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

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

@PauleBerger  
<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:  
Reducing Women's Stroke Risk by Half

Following these 5 elements of a healthy lifestyle can  
reduce women's risk of stroke by 54% compared to those who  
don't, according to a recent study: (1) healthy diet; (2)  
moderate alcohol consumption; (3) never smoking; (4) being  
physically active; and (5) maintaining a healthy body mass  
index (BMI).

Researchers from Karolinska Institutet in Stockholm studied  
31,696 Swedish women, average age of 60, for about 10 years.  
A healthy diet was defined by measuring healthy foods such  
as fruits, vegetables and low-fat dairy products; moderate  
alcohol consumption: 3 to 9 drinks per week; physically  
active--walking or biking at least 40 minutes a day, plus 1  
hour weekly of more vigorous exercise; and healthy BMI,  
below 25.

Most of the study subjects had 2 or 3 of the  
healthy lifestyles. Those with healthy diets had  
13% lower rate of stroke than those with unhealthy  
diets. These findings related to strokes cause by  
cerebral infarction or blockages, the most common  
form of stroke.

To read a summary of the study:  
<http://tinyurl.com/Stroke-Women-AAN-PR>

To read the study's abstract in the journal

"Neurology," published online October 8, 2014:  
<http://tinyurl.com/Stroke-Women-J-Neuro>

\*\*\* The World Stroke Organization featured this study on its website. To learn more about WSO, World Stroke Day on October 29, 2014 & it's launch of "I am woman: Stroke affects me" campaign, visit:  
<http://www.worldstrokecampaign.org/> \*\*\*

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:  
Listening to Yourself

People with aphasia, like me, can "see" the words we want to say in our minds, but then what comes out of our mouths are different words or the wrong sounds. Here are some things I do to improve my speech:

1. To help me say the words correctly, I am working on a process to slow down, think first, focus on the word, then listen to myself. This is hard, but I practice when I can.
2. I try talk more every day. I say "hi" to people I see in the grocery store, or going for a walk. I'm the "greeter" at my Rotary Club and try to say a few words to everyone. Also, I take classes at the Stroke Comeback Center, attend a county stroke support group, and work as a peer leader for a virtual cafe--a talking group with 4 or 5 other people with aphasia thru Skype.
3. For more feedback, I try to ask people I'm talking to, "do you know what I mean?" I look into their eyes and hope they will tell me.
4. I practice saying question words, like: who, what, where, when, why, how, and how much, so I can ask people questions to get the conversation started.
5. For longer words, like "international," I try to count all the syllables on my fingers as I say the word. This word has 5 syllables: in-ter-na-tion-al.

Some of these steps I've learned from Bill Connors & the Aphasia Tool Box, and some from the Stroke Comeback Center sessions.

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

Resources:  
Bill Connors & Aphasia Tool Box:  
[www.aphasiatoolbox.com](http://www.aphasiatoolbox.com)

Stroke Comeback Center, Vienna, Virginia

www.strokecomebackcenter.org

Do you have a tip to share with others? Send it to me at 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:  
RESCUE Resources

I've just found a helpful resource center for stroke caregivers. It's the RESCUE website: "Resources & Education for Stroke Caregivers' Understanding & Empowerment." It's sponsored by the US Department of Veterans Affairs, and while it has some resources specific to veterans, like a link to "My HealtheVet" for online VA health forms, it has a many fact sheets and tools for stroke caregivers and survivors.

My favorites are:

\* The tips on understanding how caregiving affects you, including:

- Changes in Relationships
- Caregivers Who Work Outside of the Home
- Caregiver Stress and Depression
- Spirituality and Health

\* Tools for caregivers:

- The Caregiver Problem-Solving Module
- The Problem-Solving Diary for Caregivers
- The Mood Management tool
- The Stress Relieve tool

The tools are presented in as a set of slides, with helpful step-by-step directions, and links to additional resources.

Resources:

VA RESCUE Home page:  
<http://tinyurl.com/VA-RESCUE-Info>

VA RESCUE Tools page:  
<http://tinyurl.com/VA-RESCUE-tools>

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>

4. CELEBRATE:

National Disability Employment Awareness Month

Stroke survivors with paralysis & aphasia and other disabilities can return to work. It is not easy, but Paul is proof that employment can be a successful goal of rehabilitation.

Celebrate National Disability Employment Awareness Month by learning more about how Paul prepared for returning to work in his book, "You Can Do It! 105 Thoughts, Feelings, & Solutions to Inspire You" -- available in paperback, audio CD or Kindle: [http://strokesurvivor.com/you\\_\\_book.html](http://strokesurvivor.com/you__book.html)

To learn more about National Disability Employment Awareness Month & employment resources, visit the U.S. Department of Labor's Office of Disability Employment Policy: <http://www.dol.gov/odep>

5. PAUL'S FAVORITES:

Voting Assistance for People with Disabilities

Are you voting in Tuesday's mid-term Congressional elections? Have you voted since your stroke?

Following politics is one of my interests, and I believe that everyone should exercise their right to vote. I vote in every election, and sometimes, I'll take coffee or snacks to the supporters who are handing out literature outside the polls.

If you have any concerns about getting to your polling place, or using the voting equipment, I think you'll appreciate this easy to read guide published by AbleData, "Voting Success for People with Disabilities" available at: <http://tinyurl.com/Voting-AbleData>

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 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
Seasonal Healthy Noodles

We love spaghetti noodles with Italian marinara meat sauce, or with asian peanut sauce and stir fry vegetables. Here are some stroke-healthy recipes that are very tasty, but low in calories, low fat, and low carb.

Start with spaghetti squash as the noodles, rather than pasta. Squash is an Autumn vegetable that can often be found year-round. One average size squash can make 4 servings of spaghetti. The only difficulty in preparing it--cutting its thick rind in half to bake. This is hard to do with 2 hands, so one solution is to ask your grocery store's deli counter to cut it in half longwise for you.

The squash cooks quick & easy in the microwave. Place it cut side down in a microwave safe dish with a little water and cover with wax paper. Cook on high for 10 minutes for one half the squash, or 15 minutes for both halves or until the squash is soft.

When it cools a little, use tongs or a fork to pull out the spaghetti strands, digging all the way down to the husk. Dish it out just like pasta.

For marinara meat sauce, try a healthy reduced fat brand marinara sauce, then mix in some sauteed ground turkey instead of ground beef. Then spoon over the spaghetti squash and enjoy with a side salad or steamed green vegetables.

For an asian noodle dish, mix a homemade peanut sauce. To make it low fat, use a powdered peanut butter like the brands highlighted in last month's newsletter mixed with water, and stir in garlic powder & powdered ginger, and a tablespoon of light-tasting olive oil.

For the stir fry, either cut up fresh broccoli, carrots, onions, red peppers, mushrooms & water chestnuts, or you can buy a frozen vegetable medley for stir fry, like Birds Eye brand Recipe Ready, which we steamed in the microwave with half the homemade peanut sauce. Then we served the veges over the spaghetti squash & added the rest of the peanut sauce.

Resources:
For the original asian spaghetti squash recipe that we modified with our lower-fat peanut sauce:
<http://tinyurl.com/Asian-spag-squ-recipe>

Just Great Stuff Powdered Organic Chocolate Peanut Butter: <http://tinyurl.com/Just-Gr-PB-Choc>

PB2 Powdered Peanut Butter (with chocolate):
<http://tinyurl.com/PB-2-choc>

For details on other Paul-tested helpful kitchen, shopping,
and eating tips, visit:
http://www.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:

- * National Black Association for Speech-Language
and Hearing

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 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/disability\\_access.html](http://www.strokesurvivor.com/disability_access.html)  
or <http://www.naturalreaders.com>

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