

Happy Changes

By Julie V. - Maywood Member

My name is Julie and I have been a part of the Adler Aphasia Center “Family” since September of 2020. I have been married for 33 years to my husband Dave and I’m the proud mother of a son and daughter...and our dog Ziggy.

In my spare time (when I’m not on Adler Zooms that is), I enjoy spending my time working out, traveling to such places as Colorado, Georgia and as far away as Iceland, as well as doing my meditation.

For 15 years prior to my stroke, I worked as an administrative assistant for an insurance and financial services practice. For many months after my stroke, I was nervous about attempting some of the tasks that were a part of my daily role. For example, much of my work was making phone calls to our home office. I had a fear of not being understood when I spoke. One of my proudest accomplishments came one day when I decided it was time to overcome my fears and make that phone call. So, I picked up the phone and made that call! Much to my surprise, the representative was able to understand and complete my request. I was both excited and relieved, and I believe this was an important turning point in my recovery.

Working with Adler and the many new friends I’ve had the pleasure of making has been a very important part of my recovery. The reason is that the people are caring, friendly, supportive and compassionate. We share similar challenges and feelings which helps me realize that I’m not alone in my **recovery/rehabilitation**. This has enabled me to relate to others with the same issues and to feel comfortable sharing my stories and struggles. Adler has really helped me build my confidence and I look forward to our continued calls and interactions. I look forward to my continued relationship with Adler Aphasia Center and the friends I’ve made, and I thank all of those people who have helped me get where I am today.



Julie V.



Overcoming “My Fears”

By Kelvin C. - Morristown ACG Member

In 2015, I was at the pinnacle from a business standpoint. I was a successful investment banker with an MBA from a top business school. I was in peak physical condition and could do thirty handstand push-ups.

But on January 18, Martin Luther King’s birthday, I had a massive stroke - a left middle cerebral artery occlusion with a left cervical dissection. My doctor said he came to visit me and felt I would be in a vegetative state. I didn’t know what was going on at that point. I knew that I had a stroke and a deal I was working on at work was closing that week. I didn’t know that I was married or had a beautiful girl and a handsome boy as my children, until I got out of the hospital to go into a rehab hospital, 9 days later.



Kelvin C.

I had trouble talking and walking. I had right sided weakness, with right foot drop, and aphasia. I could only say “that right” or “that wrong”. Aphasia, I thought, took my words away. I even had trouble doing simple math and spelling, especially with syllables, was extremely hard.

I wanted to know what caused my stroke at 45 years young. Was it because I went to a chiropractor who adjusted my neck two weeks before my first stroke? I was consumed with finding out for almost 5 years...until I had my second stroke, in the same spot. I knew that it was karma telling me to enjoy life. I just want to live my life now. That change in my thinking has given me hope. I was not a chronically sick person who was feeling discredited and feeling like I was a burden to others.

I had to overcome what I call my fears. I had to appreciate life more. I had to show how ready and willing I was to accept that I had aphasia - that I could accept support from a group, such as Adler. It has taken me 5 years and two strokes, but I am so enthusiastic to be part of Adler. I have learned that having what I thought was a successful career is not that important anymore. I have learned that I want to help people by volunteering my time and effort to help people who, like me, had a stroke and have aphasia.

Come Visit Ocean County

By Helen, Craig, and Bill - Toms River Members

Here are some things we recommend to do when you visit Ocean County NJ in the summer.

1. Go to the beach!

You can play with a soccer ball or go on rides with your kids/grandkids.

You can walk on the boardwalk. There is a house on Point Pleasant boardwalk that plays Frank Sinatra music!

2. Seaside Boardwalk

Enjoy cable car rides, the beach, the boardwalk, and dining like Spicy's Cantina.

3. Martell's Tiki Bar-Point Pleasant

Visit for good food and tropical cocktails and mocktails on the boardwalk.

4. Jenkinson's Inlet Bar – Point Pleasant

Visit to have good food and enjoy a drink with your feet in the sand on the beach.

5. Restaurants in the area

Sawmill Restaurant in Seaside. Enjoy waterfront dining like Red's Lobster House in Point Pleasant!

6. Visit an arcade

Visit an arcade on the boardwalk and play some games. Bill recommends Wheel of Fortune in Point Pleasant.

7. Atlantic City

Craig recommends visiting Bally's Casino and Bill recommends Hard Rock Casino.

8. Allaire State Park

Allaire State Park in Wall is family friendly and has a steam train, a historic village, a great bakery, and picnic areas!

9. Antique Shops

Helen recommends browsing the many antique shops in the area!



Helen



Craig



Bill

More Happy Changes

By Kent N. – West Orange Member

It has been a crazy year. I had my stroke in April 2020. I was in Kessler for 2 months. I went home after going to rehab and my speech improved day by day. I, unfortunately, had to get a catheter inserted.

Fast forward to February 2021 and I was in the hospital again. I had 4 seizures in one day. Then, I was kept in the hospital for 5 days. After that, I went to Kessler and stayed there for two weeks. Finally I went home. It was the best time going home and I have been getting healthier ever since. I have been going to a lot of doctor's appointments.



Kent N. and family

In one day, I got 9 Botox injections in one arm. It didn't hurt. For the first and second week of the Botox injections there was no movement in my arm. After the third week, my arm started to act differently. My arm is not the same as before. It's no longer stiff and it is now relaxed. The feeling in my arm is coming back and my arm is not by my chest and it is now moving closer to my leg.

I am doing better. No matter how many needles I have to get, it doesn't matter. I am doing more of the things that I used to do such as write checks, type on the computer, and eat with my left hand. I am happy to be alive.

Programs offered throughout the state of New Jersey:

- **Maywood Campus:** kcastka@adleraphasiacenter.org
- **West Orange Campus:** sglacer@adleraphasiacenter.org
- **Toms River Campus:** brein@adleraphasiacenter.org
- **Aphasia Communication Groups (11 sites in NJ):** gszabo@adleraphasiacenter.org

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Adler Aphasia Center, a non-profit organization with three full service facilities based in Maywood, West Orange, and Toms River, NJ and eleven Aphasia Communication Groups located throughout the state, is an innovative post-rehabilitative therapeutic program that addresses the long-term needs of people with aphasia and their families. Aphasia is a communication disorder that impairs the expression and understanding of spoken language, reading and writing. It occurs most often from a stroke or other brain injury. It affects a person's ability to communicate, but not his or her intellect. For more information about our programs and services in Maywood, West Orange, or Toms River, NJ, or for information about our Aphasia Communication Groups in Belvidere, Bridgewater, Haddonfield, Hammonton, Maywood, Monroe, Morristown, North Bergen, Scotch Plains and Toms River, NJ, visit our website at www.adleraphasiacenter.org or call 201.368.8585