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Paul Berger & Stephanie Mensh's Stroke Survivor
NEWS & ATTITUDE FOR YOU - WINTER 2019
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~~~<<~ IN THIS ISSUE ~>>~~~

- 1. NEWS: RESEARCH on Stroke Recovery & Rehabilitation:  
How Stroke Impacts Ability to Spell Words
  - 2. PAUL'S SURVIVORS TIPS:  
Music and Singing
  - 3. STEPHANIE'S CAREGIVERS TIPS:  
Reinventing and Repurposing
  - 4. PAUL'S FAVORITES:  
Personal Music Station
  - 5. EATING FOR STROKE HEALTH  
A Healthy Gourmet Protein Treat
  - 6. WHAT'S NEW on: <http://www.StrokeSurvivor.com>
  - 7. Stroke Reading Problems? Free Read-aloud Software
- \*\* Subscribe

%%%%%%%%% CELEBRATING 20 YEARS "How to Conquer the World  
With One Hand...And An Attitude" in worldwide distribution!  
SAVE-THE-DATE: March 9, 2019. Event details below and at:  
[http://www.strokesurvivor.com/20th\\_anniversary.html!](http://www.strokesurvivor.com/20th_anniversary.html)  
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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>

### 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:  
How Stroke Impacts Ability to Spell Words

Researchers at Johns Hopkins University traced spelling  
problems after stroke to different regions of the brain that  
affect (1) long-term memory, and (2) working memory. If the  
stroke affects long-term memory, the person may not be able  
to remember how the word is spelled, but may be able to  
guess and spell certain words that can be sounded out. If it  
affects working memory, the person remembers how to spell  
the word, but may not be able to select the correct letters  
or order of the letters.

Computer images of the brains of 33 stroke survivors were  
mapped to determine where the stroke had affected their  
brains. The researchers found that people with long-term  
memory problems had 2 areas of the brain affected, while  
people with working memory problems had yet a different area  
of the brain affected. This shows additional levels of  
complexity in written language and may help develop improved  
speech-language treatment for stroke survivors.

To read the press release on the study:

<https://tinyurl.com/JHU-Stroke-Spelling-Press>

To read the study published in the Journal "Brain":  
<https://tinyurl.com/JHU-Stroke-Spelling-Art>

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:  
Music and Singing

Listening to music, singing, and playing an instrument can help you feel better. Music is universal. When I visited a stroke group in Singapore, the group started with an hour of exercises led by physical therapists, then an hour of music led by a musician and music therapist. We sang songs in English and Mandarin, the 2 official languages of Singapore.

When you have aphasia and apraxia (problems with talking), like me, sometimes the words sound the same. Everyone had a percussion instrument to play or keep rhythm: bells, drums, xylophone parts, and maracas. We felt like a choir and orchestra, playing together, laughing, and making new friends.

In my area, some friends participate in a singing group for people with stroke called "Different Strokes for Different Folks." The group performed a number of songs during a lunch fundraiser sponsored by the Stroke Comeback Center (SCC). They sang an original song the group wrote, "We are Survivors," and "This is Me" from the movie The Greatest Showman. Some have aphasia, but when they perform, they can sing all the lyrics.

The SCC also had a presentation by Kathleen Howland, Ph.D., a music therapist and speech therapist who showed how important music can be to a stroke survivor's recovery. She showed that people's walking and balance improved when they walked to music. I listen to music on my cell phone when I walk. It gives me motivation and helps the time go by faster.

What kind of music do you like?

Resources:

Stroke Comeback Center  
<https://strokecomebackcenter.org>

Singapore National Stroke Association (SNSA)  
<http://www.snsa.org.sg/>

The INOVA/A Place to Be/Stroke Survivor Choir  
including the lyrics to "We Are Survivors."  
<http://www.aplacetobe.org/stroke-group/>

Kathleen Howland, Ph.D., music therapist and  
speech language pathologist

<http://www.kathleenhowland.com/>

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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%%%%%%%%%% CELEBRATING 20 YEARS "How to Conquer the World With One Hand...And An Attitude" in worldwide distribution!

%%%%%%%%%% SAVE-THE-DATE: MARCH 9, 2019 %%%%%%%%%%

%%% If you're in the Washington, DC area, join our celebration on Saturday, March 9, from 11:30 am to 1:00 pm Eastern Time at the new Rockville Stroke Comeback Center, 50 W. Edmonston Dr. Suite 301, Rockville, MD for pizza, snacks, cake, and more. Watch the festivities live streamed... details coming soon. %%%

RSVP and more info: [paul@strokesurvivor.com](mailto:paul@strokesurvivor.com)  
[http://www.strokesurvivor.com/20th\\_anniversary.html](http://www.strokesurvivor.com/20th_anniversary.html)

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3. STEPHANIE'S TIPS FOR CAREGIVERS:  
Reinventing and Repurposing

Over the years, I've been reinvented and "repurposed"--found a new purpose or mission--large and small, many times:

- \* my first car
- \* my first full-time job
- \* getting married
- \* buying a house
- \* suddenly becoming a caregiver after Paul's stroke
- \* publishing books & info on stroke recovery
- \* career shift to supporting disability programs
- \* losing my dad, and both of Paul's parents
- \* being responsible for my aging mom
- \* moving to a new place

During times of change, I've been caught up in the moment, stressed out, uncertain that I've made the right choices, feeling a jumble of emotions, never having enough time. Plans get turned upside down, everything costs more than budgeted, and someone (often myself) gets angry or frustrated with me. My usual ways of coping don't work or cause more problems, like turning to comfort foods that pile on the pounds, making me feel sluggish and my clothes feel tight.

Paul's stroke obviously was a huge turning point. But that happened more than 30 years ago, and we've found ways to reinvent ourselves and find new

purposes in our lives individually and as a couple. It hasn't been easy, and sometimes it has felt lonely, even with our supportive family and friends.

Now I'm entering a new phase of reinvention and repurposing. I retired at the end of 2018. It's a little scary, and I'm still feeling my way. I hope to follow the same steps in making this transition as I have for other changes:

- \* Keep a calendar. I'm learning to use the Google calendar since I can't use my work calendar.
- \* Plan ahead.
- \* Have a to-do list and check something off every day.
- \* Find purpose and meaning in what I do. Take a few minutes to ask myself why I'm doing something. Writing in a journal helps.
- \* Communicate with Paul. Not only does he need to know what I'm doing and feeling, talking about it helps me understand my actions and motivations.
- \* Ask others for advice.
- \* Be grateful for what I have.

Resources:

AARP has a lot of resources for caregivers and anyone making a transition, whatever your age: <https://www.aarp.org/caregiving/>

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

Personal Music Station

I have some favorite singers and songs that I like to listen to and sometimes sing along. I have some old CDs, but for the past few years, I have built my own personal "radio station" on the Internet using Pandora.

I have Pandora on my home computer, so I can listen in my office. I have the Pandora app on my cell phone and carry it in my pocket while I walk around the Mall.

I have different "stations" featuring different singers, including Pop Fitness, Katy Perry, Judy Collins, 60s Folk, John Denver, Taylor Swift, some rock and roll, some country, some Beatles, etc. Pandora automatically adds songs and singers similar to the ones you pick.

Pandora has a free program with ads, and a subscription without ads. To see one like mine (I use the free version), <https://www.pandora.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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** 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 has 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 or phone: 724-831-8353

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5. EATING FOR STROKE HEALTH  
A Healthy Gourmet Protein Treat

As a special treat, for a light dinner, I eat smoked salmon (also known as "lox"). Smoked salmon is prepared from salmon fillet that has been cured and hot or cold smoked.

Salmon is a good source of healthy omega-3 fatty acids that are good for your brain and protein. Smoked salmon is easy to prepare for one-handed cooks like me. My supermarket has a 4-ounce package that serves 2 people. I use kitchen scissors to cut the package open, peel off the plastic and paper, and use a regular knife to cut into the 2 servings. Then using fingers or a fork, I place them on each plate, along with cooked vegetables or fresh fruit.

Sometimes I have it with bread or a bagel, or on it's own.

The brand that I use is Giant Food's Smoked Alaskan Sockeye Salmon (wild caught). Per 2-ounce serving: 90 calories, 4.5 grams fat (good fat that you need), 550 mg sodium (lower than many types of smoked salmon), less than 1 gram carbs, and 11 grams of protein.

Resources:

Giant Food's Website: <https://giantfood.com/>

Seafood Health Facts: Resources for Healthcare Providers and Consumers  
<https://tinyurl.com/SmkSalmSeafoodFacts>

Smoked Salmon Nutrition on LiveStrong.com  
<https://tinyurl.com/SmkSalm-on-Livestrong>

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:

\* National Academies of Sciences, Engineering, Medicine (NASEM)

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

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