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Paul Berger & Stephanie Mensh's Stroke Survivor
NEWS & ATTITUDE FOR YOU - NOVEMBER 2014
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<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:  
Telepathy as an Alternative to Speech

Researchers have demonstrated that individuals in different parts of the world can communicate with thoughts, in a form of computer-assisted "telepathy," by picturing the word, rather than saying it aloud or writing it.

The study was conducted by a team from Barcelona-based research institute Starlab, French firm Axilum Robotics and Harvard Medical School. They set up their study subjects to transmit and receive a word by thinking it while connected to computer & non-invasive neurological equipment.

This was a "proof of concept" study to show that their experiment worked, and while it may be years away from communicating more than a simple "hello," the researchers believe it has great potential to assist people with speech disorders, like stroke.

To read a summary of the study in the online  
Smithsonian Magazine, October 2, 2014:  
<http://tinyurl.com/Telopathy-SmithsMag>

To read the study in the international, peer-  
reviewed, open-access, online scientific & medical  
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Journal, "PLOS ONE," published August 19, 2014:  
http://tinyurl.com/Telephathy-Article

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: Different Is Okay

Before my stroke, I was different in ways that didn't bother me. For example: studying public policy at a university famous for its engineering school.

After my stroke, I was different from other people, and from myself: I didn't walk, talk, read or write like I did before or like most people. I looked different, too, with half a smile, droopy arm, and I couldn't shake hands with my right hand.

People started to treat me differently. I was hurt the most by my former boss, who didn't like me anymore. He couldn't see the real "me," only my stroke. Luckily, some friends stuck by me, since it is hard to make new friends when you are different.

Recently, I saw the movie, "Pride," based on the true story of the miners in Wales, U. K., in the 1980's whose jobs were being threatened by then Prime Minister Margaret Thatcher's anti-union policies. The feeling of being singled out unfairly by the government was shared by a group of gay activists, who decided to stand up for the miners. For me, the story was not just about gay people or miners or unions. The story showed that people can be different and can work together and become friends.

Thanksgiving is a holiday that can be shared, regardless of your religion, race, age, disability or other things that make you different. When it's time to say what you are thankful for this Thanksgiving, you can say, "I am different, "vive la différence." That's the French way of appreciating diversity by saying, "Long live the difference."

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

### Resources:

Details on the movie, "Pride"  
<http://www.imdb.com/title/tt3169706/>

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  
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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: Perspectives on Time

A few years after Paul had his stroke, I attended an "ask the doctor" session at a conference for survivors & families. At the time, Paul & I were in our 30's, so I asked, "Will we be able to 'grow old together'?" The doctor answered about how survivors can maintain their health into their senior years.

In growing old together, I never thought about me, myself actually getting older, too!

Fast forward 25 years. Here I am, this month, actually turning old on my birthday! Yikes! How did that happen?

I have many tips for coping with caregiving responsibilities, for finding creative solutions, for maintaining a positive, productive relationship with the stroke survivor.

But I'm at a loss about this personal "old age" business. One of my co-workers who had passed the same mark a few years earlier said that being in your 50's was one thing, but the day you hit 60, you are considered a senior citizen. Buying a senior ticket at the movies last night wasn't much of a consolation, especially to see Bill Murray play a grouchy old man in St. Vincent, or Michael Keaton to play a washed-up old actor in Birdman.

This month, join me in celebrating being "old," and take a moment to think about something positive & inspiring about your own perspectives on time.

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

As we approach the holiday season, take a moment to recognize & celebrate the caregivers in your family -- including yourself. Give them a break, take a break, some time off. Even a few hours of free time to meet an old friend, read a book in a coffee shop, go for a walk, or quiet time at home without the presence or responsibility of the survivor.

Plus a little recognition for the caregiver goes a long way. Show that they are important with a heartfelt thank you note, flowers, candy, or their favorite treat. This applies to both male & female caregivers -- the men who care for survivors need to feel appreciation, too.

Visit our StrokeSurvivor.com special page for caregivers:  
[http://www.strokesurvivor.com/stroke\\_caregivers.html](http://www.strokesurvivor.com/stroke_caregivers.html)

To learn more about National Family Caregivers Month:  
National Alliance for Caregiving at:  
<http://www.caregiving.org/>  
Caregiver Action Network at:  
<http://www.caregiveraction.org/>  
Family Caregiver Alliance at:  
<https://www.caregiver.org/>

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5. PAUL'S FAVORITES:  
Mapping Your Life

Stroke and other life events can give you an opportunity to take a fresh look at your life. One tool that I like is the series, "Life Reimagined: Discovering Your New Life Possibilities." In addition to a book, there are materials that guide you through self-discovery & inspiration by others who have followed new maps.

\* For a copy of the book:  
<http://tinyurl.com/Life-Reimg-Bk>

\* For the website:  
<http://lifereimagined.aarp.org/>

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/lifestyl\\_e\\_products.html](http://www.strokesurvivor.com/lifestyl_e_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  
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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 consultations are offered in 6 different languages to people with aphasia all over the world.

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#### 6. EATING FOR STROKE HEALTH Low Fat Thanksgiving

You can enjoy a heart-&-stroke-healthy Thanksgiving feast if you follow a few steps:

1. Be mindful of portion size. Use a smaller plate, put very small amounts of each item on your plate.
2. Slow down, take small bites, take time to enjoy each bite of food. Put your fork down. Talk to your dinner companions.
3. Resist the higher calorie extras, like fatty gravy, butter, sugary spreads & toppings. Help cook healthier, lower calorie, lower salt dishes. There are many cooking sites that offer these recipes, including the American Heart Association.
4. Caregivers & survivors both need to think about this. One way to help is to offer to set the table, entertain the kids, and clean up. By clearing the dishes, you get away from the table & away from the tempting foods.

#### Resources:

"Tips for Low Fat Thanksgiving Feasting," by Fiona Haynes Low Fat Cooking Expert  
<http://tinyurl.com/Low-Fat-TG-Rec>

For details on other Paul-tested helpful kitchen, shopping, and eating tips, visit:  
[http://www.com/likestyle\\_products.html](http://www.com/likestyle_products.html)

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#### 7. WHAT'S NEW on the Stroke Survivor.com website.

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

- \* The Campaign for Disability Employment

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

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Authors of "How to Conquer the World With One Hand...
And an Attitude"
Positive Power Publishing
P. O. Box 2644,
Merri field, VA 22116
703-241-2375
Email: Paul@strokesurvivor.com or
Stephanie@strokesurvivor.com

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