

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

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

1. NEWS: RESEARCH on Stroke Recovery & Rehabilitation:  
New Stroke Network Funded by NIH
2. PAUL'S SURVIVORS TIPS:  
Starting the New Year in a Positive Way
3. STEPHANIE'S CAREGIVERS TIPS:  
Emergency Planning
4. CELEBRATE: New Year & MLK Day  
Everyone Can Pursue Their Dreams
5. PAUL'S FAVORITES:  
Change Your Brain
6. EATING FOR STROKE HEALTH  
Back to Basics
7. WHAT'S NEW on: <http://www.StrokeSurvivor.com>
8. Stroke Reading Problems? Free Read-aloud Software
9. 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:  
New Stroke Network Funded by NIH

NIH Stroke Trials Network, or NIH StrokeNet, a new network of 25 research centers across the U.S., was recently funded by the NIH's National Institute of Neurological Disease & Stroke. The purpose is to support & coordinate long term, ongoing clinical research & translation to care in stroke prevention, acute treatment & rehabilitation.

The 25 centers, who will coordinate data & other research procedures, were chosen for their experience & ability to recruit patients & to use the many specialties involved in stroke care, including: emergency medicine, neurosurgery, interventional neuroradiology, vascular neurology, neurointensive care, neuroimaging, stroke rehabilitation and pediatric neurology.

Centers will receive funding for studies as well as for training new stroke researchers.

To read the NIH-NINDS news story:  
<http://tinyurl.com/NIH-StrokeNet-story>

For the list of centers:  
<http://tinyurl.com/NIH-StrokeNet-25Centers>

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:

Starting the New Year in a Positive Way

I had my stroke in January, many years ago. I went from being a "normal" 36 year-old to a stroke survivor, paralyzed on my right side & losing my speech, losing my job & needing to relearn how to walk & talk & work & enjoy life. Sometimes, when I feel sad, I try to remember that family, friends, professionals, and people in the community have helped me to be the best that I can be.

My New Years resolution is to try to smile, thank people & show my gratitude for the little everyday help, as well as the big things. If I was a movie star, winning "best actor," here are all the people I would thank in my acceptance speech on stage:

First, "thank you" to the readers of my books & website & this newsletter. I am grateful when you pass them on to others & when you send a few words back to me.

I'm grateful to my wife. We celebrated our 32nd wedding anniversary earlier this month. And my family & friends & neighbors. I will remember the doctors & nurses who saved my life when I was in the hospital--only 50% of people with brain aneurysms live. And my doctors who care for me now.

I will thank the speech & occupational & physical therapists who have worked with me over the years & who work with me today from Making Progress, the Stroke Comeback Center, & the Aphasia Toolbox. And the students learning to be SLPs & PTs & OTs.

I will thank the local stroke clubs & associations that support stroke research & recovery: the American Stroke Association, National Stroke Association, & National Aphasia Association. I will remember the stroke & aphasia researchers in government, university, and private companies.

I will thank the Rotary club members, model railroad club members, grocery & drug store associates, the Postal Service staff, the office supply store workers & others who help me.

Since I'm not a movie star, I will find ways to show my respect & gratitude, & to say "thank you" every day.

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

Resources:

Stroke & Aphasia Associations  
[http://strokesurvivor.com/stroke\\_-\\_aphasia.html](http://strokesurvivor.com/stroke_-_aphasia.html)

Professional Organizations  
<http://strokesurvivor.com/professional.html>

Other Associations  
[http://strokesurvivor.com/other\\_associations.html](http://strokesurvivor.com/other_associations.html)

Companies <http://strokesurvivor.com/companies.html>

Washington, DC area  
[http://strokesurvivor.com/washington\\_area.html](http://strokesurvivor.com/washington_area.html)

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:  
Emergency Planning

"What if something happens to me?" This is a common fear of many caregivers, regardless of age or health status. Accidents, injuries, family emergencies, weather, and other unknowns can happen at any time.

When my appendix ruptured in the middle of the winter a few years ago, I thought it was just a very bad case of the flu that was going around at the time. I asked Paul to drive me to the doctor, thinking she would examine me & prescribe a heavy-duty antibiotic, something to stop the vomiting, etc. Instead, she sent me to the hospital & contacted a surgeon.

Since Paul was with me, he had all the information in writing, including my doctor's & surgeon's names & phone numbers. He had my sister & other family members' phone numbers on his cell & stayed in touch with them.

Last year, during the Sandy storm preparations, I signed up for emergency alert emails from my local county government emergency services system, that I receive on my phone. They've been sending warnings about the Arctic Vortex, being prepared, & being safe when shoveling snow in below zero wind-chills. This reminded me: "What if I hurt myself in the snow & ice? Would Paul know what to do?"

I asked him:  
\* What is the first thing you do? Answer: Call

9-1-1.

\* What next? Call a neighbor if he needs help talking to 9-1-1 or other help while waiting for the ambulance.

\* What next? Call my sister. A few years ago, I designated her to share health decisions with Paul, if he needed help.

Paul & I reviewed important phone numbers & other information. We discussed how Paul can help in an emergency, even with aphasia & stroke-related disabilities.

We also checked our stock of food, water, flashlights, radio, & batteries, if we lost electricity. These are stored where Paul can easily get to them, in case I'm not home when this happens. We also have food that Paul can open with one hand, like power bars.

You can't plan for every emergency, but helping Paul to be as independent as possible has enabled him to take care of himself & do many chores around the house, including cooking meals & doing the dishes. And this has helped me feel a little better about "what if something happens to me."

Resources:

Ideas for personal & community emergencies:  
<http://www.ready.gov/>

Planning for persons with disabilities:  
<http://tinyurl.com/EmerPlan-Disabilities>

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>

=====  
!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

"How to Conquer the World With One Hand...And an Attitude"  
\*\*\*\* 2014 \*\*\* Celebrating 15th Anniversary! \*\*\*\*  
!!! First edition released in 1999 !!!

\* This timeless book remains an international favorite!

Just this month, Mattia emailed, "Loved Your Book":

"A very close family member did suffer a very severe aneurysm on his left side and immediately I started to buy books to better relate and understand. I loved your book. So many emotions. I started last night and immediately bought a few copies (Kindle) for my aunt and my cousins too. I think it will help them a lot to get an idea of what my uncle is going through."

\* Have you read Paul Berger's book of real-life adventures with stroke & aphasia?  
\* Have you passed a copy onto family, friends, colleagues?

\*\*\* Send your comments to: [paul@strokesurvivor.com](mailto:paul@strokesurvivor.com) \*\*\*

\* For details on print, audio & e-editions: "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)

\* Order your Kindle copies. Did you know you can send Kindle books as gifts by clicking "Give as a Gift" button on the right-hand side of the Amazon page. And you don't need a Kindle, you can read it with free Kindle apps on computers, Ipads, tablets & smartphones: <http://tinyurl.com/HowToConquerWorld-Kindle>

!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!  
=====

4. CELEBRATE: New Year & MLK Day  
Everyone Can Pursue Their Dreams

We just celebrated Martin Luther King day, remembering his historic speech, "I have a dream." His speech was about civil rights & equal rights for all. That people should be judged by their characters, not their outward appearances. In the same way, I believe that people who have survived strokes should be defined by the person they are inside, not by their stroke.

So in this New Year, stroke survivors, caregivers, professionals, family and friends should think about who they are inside, where they want to go, dream big, and enjoy the small things.

We can help you find motivation, tips and solutions everyday:  
\* Free articles and more on our website: <http://strokesurvivor.com>  
\* Paul & Stephanie's books & tapes: <http://strokesurvivor.com/products.html>  
\* Paul & Stephanie's E-Books: <http://strokesurvivor.com/e-books.html>  
\* Invite Paul to give a presentation: [http://strokesurvivor.com/speaking\\_topics.html](http://strokesurvivor.com/speaking_topics.html)

To read King's "I have a dream" speech & other inspiring speeches from U.S. leaders, visit: <http://tinyurl.com/Top100speeches>

=====

5. PAUL'S FAVORITES:  
Change Your Brain

I have a new favorite book: "Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence," by Rick Hanson, Ph.D., neuropsychologist and New York Times best-selling author.

Dr. Hanson shows how to tap the hidden power of everyday experiences to change your brain and your life for the better, despite challenges and set-backs (like having a stroke). He summarizes the process of changing to a positive brain using four "HEAL steps."

In a recent study with collaborators from the University of California, preliminary findings indicate that people who followed Dr. Hanson's steps experienced significantly less anxiety and depression, and significantly greater self-control,

love, gratitude, compassion, contentment, joy, and happiness.

For more information on the book:  
<http://tinyurl.com/HardwareHappinessBook>

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  
Back to Basics

Many New Year's resolutions focus on losing weight and/or changing diets. One diet that works to lower blood pressure, reduce cholesterol, and improve insulin sensitivity, and so may reduce the risk of stroke, heart disease, and other diseases is the DASH Diet: "Dietary Approaches to Stop Hypertension."

The DASH diet plan was developed by the US National Institutes of Health, based on an eating plan featuring fruits, vegetables, and low-fat or nonfat dairy. It also includes grains, especially whole grains; lean meats, fish and poultry; nuts and beans. It is high fiber, low to moderate in fat, and follows U.S. guidelines for salt. It is rich in potassium, magnesium, calcium, and fiber.

It is recommended by the NIH National Heart, Lung, and Blood Institute, and the American Heart Association.

Many people who start on the DASH diet experience quick and more lasting weight loss. One way to follow this diet is by reading "The Dash Diet Weight Loss Solution: 2 Weeks to Drop Pounds, Boost Metabolism, and Get Healthy," by Marla Heller. Heller is a Registered Dietician, and has other books that can help, including: "The Everyday DASH Diet

Cookbook: Over 150 Fresh and Delicious Recipes," and "The DASH Diet Action Plan."

Resources:

Book: "The Dash Diet Weight Loss Solution"
http://tinyurl.com/DASH-Diet-byMHeller

Dietician Marla Heller's Website on the DASH Diet:
http://dashdiet.org/default.asp

NIH National Heart, Lung, and Blood Institute's
website on the DASH diet, with links to the U.S.
National Health Guidelines, and other helpful
information: http://tinyurl.com/NIH-DASH-diet-info

For details on other Paul-tested helpful kitchen, shopping,
and eating tips, visit:
http://www.strokesurvivor.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:

- \* Healthy Dining Finder

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 and
http://www.strokesurvior.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 GIFTS & BOOK CLUBS:
[1] "How to Conquer the World With One Hand...And
an Attitude"
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://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](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/disability\\_access.html](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,  
Merrifield, VA 22116  
703-241-2375  
Email: [Paul@strokesurvivor.com](mailto:Paul@strokesurvivor.com) or  
[Stephanie@strokesurvivor.com](mailto:Stephanie@strokesurvivor.com)

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

