

February-March, 2013 - Issue 26



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
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News & Events of Interest to Caregivers



Women's History Month Honors Women's Contributions in Medicine, Science & Math

March is Women's History Month. This observance was first declared by a law passed by Congress in 1987, and has been continued by Act of Congress or Declaration of the President each year since then. According

to a news . . . → Read More: [Women's History Month Honors Women's Contributions in Medicine, Science & Math](#)



Large Physicians Group Calls for More Health Care Reforms; Condemns Budget Impasse in Washington

The American College of Physicians (ACP), the largest medical specialty group in the U.S. and second-largest physicians group (whose members include 133,000 internal medicine physicians and related subspecialists), has issued its annual "State of the Nation's Health Care" report . . . → Read More: [Large Physicians Group Calls for More Health Care Reforms; Condemns Budget Impasse in Washington](#)

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Should Family Members Be Invited Present When Cardiac Resuscitation is Performed?

A new study published in the March 14 New England Journal of Medicine has found that family members who are invited to be present during the quite brutal and aggressive cardiac resuscitation procedures performed as a last-ditch life-saving effort . . . → Read More: [Should Family Members](#)

[Be Invited Present When Cardiac Resuscitation is Performed?](#)



What Factors Lead to Better Quality of Life with Parkinson's? New Study Findings; Webinar

The National Parkinson Foundation (NPF) has recently released findings of the largest clinical study of Parkinson's disease ever conducted, measuring factors that affect quality of life and care of Parkinson's patients. NPF announced that the early findings of the . . . → Read More:

[What Factors Lead to Better Quality of Life with Parkinson's? New Study Findings; Webinar](#)

Practical Tips, Skills & Tools for Caregivers



Alzheimer's Caregiving Tips for Dealing with Aggressive Behavior Issued by National Institute on Aging

The National Institute on Aging (NIA), part of the National Institutes of Health, has recently issued a tipsheet for Alzheimer's caregivers on Coping with Agitation and Aggression. As the tipsheet points out, agitation and aggressive behavior are common . . . → Read More: [Alzheimer's Caregiving Tips for Dealing with Aggressive Behavior Issued by National Institute on Aging](#)



Helpful Organizing Tips for Caregivers

Here are a few useful apps that can organize all of your elderly loved one's documents. Evernote (note taking service), an app that saves information, web pages, notes, and attachments across all your devices. Includes a great search function. . . . → Read More: [Helpful Organizing Tips for Caregivers](#)

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Wellness: Diet, Exercise, Hygiene & Healthy Living

New Study Finds Link Between Processed Meats and Early Death

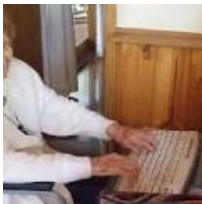
A large new study of half a million people across Europe, published in the medical journal BMC Medicine, has found that people who regularly eat processed meats (ham, bacon, hot dogs, salami, some sausages, and ready-to-eat packaged meats) appear . . . → Read More: [New Study Finds Link Between Processed Meats and Early Death](#)



Risks of Calcium Supplements Highlighted by New Study & Govt Recommendation

A large new study conducted by Swedish researchers has found that older women who consumed more than 1,400 milligrams (mg) of calcium per day (from food and calcium supplements combined) were more than twice as likely to die from . . . → Read More: [Risks of Calcium Supplements Highlighted by New Study & Govt Recommendation](#)

Healthy Aging/ Stories of Inspiring Seniors



108-Year-Old Blogger

108-Year-old Olive Riley was believed to have been the world's oldest blogger. She began her blog at the age of 107 and continued until her passing at age 108. According to Wikipedia, Ruth Hamilton of Orlando, Florida was later . . . → Read More: [108-Year-Old Blogger](#)

Medical Conditions Commonly Faced by Seniors



Alzheimer's Disease Deaths Increase Significantly Over Last Decade

New statistics released on Tuesday, March 19, from both the U.S. Centers for Disease Control and Prevention (CDC) and the Alzheimer's Association have found that both the risk of dying from Alzheimer's Disease and the actual number of Alzheimer's . . . → Read More: [Alzheimer's Disease Deaths Increase Significantly Over Last Decade](#)

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Muscle Cramps

Dr. Bob from the DrBobShow.com tells us what causes muscle cramps and suggests some remedies.

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[What Factors Lead to Better Quality of Life with Parkinson's? New Study Findings; Webinar](#)



Benefits of Seeing a Neurologist – Free Webinar Offered by National Parkinson Foundation

The National Parkinson Foundation will hold a Free online webinar Wednesday, March 7 at 1:00 p.m. ET on the topic, "The Benefits of Seeing a Neurologist." During the webinar, Allison W. Willis, MD, of Washington University School of Medicine . . . → Read More: [Benefits of Seeing a](#)

[Neurologist – Free Webinar Offered by National Parkinson Foundation](#)

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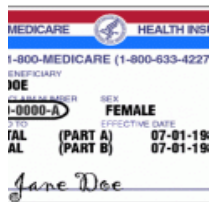
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News & Opinion on Health Care Reform



Opinion: Center for Medicare Advocacy Condemns Paul Ryan Budget; Offers Solutions

The Center for Medicare Advocacy, a non-profit organization “that provides education, advocacy and legal assistance to help older people and people with disabilities obtain fair access to Medicare and necessary health care,” issued a statement on Wednesday, March 13, . . . → Read More: [Opinion: Center for Medicare Advocacy Condemns Paul Ryan Budget; Offers Solutions](#)



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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 2,500 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.

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