

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

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

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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:  
Prescribing Exercise After Stroke

Stroke survivors benefit from exercise after stroke and  
appropriate exercises should be prescribed by physicians,  
according to researchers in a new scientific statement from  
the American Heart/American Stroke Association.

The researchers noted: "On a population basis, the physical  
activity of community-living stroke survivors is lower than  
that of older adults with other chronic health conditions  
of the musculoskeletal or cardiovascular system."

Evidence in the paper shows that prescribing  
customized physical activity and exercise as part  
of the post-stroke care could significantly reduce  
disability, the risk of another stroke, improve  
cardiovascular fitness, walking ability, upper arm  
strength, as well as some symptoms of depression,  
cognitive function, memory, and quality of life.

The lengthy statement includes details on assessing the  
individual's physical activity potential and provides  
recommendations for specific types of exercise that could  
be prescribed for specific goals, with a table that  
summarizes the location/modality, and the  
frequency/intensity to meet the goals.

To read the AHA news release:  
<http://tinyurl.com/AHA-Str-Ex-PR>

To read the full article in the on-line May 20,  
2014 issue of the journal "Stroke":  
<http://tinyurl.com/Exer-Pres-Strk-Artcl>

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:  
Part 1: Trip to Australia  
How Survivors Prepare for a Big Adventure

How can a stroke survivor with aphasia travel from  
Washington, DC, USA to Australia to attend the Rotary  
International conference in Sydney & tour the country for  
three weeks? With a lot of help & planning & thinking  
ahead. And, Stephanie.

Before we bought our tickets & tours, I checked with my  
doctors & physical therapist. My walking was improving with  
my new knee brace (see story in April newsletter) & I talked  
to people about protecting my back during the long flight.  
Then, we made a list of all the things to do to prepare for  
the trip.

For all our past trips, we wrote a travel itinerary  
with a calendar, dates & details. We started writing  
the Australia trip itinerary when we made the first  
reservations, adding more details as we completed  
each thing on the to-do list.

The itinerary included: Rotary information, time to leave  
for the airport, flight departure & arrival times & e-ticket  
numbers; hotel addresses, phones, & reservation numbers;  
tour package confirmations; how to use our cell phones in  
Australia; passport & visa & credit card numbers; family &  
emergency contact information; and other notes. We made  
copies for me, Stephanie, & for our family, so they could  
find us and/or help us.

With my aphasia, it is hard to read a list of things, for  
such a long trip. So, we also printed monthly calendar pages  
for the month before & the month we traveled. This helped to  
see when to go shopping, how many days we would be in each  
place, what to pack, etc. I could see what to do on Monday  
or Thursday.

Here were some of the items on the to-do list that were my  
responsibility:

1. I went to the bank get our passports from our  
safe deposit box.

- 2. I ordered Australian money from our bank so we would have the cash we needed for things we couldn't pay on a credit card.
- 3. I counted out clothing for the trip, & made a list of things to buy, like extra socks.
- 4. I counted out my pills into new weekly holders, since I needed 4 weeks of pills, & ordered extra.
- 5. I researched stroke & aphasia groups in Australia & emailed requests to meet them in Sydney & Brisbane.
- 6. I researched the Rotary conference sessions, events, & tours, & places to see.

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

Next month: Part 2: Trip to Australia  
How to Find the Accessible Adventure

Resources:

Section on Travel in my E-book: "More Conquering Stroke & Aphasia, Vol. 3":  
<http://tinyurl.com/MoreConqAphas-Strk-Vol-3>

For info on ordering money for another country:  
<http://tinyurl.com/My-bank-exch>

Weekly pill containers:  
<http://tinyurl.com/Pill-sort>

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 1: Trip to Australia  
How Caregivers Prepare for 3 Weeks Far Away

A 3 week-trip to a country on the other side of the planet is scary, even with all the travelling that we've done since Paul's stroke. We made detailed to-do lists & split the

responsibilities.

It is very important to have the survivor actively involved in planning, making decisions, & doing as many of the chores as possible. This saved me time & ensured that Paul understood & contributed to the plans. For example, Paul suggested that we add a few days to our time in Sydney, which gave us some flexibility to explore & to meet with aphasia/stroke groups.

We set up a shared folder in an Internet Dropbox account to store copies of all the documents, information & materials we collected. This way, we could both add to the folder anytime, from any computer linked to the Internet, & access it from our smartphones.

Paul is very independent because we have our house set up for him: a handicapped shower, hand rails on all the stairs, an assortment of canes, extra ankle braces, a first aid box with every size of band-aid, easy access to doctors & therapists, adapted car so he can drive anywhere.

I had to be sure that we had as many of these necessities in Australia, including packing back-ups if something broke or was lost. I remembered the time we went to Ireland & Paul tore his plastic ankle brace (or maybe I tore it trying to dislodge his foot stuck trying to climb a fence). We spent an un-planned day & a half tracking down a brace-maker in another town.

When booking hotel rooms, it is very important to give exact details of the handicapped accommodations you need, since each hotel has a different room layout. For safety, Paul cannot climb into a bathtub, so we request a "roll-in" shower with a seat or shower chair.

When booking air travel, we always try for non-stop flights, or more time than they typically allow. This gives us time for Paul to walk from gate to gate. We often ask for wheelchair assistance, which saves a little time.

This would be a very long trip in airplane seats: 5 or 6 hours from home--Washington, DC--to Los Angeles airport. Then 15 hours to Sydney. My big concern was to save Paul's back. Over the past few years, Paul had suffered 2 separate back injury episodes, which were very painful & caused additional trouble walking in his already weak right leg. The 20+ hours in uncomfortable seats was a big worry, as well as the twisting to get in & out of the airline seats. After a lot of discussion & number crunching, we decided to upgrade the seats from LA to Sydney to "premium economy" to give us more legroom.

The greatest source of comfort for me, in planning this adventure, was combining it with the Rotary International convention in Sydney. This gave me a sense of having local contacts who could help us both in planning the trip & once there, should anything happen to Paul or me. And, they sent helpful reminders to keep us on track.

Next month: Part 2: Trip to Australia  
How You Can Both Enjoy the Adventure

Resources:

To set up a Dropbox account to share documents:  
<https://www.dropbox.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>

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4. CELEBRATE: June National Aphasia Awareness Month  
What is "Aphasia"?

About 1 million people are living with aphasia. "Aphasia" is a medical word for problems with reading, writing, and speaking, usually resulting from a stroke or brain injury or tumor. Having aphasia is very hard because people think that you are not smart if your speech is bad.

"Receptive aphasia" means that the person has problems understanding what he or she hears or reads; the specific centers in their brains are not accurately processing the words and sentences they are hearing or reading.

"Expressive aphasia" means that the person has problems saying or writing what they are thinking; their brains are not accurately processing the words and sentences that they want to say or write.

Celebrate June Aphasia Awareness Month by sharing Paul's internationally-celebrated book on coping with aphasia & stroke, "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)

For more on National Aphasia Awareness Month, visit the National Aphasia Association: <http://www.aphasia.org>

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5. PAUL'S FAVORITES:  
Magic Adventure Hat

My hat is magic--it blocks the sun, rain runs off, and it keeps me dry and cool. It's like an Indiana Jones jungle hat, with a flexible, wide brim. Plus, a great feature for stroke survivors who might be holding or carrying something with your good hand--a chin strap so it doesn't blow off on a windy day.

I found it in an outdoor supply shop: the Exofficio Bugsaway Adventure Hat. It also repels mosquitoes & other bugs, has an anti-glare feature under the brim, mesh-lined headband & crown, and comes in a few different colors.

During our trip to Australia, we experienced sunny days, rainy days, windy boat rides, and bugs in the rainforest. I didn't need an umbrella & indoors, it tucked easily into my raincoat pocket or bag.

To see one like mine: <http://tinyurl.com/Adventure-Hat>

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 consultations are offered in 6 different languages to people with aphasia all over the world.

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## 6. EATING FOR STROKE HEALTH Food Environment

What is causing the "obesity epidemic" and what can an individual do about managing their own weight? One study said that changes since the 1930s have made food more affordable relative to income, and much more convenient. In other words, the food environment makes it easy to buy & eat too much food.

Here are some ways to protect against an over-eating food environment:

- \* Write a shopping list, including healthy snacks like fresh fruit, raw vegetables, and nuts. Then only buy the items on your list. This can save money, too.
- \* Don't keep candies, cookies, cakes, ice cream, crackers, sodas, and sugary drinks in the house. Make your own iced tea.
- \* If you need a treat, buy only one serving when you

go out. Better yet, split the treat with a friend. Try a healthier treat like a small yogurt parfait.

\* Set goals for weight, and plan out the week in what you eat, and how many calories. There are many Internet websites and food apps that provide calories for most foods. Your doctor can confirm how many calories to eat to safely lose or maintain weight.

\* Keep track of what you eat. This is like a food budget. There are websites and apps for tracking your progress.

\* One of my new favorite snacks are raw string beans. They are crispy & replace the crunch from pretzels. Summer is a great time to try fresh fruit and veges.

Resources:

Research on the food environment in the Wiley Online Library, published May 22, 2014:  
<http://tinyurl.com/Food-Environ>

SuperTracker for Food & Fitness from the USDA:  
<http://tinyurl.com/USDA-Food-Track>

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 website.

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

- \* Healthy People 2020, HHS

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:

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[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](mailto:Paul@strokesurvivor.com) or 703-241-2375.

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/diability\\_access.html](http://www.strokesurvivor.com/diability_access.html)

or <http://www.naturalreaders.com>

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And an Attitude"

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