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Paul Berger & Stephanie Mensh's Stroke Survivor
NEWS & ATTITUDE FOR YOU - NOVEMBER 2013
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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:  
Strokes in Younger People Rising Worldwide

One third of all new strokes occur among young & middle  
 aged people, with the number of strokes between ages 20 &  
 64 increasing by 25% since 1990. According to international  
 researchers, 61% of all stroke-related disabilities & 52%  
 of all stroke deaths are caused by hemorrhagic (bleeding)  
 strokes, which are much less common than ischemic strokes  
 (blocked blood flow to the brain).

World-wide, in 2010, the number of stroke survivors  
 increased by 84% to 33 million, and those with stroke-  
 related illness & disability up by 12% to 102 million  
 people.

To read the news story on the research:  
<http://tinyurl.com/YoungStrokeStory>

To read the study abstract & full article in the  
 October 23, 2013 issue of the journal "The Lancet":  
<http://tinyurl.com/YoungStrokeLancet>

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>

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2. PAUL'S TIPS FOR SURVIVORS:

Powerful Tool to Improve Happiness & Finances

The one thing that will improve health, and increase happiness and finances is ... Gratitude. Dr. Brandon Lemuel described the power of Gratitude in a presentation to my Rotary Club.

Studies of Catholic nuns who regularly focused on Gratitude as part of their spiritual life lived an extra 10 years longer than nuns who did not focus on Gratitude, according to Dr. Lemuel.

He said that one act of Gratitude benefits 3 groups of people:

1. Person who shows the Gratitude;
2. The receiver of the Gratitude; and
3. The person that Gratitude is passed on to.

Dr. Lemuel said that one of the things that changed his life was keeping a gratitude journal. First thing in the morning, or last thing at night, he writes in his journal five things he is most grateful for that day.

Neuropsychologist Rick Hanson explains why this works in his book, "Hardwiring Happiness":

"The longer the neurons [brain cells] fire, the more of them that fire, and the more intensely they fire, the more they're going to wire that inner strength - that happiness, gratitude, feeling confident, feeling successful, feeling loved and lovable.:

As a stroke survivor, sometimes it's not so easy to stop thinking about your problems, but Dr. Lemuel's presentation reminded me that I kept a gratitude journal in the past, and should start again.

Here are some things that I am grateful for:

1. Seeing the leaves change color in the fall.
2. Watching gray squirrels running up trees.
3. Happy memories of good times with friends.
4. Watching movies.
5. Taking time to see the different clouds drift in the sky.
6. Laughing with friends in my stroke group.
7. Celebrating Stephanie's birthday at a restaurant.
8. Reading about companies that are creating new satellites and rockets.
9. NASA's latest satellite launch to Mars.

Resources:

Choose a positive attitude in "Setting Goals to Recover from Stroke"  
[http://strokesurvivor.com/goal\\_setting.html](http://strokesurvivor.com/goal_setting.html)

Story on Rick Hanson's neurology theories of happiness in the Huffington Post:  
<http://tinyurl.com/Hanson-in-HuffPost>

Dr. Rick Hanson's website:  
<http://www.rickhanson.net/>

"Hardwiring Happiness," by Rick Hanson:  
<http://tinyurl.com/HardwireHappinessBook>

Stroke Survivor Gratitude Cards Toolkit:  
\* 50 different message suggestions for Thank You cards  
\* Attitude Upgrade diary/log starter to see who and what you're thankful for everyday  
<http://strokesurvivor.com/card.html>

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

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:  
    When to Ask for Help

Over the years, I've managed my stress as a caregiver by recognizing:

1. I cannot do everything
2. Some things I do well; many things, not so good
3. Asking or paying for help may be difficult, but it's worth it.

I'm an independent, type A, who generally thinks that I can do everything, and it gets done quicker, better, if I do it myself. That may work for some things, but I've learned the hard way that it doesn't work when you add caregiving for a stroke survivor into the mix.

I'm reminded of this occasionally when something happens that disrupts our daily routine, like the clothes dryer breaking the evening before my birthday, without drying a load of wet clothes, when I was trying to finish my chores so I could have my birthday off. Instead of pulling toasty-warm pajamas out of the dryer to wear to bed, I was hanging laundry in my basement.

The next day after my birthday brunch we rushed to an early movie, then to the appliance store before it closed. A week later, the dryer came, but they couldn't finish installing it because we had an old outlet that wouldn't work with the new dryer. For most people, this wouldn't be a big deal, but I was completely stressed out from a hectic week at work, including an out-of-town business trip, and worrying ahead to our Thanksgiving travel. And now, no way to dry my laundry, again.

The delivery men told me to go to a home improvement store, buy the new outlet kit, cut off the electricity, and install it myself. When they said anyone could do it, I asked why they weren't prepared to do it, since most of the houses in our neighborhood were older, like ours. I didn't really get a clear answer on this, only an annoying request to give them a good review on their customer survey. Which I told them that I couldn't do, since I didn't even know if the dryer works.

I had two problems now--how to dry my laundry, and how to install an outlet. I have a healthy respect for electrical work, so I called the store for a referral to someone who could install the outlet, and as a back-up plan, also left a message for the electrician we've used before.

For the first time ever, I asked my next door neighbor for a favor. Could I use her dryer. I had Plan B all set, a laundromat nearby, but that would take more time, effort and money on a busy weekend before Thanksgiving. I was a little nervous about asking her, but my neighbor said that she was planning to be home and happy to help in this easy way.

Now I have clean & dry clothes to pack for Thanksgiving, I'm not worrying about when the new outlet will be installed, and I feel a little closer to my neighbor.

#### Resources:

Lots a Helping Hands - online way to request & organize volunteers:  
<http://www.lotsahelpinghands.com/>

Caring Bridge - another online resource:  
<http://www.caringbridge.org/what-we-offer>

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 November National Family Caregivers Month

How will you celebrate National Family Caregivers Month? Caregiving is unrelenting, hard, lonely, stressful, and a bunch of other up & down feelings. It's not all bad, especially if the caregiver feels appreciated.

If you're a caregiver, take a day off for yourself. If you're the person receiving the care or family members, find ways to show your appreciation for your caregiver. Flowers are nice, and offering to help can go a long way.

Show your gratitude to caregivers & others by sending these special Thank You cards developed by a stroke survivor: <http://strokesurvivor.com/card.html>

To learn more about National Family Caregivers Month from the Caregiver Action Network visit: <http://www.caregiveraction.org> or the National Alliance for Caregiving: <http://www.caregiving.org>

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5. PAUL'S FAVORITES:  
Slippers Over Brace

I have an ankle brace (orthotic) that I wear inside my slippers around the house when I'm in my pajamas. I'm always looking for slippers that fit securely on my feet around the brace and was happy to find the "Foamtrends Physician Slipper." The slipper is mostly wool, has 2 velcro-type closures for easy on-and-off, a customizable fit at the heel & instep, and a rubber sole for grip.

To see one like mine: <http://tinyurl.com/FoamTrdSlipper>

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  
Update on Fats

The U.S. Food & Drug Administration (FDA) plans to ban the use of artificial trans fats in processed foods, the fats made from "partially hydrogenated oils (PHOs)." These artificial trans fats are found in: packaged cookies, crackers, and frozen baked goods, as well as "solid" vegetable shortenings, stick margarines, coffee creamer, refrigerated dough products (such as biscuits and cinnamon rolls), ready-to-use frostings, and many fast foods.

Artificial trans fats raise bad cholesterol and lower good cholesterol, and so are considered a risk factor in causing heart attacks and strokes.

Read the package labels for the amount of trans fats & partially hydrogenated oils. If you're baking for the holidays, use substitutes like unsweetened applesauce in cakes & cookies.

Resources:

NBC News story on FDA ban:  
<http://tinyurl.com/NBC-Story-Transfat>

Food & Drug Administration Consumer Info on Ban:  
<http://tinyurl.com/FDA-ConsBan>

FDA Page on Trans Fats. Labels, & Substitutes:  
<http://tinyurl.com/FDA-TransFat-Labels>

Mayo Clinic's Guide to substituting ingredients in cooking & baking:  
<http://tinyurl.com/MayoClinicSubst>

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:

- \* RespectAbilityUSA

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>

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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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