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Paul Berger & Stephanie Mensh's Stroke Survivor  
NEWS & ATTITUDE FOR YOU - FALL 2017  
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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:  
Walk Now to Prevent Disability Later

People who sat for a long time during the day and sat for hours watching TV in the evening and did little or no exercise were significantly more likely to lose their mobility as they aged, according to a recently published study.

The researchers studied over 134,000 people ages 50 to 71 over 8 to 10 years. They found that people who sat the most and moved the least had a 3 times greater risk of walking problems, including not being able to walk at all, by the end of the study, when compared to the more active people in the study.

Loretta DiPietro and researchers from the Milken Institute School of Public Health at George Washington University used data collected from the NIH-AARP Diet and Health Study of men and women. People who watched 5 or more hours of TV per day had a 65% greater risk of mobility problems than people who watched less than 2 hours per day.

To read the news report from NPR:  
<http://tinyurl.com/TV-walk-study-NPR>

To read the study details & results published in the The Journals of Gerontology: Medical Sciences, August 30, 2017:

<http://tinyurl.com/TV-walk-study-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).

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

2. PAUL'S TIPS FOR SURVIVORS:

A New Place to Live: Part 1: Survivor's Needs

About 2 years ago, we started talking about staying or moving from our house where we lived for 28 years. The house was a rambler-style with bedrooms and living, dining and kitchen all on one level. We made it handicapped-accessible to meet my needs: handrails on 2 sides of stairs going in and out of the house and down to the basement; kitchen designed for my one-handed cooking; and an accessible shower with fold-down seat.

I was very comfortable in our house and all of my work, volunteer, and learning activities were in the local area. But, our house needed some work, and since Stephanie coordinates all the maintenance and repair, she wanted to think about moving. Also, she takes care of her mother, and wanted to be closer. We lived in Falls Church, Virginia, and her mother lives in Bethesda, Maryland.

I had many feelings, up and down, about moving, and many questions. I was very independent in my house and neighborhood. I knew the people, the stores, the roads, and had a nice routine. Where would I find new friends, things to do, shopping? Would I continue to be independent? Would I like the neighbors? It was hard, but after thinking about it, I agreed.

Then, during a giant snow storm that left us with 6 feet of snow (when 6 flakes of snow can cancel schools in our area!) we started searching for a condo apartment, probably our home for the next 30 years. We made a list of the most important things:

- \* Accessible lobby
- \* Elevator, and located on the ground floor, or not too many floors up
- \* Covered parking for us, additional parking for guests
- \* Inside open floorplan with kitchen and shower that can be upgraded to meet my one-handed and accessibility needs
- \* Easy access to amenities like grocery and drug stores, banks, restaurants, movies, shopping, etc.
- \* Near Stephanie's family, but easy to get to the highway to commute to Falls Church for work and to Vienna for Rotary Club and Stroke Comeback Center activities
- \* Affordable
- \* Allows cats.

Houses and apartments for sale and for rent are posted

online, so it was easy to make a list of possible apartments based on location and price and details like number of bedrooms and baths, parking, pet-friendly, etc.

We drove around the neighborhoods of the listings we liked before we made our final list of apartments to visit. Then, we contacted a local Realtor, Jill Aharon and visited 6 units in 3 different buildings.

One unit felt like home when we first walked in, and we visited it 3 or 4 different times before we made an offer, including 1 time with an accessibility expert to be sure we could make the changes I needed.

Resources:

Online real estate search: <http://www.zillow.com>

Our Realtor, Jill Aharon, Caldwell Banker, for readers looking in Maryland and Virginia: <http://www.jillaharonhomes.com/>

Our next newsletter will cover some of the modifications we made.

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 our next 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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3. STEPHANIE'S TIPS FOR CAREGIVERS:

A New Place to Live: Part 1: Caregiver's Needs

Moving is a big decision and a big project for the caregiver, especially when you have lived in one place for many years. We had expected to continue in our house for many more years, so I was very thankful that Paul was willing to think about moving and an equal partner in reviewing neighborhoods, types of buildings, and the individual listings.

Having a great Realtor was the best help for me as a caregiver from start to finish in the process. Jill understood our needs, had great advice, a "rolodex" of reliable resources, and was willing to go the extra mile to get things done. Plus she was assertive in a low-key way that helped me understand our options and negotiate a fair deal.

In addition to the list of "must have" features, we also made a list of what we did not want, including:

- \* Not an over-55 community. Although these units often have built-in accessibility features or universal design for easy updating, we like all ages and types and wanted a diverse community. We also believe that the resale value is higher, should we need to move again.

- \* Not a so-called "walkable" community. Walkable communities are notoriously unfriendly to people with mobility problems, often with uneven brick sidewalks, lots of steps, and out-of-the-way parking. To be independent, Paul needs to drive, park, and walk in an easy, relatively flat area, with few if any steps, and plenty of time to cross the street.

- \* Not a noisy, busy, high traffic area, for the same reasons.

While the photos in the online listing are nice, you often can't tell if a lobby is accessible, or if there are steps up to the elevator, or if the halls and doorways in a unit are too narrow for a wheelchair or walker. Paul and I don't use these now, but anything can happen, so we wanted to be sure the inside of the unit was accessible, too.

I took a notebook and tape measure, and sketched the layout of the unit, and noted the width of doors, the size of the kitchen and bathrooms, etc. Our Realtor Jill had a laser measure that gave us the dimensions of each room, so we could determine if and how our current furniture would fit.

We found a ground floor unit that seemed perfect for us. Before we made our offer, Jill suggested that we have some experts take a look, even if we didn't use them to do the actual work. I found one who had years of special experience in remodeling houses and apartments to make them wheelchair accessible. And, my cousin who works for a large commercial apartment builder walked through the unit with the accessibility expert to give us his perspective on load-bearing walls, etc.

Some important things I learned from this process:

- \* The wheelchair accessibility standards for 32"-wide doors can be adapted to our own circumstances. For example, Paul's transport-type wheelchair (someone pushes it) and most walkers are 26" wide or less, so we only needed door openings that were 28" wide.

- \* Turning the bathtub in the master bathroom into an accessible shower with fold-down seat would require a custom-build because we could not move the drain. The pre-fabricated accessible shower module we had used in our house requires a centered drain and so would not work.

- \* Replacing the oven in the kitchen would require some additional work and creativity, again based on the existing wiring and plumbing.

Although we would need to widen only one door, the shower and kitchen work would cost more than double what I had imagined. My cousin said the building looked sound and the renovations would be worth it. So we submitted an offer and bought the unit.

Resources:

Uniform Federal Accessibility Standards (UFAS) for a listing of various elements for accessible homes:  
<http://tinyurl.com/USAB-chpt-access>

Our next newsletter will cover some of the modifications we made.

\*\*\* 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. PAUL'S FAVORITES:  
    Grab Bar in Middle of the Room

I needed a grab bar in my new bathroom. The toilet was located in the middle of the room, and it was not practical to attach one to the wall. My physical therapist recommended a floor-to-ceiling transfer pole that one of her other clients uses. It works for me!

It's the SuperPole System designed for people requiring assistance with standing, transferring, or moving around. The basic unit fits up to an 8 foot ceiling, or you can purchase an extender for ceilings up to 10 feet high.

It installs in a few minutes, without attaching to either the floor or ceiling, by turning a jackscrew at the bottom of the pole. The screw expands the height of the pole to create enough tension between the floor and ceiling to hold it rock-solid securely. It comes in white and black.

    To see one like mine:  
    <http://tinyurl.com/Paul-standing-pole>

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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\*\* Cost-Conscious Aphasia & Speech Therapy in the Comfort  
of Your Home \*\*

Interested in an intensive aphasia program, but concerned about cost? The value and effectiveness of intensive aphasia treatment have been well researched and documented. And, you know that aphasia recovery demands frequent treatment and rigorous practice.

    Try Aphasia Toolbox. Visit:  
    <http://aphasiatoolbox.com/>

Contact Bill Connors at:  
[bill@aphasiatoolbox.com](mailto:bill@aphasiatoolbox.com) or phone: 724-831-8353

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5. EATING FOR STROKE HEALTH  
    Pizza With a Healthy Crust

I like pizza, but don't eat it because it is high in calories and fat. Recently, a new restaurant called Gusto Farm to Street opened in the mall near me (Westfield Montgomery Mall). They have homemade pizza with a cauliflower crust. I liked the taste, and liked the lower calories, low fat, higher protein, and vitamins. I felt good eating pizza!

Trader Joe's grocery store also has a cauliflower crust and cheese pizza with cauliflower crust you can try, if you have

a Trader's Joe near you. Both are gluten-free. Other grocery stores may have their own brands.

Resources:

Trader Joe's Crust: <http://tinyurl.com/TJ-caul-pz-cr>  
Trader Joe's Cheese pizza:  
<http://tinyurl.com/TJ-caul-cr-chss-pz>

For readers who live in the Washington, DC, area, you can visit Gusto's restaurant. For information on their menu and locations: <http://www.eatgusto.com/>

Many restaurants and stores are selling cauliflower pizza crust, and recipes online to make your own. I searched Google, and here is what I found:  
<http://tinyurl.com/Cauliflower-crust-search>

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

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

- \* The Tavistock Trust for Aphasia

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 \*\*\*

\*\*\* FUN & EASY READING !! \*\*\*

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, anywhere!

"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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Special rates for newsletter & web: [www.strokesurvivor.com!](http://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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7. 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](http://www.strokesurvivor.com/disability_access.html)  
or <http://www.naturalreaders.com>

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