

January-February, 2013 - Issue 25



# 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*

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## News & Events of Interest to Caregivers



### Baby Boomers Not as Healthy as Their Parents, New Research Finds

New research reported in the February 4 issue of JAMA Internal Medicine, a journal of the American Medical Association, has found that, "Despite their longer life expectancy over previous generations, U.S. baby boomers have higher rates of chronic disease, . . . → Read More: [Baby Boomers](#)

[Not as Healthy as Their Parents, New Research Finds](#)



### Patient Engagement Improves Healthcare Outcomes and Lowers Cost, New Studies Find

The February, 2013 issue of the journal HealthAffairs features several studies addressing how more active engagement of patients in their own health and health care can affect health care outcomes and costs of care. "Studies show that more informed . . . → Read More: [Patient Engagement](#)

[Improves Healthcare Outcomes and Lowers Cost, New Studies Find](#)

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## HHS Agreement Now in Effect: Medicare Will Cover Skilled Maintenance Care Even Without Patient Improvement

A U.S. Federal District Court in Vermont on January 24 approved a settlement agreement reached between the U.S. Department of Health and Human Services (HHS) and plaintiffs in a pending litigation matter, which may help all Medicare patients with . . . → Read More: [HHS Agreement Now in Effect: Medicare Will Cover Skilled Maintenance Care Even Without Patient Improvement](#)



## Health Care Law Saved 6.1 Million People on Medicare Over \$5.7 Billion on Prescription Drugs in 2012, New Report Shows

The U.S. Centers for Medicare and Medicaid Services (CMS) issued a new report on February 7, 2013, showing that during 2012, the Patient Protection and Affordable Care Act (which some call "Obamacare") has saved 6.1 million people on Medicare . . . → Read More: [Health Care Law Saved 6.1 Million People on Medicare Over \\$5.7 Billion on Prescription Drugs in 2012, New Report Shows](#)

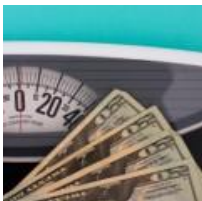
## Practical Tips, Skills & Tools for Caregivers



### Heart Health Screenings & Symposium Presented by Cleveland Clinic

The Cleveland Clinic Florida will present a free Heart Health Symposium, open to the public, on Saturday, February 23, 2013. The event will include free Heart Health Screenings and Education (from 9:00 a.m. to 11:30 a.m.) and a Panel . . . → Read More: [Heart Health Screenings & Symposium Presented by Cleveland Clinic February 23](#)

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



### Weight-Loss Myths and Facts Identified by New Research Paper Cast in Doubt by Financial Disclosures of Researchers

In a new research paper published January 31 in the New England Journal of Medicine, researchers at the University of Alabama claim that "using internet searches of popular media and scientific literature," they have identified 7 myths, 6 "unproven . . . → Read More: [Weight-Loss Myths and Facts Identified by New Research Paper Cast in Doubt by Financial Disclosures of Researchers](#)

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## Late Meal Time for Largest Meal of the Day May Delay Weight Loss, New Research Finds

A new study conducted by researchers in Spain and at Brigham and Women's Hospital, Harvard Medical School, and Tufts University found that out of 420 middle-aged dieters in Spain, those who ate a late lunch (lunch being the largest . . . → Read More: [Late Meal Time for Largest](#)

[Meal of the Day May Delay Weight Loss, New Research Finds](#)



## Vegetarian Diet Cuts Risk of Heart Disease by a Dramatic 32%, Large New Study Finds

A new study conducted by researchers at the University of Oxford in England, and involving 44,561 participants in England and Scotland, has found that those who ate a vegetarian diet were a full 32% less likely to die from . . . → Read More: [Vegetarian Diet Cuts Risk of Heart Disease by a](#)

[Dramatic 32%, Large New Study Finds](#)

## Healthy Aging/ Stories of Inspiring Seniors



## Another Ballroom Competition Next Week (For a 93-Year-Old!)

Tenho Connable, a 93-year-old woman in Kalamazoo, Michigan will compete in a Las Vegas ballroom dance competition next week. She says, "I am often the only one in my age category. So that takes a little bit of the . . . → Read More: [Another Ballroom Competition Next Week \(For a 93-](#)

[Year-Old!\)](#)



## 70-Year-Old Is the Oldest Man to Swim the English Channel

Roger Allsopp, at 70 years old, broke the World Record as the oldest man to swim the 21 nautical mile English Channel. The retired breast cancer surgeon did so in under 18 hours beating the previous slightly younger world . . . → Read More: [70-Year-Old Is the Oldest Man to Swim the](#)

[English Channel](#)

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### ThingsForElderNeeds™

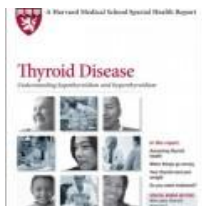
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### OurTimeForCare™

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

## Medical Conditions Commonly Faced by Seniors



### Weight Gain, Depression & Other Often-Mistaken Symptoms Could Signify Thyroid Disease, Harvard Reports

"The symptoms of thyroid diseases are so wide-ranging—affecting your mood, energy, body temperature, weight, heart, and more—that it may be difficult to get the correct diagnosis right away," according to the authors of a recent Special Health Report on . . . → Read More: [Weight Gain, Depression & Other Often-Mistaken Symptoms Could Signify Thyroid Disease, Harvard Reports](#)



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## Other Medical News & Resources



### Heroes In Medicine Awards Nominations Due February 14, 2013

The Palm Beach County Medical Society has announced that nominations are due by February 14, 2013, for the 10th Annual Heroes In Medicine Awards, honoring heroes in the medical and health care professions.

"Heroes put the needs of others . . . → Read More: [Heroes In Medicine Awards Nominations Due February 14, 2013](#)

## Legal & Financial Issues for Seniors & Caregivers



### HHS Agreement Now in Effect: Medicare Will Cover Skilled Maintenance Care Even Without Patient Improvement

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## News on Health Care Reform



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[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 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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