

## A Word from a Member of our Maywood Site

### The Beauty of Life

By Rosa T.

My name is Rosa and I have been married to my husband Tito for 44 years. Tito is the love of my life. We have 4 beautiful daughters, and 2 grandchildren.

We are originally from Ambato – Ecuador, but I have lived most of my life in New York/New Jersey. Prior to the stroke I had on January 14th, 2016, I worked as a beauty advisor for Estee Lauder; I was passionate about my job because I loved to make other people feel beautiful and empowered. After my stroke, I am not able to move my right arm, however, I discovered I can also be talented using my left arm/hand. I love drawing, painting, doing puzzles, and taking care of my plants.

Even though the stroke had a radical impact in my routine, I have been able to create new norms. No matter how hard it was to accept changes, I know that the beauty of life is about what we make out of the new opportunities and challenges we face. I am very grateful to be able to share my time and love with my amazing family who has always supported me.

I love going on family trips. My favorite place to go is Punta Cana – Dominican Republic.

I am also very blessed to have come across Adler Aphasia Center. Adler's community definitely make my days brighter and happier. Sharing with other members and staff and continuously learning more about others, doing activities, and playing games make me feel like there is a happy place for everyone out there, we just have to find it. I want to say thank you to all the Adler family for working very hard during this 2020 pandemic and never giving up on their members. Always be happy and enjoy the **beauty of life!**



Rosa T.

*We wish you a very happy and safe*

*Holiday Season!!!*

Programs offered throughout the state of New Jersey:

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

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## A Word from a Member of our Toms River Site

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### Gardening

By Craig M.

Why garden? I garden because I like being outside. Gardening is peaceful and relaxing. I like watching plants grow through spring and summer.

I grow flowers and vegetables. The flowers/plants I grow are geranium, lavender, surfinia, zinnia, and perennials.

I plant tomatoes, corn, and peppers. When I plant is in May and June. The flowers are in the front and side yard. The vegetables are in the backyard. I use a watering wand to water plants evenly.



**Craig M.**

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#### MEMBER NEWSLETTER DISCLAIMER:

This Adler Aphasia Center Newsletter is written by our members with aphasia and from their personal perspectives. The stories featured in this Newsletter are intended for its readers' general information and education. Adler Aphasia Center does not endorse nor recommend any commercial products or services that are featured in this Newsletter. Views and opinions expressed in this Newsletter do not necessarily state or reflect those of Adler Aphasia Center and shall not be used for advertising or product endorsement purposes.

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](http://www.adleraphasiacenter.org) or call 201.368.8585

## A Word from a Member of our West Orange Site

### My Wife is Responsible for All of My Efforts

By Larry L.

On October 8th of 2019, I came back from several cross-country trips.

First, I went to Cleveland with my wife and some friends to see the Rock and Roll Hall of Fame. Next, we went to San Francisco to see my grand-kids. And finally, there was another trip to Las Vegas with my two sons to help celebrate my upcoming 70th birthday. All within a single month. What a tough life I was having. Or so I thought.



Larry L., his wife, Meg and dog, Harry

The next thing I knew was I was having a stroke. Fortunately, my wife was around and called 911. On the way to the hospital (only 5 minutes away), she called my younger son who told her about TPA (the clot busting drug). When I got to the hospital TPA was on the agenda. I have zero recollection of being at Saint Barnabas and only remember waking up at Kessler some 9 or so days later. And even that was a blur.

I spent the next 3 weeks at Kessler before my wife was able to take me home. I doubt the people I met at Kessler would recognize me now because of the progress I have made since then. First there was 5 days a week at Kessler, starting with general coordination, and reading. I also managed to pass the test to get my license back (woo woo). I could not have done anything at all without my wife being in my corner. Right from the start she has always been there for me, making sure that I was okay with everything the fine folks at Kessler had to present.

In fact, even before we left Kessler, my wife had inquired about what to do next and first heard of Adler at that time. When she first called Adler, she was informed that Adler would prefer me to have completed my outpatient therapy at Kessler. Then the Covid-19 Virus shut down Kessler for a while. So after a delay, I was back taking another reading class. After the reading class finished, I was on my way to Adler with my wife's help.

Thank you, Adler, for letting me participate in your fine program.

## A Word from a Member of our Monroe Aphasia Group

### The Farmer

By Sam P.

My name is Sam. I am a member of the Monroe Adler Aphasia Group. I would like to tell you my family story.

My mother was the youngest of seven sisters. When she was seventeen, her mother sent her out from home to try to save her from the Nazis. My father was one of 11 children. My father was from Volbrum, Poland. My mother was from Warsaw, Poland.

In 1944, they were moving my father and his brother from one concentration camp by walking, to another. It was very cold in Poland. The group stopped for the night and had to sleep on the cold ground by the road. My father and uncle slept just enough away from the group not to be noticed in the morning. It snowed a lot and they were covered in snow.

When they awoke the next morning, they realized the group left them not knowing they were under the snow. They didn't hear the group leave. That was a miracle. My uncle was very sick- my father carried him- he had something like tuberculosis.

"What can we do now?" They saw trees and they hid in the woods. They ate worms, bugs, and whatever they could find.

One day they noticed a farm. They hid in the farm under the hay and dirt of the horses. They didn't know how the farmer would react to them, but he tried to help them and feed them. They hid there for about 6 months with other Jews.

One day in 1945, the Russian Army came in and freed the people saying the war had ended. When the Russians saw the large amount of people there that the farmer took care of, they asked my father who took care of them and my father pointed the farmer out. The Russians made the farmer the Mayor of the town. My father and uncle were the only ones to survive from their family.

My mother was the only survivor from her family. She went back to her home, and neighbors told her that her home was bombed and no one else survived.

My father then decided to go to Germany with his brother. He stayed there and searched for family members.

My mother and father met on a train. They married and moved to Israel. My father was a baker. I was born in Kfar Saba, Israel in 1956.

I met my wife Carolyn and we got married Dec. 24, 1983. We met on the paddleball courts in Sheepshead Bay, Brooklyn. We moved to Marlboro, N.J in 1998.

I think it is important for people to know the stories of people who went through the war, because so many people try to say that "nothing happened." We know something happened and we lost so many people in the Holocaust.

Now we are here, we are safe. We have three children. My sister who passed away from stomach cancer at the age of 38, had two sons. We are carrying on into the future.



Sam P. in Israel



Sam's Parents