

=====
 Paul Berger & Stephanie Mensh's Stroke Survivor
 NEWS & ATTITUDE FOR YOU - AUGUST 2014
 =====

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

- 1. NEWS: RESEARCH on Stroke Recovery & Rehabilitation:  
Communicative Fitness
- 2. PAUL'S SURVIVORS TIPS:  
Part 3: Trip to Australia  
Meeting Stroke Survivors with Aphasia
- 3. STEPHANIE'S CAREGIVERS TIPS:  
Part 3: Trip to Australia  
Meeting Stroke & Aphasia Caregivers
- \*\*\* Stroke Comeback Center: 10th Anniversary Gala  
Join Us For the Celebration of a Decade !! \*\*\*
- 4. CELEBRATE:  
August Happiness Awareness Month
- 5. PAUL'S FAVORITES:  
One-handed Dental Care
- 6. EATING FOR STROKE HEALTH  
Brain Food
- 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>

=====  
 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:  
Communicative Fitness

Australian aphasia researchers are developing an innovative approach to improving speech in stroke survivors, called "Communicative Fitness," that uses goal setting, monitoring and feedback to increase verbal communication.

Modeled after the 10,000 Steps fitness program in which a pedometer is used to help increase the number of steps taken daily, participants in the Communicative Fitness program use a new smartphone app called CommFit to help increase their minutes of talking daily. A bluetooth earpiece/microphone registers the participant's vocalizations & sends it to the researchers through the smartphone.

Amy Rodriguez, Linda Worrall, David Copland, & Caitlin Brandenburg of the University of Queensland, & Emma Power, University of Sydney, are researching:

- 1) Can individuals with aphasia increase their talking time?
- 2) What effect does increased talking time have on language ability, communicative participation and quality of life?

We met Professor Worrall & one of her research participants when we were in Brisbane. We were impressed by the CommFit's readout charts showing the participant's daily & weekly goals, how close he was to his goals, and how many more minutes he needed to talk.

The CommFit didn't record his actual words, only that he was making sounds. This is a key aspect for people with aphasia, since he could work toward his goal by talking to his dog, as well as to others in person or on the phone, and without respect to his level of word or sentence production.

Currently, the researchers continue pilot-testing to refine some of the program's behavioral and technological aspects.

To learn more about the Communicative Fitness program, email: amy.rodriquez@uq.edu.au

To join the Communication Research Registry to participate in communication research in Australia, visit: <http://www.crregistry.org.au>

To learn about the Centre for Clinical Research Excellence (CCRE) in Aphasia Rehabilitation, visit: <http://www.ccreaphasia.org.au/>

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:  
Part 3: Trip to Australia  
Meeting Stroke Survivors with Aphasia

How does a stroke survivor with aphasia enjoy travel from Washington, DC, USA to Australia? In previous months, I described how we planned the trip & attended the Rotary International conference in Sydney, & toured the country for three weeks. This month--the people with stroke & aphasia whom we met in Sydney & Brisbane.

Part of planning for the trip was finding organizations for people with stroke and aphasia & sending emails asking if they wanted to meet on the days that I was free. About 1 month before the trip, I was introduced by Skype to Wendy Corp, a person with aphasia & her husband Paul, from Brisbane, both very active in aphasia organizations. The university aphasia researchers also helped to arrange meetings for me.

In Sydney, we ate lunch with an aphasia social group that meets at local cafes once a month, organized by the professor & clinical speech therapist Cathy Taylor. With her, we met 5 people with aphasia, one spouse, and a speech therapy student (who was the daughter of our tour guide--small world!).

Also in Sydney, at the hotel with the bus service to the Rotary meeting, we met a Rotarian & stroke survivor from New Zealand & had dinner with him. He said the hardest part of traveling alone to Sydney was keeping track of his papers, schedule, etc. His Rotary club members helped, but he was very slow & often got left behind to catch the next bus.

In Brisbane, at the coffee shop in my downtown hotel, we met Wendy & Paul, plus another person with aphasia, and Professor Linda Worrell & speech therapist Adele Coleman.

I liked the Australians we met. We talked about recovery, activities, interests, life before & life after stroke & aphasia. I felt they are similar to me & other survivors I've met in the U.S. Here are some notes from our talk:

- \* Exercise & other activities are important:
  - \* Swimming at the aquatic center 3 x a week
  - \* Walking
  - \* Physical activities including bike riding
  - \* Taking care of kids & grandchildren
  - \* Cooking
  - \* Tai Chi exercises
  - \* Gardening
  - \* Music
  - \* Reading books & listening to audio books.
- \* Continue speech therapy in some form:
  - \* Group sessions
  - \* Participate in aphasia research
  - \* Pay out-of-pocket for private sessions.
- \* Using a notebook to help communicate.
  - \* Using a small pocket alphabetical telephone book as a personal dictionary, writing important words & names of people, under their appropriate letter.
- \* Volunteering
  - \* Paul & Wendy co-chair the Australian Aphasia Association.
- \* You lose your friends, lose your job. It hurts.
  - \* You need to make new friends.
- \* Taking on a big challenge was too hard, so they divided into little goals. As the little goals were achieved, felt improvement in everything.
- \* Celebrate successes. Working out the bus schedule & transfers to meet the group in this new place on time wasn't easy.
- \* Some of the younger survivors want to return to work. If they have good disability income benefits, it is a difficult decision.

I think Australian government health care system seems to be a little better than in the U.S. in covering the first few months after a stroke. Both need to think about providing & encouraging more speech & other rehabilitation services.

I saw & learned many interesting new things, met nice people, and want to return.

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

Resources:

Australian Aphasia Association  
<http://www.aphasia.org.au/>

National Stroke Foundation  
<http://strokefoundation.com.au/>

The Centre for Clinical Research Excellence (CCRE)  
in Aphasia Rehabilitation:  
<http://www.ccreaphasia.org.au/>

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:  
Part 3: Trip to Australia  
Meeting Stroke & Aphasia Caregivers

During our 3 weeks in Australia, I spent most of my time enjoying being a tourist, an hour or so a day as a caregiver, & only a few minutes as a health policy analyst (my profession).

Australian's health care system was in the news with stories of budget problems, potential government cut-backs & doctors' issues. Not much different from the U.S. Medicare & Affordable Care Act headlines.

I learned a little more about their health care system from the speech therapy professionals & caregivers who we met in Sydney & Brisbane. They have good care at no cost during the acute & immediate post- acute times, covering 2 to 3 months of outpatient rehab. They have a decent private-pay system, so if you have the money, you can get more services.

Their challenges are similar to what I've see in the U.S. The most successful are those with family or close friends who rally around the survivor & caregiver, and help advocate for services, particularly for aphasia & speech language services.

For example, one of the therapists said they were making the case that stroke was a chronic health condition, and the survivor's overall health was improved thru community participation that was made possible thru continuing speech therapy.

One caregiver described her persistence in a 4 year, up & down experience in getting disability benefits for the stroke survivor, a story similar to many in the U.S. She said that the keys to her success are a good attitude, to get on with your life, stay positive, show appreciation for family & friends, and when you lose old friends, to make new ones.

I don't meet as many male caregivers, so I was interested in Paul Corp's experience & what differences he noted. Female caregivers seem able to be more tough with their survivor husbands. We talked about the need to find positive ways to motivate survivors to continue their therapy, and how competition in group sessions was one way.

He gave up his job to care for Wendy, a big sacrifice, and one that happens a lot in the U.S., too. He serves as the chairperson of the Australian Aphasia Association, to help advocate for and develop the resources & support that other families need.

When you help others, you learn more & can appreciate your own strengths & successes, and you build a network of resources & supports, whether you live in Australia or the U.S., or anywhere else.

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>

=====

\*\*\* Stroke Comeback Center: 10th Anniversary Gala  
Join Us for the Celebration of a Decade !! \*\*\*

Paul & Stephanie are honored to co-chair this celebration of the Stroke Comeback Center of Vienna, VA at the USA TODAY Headquarters building in Tysons Corner, VA.

Join us in person, and/or send your congratulations on the Center's success by buying an ad in the Program Ad Book, or a listing on the congrats page.

For details, visit: <http://tinyurl.com/SCC-Gala-InfoPg>

=====

4. CELEBRATE: August  
Happiness Awareness Month

The Secret Society of Happy People have dedicated August as Happiness Happens Month.

Since a positive attitude is so important to stroke

recovery & you don't always feel so happy, try the Secret Society of Happy People's Happiness Happens tips to explore & expand your own happiness at:  
<http://tinyurl.com/HappyMonth>

Visit the Secret Society's page: <http://sohp.com/>

=====

5. PAUL'S FAVORITES:

One-handed Dental Care

In a recent edition of the "StrokeSmart" magazine, I read an article, "Floss for Stroke." It was a nice article on the importance of dental health, but they did not include any resources for one-handed flossers, like me.

I use the Reach Daily Flosser. This flossing system has individual flossing units that snap onto the handle, which I learned to do easily with one hand myself. You can buy the handle in different colors with flossing units & packs of refills. Mine is aqua blue.

To see one like mine: Reach Daily Flosser, Starter Pack with 1 flosser & disposable snap-on heads, plus pack with 28 mint heads:  
<http://tinyurl.com/ReachFlossSys>

[It's a big improvement over the flossing device I used in the past, a Y-shaped handle that I needed Stephanie to first thread the floss onto it.]

To read the StrokeSmart article:  
<http://tinyurl.com/StrokeSm-Dental>

Do you have a favorite product to share? Send a description to me at: [Paul@strokesurvivor.com](mailto:Paul@strokesurvivor.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)

=====

~~~~~

**** 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.

~~~~~

=====

6. EATING FOR STROKE HEALTH  
Brain Food

According to recent research, eating baked or broiled fish at least once a week boosts brain health. One reason may be that baked or broiled fish contains higher levels of omega-3 fatty acids than fried fish because these brain-friendly fatty acids are destroyed in the high heat of frying.

When you buy your favorite fresh fish from the store, ask the staff at the fish counter how long to bake or broil it. If you buy frozen fish, look for the ones without seasoning or breading (extra sodium & calories you don't need). Baking instructions should be on the package.

One quick & easy do-ahead recipe for a nice brunch, lunch, or refreshing dinner on a hot summer day is cold poached salmon. In the winter, it's a quick hot meal. I like Martha Stewart's "Simple Poached Salmon" recipe. You throw some cut carrots, celery, onion & lemon into a pot with 6 cups of water. Bring it to a boil, simmer for 8 minutes, then add in 4 skinless salmon filets, reduce the heat, cover, & cook for 5 minutes. To chill, put it in the fridge for a few hours or overnight till you're ready to serve. That's it!

Resources:

Study on eating fish for brain health:  
<http://tinyurl.com/NoFryFishStudy>

Martha Stewart's Simple Poached Salmon:  
<http://tinyurl.com/MarStewSalm>

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:

- \* Aphasia United

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  
<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 or 703-241-2375.
Special rates for newsletter & web: 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/disability_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,

EmailNewsAUGUST-2014.txt

8/25/2014

Merrifield, VA 22116

703-241-2375

Email: Paul@strokesurvivor.com or
Stephanie@strokesurvivor.com

/\/\/\/\/\/\