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Paul Berger & Stephanie Mensh's Stroke Survivor  
NEWS & ATTITUDE FOR YOU - END OF SUMMER 2018  
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<http://tinyurl.com/StrokeSurvivor-comFacebook>

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

### Catch up on last year's newsletter! Now posted at:  
<http://strokesurvivor.com/newsletter.html> ###

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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:  
New Speech Therapy for Aphasia

Researchers at the University of Manchester's (England)  
Neuroscience and Aphasia Research Unit have developed  
special software which gradually makes patients with aphasia  
produce words more quickly. Aphasia is a speech problem that  
often occurs after stroke.

Researchers tested 20 post-stroke individuals with different  
degrees of impairment from aphasia using 12 computer-based  
treatment sessions over 6 weeks. The computer program  
flashes a photo, then gives 3 seconds to respond. The  
individuals showed greater improvement in 3 measures  
relating to finding the appropriate words compared to  
individuals receiving conventional speech therapy, and the  
improvement lasted longer.

To read the press release from MedicalXpress:  
<https://tinyurl.com/AphasiaUK-study-press-rel>

To read the study results in the Journal "Brain,"  
Vol. 141, No. 6, 01.06.2018:  
<https://tinyurl.com/AphasiaUK-study-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).

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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:  
    Finding Friends by Volunteering

Strokes can make you feel lonely, and sad. One way to make friends and feel good, is volunteering. I volunteer for stroke associations and other groups.

\* I served for a number of years on the Executive Board of the National Aphasia Association.

\* Stephanie and I co-chaired Operation Stroke's Community Education Committee (by Inova Health System and the American Heart Association mid-Atlantic affiliate) for raising awareness of the warning signs and risk factors for stroke.

\* I serve on the Stroke Comeback Center's (SCC) Consumer Advisory Council. The SCC provides classes for survivors of stroke in the Washington, DC area. The Consumer Advisory Council is comprised of stroke survivors and caregivers, plans social events for the Center, supports fundraising activities and provides direction to ensure that the Center's programs are member-driven.

    \* Stephanie and I co-chaired the SCC's 10th Anniversary Celebration Gala at USA TODAY Headquarters, including a reception, dinner and entertainment 4 years ago. I spoke to them as a person with aphasia.

\* I joined the Rotary Club of Vienna, Virginia 12 years ago. My Rotary Club is part of a global network of 1.2 million people who belong to Rotary Clubs around the world. I am a "Greeter" - assigned to welcome fellow members and guests to the weekly lunch meetings. The Rotary Club of Vienna sponsors ViVa! Vienna!, a town fair with rides, 300 booths, and music over Memorial Day weekend. I volunteer for the information booth each day to help people find food, restrooms, booths. and tickets. The profits are used for grants to charities.

\* I became interested in space as a young boy when I watched a rocket launch, Project Mercury on TV. I remember that I cut an article from the newspaper about it. As an adult, after my stroke, I volunteered every year for 10 years with March Storm. Every March, 50 grassroots volunteers brief 200-250 Congressional staff about the emerging commercial space industry. I talked to Congressional staff in 9 meetings over 3 days. I used my little pocket notebook to read sentences to the staff. Today, 2 commercial space industries launch rockets.

\* Stephanie and I are members of "You're the Cure," the American Heart Association/American Stroke Association's grassroots network advocating for heart disease and stroke. We advocate for stroke through government policies at the local, state, and federal levels, including emails, calls, and visits to our state and federal representatives' offices in Washington, D.C., Richmond (when we lived in Virginia), and recently, Annapolis, I hope you'll join us to advocate

in your area!

What groups will you volunteer for? Send me the groups you volunteer for and I'll add them to my resource list online.

Resources:

National Aphasia Association  
<https://www.aphasia.org/>

Stroke Comeback Center Consumer Advisory Council  
<https://strokecomebackcenter.org/about-us/consumer-advisory-board/>

Rotary Club of Vienna  
<http://www.viennarotary.org/index.php>

ViVa! Vienna!  
<http://vivavienna.org/>

Rotary International to find clubs in your area  
<https://rotary.org/en>

March Storm 2018  
<http://allianceforspacedevelopment.org/march-storm-2018/>

American Heart/Stroke Association's You're the Cure  
<https://www.yourethecure.org/>  
<https://www.yourethecure.org/join>

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 our next 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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3. STEPHANIE'S TIPS FOR CAREGIVERS:  
Coping With Stress Thru Humor

Living with stroke as a survivor or family member is stressful on the best days. One way that I cope is to try to keep a sense of humor, to read the comics in the newspaper everyday, to make time to watch funny TV shows, and to read books that make me laugh.

If I'm walking down the hall at work or in the store, with a million things swirling in my head, I try to recognize that I'm scowling, and pull my face into a smile. A smile is an instant (and no-cost) facelift, it makes you look and feel younger. And often people you pass will smile back, improving their mood and your own.

There are medical studies that show the physical benefits of laughing, and enjoying a good laugh with family and friends magnifies the benefits.

Many (non-life-threatening) situations with stroke survivors are funny in a slapstick way. For example, when you only have the use of one hand, it's easy to knock over things because you can't catch them with your other hand. Paul is our cook, so lots of food ends up on the floor during meal prep, particularly the day after the cleaning crew have mopped the kitchen. Watching him cook one night, my sister said he was getting his stretching and bending exercise in, too. After the spill is cleaned up, it's funny--it's okay to laugh.

I laugh at myself too. Like the time I told my nutritionist that I was too stressed, too overbooked and having trouble keeping to my diet routine. After reciting all my pressing responsibilities, I guess I didn't hear the fuzzy response I needed. She said that I had just too much, that I must give up something. So, I gave up her - my nutritionist.

Or the time I made the mistake of having a large latte before taking my elderly mom shopping for clothes. We were in the department store for almost 4 hours. I know why they call it "trying" on clothes -- it really tried my patience, especially when I was so revved up on caffeine.

Paul and I share lots of "bathroom" humor -- literally. Whenever we travel, seeing the hotel's so-called handicapped accessible bathroom gives us a good laugh. Like, why have a shower curtain that hangs 6 inches off the floor? Why not install one that touches the floor, maybe with a weighted hem that might hold in a little water?

Take a few minutes to think about what makes you laugh? Send me your funny stories.

#### Resources:

These books make me laugh out loud, even when I re-read them a few months later.

"Where'd You Go, Bernadette: A Novel," by Maria Semple  
<https://tinyurl.com/Where-Bernadette-funny-novel>

Bricking It, by Nick Spalding  
<https://tinyurl.com/Bricking-funny-novel>

\*\*\* 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. PAUL'S FAVORITES:

##### One-Handed Secure Containers

Opening and closing containers with secure lids with one hand is hard. Over the years I have tried many products. My new favorite is the Good Grips Pop Storage Container. I set up the coffee maker the night before, and use the 1.7-Quart Rectangle Container to store ground coffee. It fits on the shelf in my fridge. It is easy to open and close without spilling, and the large opening is easy to scoop.

You push the button on top for an airtight seal, and push

again to release. You can store many things, including cereal, flour, sugar, pasta, rice, coffee, nuts, and snacks. The Stroke Comeback Center uses one to store cookies.

It's easy to wash, and some parts can go in the dishwasher. And it comes in many sizes.

To see one like mine:  
<https://tinyurl.com/Pauls-pop-lid-container>

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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\*\* Cost-Conscious Aphasia & Speech Therapy in the Comfort of Your Home \*\*

Interested in an intensive aphasia program, but concerned about cost? The value and effectiveness of intensive aphasia treatment have been well researched and documented. And, you know that aphasia recovery demands frequent treatment and rigorous practice.

Try Aphasia Toolbox. Visit:  
<http://aphasiatoolbox.com/>

Contact Bill Connors at:  
[bill@aphasiatoolbox.com](mailto:bill@aphasiatoolbox.com) or phone: 724-831-8353

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5. EATING FOR STROKE HEALTH  
Do You Drink Tea?

After my morning coffee, I switch to tea. I like many teas, including English breakfast tea, vanilla-flavored chai tea, green tea, and sometimes caffeine-free teas like peppermint (especially for an upset stomach). In the summer, I make iced tea using my iced tea maker. For hot tea, I may add skim milk, especially with the black and chai teas.

Did you know that a recent study showed that tea may help to lower your cholesterol?

The study monitored more than 80,000 people from the Kailuan community of Tangshan, China for 6 years. Researchers found regular tea drinkers had a slower age-related decrease in HDL levels, and linked to an 8% decrease in cardiovascular risk among the study subjects.

The study was published in the Journal of the American Heart Association.

Do you drink tea?

Resources:  
To read the news story from the American Heart Association:  
<https://tinyurl.com/Chinese-tea-news-story>

To read the study in the Journal of the American Heart Association:  
<https://tinyurl.com/Chinese-tea-JAHA>

To see an iced-tea maker like mine:  
<https://tinyurl.com/Iced-tea-maker-Pauls>

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

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

\* BrainFacts

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 \*\*\*

\*\*\* FUN & EASY READING !! \*\*\*

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,  
anywhere!

"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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7. 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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