

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

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 Facebook Page...ask your friends to "like" us too:  
<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:  
Recovery Studied in Young Stroke Survivors

About one third of young stroke survivors continue to have some impairments years later, according to a new study that reviewed the progress among 722 individuals who had a stroke between ages 18-50. Almost 50% of those with a hemorrhagic or bleeding stroke continued to have a functional disability 9 years later, and 18% of those disabilities were so severe that the individuals could not live independently.

Among the individuals who suffered the more typical ischemic strokes, caused by a blood clot in the brain, 36.5% had functional disability & 14.6% were unable to live independently over the same follow-up period.

The researchers, from the Netherlands, will next investigate the factors most likely responsible for the poor functional outcomes.

To read the NIH-Medline news story:  
<http://tinyurl.com/Third-Young-Medline-Art>

To read the AHA news release:  
<http://tinyurl.com/Third-Young-AHA-News>

To read an abstract of the study in the April 2014 issue of the journal "Stroke":  
<http://tinyurl.com/Third-Yng-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:  
    Coming Out From Winter Hibernation

Now that Spring is here, and the weather is improving, it's a good time to think about getting out of the house. Going out improves your attitude, and having a place to go gives you motivation to get up in the morning and to do more, making you feel happier. A better attitude and motivation can give you more energy to continue to do more, and to spread the positive feelings to family and friends around you.

    During the first months after my stroke, before I returned to driving and to work, I had an assistant who drove me to my outpatient speech, physical and occupational therapy appointments. Most days we ate lunch in a fast food restaurant. We went to a park or to the mall, where I would walk a little, and she would push me around in my wheelchair.

Over the years, I returned to work and to school, so I was out of the house most days. Now that I work from home, I plan activities so I can be out there with other people.

\* As part of my stroke support & recovery, I attend a local stroke club, and take speech classes at the Stroke Comeback Center, and go to physical therapy.

\* I'm a member of Rotary and go to my club's lunch meetings on Wednesdays. I am the Greeter. I say "hi" to every-one.

\* I'm a member of Toastmasters, and went to club meetings once a month to practice speaking and listening.

\* I do many of the errands for our home and business during the week. At my local supermarket, I talk to the staff about the weather, their work, families, etc. I talk to the staff at the post office, bank and dry cleaners.

\* Sometimes, I take my Kindle or the newspaper and sit in Starbucks or McDonalds for a coffee break.

Other stroke survivors get out of the house by volunteering, participating in other clubs, playing bridge, attending classes, going to the gym, or finding other things to do.

Send me your list of activities outside the house.

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

Resources:

To find a stroke support group near you, try the American Stroke Association's zip code locator: <http://tinyurl.com/ASA-Zip-locator>

National Stroke Association's support group list: <http://tinyurl.com/NSA-zip-locate>

Toastmasters International membership is about being part of a supportive group of individuals in your local area who share the common goal of improving their communication and leadership skills. <http://www.toastmasters.org/>

Rotary International. "We are 1.2 million neighbors, friends, and community leaders who come together to create positive, lasting change in our communities and around the world." To find a club near you: <http://tinyurl.com/Rotary-locator>

Stroke Comeback Center in Vienna, Virginia: <http://www.strokecomebackcenter.org/>

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:  
Physical Strain: How Much Do You Lift?

Did you know that 35 pounds is the limit for safe lifting, according to workplace safety guidelines?

As a caregiver and being 5 years younger than Paul, I find myself doing a lot of (relatively) heavy lifting, and more so over the last few years as Paul has struggled with back injuries.

For example, when we do our weekly grocery shopping, we often go to the "self-scan" line, Paul scans the items and I pack them so the bags aren't too heavy for me. The cashiers never seem to understand me when I ask, "Please pack it lighter, I can't lift heavy bags." We use the cloth shopping bags with handles because they are easier and safer

for me to lift, and they don't break (and we're doing our part to save the environment).

Most winters where we live in the Washington, DC area are relatively mild, so I shovel the snow. However, this year, like the rest of the country, we've had an awful winter, with 6 or 8 inches of heavy snow and ice every other week. Fortunately, the company that mows our lawn in the summer also has snow blowers and staff who cleared our sidewalks, driveway, and cars after some of the heavier and colder snow events. Their fee was high, but it was worth it to save me from physical stress, strain, and possible injury.

Despite the weakness in his right leg, Paul can walk and his balance is pretty good. He doesn't fall often, but when he does, and I need to help him up, I try not to hurt myself. Our physical therapist taught us a technique. After checking that Paul hasn't injured himself, I help him maneuver himself into a position where he can grab a chair or something to leverage himself up.

Recently, I found a helpful report that provided advice and resources for reducing family caregivers' physical strain. While it focused on seniors, the tips and links are helpful in caring for people of all ages who need assistance. I particularly liked the opening comments in the report's Appendix C:

"A major source of physical strain such as back injuries among family caregivers is lifting and transferring. Many nursing homes and hospitals have rules against manual lifting and provide mechanical lifting aids for caregiving staff to use. Family caregivers, however, are less likely to be aware of safe lifting techniques... Safe handling guidelines state that 35 pounds is the most a person can safely lift."

Resources:

"Accelerating Adoption of Assistive Technology to Reduce Physical Strain among Family Caregivers of the Chronically Disabled Elderly Living at Home," a report by The Lewin Group for the U.S. Department of Health & Human Services, January, 2012, at: <http://tinyurl.com/Care-Phy-Strain>

Guidelines on safe lifting:  
"Safe Patient Handling Training for Schools of Nursing," U.S. Centers for Disease Control, National Institute for Occupational Safety and Health (NIOSH), available at: <http://www.cdc.gov/niosh/docs/2009-127/>.

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: March

Brain Injury Awareness Month

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

We celebrated Brain Injury Awareness Month in March, 1999 with 150 people at a pizza & book-launch party near our home in Falls Church, VA.

- \* Have you read this timeless book of real-life adventures with stroke & aphasia?
- \* Have you passed a copy to family, friends, colleagues?
- \* For details on print, audio & Kindle editions of "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)

Did you know that 2.4 million Americans sustain a brain injury each year? Strokes, traumatic brain injuries, and other brain injuries can happen anytime, anywhere, to anyone--a brain injury does not discriminate.

For more information, visit the Brain Injury Association's Awareness page:  
<http://tinyurl.com/BIA-Awareness>

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5. PAUL'S FAVORITES:  
Chop Chop

Last month at my stroke support group meeting, we had a food preparation demonstration. These are always fun, because at the end, you get to eat the demonstration.

I was impressed with some of the items that one-handed cooks, like me, could use, particularly the salad chopper. It has spring-loaded, titanium-coated stainless steel blades & an easy-grip handle. You chop salad, salsa, or anything right in the bowl.

To see one, visit: <http://tinyurl.com/PC-salad-chop>

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  
What's In It For Me

The U.S. Food & Drug Administration has issued requirements that nutrition labels on food and drinks provide easier-to-understand information, particularly in the size and calories per serving. This will be most helpful to consumers to understand how much added sugar, fat, and calories are actually being consumed. For example, a 20-ounce cup of soda will be labeled as one serving, instead of multiple servings, since people are more likely to drink the whole thing, rather than split it into smaller servings among 3 or 4 friends.

Resources:

To read a report on the new FDA labels:  
<http://tinyurl.com/FDA-Srv-Lbl-NBC-Story>

To read the FDA's announcement:  
<http://tinyurl.com/FDA-Srv-Lbl-Announc>

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:

\* Centre for Clinical Research Excellence (CCRE) in Aphasia Rehabilitation

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://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>

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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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