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Paul Berger & Stephanie Mensh's Stroke Survivor
NEWS & ATTITUDE FOR YOU - DECEMBER 2013

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<http://tinyurl.com/StrokeSurvivor-comFacebook>

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

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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:  
Physical Fitness & Better Memory

People who were physically fit showed higher scores on  
memory and cognition/thinking tests, according to a recent  
study of 1,400 individuals ranging in age from 19 to 94  
years. After exercising on a treadmill, participants were  
tested for cardiovascular health levels using a special  
lung/oxygen measure test.

Those with higher fitness levels made fewer errors on the  
memory & thinking tests. For example, the fitter 80 year-  
olds showed 25% fewer errors than their peers who were less  
fit. The findings are part of the Baltimore Longitudinal  
Study of Aging, supported by the National Institute on  
Aging.

To read the news story on the research:  
<http://tinyurl.com/PhysFit-Memory-Story>

To read the study abstract in the November 5, 2013  
online version of the "Journals of Gerontology:  
Series A":  
<http://tinyurl.com/PhysFit-Memory-Abst>

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).

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Do you wonder how I look & sound? Meet me at my video page: <http://strokesurvivor.com/video.html>  
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2. PAUL'S TIPS FOR SURVIVORS:

Believe That You Can Grow Better

I want you to believe that you can continue to grow better after a stroke. I am proof that you can improve many months and years later, in getting around, doing things for yourself, and communicating.

A few weeks ago, we visited the stroke support group at Healthsouth Rehabilitation Hospital of Northern Virginia, an impressive place. People asked questions about growing better, how long did it take, how much better?

I said, yes, and that I continue to grow all the time, more than 25 years after my stroke. I told the group that I set goals that were important to me, and asked them to say what their goals were.

I know that some medical professionals don't give much hope for improvement after a few weeks or months following stroke. I want you to have hope, to take responsibility for your recovery, and believe that you can do it.

We published my progress as a case study in a poster for the 14th International Aphasia Rehabilitation Conference, in Montreal.

To show the stages of my recovery, we tracked my progress over the years by counting things that were important to me. We counted the number and types of words I could say, then sentences, then the length of presentations I could give. I grew from 10 words, to 1,000 words; from a two word sentence, to longer sentences, to reading a 10-20 minute speech.

We tracked my mobility from wheelchair, to walking with a cane, to walking without a cane for 30 minutes.

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

Resources:

Power of Hope: An article in "Psychology Today"  
<http://tinyurl.com/Hope-PsyToday>

Translating Aphasia Rehabilitation from Clinical Sessions to Functional Communication: Case Study:  
<http://tinyurl.com/GrowingBetter-CaseStudy>

"How to Succeed in Patient-Centered Aphasia Therapy and Measure Results", "Topics in Stroke Rehabilitation," Volume 18, Number 3 / May-June 2011.  
<http://tinyurl.com/Paul-Case-Study-Journal-Art>

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:  
Getting Thru the Day

This time of year, getting everything done is stressful for everyone, with caregivers feeling it a little more. I've learned that planning ahead helps, but not that much, since something unplanned usually happens to undermine my thin sense of control.

I tried to find solutions that would help me get through these stressful days, so I did some Internet research on how the professionals suggest that caregivers cope. One site provided a chart with a list of 30 or so things that most people try to accomplish during the holidays, with a column to check whether you wanted or needed to do this task, and who else you could ask to do it. I felt my heart pounding just scanning this long list.

I went to the next site, which recommended getting enough sleep, eating right, and similar healthy living rules that are a challenge for caregivers the rest of the year. Forget that!

My favorite way of coping with the stress is to forget the exercise and taking care of yourself and the "to do lists" for a few hours, and don't let the survivor bother you. Instead try a few of these:

- \* Stay up late reading a trashy novel or watching a movie you want to see. You can rent movies for about a dollar from Redbox.
- \* Eat candy or chips or whatever is your favorite comfort food.
- \* Enjoy the darkness, the sadness, your own pity party.
- \* If you're an extrovert, go to the mall, find a strategically placed bench or table at a coffee

shop or food court & say "hi" to everyone who walks by, while sipping your favorite coffee, tea, hot chocolate, milkshake, or soda, and eating gooey cinnamon buns or double chocolate cupcakes or a large order of french fries.

For these few hours, don't feel guilty. There is plenty of time to feel guilty later. Beginning January 1, you can return to your diet, your regular sleep time, and your daily routine.

Best of all, the Winter solstice was December 21, the shortest day of year. That means we can look forward to more sun everyday!

Resources:

For a laugh at the holiday stress checklists & healthy living advice:  
<http://tinyurl.com/Caregiver-Chklst>

<http://tinyurl.com/Holiday-Caregvr-List>

Rent a movie--for listings & Redbox locations:  
<http://www.Redbox.com>

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>

And Just Released in December:

\*\* New E-Book on Caregiving from "Disruptive Women in Healthcare" \*\*  
<http://tinyurl.com/Disruptive-Caregiving>

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4. CELEBRATE the Holiday Season!

Celebrate the season with arts & crafts & model trains & hobbies...and find indoor activities to brighten up the cold winter days.

Stroke survivors can return to old hobbies or find new ones with Paul Berger's motivational, practical & affordable:

\* How to Conquer Hobbies with One Hand:  
50 Tips and Tools to Make Things  
<http://www.strokesurvivor.com/hobbies.html>

\*\* ORDER your copy by January 15 & receive F\*REE a 3-in-1 magnifier, ruler, bookmark -- worth \$2.50 -- perfect for hobbies!  
<http://tinyurl.com/Hobbies-ORDER-NOW>.

%%% Wishing all a happy holiday season, and a New Year filled with hope, happiness, good health & hobbies! %%%

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\*\*\* Last minute shoppers \*\*\*

<> Did you know you can buy e-books to read on any computer or I-pad? Amazon has a new "gift" button! Here are the easy instructions:  
<http://tinyurl.com/Gifting-Kindle-Ebooks>

<> Are gift cards a good option? You can easily buy and email gift "cards" too:  
<http://tinyurl.com/Email-Gift-Card>

<> For more ideas, see below after article #7.

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5. PAUL'S FAVORITES:  
Easy One-Handed Lattes at Home

On cold winter days, it's nice to make our favorite frothy steamed drinks at home. We make coffee and tea lattes and hot chocolate by warming milk in a glass measuring cup in the microwave for a minute or so, then frothing it with a small, hand-held, battery-powered aerator. The Aerolatte Milk Frother looks like an electric toothbrush with a little round wire mixing head. It's stainless steel, uses 2 AA batteries, and rinses easily for a fast clean-up.

To see one like mine:  
<http://tinyurl.com/One-Hand-Frother>

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)

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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  
Winter Comfort Food: Guest Recipe

This month, we're featuring a guest recipe from one of our friends, Cressida, who adapts her culinary training to

create heart & stroke & diabetes healthy recipies.

Butternut squash is the centerpiece of some of Cressida's family's favorite winter meals, and we like it too. She notes that this orange, fall-harvest gourd is low in fat, high in fiber, and loaded with carotenoids, key nutrients that protect against heart disease. It is also high in beta-carotene, and antioxidants--both contribute to improved health.

The origin of this recipe was Nando's, a South African restaurant in Washington, DC, specializing in Flame Grilled Peri-Peri Chicken. One of their side dishes, Butternut Squash with Grilled Corn, is a favorite. To make it at home, Cressida adapted a recipe first printed in a food blog a few years ago, with very similar flavors.

\* Roasted Butternut Squash with Corn and Cranberries \*

One 2 lb. Butternut squash, peeled and chopped into 1 inch cubes.

4 tbl olive oil (two for squash, one for corn, one for onion)

1 large red onion, minced (about 1.5 cups)

1 tsp. of your favorite hot sauce or peri-peri sauce

1 tsp. garlic, minced

1 tsp. sea salt

1/2 tsp. ground pepper

1.5 cups corn (frozen) or cut fresh off three ears of corn

1/8 tsp. cayenne pepper

1/4 cup dried cranberries

1/3 cup chopped cilantro (optional)

Preheat oven to 400 degrees.

Place chopped cubes of butternut squash in a large roasting pan, add 2 tbl olive oil, salt and pepper, and stir to coat. Bake approx. 15 to 20 minutes till fork tender. (Watch that they don't burn)

If using frozen corn, cook for two minutes in microwave with two tablespoons of water. Drain in colander, and remove as much water as possible to allow it to fry easily. Put one tbl of olive oil in large saucepan, heat to medium, and add the corn. Allow the corn to brown slightly, stirring occasionally to prevent burning. Remove from pan, and set aside.

[If using fresh corn, place shucked corn cobs in the oven, and broil on top third of oven, or on a grill. To brown kernels on all sides, turn the cobs every three minutes or so and watch so they don't burn. Remove from oven, let cool, and then cut kernels off the cob; easiest to do, when the cob is lying flat. Set aside.]

Add one tbl of olive oil to large saucepan, sauté onions and garlic on low to medium till translucent. Add the browned corn, hot sauce, cayenne pepper, and cook for several minutes on low, then add the roasted squash, stir and then top with the dried cranberries and chopped cilantro, if desired.

Resources:

Blog version of recipe, "For the Love of Food,"  
dated September 15, 2008:  
<http://tinyurl.com/Blog-Squash-Recipe>

For details on other Paul-tested helpful kitchen, shopping, and eating tips, visit:  
[http://www.strokesurvivor.com/lifestyle\\_products.html](http://www.strokesurvivor.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:

- \* Neeman Association for Stroke Survivors

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 GIFTS & 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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