

## Music

By Jim F. - Maywood Member

Music – Jim Morrison.

A classmate played it. 16-17 years old. A freshman. It was good!

1966 saw Jim Morrison at Madison Square Garden. Went with friends. Bus ride! About 45 minutes from NJ. 2-3-hour concert. It was good!

Light my Fire – my favorite song.

Saw Jim Morrison 4 times. Last show was in CT.



**Jim F.**

## Vacation Cruises

By Lilian P. - Maywood Member

I used to go to a lot of cruises. I didn't take any of those from Bayonne. I enjoy very much. Love them and miss them very much!

I planned it with my daughter and go for a week. I had a room all by myself and my daughter and her husband had another room. We would go to dinner together and then go to our rooms.

I used to gamble. After we eat, we would go and gamble. It was dark at night, and we would play on the ship. I miss it that I could not go anymore.

We would go to different places and stop for a day and go on a beach.

I love it! I wish I could go!



**Lilian P.**

## No More Pity Parties

By Tom H. – West Orange Member

I was having a pity party the past month or so and I would say things like, “I can’t golf or fish or drive.” I think the long winter months were getting to me and being cooped up inside. There’s so many things I really like to do, and I was getting hung up on focusing on how I couldn’t do them anymore.

At the end of one of our virtual sessions, another member, Kent, shared that he was really blessed and getting better. I thought about it, and it made me realize I am really blessed. I can’t do everything the way I used to, but I have an amazing support system with my wife, sisters, kids and friends.



**Tom H.**

My friends picked me up the other day and asked if I wanted to go golfing with them. I can’t golf the way I used to, but I can still go golfing. I can putt and ride around in the carts and have a great time with my friends.

My other friend has a boat and asked me to go fishing. I can’t manage a fishing pole the way I used to, but I can still go on a fishing trip. My son actually hooked up a launching gun to a fishing pole for me for Christmas so that I could go fishing and the gun would launch the bait into the water.

Nothing is really impossible to do anymore, it’s just about modifying activities to a way in which I can still do them. My wife and I moved after my accident to a place where I could walk around more and be able to shop and cook. I am a really great cook and cook about half our meals. I can’t peel potatoes, but I can cut potatoes, so I make recipes with cut potatoes. I use recipes that have foods and ways of preparing them that I am able to do. I also still have my mind and am able to remember how to cook a lot of food without needing a recipe.

I am very adaptive in what I do and it really makes a difference towards keeping me involved and happy. I was always upbeat before my accident, I would always say “no pity parties.” Sometimes I get down, but I just always have to remind myself to get back into that mindset. I am so lucky to have the support system I do, and to find ways to adapt and still be able to do the things I loved to do before my accident. No more pity parties for me, I am blessed.

## All is Fine

By John R. - Toms River Member

I worked on cars. I worked on motorcycles. My favorite car was the Stingray. I worked as a mechanic and fix transmissions. It was a long time ago.

I drove to California in a car. I went for work. It was a hobby. We would take pieces from cars and fix transmissions.

In Englishtown, we park the bus on Saturday and Sunday. We sell things. Bikes, pieces, parts.

I played guitar a long time ago. I had a Fender. I played in Bordentown.

I like to go on e-bay. I collect small models of cars, trucks, lots of parts. Rebecca helps me. I collect lots of things. I make an offer and I wait.

I collected bottles. I shoveled and dug them up. I cleaned them. I have a display made of wood. I hammered the wood and have lights. I would find them and dig a lot.

I also found coins. They are in a box at home.



John R.



One of my model cars

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

- **Maywood Campus:** [kcastka@adleraphasiacenter.org](mailto:kcastka@adleraphasiacenter.org)
- **West Orange Campus:** [sglaser@adleraphasiacenter.org](mailto:sglaser@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)

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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