

December, 2012 - January, 2013 - Issue 24



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®**

Please forward this to your Friends & Invite them to [Subscribe to CaringMonth™](#) - The Free
E-Mail Newsletter from [HelpingYouCare®](#)

News & Events of Interest to Caregivers



Heart Attack Symptoms are Different for Women than for Men. Did You Know?

February 1 is National Wear Red Day®, an annual health observance sponsored by the American Heart Association, to highlight the facts about heart attack risks and symptoms. Part of this observance is a Go Red For Women campaign, to . . . → Read More: [Heart Attack](#)

[Symptoms are Different for Women than for Men. Did You Know?](#)



What's Changing in Healthcare in 2013 & 2014 under the Patient Protection & Affordable Care Act?

Significant changes in the U.S. healthcare system will occur in 2013 and 2014 under the Patient Protection & Affordable Care Act (which some call "Obamacare"). These changes are made by the law with the stated goals of: Improving quality . . . → Read More: [What's Changing in Healthcare in 2013 & 2014 under the Patient Protection & Affordable Care Act?](#)

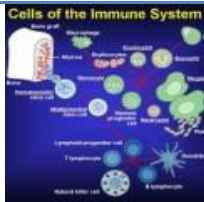
HelpingYouCare®

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](#)
 - [Alzheimer's/ Dementia](#)
 - [Arthritis, Osteoporosis & Rheumatic Conditions](#)
 - [Bladder & Bowel Control/ Incontinence Problems](#)
 - [C-Dif/ Extreme Diarrhea](#)
 - [Depression](#)
 - [Diabetes](#)
 - [Digestive Disorders](#)
 - [Eyesight Problems](#)
 - [Falls/ Fractures/ Mobility Loss](#)
 - [Hearing Loss](#)
 - [Heart Diseases & Stroke](#)
 - [High Blood Pressure](#)
 - [Parkinson's Disease](#)
 - [Skin Cancers](#)
 - [Urinary Tract Infection \(UTI\)](#)



Can You Strengthen Your Immune System?

The U.S. Centers for Disease Control (CDC) and Department of Health & Human Services (HHS) report that the flu epidemic currently sweeping the U.S. is striking older adults with weakened immune systems the hardest. "Because your immune system weakens . . . → Read More: [Can You Strengthen Your Immune System?](#)



FLU UPDATE: Epidemic Severely Affecting Older People, but New Flu Cases May be Tapering Off, CDC Reports

On Friday, January 18, the U.S. Centers for Disease Control & Prevention (CDC) issued an updated report on the Flu Epidemic that is sweeping the nation, reporting on new data collected through the week ended January 12, 2013. While . . . → Read More: [FLU UPDATE: Epidemic Severely Affecting Older People, but New Flu Cases May be Tapering Off, CDC Reports](#)



CDC Advises on Flu Prevention; Reports on Flu Epidemic Sweeping Nation

According to the latest Seasonal Flu Surveillance (FluView) Report, issued today by the U.S. Centers for Disease Control and Prevention (CDC), "the United States is having an early flu season with most of the country now experiencing high levels . . . → Read More: [CDC Advises on Flu Prevention; Reports on Flu Epidemic Sweeping Nation](#)



Fructose Affects Brain Chemistry in Ways that Lead to Obesity, New Study Suggests

A new study conducted by doctors at Yale University School of Medicine and published in the January 2 issue of JAMA, the journal of the American Medical Association, has found evidence suggesting that consuming fructose affects regions of the . . . → Read More: [Fructose Affects Brain Chemistry in Ways that Lead to Obesity, New Study Suggests](#)



Ideas & Checklists for New Year's Resolutions – for Caregivers and Seniors

UPDATED: This article is updated from an article that originally appeared on HelpingYouCare® on December 31, 2011. Happy New

- [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](#)

- [About Nursing Homes & Rehabilitation Facilities](#)

- [About Hospice & Palliative Care](#)

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

- [Legal & Financial Matters](#)

- [Legal Matters - For Seniors & Family Caregivers](#)

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

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

- [Featured Columns & Articles on](#)

Year! Now is the exhilarating time for a new beginning — the time to make New Years resolutions for the . . . → Read More: [Ideas & Checklists for New Years Resolutions – for Caregivers and Seniors](#)

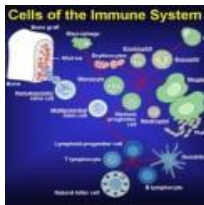
Practical Tips, Skills & Tools for Caregivers



New Web Resource to Help Evaluate Medical Tests & Treatments – Their Benefits, Harms & Costs – Launched by American College of Physicians

The American College of Physicians (ACP), the largest specialist physicians organization in the U.S., announced on January 16 that it has launched a new “High Value Care website” “to help physicians and other health care professionals, medical students, and . . . → Read More: [New Web Resource to Help Evaluate Medical Tests & Treatments – Their Benefits, Harms & Costs – Launched by American College of Physicians](#)

Wellness: Diet, Exercise, Hygiene & Healthy Living



Can You Strengthen Your Immune System?

The U.S. Centers for Disease Control (CDC) and Department of Health & Human Services (HHS) report that the flu epidemic currently sweeping the U.S. is striking older adults with weakened immune systems the hardest. “Because your immune system weakens . . . → Read More: [Can You Strengthen Your Immune System?](#)

Stop the Home

EDITOR'S NOTE:
version that
They contain
particularly
epidemic in . . . → Read More: [Stop the Spread of Viruses and Germs at Home](#)



Spread of Viruses and Germs at Home

This article and video are updated from an earlier appeared on HelpingYouCare® October 9, 2011. important health and prevention reminders which are relevant as we currently face a widespread flu

HelpingYouCare®

- [Currently Featured Articles & Videos](#)
- [Wellness Column by Ruth Mansmith](#)
- [Ask An Expert](#)

CaregiversCollege™

- [Classes, Lectures, Courses & Webinars For Caregivers](#)
- [CaringTube™ Channel – Online Videos for Caregivers](#)
- [Ask An Expert/ Find an Advisor](#)

BooksForCaregivers™

- [Bookstore](#)
- [Editors' Book Selections of the Month](#)
- [Your Book Picks of the Month](#)

CareHelpFinder™

- [Find Home Health Care](#)
- [Find Senior Housing and Care Facilities](#)
 - [Find Assisted Living Facilities](#)
 - [Find Nursing Homes](#)
 - [Find Continuing Care Retirement Communities \(CCRC's\) & Independent Living](#)
 - [Find Respite Care & Other Care Facilities](#)
- [Find Care Managers & Other Professional Advisors](#)
- [Find Other Care Resources](#)

ThingsForElderNeeds™

- [Helpful Technology, Products & Supplies for Elder Needs](#)
- [Helpful Medical Equipment](#)
- [Comfortable & Adaptive Senior Clothing](#)

OurTimeForCare™

- [Caregiver Self-Care, Stress Management & Survival Tips](#)
- [Inspiration & Humor](#)

CaregiversLikeUs™



Core Exercises Key to Good Health, Balance & Proficiency in Sports & All Activities, Harvard Reports

What are “Core Exercises?” If you answered, “Abs,” you are only partially right. “Core muscles go far beyond the readily recognized ‘six-pack’ abs that swimsuit models sport,” the authors of a Harvard Medical School Special Health Report on “Core . . . → Read More: [Core Exercises Key to Good Health, Balance & Proficiency in Sports & All Activities, Harvard Reports](#)



Two Exercises to Help Prevent Knee Injuries

Many doctors and physical trainers recommend strengthening all the muscles around the knee, such as quadriceps, hamstrings, and the calf, as a way of helping to prevent knee injuries. Before embarking on any exercise program, consult your doctor first. . . . → Read More: [Two Exercises to Help Prevent Knee Injuries](#)



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

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](#)

Healthy Aging/ Stories of Inspiring Seniors



Longevity Secrets from an 82-Year-Old Ironman

82-Year-Old Ironman, Lew Hollander, recommends “going anaerobic” with an exercise program every day, rather than taking supplements. Check with your doctor before undertaking any exercise program. Watch » See More Stories of Inspiring Seniors on . . . → Read More: [Longevity Secrets from an 82-Year-Old Ironman](#)

- [Support Community/ Forums – Ask & Answer](#)
- [Caregiver Stories](#)
- [CareWiki™ – Add Your Tips to Help Other Caregivers](#)

VoicesForCare™

- [News On Health Care Reform](#)
- [Editorials with Your Comments](#)
- [Advocacy – Proposals for Reform & Your Comments](#)
- [Legislation – Pending & Recently Adopted](#)
- [International - Health Care Compare](#)

News/ Events

- [Latest Caregiving News](#)
- [The Expanding Role of Family Caregivers](#)
- [News Feeds](#)
- [Events: Caregiver Conferences & Calendar of Events](#)

About Us

- [Mission & How We Differ](#)
- [Publisher, Editors & Contributing Staff](#)
- [Board of Advisors](#)
- [Contact](#)

Admin & Misc

- [Archives](#)
- [Surveys](#)
- [Subscribe to CaringMonth™ - Free Newsletter](#)
- [Contribute Content](#)
- [Advertise](#)
- [Legal Terms](#)
- [Quick Start/Guide Me](#)
 - [Site At a Glance](#)
- [Login/ Register to Join the HelpingYouCare® Community & Post Comments](#)



97-Year-Old Exercise Teacher

97-Year-old gymnastic instructor, Liesel Weiser, a former ballet dancer, has been teaching physical fitness for the last 75 years. She continues to teach gym and ballet to residents in her retirement home. Watch a video of her taken . . . → Read More: [97-Year-Old Exercise Teacher](#)

Medical Conditions Commonly Faced by Seniors



Heart Attack Symptoms are Different for Women than for Men. Did You Know?

February 1 is National Wear Red Day®, an annual health observance sponsored by the American Heart Association, to highlight the facts about heart attack risks and symptoms. Part of this observance is a Go Red For Women campaign, to . . . → Read More: [Heart Attack](#)

[Symptoms are Different for Women than for Men. Did You Know?](#)



Hearing Loss Linked to Accelerated Cognitive Decline, New Study Finds

A new study by researchers at Johns Hopkins has found an apparent link between hearing loss and accelerated cognitive decline in older adults. The new study was published on January 21, 2013 in JAMA Internal Medicine, a journal of . . . → Read More: [Hearing Loss Linked to](#)

[Accelerated Cognitive Decline, New Study Finds](#)



Vision Problems Commonly Lead Older Adults to Limit Activity for Fear of Falling, New Study Finds

A new study by doctors at the University of Montreal and an associated Montreal hospital have found that about half of seniors with visually impairing eye diseases report limiting their social activities due to fear of falling. This also . . . → Read More: [Vision Problems Commonly Lead](#)

[Older Adults to Limit Activity for Fear of Falling, 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.



[Watch](#)

Rub-On Relief for Arthritis Pain Featured in Harvard Men's Health Watch

Harvard Men's Health Watch, a newsletter published by Harvard Medical School, has released a special January 2013 issue focusing on rub-on relief for arthritis pain. The authors advise that "Anti-inflammatory medications applied to the skin as creams, gels, sprays, . . . → [Read More: Rub-On Relief for Arthritis Pain Featured in Harvard Men's Health](#)

Other Medical News & Resources



Board Chairman of Palm Beach Health Care District Resigns in Face of Reappointment Delay by Gov Rick Scott

According to a press release issued January 15 by Palm Beach County Health Care District, its Board Chairman Benjamin Frank, Esq. has elected to resign from his position, after his application for reappointment to that position had been pending . . . → [Read More: Board Chairman of Palm Beach Health Care District Resigns in Face of Reappointment Delay by Gov Rick Scott](#)



HelpingYouCare® Adds New Resource on U.S. State by State Health Care Comparisons

HelpingYouCare® (.com and .org) has added a new resource on U.S. State by State health and healthcare comparisons and rankings. The new National – U.S. State by State Health & Healthcare Comparisons and Rankings resource is located in the . . . → [Read More:](#)

[HelpingYouCare® Adds New Resource on U.S. State by State Health Care Comparisons](#)

Legal & Financial Issues for Seniors & Caregivers



HHS Finalizes New Rule Strengthening Patient Privacy Rights

On January 17, the U.S. Department of Health and Human Services (HHS) announced publication in the Federal Register of the final version of a new rule strengthening patient privacy rights. The new rule strengthens the privacy and security protections . . . → [Read More: HHS](#)

[Finalizes New Rule Strengthening Patient Privacy Rights](#)

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.

Caregiver Self-Care, Stress Management & Inspiration



Multitasking Does Not Work; If You Think You are Good at It, Your Personality May be Deceiving You, Study Suggests

A new study published January 23 in the medical journal PLOS One has found that whether you engage in multitasking has more to do with your personality than your actual ability to multitask. The study, conducted by researchers at . . . → Read More: [Multitasking Does Not Work; If You Think You are Good at It, Your Personality May be Deceiving You, Study Suggests](#)

News & Editorials on Health Care Reform



Would Medicare-For-All be the Answer for our Health Care System?

In an editorial published by the Huffington Post on January 24, 2013, John Geyman, M.D., Professor Emeritus of Family Medicine at the University of Washington School of Medicine, makes a case that the Affordable Care Act (ACA) only goes . . . → Read More: [Would Medicare-For-All be the Answer for our Health Care System?](#)



What's Changing in Healthcare in 2013 & 2014 under the Patient Protection & Affordable Care Act?

Significant changes in the U.S. healthcare system will occur in 2013 and 2014 under the Patient Protection & Affordable Care Act (which some call "Obamacare"). These changes are made by the law with the stated goals of: Improving quality . . . → Read More: [What's Changing in Healthcare in 2013 & 2014 under the Patient Protection & Affordable Care Act?](#)



Subscribe to CaringMonth™ – Free E-mail Newsletter From HelpingYouCare® – and Forward

this to Your Friends

Subscribe to CaringMonth™ – The Free e-mail Newsletter From HelpingYouCare® » and get our regular e-mail updates on the latest news, information & resources helpful to family caregivers. Please feel free to forward this to your friends and other . . . → Read More:

[Subscribe to CaringMonth™ – Free E-mail Newsletter From HelpingYouCare® – and Forward this to Your Friends](#)

Please forward this to your Friends & Invite them to [Subscribe to CaringMonth™](#) - The Free E-Mail Newsletter from [HelpingYouCare®](#)

This email was sent to you because you subscribed to CaringMonth™, our Free e-mail newsletter, on the HelpingYouCare® website.
To Unsubscribe, reply to this e-mail with the word UNSUBSCRIBE in the Subject line of your reply.

The information contained in this newsletter and on the [HelpingYouCare®](#) website is provided for informational purposes only, and is not intended to be a substitute for medical advice, diagnosis, or treatment or for other applicable professional advice. This content does not constitute medical, legal, financial or other professional advice, and may not be relied upon as such. By reading or accessing the *CaringMonth™* newsletter or the *HelpingYouCare®* website, you agree to our [Terms of Use](#) and other [Legal Terms](#). Please see our full [Legal Terms](#) for more information.