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Paul Berger & Stephanie Mensh's Stroke Survivor  
NEWS & ATTITUDE FOR YOU - JULY 2014  
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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:  
Effects of Stroke on Spouse

Spouses of stroke survivors are at increased risk for  
health concerns, including emotional distress and  
depression, which can ricochet back on the stroke survivor  
if not addressed.

Researchers at the University of Cincinnati studied 35  
couples in which one spouse had suffered a stroke within  
the last 3 years and found that the greater the difference  
in the perception of recovery between the spouses, the more  
likely the spouse was to become depressed.

The researchers suggested that to prevent this, stroke care  
be focused on the couple, not just the survivor.

To read the Medline Plus news item:  
<http://tinyurl.com/MedPR-SpouseMH>

To read the abstract in the on-line May 20, 2014  
issue of the journal "Aging & Mental Health":  
<http://tinyurl.com/Abst-SpouseMH>

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 2: Trip to Australia  
How to Enjoy an Accessible Adventure

How does a stroke survivor with aphasia enjoy travel from Washington, DC, USA to Australia to attend the Rotary International conference in Sydney & tour the country for three weeks? Last month, I described how we planned the trip. Here are some tips during the trip:

We arrived early to the airport. The airport staff saw my cane and asked if I wanted wheelchair assistance. I said, Yes. Stephanie told the TSA security staff that I had a big metal knee brace on my leg and a plastic brace on my foot. I needed more time to go thru the line, for the security staff to check me over. I was okay because we planned for it. I also used airport & airline assistance for the connecting flights & to go through Customs.

In addition to our checked luggage, we each packed a rolling carry-on. Plus, I carried my Kindle, toiletries & pills in a small, lightweight nylon bag with a shoulder strap.

I used my folding cane-chair everywhere. It looks like a 2- legged cane when I use it to walk, then opens into a 4- legged, steady seat when I need to sit. I also packed a folding cane, as a back-up.

Australia is pretty good in being accessible to people with disabilities, seniors, kids in strollers, with elevators, ramps, and handicapped-accessible entrances to most places, especially in the cities and tourist areas. They have accessible public trains, buses & ferries in the cities, which are build around the harbors and rivers.

I like to walk, but I cannot walk for hours. So we tried to plan our touring to give me breaks. For example, the Maritime Museum was walking distance from our hotel in Sydney, but we used a taxi so I would be fresh to walk around inside the museum. We ate lunch outside, then walked back.

The Rotary International convention was attended by 20,000 people from Australia, the U.S, & around the world. Most stayed in hotels in downtown Sydney, and traveled by bus, train or ferry to the Olympic Park a few miles out. The first day, I tried the train. I walked about 3 blocks to the train station & another block inside looking for the elevator to the tracks. To change trains inside the central station, I walked a few blocks inside to the elevators.

When I arrived at Olympic Park, I was exhausted. Luckily, we had an alternative, to walk about 4 or 5 blocks to a hotel that had direct bus service to the meeting.

Rotary International offered manual wheelchairs & electric

scooters for rent during the 4-day meeting to get around the different exhibit halls and stadiums for all the activities. I do not use a wheelchair or scooter at home, because I can walk & I like to walk for exercise. Also, a small voice in my head says that I want to look "normal," and not use a wheelchair or a cane.

But, I also wanted to enjoy myself & not be exhausted all day. Stephanie & I talked about it & decided to rent a manual wheelchair that she would push. We sat in the accessible seating area in the stadium for the general sessions. These seats had good views of the stage.

The only problem--they had many more people needing accessible seats than they had seats & the steps down among the stadium seats didn't have handrails. [Maybe I'm spoiled with the new National's ballpark stadium with a handrail in the middle of the steps so you can use it going up & down.]

Traveling is always an adventure & you have to be flexible, for everyone, and more for people with stroke & aphasia. I was slow & very tired at the end of the day. But I saw & learned many interesting new things, met nice people, and want to return.

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

Next month: Part 3: Trip to Australia

Meeting Australians with stroke & aphasia

Resources:

U.S. Transportation Security Administration's info for travelers with disabilities and medical conditions  
<http://tinyurl.com/US-TSA-PWD-info>

U.S. Department of Transportation passengers with disabilities rights:  
<http://tinyurl.com/DOT-PWD-rights>

Drive Medical deluxe folding aluminum cane with sling style seat  
<http://tinyurl.com/4-lg-cn-chair>

Folding aluminum walking cane with 5 section elastic break-down  
<http://tinyurl.com/5-pt-fold-cane>

Lightweight toiletries bag with shoulder strap  
<http://tinyurl.com/Sm-carry-on-shoulder>

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:

Part 2: Trip to Australia  
 How to Share & Enjoy the Adventure

Can a caregiver really enjoy a 3 week-trip to a country on the other side of the planet? Yes, if you plan ahead, and most importantly, if you set your attitude ahead. I decided that I would make this fun for me and Paul.

We have traveled to many places together since Paul's stroke. Last fall, Paul came with me on a short business trip to Cleveland. He made Cleveland fun for me! He pointed out the historical details of our hotel & shared memories of favorite songs in the Rock & Roll Music Hall of Fame.

To make this Australia trip fun for both, we set realistic expectations & slowed down the pace. We didn't try to see all the big tourists sites. Instead, we gave ourselves time to explore Sydney & the area around it, as well as time in the northern area to see the Great Barrier Reef & rainforest.

We considered the pros & cons of renting a car. PRO: I'm a control freak, so I like to drive & have the option of going & coming anytime. CON: when there's heavy traffic & parking is limited, it's quicker to take a taxi. PRO: I've driven on the other side of the road in England many times, so that wasn't a problem. CON: When I drive, I can't enjoy the scenery.

Instead of renting a car, we signed up for bus tours where someone else would do the driving & a tour guide to worry about the itinerary. Other times, we used the hotel's van or a taxi. Sometimes, I had to ask the driver or other passengers to let Paul have the more accessible seat.

We stayed at full service hotels with restaurants. We saved time & energy by eating breakfast everyday at the hotel. If we were too tired to go out to dinner, eating at the hotel was always an option. The staff handled our luggage, helped us make site-seeing & dinner reservations, called taxis, and overall took care of us both. A very enjoyable feeling for me.

Also, I decided that I would be happier to push Paul in a manual wheelchair around the Rotary convention at the Sydney Olympic Park than to try to be patient waiting for him to walk the many blocks between meeting halls, or to manage an unfamiliar & bulky scooter. The Olympic Park was mostly flat with paved walkways. I could pile our coats, bags, programs, shopping, etc. on his lap or on the handles of the wheelchair & whisk him from place to place.

Each day, we accomplished at least one tourist activity. And I had time to relax, soak up the atmosphere & get a good feeling for these parts of Australia. Best of all, I had time watch a bright red, blue & green lorikeet bird take a sugar packet off the table of our outdoor cafe.

Next month: Part 3: Trip to Australia  
Meeting Australian caregivers for people with stroke & aphasia

Resources:  
To see the lorikeet & other animals of Australia, view our Youtube video at:  
<http://youtu.be/gNOKmvI-rQc>

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>

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\*\*\*\* BRIEFING ON TELE-HEALTH  
Paul & Stephanie on Panel on Capitol Hill

Paul & Stephanie were part of a panel briefing on "Eliminating Telehealth Barriers," organized by Disruptive Women in Health Care. The session was held in one of the Senate meeting rooms on Capitol Hill, and attended by 50 staff from Congressional offices, federal agencies, and other organizations interested in medical, rehabilitation, and home health care policies.

Paul described how he uses tele-rehabilitation for speech therapy with [aphasiatoolbox.com](http://aphasiatoolbox.com). Stephanie described the value of tele-health through her experience as a caregiver, and her work on Medicaid long term services at New Editions Consulting.

For a summary of the briefing:  
<http://tinyurl.com/DWHC-Teleh-7-17>

For details on tele-rehab, see article below on [aphasiatoolbox.com](http://aphasiatoolbox.com) and speech therapy from the comfort of your own computer.

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4. CELEBRATE: July Anniversary of Signing the ADA  
Rights for People with Disabilities

Celebrations of the 24th anniversary of the July 26, 1990 signing of the Americans with Disabilities Act (ADA) by President George H. Bush will take place across the nation during the week of July 21-27, 2014.

The ADA and the ADA Amendments Act of 2008 (ADAAA) give civil rights protections to individuals with disabilities and assure equal opportunity for access to businesses, employment, transportation, state & local government programs & services, and telecommunications.

A stroke survivor's enjoyment of everyday life is made easier by the ADA. Celebrate the ADA by reading Paul Berger's inspiring & motivational adventure story of his recovery, losing jobs, finding jobs, returning to school, volunteering, traveling, and more, in "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)

Stay tuned for next year's big 25th anniversary celebration of the ADA in July 2015!

For more on the ADA, visit:  
<http://adaanniversary.org/toolkit>

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5. PAUL'S FAVORITES:  
"Out of the Darkness: An Inspirational Story of Survival in the Face of Stroke and Locked-In Syndrome"

Here's a description of a book we recommend:

In an instant, forty-nine-year-old Allison O'Reilly went from being an active woman engaged in her family, the challenges of daily life, and a career as director of marketing for a Fortune 100 company to a life struggle to regain her independence. In "Out of the Darkness," she shares her personal story of experiencing a brain stem stroke that left her in a locked-in syndrome.

A narrative of healing and of love and hope, Out of the Darkness shares the realities of O'Reilly's experiences, acknowledging that every stroke and every recovery is different. In this story, she strives to provide a non-clinical voice for all stroke survivors.

To read more about Allison's book:  
<http://tinyurl.com/Book-Out-of-Dkns>

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](mailto: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  
Diet Soda & Weight Loss

There's an ongoing controversy over the role of diet soda & obesity & stroke risk. Diet soda uses artificial sweeteners that can have side effects, like making you crave more sweets, more sugar, more calories. Plus, what do these chemicals do to your system?

The answer: drink water. If that doesn't satisfy you, try these ideas:

- \* Brew iced tea at home, adding flavored teas, like peppermint or raspberry. Our Panera Bread restaurant has unsweetened açai berry-flavored iced tea & tropical hibiscus-flavored iced tea. They don't need any sweeteners.
- \* Stephanie's colleagues at work flavor a big pitcher of ice water each morning with different combinations of slices of fresh lemon, lime, strawberries, blueberries, peaches, apples, or mangos.
- \* Iced coffee, regular or decaf, with lots of cold skim milk or low fat vanilla soy milk. Try to learn to drink coffee & tea without sweeteners.
- \* Smoothies from ice cubes & frozen fruit, with non-fat yogurt if you want it a little thicker.

Resources:

To see the Panera Bread drinks nutrition facts, scroll past the high-calorie items down to the teas:  
<http://tinyurl.com/Pan-Brd-Teas>

Story about diet soda by Registered Dietician, Cynthia Sass:  
<http://tinyurl.com/Diet-soda-C-Sass>

Cynthia Sass's website:  
<http://cynthiasass.com/>

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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7. WHAT'S NEW on the Stroke Survivor.com web site.

We're adding helpful new things to our web site all the time:

- \* World Stroke Organization (WSO)

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 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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Special rates for newsletter & web: [www.strokesurvivor.com](http://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](http://www.strokesurvivor.com/disability_access.html)  
or <http://www.naturalreaders.com>

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