

=====
Paul Berger & Stephanie Mensh's Stroke Survivor
NEWS & ATTITUDE FOR YOU - OCTOBER 2013
=====

~~~~<<~ IN THIS ISSUE ~>>~~~~

1. NEWS: RESEARCH on Stroke Recovery & Rehabilitation:  
Vitamins & Reduced Stroke Risk
2. PAUL'S SURVIVORS TIPS:  
Getting Your Life Back: Part 3
3. STEPHANIE'S CAREGIVERS TIPS:  
Recognizing Personality & Sensitivities
4. CELEBRATE October  
National Physical Therapy Month
- \*\*\* Paul & Stephanie Give Keynote Presentation to  
Towson Stroke Program \*\*\*
5. PAUL'S FAVORITES:  
Electronic Dictionary
6. EATING FOR STROKE HEALTH  
Another View on Dieting
7. WHAT'S NEW on: <http://www.StrokeSurvivor.com>
8. Stroke Reading Problems? Free Read-aloud Software
9. Subscribe

\*\*\*\* Follow us on FACEBOOK & TWITTER \*\*\*\*  
Please click "LIKE" on the StrokeSurvivor.com  
Facebook Page...ask your friends to "like" us too:  
<http://tinyurl.com/StrokeSurvivor-comFacebook>

@PaulEBerger  
<http://twitter.com/#!/PaulEBerger>

=====  
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!  
=====

1. NEWS: RESEARCH on Stroke Recovery & Rehabilitation:  
Vitamins & Reduced Stroke Risk

Taking vitamin B supplements appears to reduce the risk of  
stroke by 7%, according to a recent review of stroke  
research studies. The review analyzed 14 clinical trials,  
where a total of 55,000 were followed at least 6 months.

The review showed some concerns that folic acid or folate  
(B9) might reduce the positive effects of vitamin B, while  
vitamin B-12 seemed to have no positive or negative affect.

To read the news story on the research:  
<http://tinyurl.com/Vit-B-story>

To read the study abstract in the October 8, 2013  
issue of the journal "Neurology":  
<http://tinyurl.com/Vit-B-abstract>

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:  
Getting Your Life Back: Part 3

In the last 2 months' newsletters, I talked about getting my life back after stroke, beyond therapy, by returning to school & work. This month, I will talk about returning to hobbies & interests & volunteering to help others.

Here are 5 reasons to try hobbies:

1. You create things.
2. My hobby is a vacation from my other problems.
3. You feel great when you finish a project.
4. You can share your project with family & friends.
5. My hobbies give me motivation to do more.

I have a model train in my basement. I have learned to build models with one hand, using tools you can find around the house & from hobby stores. I know stroke survivors who take pictures, who knit with a machine, who play bridge, or who grow flowers, all with one hand.

I have other interests that I follow on TV, in magazines & newsletters, & online, including politics, satellites & space exploration, and energy. I like to talk to friends & family about these interests.

Did you know that volunteering for a good cause can produce a feeling of self-worth and respect. According to Wikipedia, volunteering can build skills, help you be more sociable, & can be fun.

I'm a member of Rotary. Rotary is a worldwide association that raises money & volunteers for charity. I'm the "greeter" for my club, which meets every Wednesday for lunch. My club hosts a 3-day town fair in May, called Viva Vienna. I volunteer in the information booth. From the money raised during the fair, the club gives grants to the Stroke Comeback Center in Vienna, to our food bank, & to many other good works. This makes me feel great.

You can find volunteer groups, like Rotary, in the newspaper, on the Internet, & from family & friends.

What hobbies, interests & volunteer activities will you do? If I can do it, you can do it, too!

Resources:

Hobbies:

- \* WIKIPEDIA to explore hobbies you might try:  
<http://en.wikipedia.org/wiki/Hobby>  
[http://en.wikipedia.org/wiki/List\\_of\\_hobbies](http://en.wikipedia.org/wiki/List_of_hobbies)
- \* National Model Railroad Association:

- <http://www.nmra.org/>
- \* "How to Conquer Hobbies With One Hand: 50 Tips & Tools to Make Things": <http://strokesurvivor.com/hobbies.html>

Other interests:

- \* CNN: <http://www.cnn.com/CNN>
- \* NBCNEWS: <http://www.nbcnews.com/>

Finding volunteer groups to join:

- \* All for Good: helps you find and share ways to do good: <http://www.allforgood.org>
- \* Rotary International: <https://www.rotary.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>

=====

~~~~~

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>

~~~~~

=====

3. STEPHANIE'S TIPS FOR CAREGIVERS:  
 Recognizing Personality & Sensitivities

Are you an introvert or extrovert? Understanding tendencies toward being more introverted or extroverted can help you find ways to manage changes in roles that come when suddenly you or your family member or friend becomes a stroke survivor or caregiver.

For example, introverts tend to be more private & more sensitive, & less risk-takers than extroverts, according to Susan Cain, author of "Quiet: The Power of Introverts in a World that Can't Stop Talking." Cain explains that most people have a mix of introvert & extrovert characteristics, & sometimes need to (or try to) take conscious actions that are opposite of their basic personality.

I'm not a quiet person, but I tend more towards being an introvert: I prefer small gatherings, working alone a on project, delving into details. When Paul had his stroke & I

was looking for help, I envied some of the caregivers that I met who were comfortable with a wide circle of friends to provide support. My strength was being able to keep track of all the health & rehab & financial details.

In her book, Cain describes the many ways that introverts & extroverts see the world differently, including preferences for non-confrontation over competition. As a caregiver & advocate for the stroke survivor, you have to assume the personality of an extrovert, whether or not that's outside of your comfort zone. You're often competing for appointments, time, information, & limited resources. The squeaky wheel gets the attention.

A study of stroke survivors receiving physical therapy coaching from robots was among the many clinical studies that Cain quotes to illustrate the differences. Introverted patients, she said, responded better & interacted longer with robots programmed with soothing, gentle comments, while extroverts worked harder for the robots who took a harsher, more aggressive tone.

When I think of the many therapists that Paul has had over the years, he seemed to respond better to those who were more aggressive, who challenged his competitive nature. One of his first speech therapists gave him stain-remover as a gift for all the times she whacked him on his wrist with her pen when he made a mistake.

I believe that our experiences & observing other survivors & caregivers supports Cain's insights. If you seem to be hitting a roadblock in regaining your lives after stroke, consider taking a step back & re-framing your approach.

Resources:

"Quiet: The Power of Introverts in a World That Can't Stop Talking," by Susan Cain  
<http://tinyurl.com/Book-Quiet-by-Cain>

"Robots That Care: Advances in Technological Therapy," by Jerome Groopman, New Yorker Magazine, November 2, 2009:  
<http://tinyurl.com/Robot-Care-NYMag>

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/ConqAphas-Strk-CaregVol-2>

=====

#### 4. CELEBRATE October National Physical Therapy Month

October is National Physical Therapy Month. Most stroke survivors can improve their balance, transferring from wheelchair to other seats, walking, movement, mobility, strength & pain relief through physical therapy. You can

maximize PT with home exercises. Ask for photos & videos, as well as written instructions for home exercises.

To see some of the mobility tools Paul uses at home, visit:  
[http://strokesurvivor.com/physical\\_and\\_mobility.html](http://strokesurvivor.com/physical_and_mobility.html)

To learn more about physical therapy & stroke recovery, visit: <http://www.apta.org/NPTM/>

=====

\*\*\* Paul & Stephanie Gave Keynote Presentation to  
Towson Stroke Program October 18 \*\*\*

If you are near the Baltimore, Maryland area, check out the Institute for Well-Being, at Towson University, Towson, MD. They sponsored the "Living Life to the Fullest after Stroke: A Conference for Stroke Survivors, Families and Caregivers," on Friday, October 18. It was an excellent, well-attended program.

Paul & Stephanie delivered the keynote address to kick off this day-long conference. Our thanks to the team in Towson. To learn more, visit:  
<http://tinyurl.com/Towson-Stroke-Conf> and:  
<http://tinyurl.com/Towson-Stroke-Conf-Details>

=====

5. PAUL'S FAVORITES:  
Electronic Dictionary

I have a Franklin Speaking Language Master Electronic Dictionary and Thesaurus that is more than 15 years old. I use this sturdy, compact dictionary to understand words in the newspaper, books, or work instructions.

I type in the word and search on definitions, synonyms, and the thesaurus, by punching one button. If I don't understand the words in the definition, I can look up each one until I understand the full meaning. Also, when I'm writing, and trying to remember a word, I type in the letters I know, and the word-finder will give me a list of choices. If I'm not sure which is right, I can check each word's meaning by punching the definition or synonym key.

To see one like mine:  
<http://tinyurl.com/Franklin-Spk-Dict>

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)

=====

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

-----  
=====

#### 6. EATING FOR STROKE HEALTH Another View on Dieting

Having a healthy weight is important to reduce risk of stroke & heart disease & related problems like diabetes, high cholesterol, & high blood pressure. Losing weight can sometimes be easier than keeping it off.

A recent question & answer article in the Washington Post noted that the popular diets can help lose the pounds, but few people can sustain the weight loss, particularly when faced with temptations that they have denied themselves for so long. "It's hard work and a lifelong endeavor," said Sherry Pagota, a psychologist quoted in the Q&A.

Rather than shooting for an ideal weight that you might not have seen for years, Pagota suggested that taking off 5% - 7% from your starting weight & keeping it off will provide health benefits. She offers a list of helpful tips, particularly in managing your willpower, including portion control, eating slowly with focus on the food, & regular exercise.

Resources:  
"Nutrition Q&A: Diet can get pounds off; attitude keeps them off," Washington Post, October 8, 2013.  
<http://tinyurl.com/WP-Diet-Attitude>

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)

-----

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

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

- \* AARP & caregivers resources

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>

=====

\*\*\* Now read Paul's best selling books on Kindle & Kindle Apps!! \*\*\*

Follow Paul's adventures and his creative, positive approach to living a full life after stroke...way beyond rehab!!

JUST PUBLISHED 3-Volume series

"Conquering Aphasia & Stroke":

\* Vol. 1: Paul's Guide for Stroke Survivors

<http://tinyurl.com/ConqAphasia-Stroke-Vol-1>

\* Vol. 2: Stephanie's Guide for Caregivers

<http://tinyurl.com/ConqAphas-Strk-CaregVol-2>

\* Vol. 3: More Guidance for Survivors & Caregivers

<http://tinyurl.com/MoreConqAphas-Strk-Vol-3>

A WORLD-WIDE FAVORITE for SUMMER READING:

[1] "How to Conquer the World With One Hand...And an Attitude"

<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://tinyurl.com/HowToConquerHobbies-Kindle>

IF PAUL CAN DO IT, YOU CAN DO IT TOO!

[3] "You Can Do It! 105 Thoughts, Feelings, & Solutions to Inspire You"

<http://tinyurl.com/YouCanDoIt-Kindle>

\* DID YOU KNOW that you can download the Kindle App at no cost to your computer, I-Pad, smartphone or other device to read Kindle books? <http://tinyurl.com/Kindle-Apps-Store>

\* DID YOU KNOW that all of Paul's Kindle books are "text-to-speech-enabled" so you can listen to the words as you read the print on your Kindle?

This is an excellent tool for people with reading problems to improve their understanding & enjoyment!

=====

\*\*\* ADVERTISE YOUR PRODUCT OR SERVICE IN OUR NEWSLETTER \*\*\*

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)!

=====

Would you like to view a previous month's newsletter? Visit our newsletter archive at:

<http://www.strokesurvivor.com/newsletter.html>

=====  
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](http://www.strokesurvivor.com/di_sability_access.html)  
or <http://www.naturalreaders.com>

=====  
© Paul Berger and Stephanie Mensh  
Authors of "How to Conquer the World With One Hand...  
And an Attitude"  
Positive Power Publishing  
P.O. Box 2644,  
Merrifield, VA 22116  
703-241-2375  
Email: [Paul@strokesurvivor.com](mailto:Paul@strokesurvivor.com) or  
[Stephanie@strokesurvivor.com](mailto:Stephanie@strokesurvivor.com)

^/^^/^^/^^/^^/^^