

survived it

resources for stroke survivors

DECEMBER 2013 v1,n1



5 steps to organize your life

favorite survivor hobbies

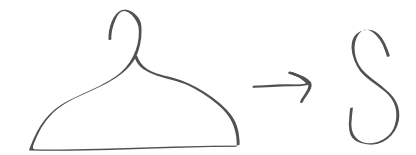
easy relaxation

change it

creative solutions to life's inconsistencies

Q:

Dear Karen,



My closet full of clothes is intimidating me. With the use of only **one hand**, it is hard to use hangers. Do you have any suggestions on how to make things easier?

Warmly,
Survivor

A:

Dear Survivor,

Thank you for your letter. This is something that is challenging. We have a solution on how to **change it**.

- Use an **"S" hook** instead of hangers.
- Remove all hangers from your closet.
- Ask someone to take all of the clothes off of the hangers.
- Snap the hooks onto the rod.

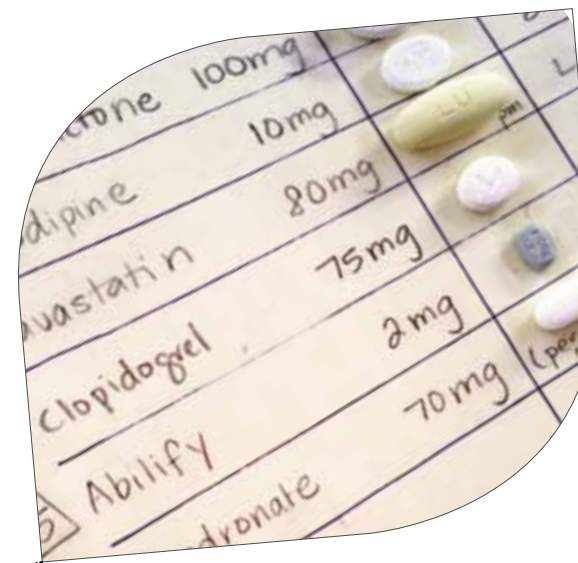
Now you can hang and remove each piece of clothing with less frustration.

Cheers,
Karen

-
- | | | |
|-----|---------------------|---|
| 1 | change it | hanging clothes made easier for one-handers |
| 2/3 | organize it | 5 steps on keeping your medicines in order |
| 4/5 | celebrate it | featured story from survivor's daughter |
| 6/7 | ease it | brushing your teeth made easier for one-handers |
| 8/9 | relax it | deep relaxation for everyone |

organize it

keeping your meds in order



- 1** Create a **master list** with your current meds. (Download an example of this on our website.)
- 2** On each prescription bottle, add a **label** with a number (i.e. 1,2,3,4,5)
- 3** Using a weekly **pillbox** (Sunday through Saturday), open all compartments.
- 4** Line your medicine bottles in order. Using the first bottle (#1), start to fill the box. A **ruler** will help you keep track on the chart. Double-check the picture of pill on your list with the pills coming out of the bottle.
- 5** Start filling. Once you have filled the whole week, close the bottle and **move it away** to indicate that you are done. Move the ruler down to the next medicine on your master list. Continue this until you are done.

The key to managing your medicine is to make sure you have an updated list. Creating a **master list** helps both you and your family easily **keep track**.

celebrate it

the hobbies that keep mom happy

After Mom's stroke, we went through many ups and downs. It's a life-changing experience that caught us off guard and forced us to re-evaluate life and its meaning.

We still have our ups and downs, but we decided to send in pictures of the ups—because these are the moments that keep us going.

Over the past 6 years, we've found a variety of activities that Mom enjoys, and trust us, she is a hard one to please (just look at the biking picture).

Hopefully, these moments will help inspire you or your loved one to celebrate the ups of life.

While Mom had different hobbies before her stroke, I don't ever recall actually watching her thoroughly enjoy them. These hobbies were discovered through trial-and-error, doing a little research in the hobby section of the library, and giving her a gentle nudge to begin.



favorites:

- 1 drawing
- 2 puzzles
- 3 cycling
- 4 cooking
- 5 wii bowling

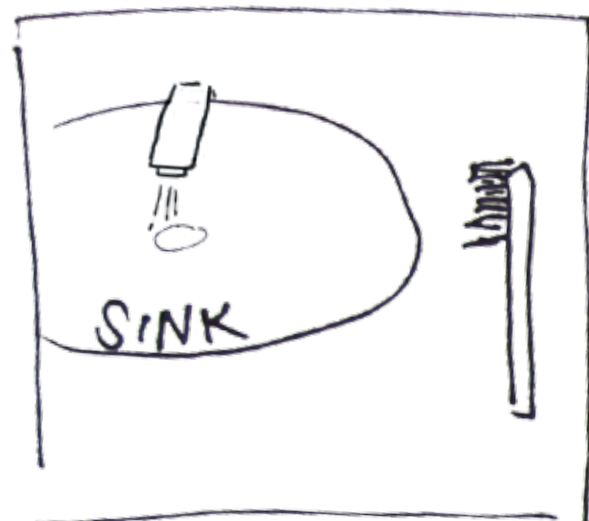
We started by painting together, and gradually moved to drawing. Of course drawing worked out easier because it required less setup, but from time to time we will break out the paints.

Don't be afraid to try something new and continue to go with what makes you the most happy. Frequently, I'll catch Mom humming while working on a puzzle. □

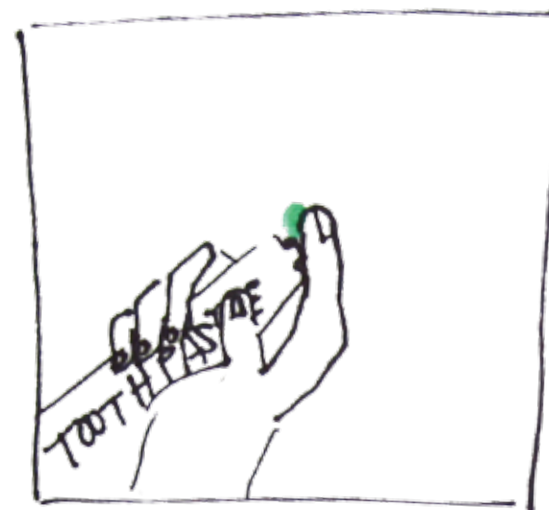
ease it

brushing for one-handers

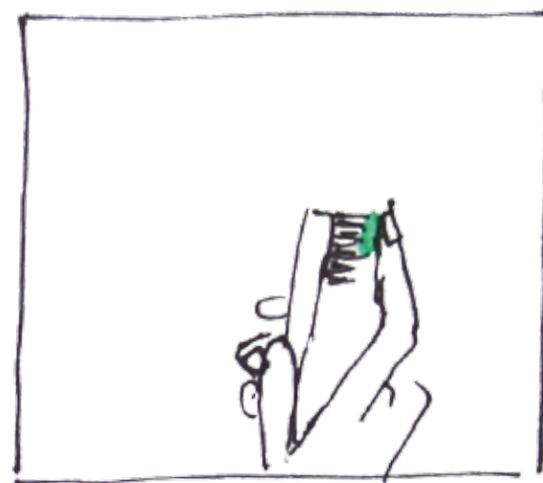
Ever feel like you're taking forever trying to balance your toothbrush on the sink just to apply that stinking toothpaste? We've got a quick tip to make brushing easier!



Place your toothbrush on the sink.



Grab the toothpaste and squeeze some onto your index finger.



Then, use your finger to put the toothpaste on your brush.



Happy brushing!

If you have an easy method you would like to share, email us with your quick tip and we'll feature it in our next issue!

deep relaxation and guided meditation

relax it

yoga nidra

Do you ever find your mind racing?

Stroke can cause changes in our lives that for some of us, makes it hard to focus and or relax. Do you want to relax, but feel like you aren't able to? Sometimes with so many distractions in our lives, it can be hard to stay focused on calming our minds.

This exercise is something that everyone can do. The only thing you need is your mind and imagination. Yoga Nidra is a deep relaxation and guided meditation that you practice comfortably lying down on your back with your arms by your sides. To get started, type this into an internet browser:

yoga nidra iworkout

Click on the first link titled, "Deep Relaxation and Guided Meditation – Yoga Nidra." Follow the instructions and enjoy.

The key to this exercise is to try and **stay focused** on listening and not letting your mind wander.

belly breathing

Belly breathing is easy to do and very relaxing. Try this basic exercise anytime you need to relax or relieve stress.

- Sit or lie flat in a comfortable position. push your hand out. Your chest should not move.
- Put one hand on your belly just below your ribs and the other hand on your chest. • Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out
- Take a deep breath in through your nose, and let your belly

Do this breathing 3 to 10 times. Take your time with each breath. Notice how you feel at the end of the exercise.

Link can be found on our website at: **survive-it.com**

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EASE IN OUT ON



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