

April, 2013 - Issue 27



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



Free Stroke Screenings Offered May 3, 2013 by Cleveland Clinic Florida

Cleveland Clinic Florida has announced that it will offer Free Stroke Screenings to the public on May 3, 2013. Phone registration is required: To register, call toll-free 800-691-6555. The Cleveland Clinic states: "Strokes can happen at any age...nearly 25% . . . → Read More: [Free](#)

[Stroke Screenings Offered May 3, 2013 by Cleveland Clinic Florida](#)

RESTAURANT CALORIE C	
CALORIES	DRINK WA
855	2.5
406	1.1

Displaying Exercise Needed to Burn Off Foods Helps People Cut Calories Consumed, New Study Finds

A new study by researchers at Texas Christian University (TCU) has found that out of a group of 300 study participants, those ordering from a menu that displayed the amount of exercise needed to burn off the calories in . . . → Read More: [Displaying Exercise Needed to Burn Off Foods Helps People Cut Calories Consumed, New Study Finds](#)

HelpingYouCare®

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[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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 - [Eyesight Problems](#)
 - [Falls/ Fractures/ Mobility Loss](#)
 - [Hearing Loss](#)
 - [Heart Diseases & Stroke](#)
 - [High Blood Pressure](#)
 - [Parkinson's Disease](#)
 - [Skin Cancers](#)
 - [Urinary Tract Infection \(UTI\)](#)



New Link Found Between Red Meat and Heart Disease: an Intestinal Bacteria

In a new study published April 7 in the journal Nature Medicine, scientists from the Cleveland Clinic reported evidence suggesting that the long-known link between eating red meat and increased risk of heart disease may be explained not just . . . → Read More: [New Link Found Between Red Meat and Heart Disease: an Intestinal Bacteria](#)

Practical Tips, Skills & Tools for Caregivers



10 Warning Signs Your Senior Family Member May Need Help, Issued by HHS Eldercare Locator

The Eldercare Locator, a service of the Administration on Aging, part of the U.S. Department of Health & Human Services (HHS), has issued a list of 10 Warning Signs Your Older Family Member May Need Help in the home. . . . → Read More: [10 Warning Signs Your Senior Family Member May Need Help, Issued by HHS Eldercare Locator](#)



Tips to Stop Unsolicited Mail, Phone Calls and E-mail, issued by FTC

Is your mailbox full of junk mail? Are you tired of telemarketers bothering you or your senior loved one? Is your e-mail inbox filling up with spam e-mails that make it difficult for you to find the important . . . → Read More: [Tips to Stop Unsolicited Mail, Phone Calls and E-mail, issued by FTC](#)



HHS Announces New Digital & Mobile Health Apps to Help you Stay Healthy

In a HealthBeat message and podcast issued on April 22, the U.S. Department of Health and Human Services (HHS) pronounced that "Your health is going digital. Health applications on the go are becoming more available." The message describes new . . . → Read More: [HHS](#)

[Announces New Digital & Mobile Health Apps to Help you Stay Healthy](#)

Wellness: Diet, Exercise, Hygiene & Healthy Living

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- [Exercise: Physical Wellness](#)

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

- [Other Resources for Caregivers –](#)

RESTAURANT CALORIE COUNT	
CALORIES	DRINK WATER
855	2.5
406	1.1

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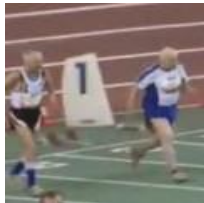
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Healthy Aging/ Stories of Inspiring Seniors



The 100-Meter Dash For 90-Year-Olds!

94-Year-old Emiel Pauwels and 95-year-old Ilmari Koppinen compete in the 100-meter dash. A surprising victory! Watch » See More Stories of Inspiring Seniors on . . . → Read More: [The 100-Meter Dash For 90-Year-Olds!](#)

Medical Conditions Commonly Faced by Seniors



Kit to Help Parkinsons Patients Combat Hospital Dangers Issued by National Parkinson Foundation

HelpingYouCare® has received the following announcement from the National Parkinson Foundation: _____ This Announcement is posted as a public service by HelpingYouCare®. _____ More Information For more information on Parkinson's Disease, see the HelpingYouCare® resource pages on Parkinson's . . . → Read More: [Kit to Help Parkinsons Patients Combat Hospital Dangers Issued by National Parkinson Foundation](#)

Links

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 - [Ask An Expert](#)

CaregiversCollege™

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

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- [Find Senior Housing and Care Facilities](#)
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 - [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](#)



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Home Health Care & Aging in Place



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[Need Help, Issued by HHS Eldercare Locator](#)

Legal & Financial Issues for Seniors & Caregivers



Tips to Stop Unsolicited Mail, Phone Calls and E-mail, issued by FTC

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News on Health Care Reform



Number of Uninsured Up, but Health Care Law Has Helped & Will Help Further Starting in 2014, Commonwealth Fund Reports

CaregiversLikeUs™

- [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](#)
- [National & International - Health Care Compare](#)

News/ Events

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- [The Expanding Role of Family Caregivers](#)
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In a new report issued on Friday, the nonprofit Commonwealth Fund reported the results of its 2012 biennial survey on the number of U.S. adults who lacked health insurance or were underinsured. The total number of uninsured adults over . . . → Read More: [Number of Uninsured Up, but Health Care Law Has Helped & Will Help Further Starting in 2014, Commonwealth Fund Reports](#)



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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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