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We are so excited to share with you our latest newsletter written by our members with support from our volunteers at The Adler Aphasia Center in Maywood, NJ.

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## What Is Your Favorite Holiday Meal, Anna?

By Anna M.

For Thanksgiving and Christmas, we have almost the same meals.

For Thanksgiving we make stuffing to go with the turkey.

Except for Christmas, we have ham instead of turkey.

My mom taught me that it's tradition to have these.

For sweet potatoes, my mom showed me how to make them a certain way.

We would boil them, slice them, add butter and bake them.

I don't know if people eat sweet potatoes in Ireland.

I never heard about it until we came here.

My favorites are the turkey, mashed potatoes, and turnips.

For dessert we eat ice cream and walnut cake.



**Anna M.**

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## What Is Your Favorite Holiday Meal, Bob?

By Bob M.

I love the holidays!! I think my favorite is Turkey!! You can have it at Christmas or Thanksgiving. What I love about having a good turkey is a great stuffing!!

I like a stuffing that is made with croutons and bread. We make the stuffing with ingredients like celery, onions, butter, parsley, sage, chicken broth, rosemary, and many more!! We stuff the whole turkey with it and pop it in the oven.

It makes for a good holiday meal and also tastes great!



**Bob M**

## What Is Your Favorite Holiday Meal, Linda?

By Linda M.

My girls come home on Christmas Eve.

We have Christmas Eve dinner with my family.

We have lots of fish. We open presents with Rissy and Joey.

Christmas morning, we open presents with Kristina and Gina.

After, we all have bagels and lox.

Robert's sisters and all the kids come over and we open more presents.

We eat dinner at 3:00. We have salad then pasta, eggplant, chicken, ham, green beans, and potatoes.

Later, we all have lots of dessert.



**Linda M.**

## What Is Your Favorite Holiday Meal, Ken?

By Ken A.

### Christmas: Menu

Baked Brie with cranberries and walnuts

Turkey

Ham

Mashed potatoes

Cranberry sauce

Asparagus

Breads

Pumpkin, cherry, and apple pies

Mashed potatoes and cranberry sauce are the best!

The pies are also very good!



**Ken A.**

## Member Spotlight

Meet our members Bill L. and Brendan M.

**Hobbies:** Gardening, Volunteer basketball coach, working with special Olympics

**Grew up in:** Hell's Kitchen, NY

**Acquired Aphasia:** 2014

**Favorite Singer:** Billy Joel, Elton John and the oldies

**Favorite Food:** Shrimp and Italian food

**Favorite Vacation Spot:** Long Island

**Job:** Bricklayer and glass block specialist; referee for basketball and volleyball

**Family:** Wife, 3 children, 4 grandchildren

**Favorite Sports Team/Movie:** Yankees, Mel Brooks movies

**Favorite Adler Group:** Cooking



**Bill L.**

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**Hobbies:** Reading, movies and walking

**Favorite Music:** Bruce Springsteen and Bono

**Favorite Vacation Spot:** Bermuda

**Favorite Sports Team/Book/Movie:** Yankees, Twilight Series, Sean Connery and Jennifer Lawrence

**Favorite Adler Group:** Communication Strategies

**Grew up in:** England until the age of 6

**Job:** Insurance Business and Drug Counselor

**Acquired Aphasia:** 2005



**Brendan M.**

## Highlights from our West Orange, NJ Location

### Meet our member Rosetta

#### My Favorite Christmas Memory

Hello! My name is Rosetta and I am from Columbia, South Carolina, but I now live in Newark, NJ. I have 3 sons and 8 grandchildren.

One of my favorite memories growing up started when I was 3 years old and continued through my teen years. Growing up, every Christmas, my family would buy a real Christmas tree! It was huge. It reached the top of the ceiling and smelled like pine. My mom, sister and I always decorated the trees together every year. There were always many presents under the tree. My aunts and uncles would visit during the holiday season.

During my teen years, my mom bought an aluminum Christmas tree that came with a wheel of colors. The color wheel had blue, yellow, green and red and made the tree look beautiful. These Christmas trees always remind me of my joyful childhood memories.



Rosetta



Wheel of colors and a big Christmas tree

#### Aphasia Communication Groups (ACGs)

##### There are 11 ACGs throughout New Jersey!

For more information please contact  
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#### MEMBER NEWSLETTER DISCLAIMER:

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Adler Aphasia Center, a non-profit organization with two full service facilities based in Maywood and West Orange, 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 or West Orange, 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