



July 2011 E-zine

Signaling Proteins that Influence Energy Intake may Affect UWL in Elderly



From the Journal of the American Dietetic Association: After age 70 to 75 years, average body weight decreases both in ailing and healthy people because of a loss of appetite that results in reduced energy intake and the loss of body fat and lean muscle tissue. This so-called anorexia of aging predisposes elderly people to continued pathologic weight loss and malnutrition—major causes of morbidity and mortality... This review is an analysis of proteins...that are known to affect energy intake and energy balance, with an attempt to identify those factors that may change with aging...

[Read Article Now!](#)

A Personal Lesson in Geriatric Care

Kristen Murphy, a medical student attending the University of New England, learns firsthand what it feels like to be dependent on nursing home care. This short video is perfect for sensitivity training—or just a gentle reminder. (Have a Kleenex handy;)



[View the video from the New York Times](#)

John Hancock 2011 Cost of Care Survey

The results of John Hancock's 2011 Cost of Care Survey indicate that the cost of long-term care services continues to rise. The data also suggests that, in the last decade, the average annual increases in the costs across a variety of care settings have stabilized to some degree; generally they are in line with overall inflation, as measured by the Consumer Price Index.

Facility-based Care	2011 Nat. Avg. (1 yr.) ¹	2011 Typical Unit Cost ¹
Nursing Home: Private room	\$85,775	\$235/daily
Nursing Home: Semi-private room	\$75,555	\$207/daily
Assisted Living Facility	\$39,240	\$3,270/monthly
Home and Community-based Care	2011 Nat. Avg. (1 yr.) ¹	2011 Typical Unit Cost ¹
Home Health Care Aide	\$31,200 ²	\$20 hourly
Adult Day Care	\$15,860 ³	\$61 daily

[View the report](#)

Genworth Releases 2011 Cost of Care Survey

The national median monthly rate for an individual living in a one-bedroom in an assisted living community is \$3,261, a 2.39 percent increase above the 2010 cost, according to Genworth's recently released *2011 Cost of Care Survey*. Assisted living, adult day care, home care and nursing facilities' costs are included in the report. The Genworth survey covers 437 regions...



[View the report](#)



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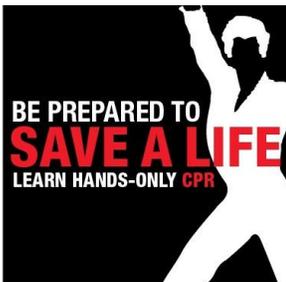
National Prevention, Health Promotion and Public Health Council



The National Prevention Strategy is here!

The National Prevention Council, chaired by Surgeon General Regina Benjamin, is charged with providing coordination and leadership at the federal level and among all executive departments and agencies with respect to prevention, wellness and health promotion practices. With input from the public and interested stakeholders, the National Prevention Council is charged with developing a National Prevention and Health Promotion Strategy (National Prevention Strategy).

[Access the National Prevention Strategy](#)



Stayin' Alive

Sudden cardiac arrest can happen to anyone, young or old, at any time. It is a leading cause of death in the U.S.... Odds are also high that if bystanders respond at all, the only thing they will do is call 9-1-1. Medical attention is critical, but bystanders must act first — and fast — because every minute counts...The good news is that chance of survival more than doubles with immediate and effective CPR. And the American Heart Association is making it

easier for people to remember the steps to take in a sudden cardiac emergency with Hands-Only CPR.

[Watch "Stayin' Alive" video and learn more](#)

Stairway to Health

This simple calculator estimates calories burned when taking the stairs. Simply plug in your weight, how many minutes a day you go up the stairs and how many minutes you go down the stairs. Taking the stairs is an easy way to work activities into your day that improve fitness and burn calories.



[Access the calorie calculator](#)