

## My Life...Then & Now

By Ken W., Maywood Member

I am 74 years old and have been an Attorney for 51 years. I continue to practice law at my office in Clifton. I was a Commissioner on the Clifton Board of Education for 4 years and was also the Attorney for the Clifton Public Library for 2 years. I worked closely with Assemblyman Gerald Zecker for 10 years as a liaison as well as his counsel. I was the President of Self Reliance (NJ) Federal Credit Union for 6 years.



Ken W.

I have been a member of the Ukrainian Congress Committee of America for 45 years and have served on all aspects of the board both on a State and Local level. I am still the Attorney for Nova (UA) Federal Credit Union and continue to be very active with the Ukrainian community and our Church as a consultant.

I have been married to my wife, Myroslawa for 50 years. I have two children, Roma and Lara. Roma lives in California and has three daughters, Tea, Siena and Charlize. Lara lives in New Jersey and has two daughters, Mia and Vivienne.

Since my stroke on August 27, 2019, I continue to do the best I can in all aspects of my life thanks to the staff at Adler Aphasias Center and the treatment I have, and continue to, receive from Adler!



## Disability Sports

By Avi G., Maywood Member

Since my stroke, I have become involved in many things to educate people. I give speeches all over the country and speak mainly to 3 different types of groups:

EMS groups, police, and hospitals around the world- to educate them, along with a speech pathologist, about treating people with aphasia

Colleges- to teach speech pathology students about my aphasia story, and to teach them about disability sports (for people with any type of disability)

Groups of people with disabilities- to make them aware of the many sports opportunities that are available to people with disabilities (Adaptive Sports)



Avi G.

Before I had my stroke, I enjoyed participating in many sports. After my stroke that became very difficult. I found out about many organizations that offer exciting sports opportunities to people with all sorts of disabilities. I became hooked and now try to get people excited about participating! Some of my favorite activities are skydiving, skiing, and snowboarding, but I have done many more!

Some of the organizations that provide disability sports (Adaptive Sports) are:

*No Barriers*  
*NYC Parks Adaptive Programs*  
*Helen Hayes Adapted Sports & Recreation*  
*Burke Rehabilitation Hospital Adaptive Sports & Fitness*  
*Adaptive Climbing Group*  
*Freedoms Wings*  
*Life Rolls On*



And there are many, many more. Please ask me if you would like more information. It is all so much fun!

## Back in the Good Old Days

By Maywood ACG Members  
La Verne R. and Jim G.

### The Iceman

My mother and father had an icebox and got ice. The iceman would use tongs to carry the ice over his shoulder. He used a quilt to keep the ice cold. The ice went in the top part of the icebox. The water went into the tray, and we emptied it.

### The Milkman

The milkman would deliver milk to us two or three times a week. He put it in the box. We got quart bottles of milk. We got milk, eggs, and butter.

### The Knife Grinder

The knife grinder would walk the streets. He sharpened knives and scissors.

### The Organ Grinder

In Harlem, we had an organ grinder and a monkey. The monkey had a vest and a hat. People would give money to the monkey.



La Verne R.



Jim G.

### Programs offered throughout the state of New Jersey:

- **Maywood Campus:** [kcastka@adleraphasiacenter.org](mailto:kcastka@adleraphasiacenter.org)
- **West Orange Campus:** [sqlaser@adleraphasiacenter.org](mailto:sqlaser@adleraphasiacenter.org)
- **Toms River Campus:** [brein@adleraphasiacenter.org](mailto:brein@adleraphasiacenter.org)
- **Aphasia Communication Groups (10 sites in NJ):** [gzsabo@adleraphasiacenter.org](mailto:gzsabo@adleraphasiacenter.org)

### MEMBER NEWSLETTER DISCLAIMER:

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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 ten 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 Bridgewater, Haddonfield, Hammonton, Maywood, Monroe, Morristown, North Bergen, Scotch Plains and Toms River, NJ, visit our website at [www.adleraphasiacenter.org](http://www.adleraphasiacenter.org) or call 201.368.8585