set up your personal account and access your social security information online at any time. The information . . . → [Read More: Social Security Statements Now](#)

[Available Online – at My Social Security](#)

Practical Tips, Skills & Tools for Caregivers



FDA & USDA Issue Holiday Food Safety and Cooking Tips

The U.S. Food and Drug Administration (FDA) and U.S. Department of Agriculture (USDA) have issued some helpful food safety and cooking tips and resources for the Holidays. Resources from the FDA Among the

- [Medical News – General](#)

- [Links to Other Medical Resources](#)

- [Medication Management and Information](#)

- [Wellness/ Healthy Living for Seniors & Caregivers](#)

- [Diet & Nutrition: Physical Wellness](#)

- [Exercise: Physical Wellness](#)

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

- [Activities for Mental Acuity: Intellectual Wellness](#)

- [Social Interaction & A Sense of Connection With Others: Social Wellness](#)

- [Other Areas of Wellness: Emotional, Ethical/ Spiritual & Vocational Wellness](#)

- [Healthy Aging – Stories of Inspiring Seniors](#)

- [About Home Health Care](#)

- [About Senior Housing & Care Facilities](#)

- [Introduction: Senior Housing & Care Facility Options – Understanding & Choosing](#)

- [About Continuing Care Retirement Communities \(CCRC's\)](#)

- [About Assisted Living](#)

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 - [Monitoring & Improving Quality of Your Loved One's Care at a Care Facility](#)

- [Legal & Financial Matters](#)

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- [Financial Matters – Paying for Care](#)

- [Other Resources for Caregivers – Links](#)

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resources provided via the FDA's Holiday . . . → Read More: [FDA & USDA Issue Holiday Food Safety and Cooking Tips](#)

Wellness: Diet, Exercise, Hygiene & Healthy Living



Tips to Keep the Holiday Pounds Off

George Stephanopoulos interviewed Dr. Oz, who offered tips on how to avoid putting on weight during the Holidays. According to Stephanopoulos, over 50% of people gain 2 or more pounds over the Holidays, and 10% of people gain 5 . . . → Read More: [Tips to Keep the Holiday Pounds Off](#)



Mayo Clinic & TIME Collaborate on New Book About Alternative Medicine Therapies

The Mayo Clinic and TIME publishing have collaborated on a new book entitled, Alternative Medicine: Your Guide to Stress Relief, Healing, Nutrition, and More, which explores the potential risks and benefits of several "alternative medicine" therapies, as supplements to . . . → Read

More: [Mayo Clinic & TIME Collaborate on New Book About Alternative Medicine Therapies](#)



Some Helpful Advice on Losing Weight

Dr. Oz explains that losing just ten pounds is a good step to reducing heart disease, diabetes, and arthritis. His weight loss action steps include: A high fiber breakfast Snacks smaller than a fist No food within 3 hours . . . → Read More: [Some Helpful Advice on Losing Weight](#)



Enough Exercise + Normal Weight May Add Up To 7.2 Years to Your Life, New NIH Study Finds

A new study by researchers at the National Institutes of Health (NIH) has measured the effect that getting enough exercise can have on life expectancy, and the even greater effect that combining enough exercise with maintaining a normal body . . . → Read More: [Enough Exercise +](#)

[Normal Weight May Add Up To 7.2 Years to Your Life, New NIH Study Finds](#)

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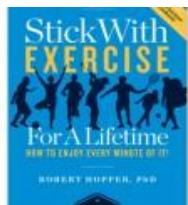
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- [Caregiver Self-Care, Stress Management & Survival Tips](#)
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CaregiversLikeUs™



Enjoyment is the Key to Sticking with Exercise for a Lifetime, New Book Advises

In his new book, "Stick With Exercise For A Lifetime; How to Enjoy Every Minute of It," former Occidental College swimming and water polo coach and wellness consultant Robert Hopper, PhD provides a concise guide to developing an exercise . . . → Read More: [Enjoyment is the Key to](#)

[Sticking with Exercise for a Lifetime, New Book Advises](#)

Healthy Aging/ Stories of Inspiring Seniors



Seniors in their 70s and 80s Volunteer to Help Distribute Food to Those in Need

Thirty-six years ago Tony Lampa and three of his neighbors saw that good tomatoes were going to waste because the tomato vines in their gardens and back yards were producing more beautiful tomatoes than they were able to eat. . . . → Read More: [Seniors in their 70s and 80s Volunteer to](#)

[Help Distribute Food to Those in Need](#)



America's Oldest Sprinter at 95!

95-year-old Ida Keeling set a world sprinting record record, running 60 meters in 29.86 seconds. She is 4-foot-6 inches and 83 pounds. She began running when she was 67 and has been running ever since. She trains by lifting . . . → Read More: [America's Oldest Sprinter at 95!](#)



Placido Domingo – in His 70s and No Plans to Retire

Opera singer and conductor Placido Domingo, now in his 70s, was recently named as the new goodwill ambassador for the U.N. Educational, Scientific and Cultural Organization (UNESCO). UNESCO Director-General Irina Bokova said, in a ceremony at UNESCO's Paris headquarters, . . . → Read More: [Placido Domingo – in His 70s and No Plans to Retire](#)



81-Year-Old Champion Water Skier

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- [Caregiver Stories](#)
- [CareWiki™ – Add Your Tips to Help Other Caregivers](#)

VoicesForCare™

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- [Legislation – Pending & Recently Adopted](#)
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Strong, quick and fearless Frances Woofenden from West Palm Beach Florida is also 81 years old! She never tried water skiing until she was 50 years old. She now skis five days a week and is the number one . . . → Read More: [81-Year-Old Champion Water Skier](#)

Medical Conditions Commonly Faced by Seniors



How High Blood Pressure Puts Your Brain at Risk

By Deane Alban You already know that high blood pressure can lead to heart attacks, kidney failure, and blindness. Now there is one more reason to get your blood pressure levels under control. This condition has been found to . . . → Read More: [How High Blood Pressure Puts Your Brain at Risk](#)

Other Medical News & Resources



Patricia Liehr, 2012 Nurse of the Year, Anne Pepper of The Palm Beach Post and Lucy, Palm Healthcare Foundation Chair

Nominations Open for 2013 Nursing Distinction Awards – Palm Healthcare Foundation

The Palm Healthcare Foundation, Inc. has announced that nominations are now open for the 2013 Nursing Distinction Awards, sponsored by the Foundation and the Palm Beach Post. According to the Foundation, “The Palm Healthcare Foundation Nursing Distinction Awards is . . . → Read

More: [Nominations Open for 2013 Nursing Distinction Awards – Palm Healthcare Foundation](#)



What is the Right Amount of Medical Treatment?

Minimally disruptive medicine, a new patient-centered health care model, is discussed by Dr. Vitor Montori of the Mayo Clinic Center for the Science of Health Care Delivery. He addresses the issue of what is the least amount of health . . . → Read More: [What is the Right Amount of Medical](#)

[Treatment?](#)



New USFDA Website Warns of Dangers of Buying Drugs Online

[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.

Many consumers, especially those who do not have health insurance, may consider purchasing prescription medicines from an online pharmacy — both to save money and for the convenience of shopping online. The U.S. Food and Drug Administration has published . . . →
Read More: [New USFDA Website Warns of Dangers of Buying Drugs Online](#)



CDC Launches Sortable Database of Health Stats by State and Region

The CDC has launched Sortable Stats 2.0 – a new online database of health indicators and behavioral risk factors that is sortable by state or region, by demographics, by health condition, and in various other ways. The interactive database, . . . → Read More: [CDC Launches Sortable](#)

[Database of Health Stats by State and Region](#)

Legal & Financial Issues for Seniors & Caregivers



35 More Medical Conditions Fast-Track for Disability Benefits, Social Security Announces

The Social Security Administration (SSA) on December 6 issued a press release, announcing that it has added 35 medical conditions to its list of “Compassionate Allowances” – a list of serious diseases and medical conditions for which one is . . . → Read More: [35 More Medical Conditions](#)

[Fast-Track for Disability Benefits, Social Security Announces](#)



Social Security Statements Now Available Online – at My Social Security

The U.S. Social Security Administration (SSA) has added to its website a new feature called My Social Security, which allows you to set up your personal account and access your social security information online at any time. The information . . . → Read More: [Social Security Statements Now](#)

[Available Online – at My Social Security](#)

Caregiver Self-Care, Stress Management & Inspiration

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.



Harvard Releases New Report On Stress Management

Frequently late? Often angry or irritated? Unsure of your ability to do something? Overextended? Not enough time for stress relief? A new report by Harvard Medical School, Stress Management: Approaches for preventing and reducing stress, "can help you identify . . . → Read More:

[Harvard Releases New Report On Stress Management](#)

News on Health Care Reform



Proposed New Rules Implementing Key Provisions of Obamacare Published for Public Comment

The U.S. Department of Health & Human Services (HHS) announced proposed new rules implementing three key areas of the Patient Protection & Affordable Care Act (which some call "Obamacare"). The proposed rules were officially published in the Federal Register . . . → Read More:

[Proposed New Rules Implementing Key Provisions of Obamacare Published for Public Comment](#)

International Health Care Comparisons



New Report on America's Health Rankings Indicates Progress But Troubling Challenges

The United Health Foundation's released its 22nd annual America's Health Rankings report on Tuesday, December 11. Based on data from the Centers for Disease Control and Prevention, Census Bureau and American Medical Association, the report provides an overview and . . . →

Read More: [New Report on America's Health Rankings Indicates Progress But Troubling Challenges](#)



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