

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

~~~~<~~~ IN THIS ISSUE ~~~>~~~~

1. NEWS: RESEARCH on Stroke Recovery & Rehabilitation:  
Too Much Sleep as a Stroke Risk
2. PAUL'S SURVIVORS TIPS:  
Following Your Interests Not Related to Stroke
3. STEPHANIE'S CAREGIVERS TIPS:  
Taxes & Finances
4. CELEBRATE: March is  
Brain Injury Awareness Month
5. PAUL'S FAVORITES:  
Getting Ready for April Showers
6. EATING FOR STROKE HEALTH  
Peas For Protein
7. WHAT'S NEW on: <http://www.StrokeSurvivor.com>

8. Stroke Reading Problems? Free Read-aloud Software  
\*\* Subscribe

\*\*\*\* Follow us on FACEBOOK & TWITTER \*\*\*\*  
Please click "LIKE" on the StrokeSurvivor.com  
Facebook Page...ask your friends to "like" us too:  
<http://tinyurl.com/StrokeSurvivor-comFacebook>

@PaulEBerger  
<http://twitter.com/#!/PaulEBerger>

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

=====  
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!  
=====

1. NEWS: RESEARCH on Stroke Recovery & Rehabilitation:  
Too Much Sleep as a Stroke Risk

Too much sleep--more than 8 hours per night--appeared to  
increase risk of stroke by 46% compared to average sleepers  
of 6-8 hours, particularly among those over age 63 in the  
study.

Researchers from the University of Cambridge, U.K.,  
studied 9,692 people ages 42 to 81 who had never  
had a stroke. Those who progressed from sleeping  
less than 6 hours to more than 8 hours a night over  
the course of the 9-year study were nearly 4 times  
as likely to experience a stroke as average  
sleepers

Short sleepers also had an increased risk of stroke, which  
is consistent with other studies on the various health  
effects of too little sleep.

Further study is needed to determine how too much relates  
to stroke: whether it is a cause, consequence, or early

indication of health problems.

For the Medline HealthDay video report on the story dated February 26, 2015, visit:  
<http://tinyurl.com/HealthDayVideo-Sleep>

For the Neurology Today News story blog, visit:  
<http://tinyurl.com/Neur-Today-Blog-LngSleep>

For the Study Abstract in the Journal, Neurology, visit: <http://tinyurl.com/J-Neu-Abst-Lg-Sleep>

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:

Following Your Interests Not Related to Stroke

Recovering from a stroke means doing things that interest you. One of my interests is the space program. A few years ago, I was a member of Pro-Space, a citizen organization that advocated for private space launches. Recently, the group reconnected and met in the Washington, DC area for "March Storm," a few days of meetings with Congressional offices.

My favorite part is the all-day training at a nearby hotel on Sunday, explaining the space policy issues for the Citizen Space Agenda. About 30 people of all ages from different cities and states attended, all sharing my interest in space. We learned how to talk to Congressional staff about space, and divided into teams of 2 or 3 to visit Congress.

I have aphasia, so practicing my few words is hard. They have good hand-outs, and my teammates helped.

I was able to attend one day of Congressional visits on Monday, since I was already near Capitol Hill for a prior appointment to adjust my new knee-ankle-foot brace, to help me walk. After this appointment, I had lunch at a restaurant in Union Station, then walked about 4 blocks to the Senate Office Building.

Visiting Congress means you have to be flexible. The Senate staffer changed the time of the meeting, so me and my team missed a few minutes. When it was my turn, I talked about the importance of funding 3 companies developing reusable rockets, and the value to the U.S. in more jobs, new industry, more tax revenues, etc.

This year, I spent 1 day, since I am learning to adjust to

my new brace; maybe next year, I will be able to spend 2 or 3 days visiting Congressional offices, like I did 7 years ago.

I remember when I was a teenager pasting space articles into a scrap book, and later watching the Mercury and Apollo launches TV. My first date with my wife, Stephanie was at the Air & Space Museum in DC, celebrating the 10th anniversary of the Moon Landing. And a few weeks after my stroke, the Challenger blew up on TV while I watched from my hospital room. Today, I subscribe to Space News, and read other newspaper and Internet articles on space.

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

Resources:

March Storm 2015  
<http://www.marchstorm.com/>

What is your favorite interest?

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>

=====  
-----  
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>  
-----  
=====

3. STEPHANIE'S TIPS FOR CAREGIVERS:  
Taxes & Finances

Thinking about taxes and finances isn't easy for caregivers, since the sudden stroke takes an awful toll on the family's income, in terms of the survivor's lost wages, the caregiver's losses to care for the survivor, as well as the additional costs of medical services, rehabilitation, and equipment not covered by insurance.

Families of stroke survivors may be eligible for certain tax credits and deductions for stroke-related expenses, including expenses related to personal care aides and costs to make your home accessible. There are considerations for

survivors who have returned to school, or returned to work and have some earnings to declare, even if limited and significantly less than pre-stroke earnings.

Since Paul did our taxes before his stroke, we decided to use an accounting firm that provides an "organizer" to remind us what information they need. Paul helps to collect the various forms and receipts, then we review the organizer together, list our questions, and send it to the preparer. They calculate the various credits and deductions for us.

If you don't think you can get your receipts together to complete your taxes by April 15, you can file for an extension.

After you file your taxes, take a little time to think about the financial decisions you are making to cope with the stroke, since these decisions can affect both your short-term and long-term financial security, including your own retirement. My favorite resource for male & female caregivers is the Womens Institute for a Secure Retirement's caregiving page, with reports, calculators, and other resources.

Resources:

An excellent article with tips, references & resources for tax filers with disabilities:  
<http://tinyurl.com/NE-Tax-Disabilities>

Womens Institute for a Secure Retirement's, WISER's caregiving page:  
<http://tinyurl.com/WISER-Caregvg>

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>

=====

#### 4. CELEBRATE: March is Brain Injury Awareness Month

Did you know that 2.4 million Americans sustain a brain injury each year? Strokes, traumatic brain injuries, and other brain injuries can happen anytime, anywhere, to anyone--a brain injury does not discriminate. This year, the celebration focuses on the theme, "Not Alone."

As a reader of our newsletter, you know you are not alone!

We celebrated Brain Injury Awareness Month 16 years ago with 150 people at a pizza & book-launch party for the 1st edition of our 1st book, "How to Conquer the World With One Hand... And an Attitude"

Email News-MARCH-2015

- \* Have you read this timeless book of real-life adventures with stroke & aphasia?
- \* Have you passed a copy to family, friends, colleagues?
- \* For details on print, audio & Kindle editions of "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)

For more information on brain awareness month, visit the Brain Injury Association's March Awareness Month page:  
<http://ti.nyurl.com/BIA-Awareness>

=====

5. PAUL'S FAVORITES:  
Getting Ready for April Showers

Sometimes I would like to use an umbrella when it rains. Since I need to hold the handrail going down steps, and often use a cane outdoors, I'm planning to try the Brella Bag, Hands-free Umbrella Holder Bag to hold my umbrella. It has adjustable straps, and accommodates multiple sizes of umbrellas. The umbrella is not included.

To see one: <http://ti.nyurl.com/Hnds-Fr-Brella-Bag>

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)

=====

\*\* 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](mailto:bill@aphasiatoolbox.com) or phone: 724.494.2534.

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

=====

6. EATING FOR STROKE HEALTH  
Peas for Protein

Email News-MARCH-2015

Peas are a good source of vegetable protein and nutrients, according to recent studies. They are considered "partial" proteins, so they work well as part of a meal. A serving is 3/4th of a cup. Peas are a better form of carbohydrates than white potatoes, flour or corn. You can eat them cooked or dried as a side dish, in a salad, mixed with other vegetables, like carrots.

Resources:

<http://tinyurl.com/Peas-for-Protein>

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)

=====

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>

=====

\*\*\* 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

Email News-MARCH-2015

<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>

~~~~~  
=====

\*\*\* ADVERTISE YOUR PRODUCT OR SERVICE IN OUR NEWSLETTER \*\*\*

Contact us at [Paul@strokesurvivor.com](mailto:Paul@strokesurvivor.com) or 703-241-2375.  
Special rates for newsletter & web: [www.strokesurvivor.com](http://www.strokesurvivor.com)!

=====

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>

=====

#### 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/di\\_sabli ty\\_access.html](http://www.strokesurvivor.com/di_sabli ty_access.html)  
or <http://www.naturalreaders.com>

=====

© Paul Berger and Stephanie Mensh  
Authors of "How to Conquer the World With One Hand...  
And an Attitude"  
Positive Power Publishing  
P.O. Box 2644,  
Merri field, VA 22116  
703-241-2375  
Email: [Paul@strokesurvivor.com](mailto:Paul@strokesurvivor.com) or  
[Stephanie@strokesurvivor.com](mailto:Stephanie@strokesurvivor.com)

^/^^/^^/^^/^^

