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Paul Berger & Stephanie Mensh's Stroke Survivor  
NEWS & ATTITUDE FOR YOU - SPRING 2017  
\*\*\*We're Back - We Missed You!\*\*\*  
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<http://twitter.com/#!/PaulEBerger>

### 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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\*\*\* We're Back! The past 6 months have been very busy for us. We decided to downsize to an apartment, which we bought last summer. We remodeled the bathroom and kitchen to make them stroke and one-handed friendly. We went to Australia again for the month of October. Then moved into our apartment in December and cleaned out and sold our house in March.

Since we moved from Virginia to Maryland, we had lots of paperwork to do. Whew!

We missed you...and hope you missed us. Future issues of our newsletter will include tips on remodeling for stroke, and other tips from our moving adventures.\*\*\*

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1. NEWS: RESEARCH on Stroke Recovery & Rehabilitation:  
Marriage Impact on Stroke Survival

A long, stable marriage may improve chances of survival after stroke, compared to those who are single or divorced, according to a study of 2,351 stroke survivors. Researchers from Duke University compared death rates over a 5 year period after stroke. Among the survivors, 42% were married to the same spouse for many years. Individuals who were "life-long singles" were 71% more likely to die after stroke.

The researchers speculated that individuals who had multiple divorces, and/or were single might have suffered from isolation and depression or other help to maintain

their health, which might be why their rate of survival was lower.

To read the news report from HealthDay:  
<http://tinyurl.com/Healthday-marital-strk>

To read the study details & results published in the Journal of the American Heart Association:  
<http://tinyurl.com/JAHA-marital-strk>

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: Aphasia Tools on My Smartphone

I have aphasia. I have problems talking, reading, and writing. In the last issue, I told you about the computer programs I use to help me read and write. In this issue, I will list the ways I use my smartphone to overcome aphasia. I have a Samsung Galaxy--an "android" operating system. Many of these features and apps can also be found on other android phones, as well as Apple iPhones.

Here are some ways that I use my phone:

- \* To find words, spell words:
  - I push the microphone on the Google voice search and say a word or
  - I type a few letters on the Google search or go to [www.dictionary.com](http://www.dictionary.com) and type in a few letters and possible words are listed. I also use list search, idioms, synonyms and antonyms.
- \* To record important information - my phone has an easy voice recorder tool. I push the recorder icon and ask my speech therapist, physical therapist, or doctor to talk into the phone. I save it to play back later.
- \* My phone's camera helps in many ways:
  - Shopping is easy. I take a picture of the empty box or wrapper that I want to replace.
  - For fitting my brace, I take a picture of a scratch or sore from my orthotic to email or show my PT or orthotic maker.
  - For notices posted in my apartment, like fire alarm testing dates, I take a picture so I can check later.
- \* The calculator helps with the tip in a restaurant, and checking other math on the run. The one on my phone has big numbers, so it is easy to see.
- \* Date, month, time, temperature and weather forecast are easy to check on my phone anytime.
- \* Maps - the Google maps app on my phone helps me see where I am going, how far, how many minutes or hours to drive, and directions. With my aphasia, I cannot use the talking GPS, but I can use the map display and written directions. I can enlarge the map easily with my fingers. If my wife is driving, I can follow where we are, read aloud how many more miles before we turn and give her other help, and learn the names of the streets along the way.
- \* Clock - I can set the timer or alarm for a quick nap. Before I call my brother in

Hawaii, I can check the time in his time zone.

\* Take files with me with Dropbox - I have a subscription to Dropbox "cloud" sharing service on my home computer, on Stephanie's computer, and on both our phones. We can add photos, documents or other files at home and open them on the phone.

\* Follow my interests with apps from news sources, or reading bookmarked Internet websites while I'm waiting someplace, or during commercials.

Resources:

Joan Green's Innovative Speech Therapy website has information on apps for phones and tablets:

<https://www.innovativespeech.com/resources>

Dropbox link to sign up (free):

<http://tinyurl.com/Drpbx-Paul-Free>

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:  
Facts About Men Who Are Caregivers

Men make up about 40% percent of family caregivers for adults needing assistance, or about 16 million men in the U.S.

- \* Overall, their average age is just under 48 years old
- \* For men caring for their partners or spouses, men's average age is 62.5 years
- \* 44% have annual household incomes of under \$50,000
- \* 60% of men caring for spouses felt they had no choice but to provide the care.

This data was collected in the study, "Caregiving in the U.S. 2015" and included in a recently released report by AARP's Public Policy Institute, "Breaking Stereotypes: Spotlight on Male Family Caregivers."

AARP reports that husbands play a significant role caring for a spouse or partner, provide more hours of care, and are more likely to be primary caregivers with little to no support from other unpaid family members compared with other male

family caregivers who may be caring for a parent, in-law or other adult.

Healthcare professionals often assume that the family will care for the stroke survivor, without considering the impact on the caregiver, his work, his ability to perform the care, or reach out to others for support. The report cites that men are performing many activities of daily living, including intimate/personal care, and nursing care such as providing medication and other medical-type activities, with little or no training.

AARP reports that the large majority of men were working full time, and the caregiving affected their work, with almost half having to take time off for caregiving. Even so, 37% of men overall did not inform their employers about their caregiving responsibilities, with 45% of millennials not telling their employers.

Stress affects male caregivers:

- \* 62% said caregiving was moderately to very stressful
- \* 46% experienced moderate to severe physical strain
- \* 44% reported moderate to high financial strain.

While female caregivers have been the focus of many caregiving studies and support programs, it is important that organizations find ways to reach out and support male caregivers, too.

Resources:

AARP's Public Policy Institute  
<http://www.aarp.org/ppi/>

To read "Breaking Stereotypes: Spotlight on Male Family Caregivers":  
<http://tinyurl.com/AARP-PPI-MaleCaregv>

For more tips & inspiration for caregivers, please visit:  
[http://strokesurvivor.com/stroke\\_caregivers.html](http://strokesurvivor.com/stroke_caregivers.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. PAUL'S FAVORITES:

Lightweight Cane-Chair

I use a folding cane-chair at least once a week. I am the greeter at my Rotary Club, so I unfold the chair to sit near the door, and can move it easily to join other conversation groups before the meeting. I used it when we took my niece shopping at the mall for her birthday, so I could sit and wait nearby while she and Stephanie walked through the store racks. And I use it when we travel to wait in lines, to sit in museums, or when the tour guide is describing the landmark.

The one I use is Drive Medical's Folding Lightweight Cane with Sling Style Seat. It is aluminum with a nylon seat, and only weighs 2.4 lbs. When it's closed it has 4 sturdy legs with vinyl tips and foam grip handles.

To see one like mine:  
<http://tinyurl.com/Paul-cane-chr>

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/lifestyl\\_e\\_products.html](http://www.strokesurvivor.com/lifestyl_e_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  
    Motivation to Avoid Trans Fats

If you find it difficult to avoid the temptations of tasty boxes of crackers, cookies, microwave popcorn, fried fast food, and other foods that are high in trans fats, here's another motivation--scientific evidence that people in the 11 counties in New York State where trans fats were banned since 2007 suffered significantly fewer heart attacks and strokes than those living in nearby NY counties that did not have the ban.

Researchers conducting the study said that as little as 2 grams of trans fats can raise a person's risk, by clogging arteries and make blood vessels unhealthy and inflamed.

Many packaged products have nutrition labels that include the amount of trans fats per serving. Read the labels, and select those with 0 trans fat. If you have trouble reading the fine print on the label, use your smartphone camera as a magnifier, or search online for the product's nutrition information.

Resources:

To read the NBC news story:  
<http://tinyurl.com/NBC-NY-Tfats>

To read the scientific study:  
<http://tinyurl.com/Study-NY-Tfats>

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:

\* TalkPath News

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 \*\*\*

\*\*\* SUMMER 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,  
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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