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Paul Berger & Stephanie Mensh's Stroke Survivor
NEWS & ATTITUDE FOR YOU - SEPTEMBER 2014
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~~~<~~ IN THIS ISSUE ~~~>~~~

- 1. NEWS: RESEARCH on Stroke Recovery & Rehabilitation:  
Nutrient Reduces Risk of Stroke
- 2. PAUL'S SURVIVORS TIPS:  
Challenges to Improve Your Recovery
- \*\*\* Stroke Comeback Center: 10th Anniversary Gala  
Join Us For the Celebration of a Decade !! \*\*\*
- 3. STEPHANIE'S CAREGIVERS TIPS:  
How Respite Care Can Help
- 4. CELEBRATE:  
National Rehabilitation Awareness Week
- 5. PAUL'S FAVORITES:  
Arm Support for Desk-Computer Use
- 6. EATING FOR STROKE HEALTH  
Low-Fat Comfort Food!
- 7. WHAT'S NEW on: <http://www.StrokeSurvivor.com>
- 8. Stroke Reading Problems? Free Read-aloud Software
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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:  
Nutrient Reduces Risk of Stroke

Eating higher amounts of foods rich in potassium was associated with a 16% reduction in the risk of stroke. Researchers studied 90,000 women aged 50 to 79 for 11 years and found that those whose diets included more than 3,194 mg of potassium each day had fewer strokes than the group that consumed less than 1,925 mg per day.

Foods rich in potassium include bananas, spinach, white beans, & yogurt. Researchers commented that one of potassium's effects may be to improve blood flow in brain vessels.

To read a summary of the study & interview of the researchers in Medline Plus September 4:  
<http://tinyurl.com/Potas-Medline>

To read the study's abstract & article in the journal "Stroke," published online September 4, 2014: <http://tinyurl.com/Potas-journ-Stroke-Full>

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:  
    Challenges to Improve Your Recovery

Recovering from stroke & aphasia is hard work & takes time. One way to improve your recovery is to focus on a challenge that will push you to do more, work toward a goal, and mark the little steps of success along the way.

    My challenge this year is to serve as a volunteer co-chair of a special event for the Stroke Comeback Center--it's 10th Anniversary Celebration Gala. My goal is to help the Center have a fun program, raise awareness in the community, and raise money so the Center can go for another 10 years.

I attend group sessions at the Center & believe they help me & other stroke survivors improve our speech & other skills.

In the past, I chaired the Center's Consumer Advisory Board, an important way to learn leadership, organizing & planning. When the Center's Executive Director, Darlene Williamson, asked me & Stephanie to co-chair the 10th Anniversary Gala, I was scared by the responsibility & worried about my aphasia-speech problems.

    Half of our small planning committee were stroke survivors, some with aphasia. We supported each other with a positive attitude & contributing our strengths.

Five months ago, we started to hold meetings 1 or 2 times a month at the Center to talk about ideas & plans. We made to-do lists & schedules, and Stephanie typed the notes to send to our committee.

One of our caregivers helped us sign the beautiful USA TODAY building as the place for the reception & dinner. We asked our local government officials to be honorary hosts. I personally asked the Mayor of Vienna at a Rotary meeting.

    I made a list of people & businesses to ask for sponsorships & ads in the program book. I walked to 20 stores & restaurants in the area with another stroke survivor to ask in person. Each time one said yes, I celebrated the success & felt great!

I helped to plan the flyers & invitations & gave copies on the tables at Rotary club meetings & to everyone I knew.

A few weeks ago, at my annual eye doctor exam, my doctor said he thinks that my speaking is better. I said the Stroke Comeback Center helped me. And...asked him to buy an ad in the Gala program book. He laughed & said yes & told his office manager to do it.

The Gala is in 1 month. I worried about the to-list & details, including: tickets, dinner, entertainment, invitations, sponsorship opportunities, program book ads, etc.!! I have aphasia & a paralyzed arm & leg & this is the

first time I tried to co-chair a Gala, before OR after my stroke. I feel great about the challenge!

What challenge will you try?

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

More on the Gala: <http://tinyurl.com/SCC-Gala-InfoPg>  
Stroke Comeback Center:  
<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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\*\*\* Stroke Comeback Center: 10th Anniversary Gala  
Join Us for the Celebration of a Decade !! \*\*\*

The Stroke Comeback Center's 10th Anniversary Celebration Gala provides a unique opportunity for businesses and individuals to support the work of the Center and to reach a broad audience by purchasing a ticket, an ad or listing in the event program or being a sponsor.

Paul & Stephanie are honored to co-chair this celebration of the Stroke Comeback Center of Vienna, VA. There are fewer than 10 centers like this in the U.S. & Canada. The Gala will take place at the USA TODAY Headquarters building in Tysons Corner, VA.

\*\*\* Join us in person, and/or send your congratulations on the Center's success by buying an ad in the Program Ad Book, or a listing on the congrats page.\*\*\*

Details: <http://tinyurl.com/SCC-Gala-InfoPg>

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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:  
How Respite Care Can Help

The 24-7 responsibilities of caregiving can be

overwhelming, frustrating and exhausting to even the most energetic & positive caregivers. The common advice is to take care of yourself, to take some time for yourself. But how can you do this if the stroke survivor can't be left without assistance? And what happens to the survivor if the caregiver has a health crisis?

One answer is to plan ahead for respite care services, preferably a few times a year. Respite care means that someone else will be caring for the survivor, either in your home or in another family member's or friend's home or other setting. Planning ahead allows you to research the services available, as well as financing.

A few years ago, the Federal government funded a grant program to selected states to establish respite care resources, including websites with state & local information & voucher programs to provide some funding to offset the cost of services. Many states have caregiving coalitions that include advocacy & services organizations.

This might be a good time to plan for a day or 2 of respite care during the coming holiday season, probably the most stressful time of year for caregivers. Imagine having all day to yourself to shop, see an old friend, sit quietly, go rock climbing, or whatever you need or want to recharge & refresh.

When I'm on a business trip, even though Paul can take care of himself, we plan ahead for him to have dinner with family or friends.

"To be most effective, you should consider respite services much earlier than you think you will need them," according to the ARCH National Respite Network & Resource Center's Consumer Guide for Caregivers. This is an excellent toolkit for caregivers.

Resources:

The ARCH National Respite Network & Resource Center has materials for agencies, professionals & others wishing to set up respite care services, as well as information & resources for caregivers at:  
<http://tinyurl.com/Respite-Nat-Org>

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: National Rehabilitation Awareness Week

This year, September 21-27 is National Rehabilitation Awareness Week.

Celebrate the benefits of speech, occupational, and physical therapy this week by showing your family and friends what you have accomplished with rehabilitation. Make a phone call, send an email, go out in the neighborhood.

For inspiration, visit my Articles and Tips page:  
[http://strokesurvivor.com/articles\\_and\\_tips.html](http://strokesurvivor.com/articles_and_tips.html)

Learn more about Rehabilitation Awareness Week at the official website: <http://www.nraf-rehabnet.org/>

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5. PAUL'S FAVORITES:

Arm Support for Desk-Computer Use

Since I can't use my right hand, my left hand does double duty, especially on the computer. During my years of work drafting blueprints for buildings using AutoCAD on the computer, I developed tendonitis in my left arm. I use an articulating arm support to reduce the stress on my left arm. It clamps easily onto my computer desk, and is sturdy and durable.

This ErgoRest® Articulating Arm Support is similar to the one I've used for many years:  
<http://tinyurl.com/Artic-Arm-Rst>

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

Low-Fat Comfort Food

We enjoy peanut butter with jelly or chocolate, but there's too much fat in a small serving, so we haven't kept a jar at home until recently. We found 2 brands of powdered peanut butter that have all the protein, with only 1 gram of fat per 2 tablespoon serving instead of 10 grams!

Of course it is a lot more expensive, and you must mix up

each batch when you want a serving, but it tastes wonderful. You can mix it with water to make the buttery version to spread on bread or fruit, or mix it in yogurt to make a creamy treat. We buy the peanut & chocolate version & add more plain cocoa powder. It's like eating a melted peanut-chocolate candy bar.

We found 2 brands that we like in our local grocery stores. Our favorite is Betty Lou's "Just Great Stuff Powdered Organic Chocolate Peanut Butter" because of its somewhat healthier sweetener ingredients. The other, which tastes just as good is: Bell Plantation's "PB2 Powdered Peanut Butter (with chocolate)."

Resources:

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](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:

- \* AbleData

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.strokesurvior.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://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>

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

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