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 Paul Berger & Stephanie Mensh's Stroke Survivor
 NEWS & ATTITUDE FOR YOU - FEBRUARY 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:  
 Vitamin D, Dehydration & Other Stroke Risks

Earlier this month, stroke experts from the U.S. & around  
 the world presented their innovative research findings  
 during the International Stroke Conference in Nashville,  
 TN. These included:

- \* Low vitamin D predicts more severe strokes, poor health  
 post-stroke
- \* Dehydration is linked to worsening stroke conditions
- \* Lower systolic blood pressure reduces risk of stroke
- \* Mobile stroke units improve response times, outcomes for  
 patients
- \* Motorized cycling may prime the brain for relearning  
 after stroke
- \* Stroke survivors may be at a higher risk of having cancer
- \* Parents experience post-traumatic stress disorder after  
 child's stroke.

For details, visit the International Stroke  
 Conference News Room:  
<http://tinyurl.com/ISC-news-list>

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).

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

2. PAUL'S TIPS FOR SURVIVORS:

Attending the Science Fair

Recently, I attended my niece's science fair to see her project. Science is one of my life-long interests & I was looking forward to it. Last year, we attended my nephew's science fair. My stroke and aphasia make the activity a little challenging, but it is so important to attend, to show them your love & support.

The science fair was in the school's gymnasium, crowded with students, children, parents, family, friends & teachers. Each student's science project was presented on a white display board with handwritten or typed lists, pictures & graphs.

Stephanie & I visited our niece's display first. She described her research: how much water was the correct amount to make cake pops. She tested adding more water, then less, then the right amount. While she talked, I sat on my folding cane chair. We took pictures with our phone.

We walked around to see the other student's projects & tried to listen to their explanation or read their boards. Everyone was talking, laughing, shouting across the gym, little kids running everywhere. I thought that my aphasia made it hard for me to focus & understand each of the projects, and was feeling a little sad. Stephanie said that the noise & commotion was also challenging for her.

After Stephanie tried to help me read some of the boards, we decided to try to enjoy the projects & ideas, instead of all the details. The purpose of the fair was to have each student follow the "scientific method." Before you go to your kids' science fair, you should read about it:

"Scientific method is a body of techniques for investigating phenomena, acquiring new knowledge, or correcting and integrating previous knowledge. systematic observation, measurement, and experiment, and the formulation, testing, and modification of hypotheses." - Wikipedia

Another tip: take clear photos of the displays so you can read them later at home.

If I can do it, you can do it, too!

Resources:

Wikipedia: Science Fair  
[http://en.wikipedia.org/wiki/Science\\_fair](http://en.wikipedia.org/wiki/Science_fair)

Folding cane-chair:  
<http://tinyurl.com/Fold-Cane-Ch>

Do you have a tip to share with others? Send it to me at

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:  
Adapting Your Home

Strokes are usually so sudden that your home may not be safe, accessible, or convenient when the survivor returns from the hospital. Steps and narrow doorways you didn't notice can become barriers to survivors who have trouble walking.

The social worker or occupational therapist might give you a home assessment checklist. Too often, they don't have much else to offer, like sources to build a wheelchair ramp, install handrails and grab bars, and provide other needed adaptive equipment.

When Paul had his stroke, we were living in an old, small townhouse, with the single bathroom on the 2nd floor. We rented an electric stair lift for about 4 months until Paul could walk up stairs. About 2 years later, we moved into a one-level house. We later remodeled our kitchen to make it safer & easier for Paul to cook.

Having an adapted home means that Paul can be more independent. I benefit by Paul doing more household chores, giving me more time to do other things & by feeling that Paul is safe.

We are always on the look-out for new assistive tools & adaptations, including "universal" access products that we find when browsing in kitchen & bath stores, hardware stores & retailers like Target, as well as online catalogs for medical supplies.

AARP has a project with the National Association of Homebuilders to develop Certified Aging in Place Specialists who use universal design principles to build or remodel homes. Universal design is useful to stroke survivors & others with disabilities, as well as older people.

With a little planning, budgeting & shopping around, you

can make your home safe & accessible, too.

Resources:

Home Assessments for Stroke Survivors:  
<http://tinyurl.com/Home-Mod-Strk-Cntr>

National Association of Home Builders Universal  
Design/Certified Aging in Place Specialists:  
<http://tinyurl.com/NAHB-Univ-Des>

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  
Mensch's Guide for Caregivers"  
<http://tinyurl.com/Stroke-Caregiver-E-book>

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4. CELEBRATE: February is  
American Heart Month

This year during American Heart Month, the US Centers for  
Disease Control & Prevention (CDC), & Million Hearts®, a  
national effort to prevent 1 million heart attacks and  
strokes in the United States by 2017, are encouraging  
Americans to know their blood pressure, and if it's high,  
to make control their goal.

Uncontrolled high blood pressure is a leading cause  
of heart disease and stroke. In fact, more than 67  
million Americans have high blood pressure. People  
with high blood pressure are 4 times more likely to  
die from a stroke and 3 times more likely to die  
from heart disease, compared to those with normal  
blood pressure.

For more details from the CDC:  
<http://www.cdc.gov/features/heartmonth/>

For more on the Million Hearts® program to fight heart  
disease and stroke:  
<http://millionhearts.hhs.gov/>

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5. PAUL'S FAVORITES:  
Exercising for Stroke Survivors

In May, 2014, the American Heart/American Stroke  
Association published recommendations that physicians  
prescribe exercise to stroke survivors. Exercise helps you  
be more active, less depressed, improves strength & overall  
health & wellness.

I like to exercise & was happy to meet an exercise  
trainer who specializes in fitness after stroke,  
Nancy Seldon. She has a website with helpful  
information & classes if you live in the  
Washington, DC area.

Her goal is "to help you discover productive and enjoyable  
activity that becomes part of everyday life so you can live  
your best possible life."

To learn about the exercise guidelines, visit:  
<http://tinyurl.com/Strk-Fit-Guide>

To learn more about Nancy, visit:  
<http://strokesurvivorfitness.com/>

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  
Can I eat eggs?

Are eggs okay to eat or not? That question was recently addressed by experts who have drafted new proposed dietary guidelines. They couldn't find a direct scientific link between the consumption of the cholesterol in eggs and the increase in blood levels of cholesterol. This also applies to certain other cholesterol-rich foods like lobster, shrimp & liver.

Even so, the experts will likely suggest eating these foods in moderation, like everything else. And, it's still important to avoid foods with added refined sugar and trans-fats, which are linked to increased heart disease & stroke.

Last year, the American College of Cardiology (ACC) and the American Heart Association (AHA) developed revised guidelines for evaluating & treating blood cholesterol. They recommend a heart-healthy lifestyle, including eating a diet rich in vegetables, fruits, and whole grains; moderation in low-fat dairy products, poultry, fish, legumes, and nuts; and limiting the amount of sweets, sugar-sweetened beverages and red meats.

If your blood cholesterol levels are too high & you have other risk factors, the ACC & AHA guidelines recommend treating with statin medications.

Resources:

Press coverage of proposed dietary guidelines:  
<http://tinyurl.com/Eggs-NBC-Story>

The scientific report on the dietary guidelines:  
<http://tinyurl.com/Scient-Rept-Diet-Guide>

The ACC & AHA treatment guidelines for high cholesterol:  
<http://tinyurl.com/ACC-AHA-Chol-Guid>

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:

- \* Stroke Belt Consortium (SBC)

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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