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Paul Berger & Stephanie Mensh's Stroke Survivor
NEWS & ATTITUDE FOR YOU - FALL 2015

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### Catch up on last year's newsletter! Now posted at:  
<http://strokesurvivor.com/newsletter.html> ###

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Please FORWARD this newsletter to your friends and  
colleagues who would benefit from these tips. Click it  
forward to people in your stroke club, volunteer groups,  
place of worship, community services and neighbors, too!

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1. NEWS: RESEARCH on Stroke Recovery & Rehabilitation:  
Brain-to-Brain Communication

Individuals successfully demonstrated that they could play  
a 20-question game by transmitting and receiving thought  
patterns only.

Researchers at the University of Washington's (Seattle)  
Institute for Learning & Brain Sciences hooked up pairs of  
test subjects to non-invasive brain wave receivers and  
stimulators, and transmitted signals from one brain to the  
other over the Internet.

They reported that participants were able to guess  
the correct object in 72% of the real games,  
compared with just 18% of the control rounds.

Earlier experiments by the researchers showed how to  
control computers with thoughts. They reported that they  
are exploring the possibility of "brain tutoring,"  
transferring signals directly from healthy brains to ones  
that are impacted by external factors such as a stroke.

To read the news report in the UW-Today's 9/23/15  
posting on their research & see photos & videos:  
<http://tinyurl.com/Brain-to-BrainExperiment>

To read their study details & results published in the journal, PLOS ONE, on 9/23/15:  
<http://tinyurl.com/Brain-to-Br-Journal>

For additional resources to help you find information on medical, health, rehabilitation, recovery, self-empowerment, and more, we have collected our favorite links at: [http://www.strokesurvivor.com/resource\\_links.html](http://www.strokesurvivor.com/resource_links.html).

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Do you wonder how I look & sound? Meet me at my video page:  
<http://strokesurvivor.com/video.html>

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2. PAUL'S TIPS FOR SURVIVORS:  
    Ways to Relearn Writing After Stroke

You can relearn how to write after stroke and aphasia, sometimes a little easier than talking, because you have time to think about the words, and get help from your computer. I am not perfect, but I practice every week with different words and writing a few sentences.

    I go to a writing class at the Stroke Comeback Center, with 3-6 people with aphasia, run by a speech therapist & speech student. For half the class time, we have a group activity to start our thinking. For example, the instructor writes a long word on the board, like "international" and we make smaller words, like: "nation," "it," "in." Sometimes we watch a short video.

And we see a list of 10 questions for writing topics. We choose a question or a different topic we want to write about & start writing. The instructors look at our work & help. We finish the writing at home.

Also, the instructor reads our homework from the week before to the class so we learn from each other.

\*\* You can try this at home. \*\*

Ask someone to edit your writing, to help you learn, your spouse, other family, or friend. Or look for other resources, like stroke clubs, university clinics that train speech pathologists, or high schools with community service programs. Or pay for a tutor from an organization that tutors school children--I did this a few years ago--they are less expensive than a speech therapist.

Here are resources to help you think about topics (science, health, pop culture, etc.). When you see the news online, you see headlines & a paragraph explaining the story, to help you with your writing:  
    <http://www.nbcnews.com/> NBCNEWS  
    <http://www.cnn.com/> CNN

More Resources:  
    Stroke Comeback Center  
    <http://www.strokecomebackcenter.org>  
  
    Dictionary.com <http://dictionary.reference.com/>  
  
    Merriam-Webster <http://www.merriam-webster.com/>

Franklin LM6000b Speaking Language Master  
<http://tinyurl.com/Franklin-ElecDic>

Do you have a tip to share with others? Send it to me at [Paul@strokesurvivor.com](mailto:Paul@strokesurvivor.com) and we may include it in next month's newsletter.

Other insights and tips for coping with life and taking control of your recovery after stroke are available on my website at <http://www.strokesurvivor.com>.

\*\*\* Looking for even more inspiration & solutions for survivors? Read, "Conquering Aphasia & Stroke TODAY! Vol. 1: Paul Berger's Guide for Stroke Survivors"  
<http://tinyurl.com/ConqAphasia-Stroke-Vol-1>

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I'm a stroke survivor working hard to give you tips, solutions & motivation for a better life. If you like what you see, buy me a cup of coffee (or 2 or 3) and I'll send you a special thank you!
* 1 cup: <http://tinyurl.com/1-coffee-for-Paul>
* 2 cups: <http://tinyurl.com/2-coffees-for-Paul>
* 3 cups: <http://tinyurl.com/3-coffees-for-Paul>
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3. STEPHANIE'S TIPS FOR CAREGIVERS:

How Can You Do More, When You Can't Do What You Need to Do?

Most caregivers had a lot to do before their family member had a stroke. The stroke adds much more to do--not only taking on those household chores that the survivor contributed, but also all the new medical & rehab visits, fighting the system, filing paperwork, & often providing direct help to get the survivor up & going in the morning, fed, showered, medicated, & engaged all day.

I'm the type with To-Do lists & scratching something off makes me feel good. Sometimes I add a task to the list that wasn't there, just to scratch it off, because it came up, it had to be done before anything else, & I did it. Everyday chores, like the laundry & grocery shopping are on the list to scratch off, too.

I use written lists, because I feel the accomplishment more deeply when I scratch back & forth with a pen through the task, rather than clicking on a computer list.

As Paul became more independent, my To-Do list didn't get any shorter, the tasks changed. Fortunately, I learned a few important new skills:

- \* Recognizing that I can't do everything, & even some important things will be late, done poorly, or not done at all
- \* Being a perfectionist & control freak can be a great motivator, but getting a task done & scratching it off is always better than trying to make it perfect
- \* Working at a part time or full time job is stressful, but it's a different type of stress, &

scratching off items on my work To-Do list gives me a different sense of achievement, not to mention seeing the paycheck

- \* Building exercise into my daily routine, first thing in the morning, gives me energy & a positive attitude for the day, & I record my time on a calendar to see my efforts
- \* Including Paul's To-Do items on a joint list, so he can scratch off his own accomplishments & we can both get credit for all the things we do
- \* I try not to let the holiday season overwhelm me & will steal some time to shop alone, or go for a cup of coffee by myself
- \* Feeling guilty is normal, lots of people feel guilty about not doing everything on their To-Do lists, whether or not their family member is a stroke survivor.

Now that I've finished this article, I can scratch it off my To-Do list!

Resources:

Sometimes you need to hire a helper for a few hours, for a specific task. Here's a local helper I found: Errand Works: <http://www.errandworksva.com>

For more tips & inspiration for caregivers, please visit: [http://www.strokesurvivor.com/articles\\_and\\_tips.html](http://www.strokesurvivor.com/articles_and_tips.html)

\*\*\* Looking for even more inspiration & solutions for spouses and families? Read, "Conquering Aphasia & Stroke for Caregivers, Vol. 2: Stephanie Mensh's Guide for Caregivers" <http://tinyurl.com/Stroke-Caregiver-E-book>

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4. CELEBRATE: October  
National Disability Employment Awareness Month

National Disability Employment Awareness Month (NDEAM) is a time to celebrate the contributions of America's workers with disabilities. The theme for this year, which marks 70 years since the first observance, is "My Disability is One Part of Who I Am."

Paul celebrated by giving a presentation on "Returning to Work After Stroke," to the U.S. Patent & Trademark Office's (USPTO's) affinity group for people with disabilities, USPTO ResponsAbility <http://usptoresponsability.org/> and the USPTO's book club. The USPTO encourages inventors with disabilities, as well as inventors of devices & assistive technology, to file patents for their inventions, on their own, if they don't have patent lawyers: <http://www.uspto.gov/>

Paul's book, "How to Conquer the World With One Hand...And An Attitude," describes many of Paul's adventures with finding jobs, losing jobs, & finding new careers after his stroke. To learn more: [http://strokesurvivor.com/conquer\\_the\\_world.html](http://strokesurvivor.com/conquer_the_world.html) <http://tinyurl.com/HowToConquerWorld-Kindle>

For a toolkit & more on National Disability Employment Awareness Month, from the US Department of Labor, including the Presidential Proclamation:

<http://www.dol.gov/odep/topics/ndeam/>

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5. PAUL'S FAVORITES:

Bring Your Own Shower Safety

Stephanie & I drove to the mountains for Labor Day weekend. The hotel was sold out of rooms with ADA accessible showers, so we reserved a regular room with bathtub. Since we were driving, we took our own transfer tub bench so I could shower safely (an extra one that we used at my sister-in-law's house when we babysit).

For safety in the shower, I always use a shower or tub seat with a back. It converts a regular bathtub into a safe shower for me. I sit down on the part that extends over the side of the tub, then lift my legs and turn. It's another tool that makes me independent in the morning at home & when we drive to hotels:

- \* Padded seat ideal for long term use
- \* Side arm provides extra stability and leverage
- \* Allows user to enter and exit tubs safely
- \* Weight capacity is 300-pounds
- \* Adjustable seat height

To see one like mine: <http://tinyurl.com/TransTubBnch>

For details on other Paul-tested helpful books and products, visit:  
[http://www.strokesurvivor.com/reading\\_list.html](http://www.strokesurvivor.com/reading_list.html) and  
[http://www.strokesurvivor.com/lifestyle\\_products.html](http://www.strokesurvivor.com/lifestyle_products.html)

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**** Aphasia & Speech Therapy in the Comfort of Your Home ****

If your goal is to aggressively continue your speech-language recovery, you must try tele-rehabilitation.

Aphasia experts can conduct your treatment sessions over the Internet and it is easier than you can imagine.

<http://www.aphasiatoolbox.com> is providing a 45 minute aphasia consultation with treatment recommendations at no charge as a SPECIAL OFFER to subscribers of this "Stroke Survivor" newsletter.

Contact Bill Connors at bill@aphasiatoolbox.com or phone: 724.494.2534.

Currently, these consultation are offered in 6 different languages to people with aphasia all over the world.

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6. EATING FOR STROKE HEALTH

Healthy Eating on a Budget

Shopping for healthy food sometimes seems to cost more. A recent news story suggested 5 ways to reduce the costs:

1. Buy items currently in season from local farmer's markets. Buy frozen veges.
2. Not all food needs to be organic--for example, fruits and veges that have low levels of

- pesticides.
- 3. Utilize your freezer space. Cut up your fresh fruits and fresh vegetables.
- 4. Cook low-carb meals with more vegetables.
- 5. Spend less on junk food: soda, juice, cookies, crackers and chips, etc.

Resources:

To view the full story:  
<http://tinyurl.com/HealthyEat-on-Budg>

For details on other Paul-tested helpful kitchen, shopping, and eating tips, visit:  
[http://www.com/lifestyle\\_products.html](http://www.com/lifestyle_products.html)

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7. WHAT'S NEW on the Stroke Survivor.com web site.

We're adding helpful new things to our web site all the time:

\* DisabledTravelers.com

We have many useful links for survivors, families and professionals on rehabilitation, motivation, and to regain fulfillment posted to our Resource Links pages. Visit:  
[http://www.strokesurvivor.com/resource\\_links.html](http://www.strokesurvivor.com/resource_links.html) and  
<http://www.strokesurvivor.com>

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\*\*\* PERFECT GIFTS FOR STROKE SURVIVORS & CAREGIVERS Paul's best selling books \*\*\*

Follow Paul's adventures and his creative, positive approach to living a full life after stroke...way beyond rehab!!

A WORLD-WIDE FAVORITE for SURVIVORS, SUPPORT GROUPS & BOOK CLUBS:

[1] "How to Conquer the World With One Hand...And an Attitude"  
[http://strokesurvivor.com/conquer\\_the\\_world.html](http://strokesurvivor.com/conquer_the_world.html)  
<http://tinyurl.com/HowToConquerWorld-Kindle>

BE CREATIVE...AN OCCUPATIONAL THERAPY MUST-READ:  
 [2] "How to Conquer Hobbies With One Hand: Stroke Survivor Paul Berger's 50 Tips & Tools to Make Things"  
<http://strokesurvivor.com/hobbies.html>  
<http://tinyurl.com/HowToConquerHobbies-Kindle>

SET NEW GOALS: IF PAUL CAN DO IT...  
 [3] "You Can Do It! 105 Thoughts, Feelings, & Solutions to Inspire You"  
[http://strokesurvivor.com/you\\_book.html](http://strokesurvivor.com/you_book.html)  
<http://tinyurl.com/YouCanDoIt-Kindle>

E-BOOKS - BEST SURVIVOR & CAREGIVER TIPS..any time, any where!  
 "Conquering Aphasia & Stroke" - 3 VOLUME SERIES  
 \* Vol. 1: Paul's Guide for Stroke Survivors  
<http://tinyurl.com/E-Book-Vol-1>  
<http://tinyurl.com/ConqAphasia-Stroke-Vol-1>

\* Vol. 2: Stephanie's Guide for Caregivers  
<http://tinyurl.com/E-Book-Vol-2>  
<http://tinyurl.com/ConqAphas-Strk-CaregVol-2>

\* Vol. 3: More Guidance for Survivors & Caregivers  
<http://tinyurl.com/E-Book-Vol-3>  
<http://tinyurl.com/MoreConqAphas-Strk-Vol-3>

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Contact us at Paul@strokesurvivor.com or 703-241-2375.
Special rates for newsletter & web: www.strokesurvivor.com!

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Would you like to view a previous month's newsletter? Visit our newsletter archive at:
<http://www.strokesurvivor.com/newsletter.html>

Lots more stuff at: <http://www.strokesurvivor.com>

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8. Stroke/Aphasia Reading problems?

After a stroke, many people have reading and other language problems, known as "aphasia." Hearing a sentence read aloud helps to understand it. You can hear this newsletter read aloud while each word is highlighted on the computer screen with the FREE text reader software described at:
http://www.strokesurvivor.com/disability_access.html
or <http://www.naturalreaders.com>

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