

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.

Welcome Chantelle Walker, Our New President & CEO

Bob M. interviews Chantelle

What were you doing before coming to Adler Aphasia Center?

I was the Director of Finance and Operations for the Alpine Learning Group – a program serving children and adults with autism in Paramus.

Did you know about aphasia before coming here? Was there a connection?

Sort of! My sister had a stroke at birth and has apraxia, so although I didn't know aphasia when I first arrived, I knew many of the communication strategies, the challenges and the frustrations of a communication disorder. She uses augmentative communication devices, sign language and other strategies we've pick up along the way.

What made you decide to come to Adler?

Well, I was first drawn to the position to have a new challenge in my career, but after spending time at the Center during my interview it became clear that the real attraction to the Adler Aphasia Center is the people. I was compelled to join the team because of the truly special people - members and staff - that I would be able to interact with every day.

Tell us about your family.

I have been married to my husband, Brent, for 18 years and we have three sons – Larson, age 14, Lockton age 12 and Lincoln age 9. We are busy people! We moved to New Jersey 6 years ago from Illinois, where we are from.

What are your hobbies? What do you like to do in your free time?

Free time? See question above! I don't have an abundance of free time, but I do carve out time to exercise almost every morning. I also enjoy reading, cooking, tennis, playing piano, playing games with the kids and watching movies when I can.

What is your favorite vacation spot?

I love to travel and have so many more places on my bucket list, but my favorite destinations thus far have been Hawaii and a trip down the coast from Seattle to San Francisco.

What are your favorite foods?

Chocolate chip cookies (soft and not crunchy!), guacamole, tofu and pretty much every vegetable

Are you interested in sports?

We always have a game of some sort on in our house. My boys play a variety of sports, and my husband works in college athletics, so by default I am a sports fan, but mostly I just play along so I'm not left out! I love the Kansas City Chiefs, the Chicago Cubs and all college basketball – my alma mater, the University of Illinois, is still my favorite. March Madness is my favorite sports season!



**Chantelle Walker and
Bob M**

Queen

By Bob M.

I have always liked the band Queen. I like their music. I especially like Freddie Mercury. He was the lead singer. Although I never saw him in person I would have liked to.

Queen is responsible for many songs including, *Bohemian Rhapsody*, *We Will Rock You*, and *Fat Bottom Girl*. *We Are The Champions* is often played at the end of sporting events.

Freddie Mercury was a showman and very flamboyant. He would strut out on stage with only a microphone in his hand. He would put himself into the music. He was a great performer. Tragically, he died from AIDS too young.

I still watch links from their performances on YouTube all the time. I also listen to their music on my iPad. You have to have a certain taste for Queen. Their music is a combination of hard rock and bohemian sounds. Their songs are still played on classic rock stations all the time.

There is a movie about Queen that just came out. I am looking forward to seeing it.



Bob M.

It's Fall

By Ken A.

- It's Fall
- A great time to....
- Take a ride
- Take a walk
- See the leaves
- Build a fire
- Look at Stars
- And Hug!!!!



Ken A.

Off to Florida!

By Denise P.

Hi, many of you know me. I have been at the Center since 2005. I have tried most of the activities at the Center like, art, photography, public speaking, life coaching, aphasia education, advocate for aphasia and cards and the store. There are more things but these are my favorites.

I am telling you all of this because, I am moving to Florida in October. I plan to stay involved with the Center from Florida. I will be available for card orders with one month notice from NJ, NY and I will sell cards in Florida for the Adler Aphasia Center.

Outrageous for Aphasia will have our Holiday luncheon on December 11, 2018 at 11am at the Maywood Inn, Twin Door Tavern.

I will miss the Center and all the people and I plan to come back and see you in person and online. Here is my email, please stay in contact and I will, too. Thanks to all of you.

Love, Denise

Email: dpldimples@aol.com



Denise P.

Elevate

By Deborah K.

Elevate the Mind! I like to play the software game "Elevate". It's a "Brain Training" game. There are 5 Skill Sets:

1. Writing: There are 11 exercises such as Brevity, Clarity etc.
2. Listening: There are 5 exercises such as Focus, Retention etc.
3. Speaking: There are 6 exercises such as Eloquence, Memory etc.
4. Reading: There are 9 exercises such as Comprehension, Word Parts etc.
5. Math: There are 12 exercises such as Equivalence, Proportion etc.

Elevate Proficiency Quotient or EPQ tracks your performance in the 5 Skill Groups. EPQ ranges from 0 – 5000 and is based on your game performance, consistent training and game variety.

It has 6 Proficiency Levels that correspond to your EPQ:

- Novice (0 - 1250)
- Intermediate (1250 – 2500)
- Advanced (2500 – 3750)
- Expert (3750 – 4250)
- Elite (4250 – 4750)
- Master (4750 – 5000)

There is a 14 day free trial period. Try it, you'll like it!



Deborah K.

Maywood Member Spotlight

Meet our members Alan and Diane:



Alan S.

Favorite Hobbies: Painting, Exercising and Acting

First Job: Selling peanuts at Yankee Stadium

Favorite Singer: Tony Bennett

Favorite Adler Group: Art/Painting

Family: I am married and have 5 children and 5 grandchildren



"I performed as Benjamin Franklin"



Diane K.

Favorite Hobbies: Crocheting, Reading, Gardening

Favorite Singer: Johnny Mathis

Favorite Movie: "The Godfather"

Favorite Adler Group: Advocacy and Store

Family: 2 Daughters, 2 Stepsons, 5 Grandchildren and 2 Granddogs!

Highlights from our West Orange, NJ Location

Meet our members Seth and Valerie:

Hi, my name is Seth.

Approximately, eighteen months ago I had a stroke. The doctors diagnosed me with apraxia of speech and aphasia. Prior to my stroke, I worked as a lawyer.

After a month as an inpatient at Kessler Institute, West Orange, I began outpatient speech therapy. My speech therapist recommended Adler Aphasia Group, West Orange. I have been to Adler since then. From my perspective, my speech therapist gives me the knowledge to understand what I need to do and Adler gives me the opportunity to practice my speech with those who have similar circumstances.

At first, it was difficult. I knew people couldn't understand me. But with help from my speech therapist, Adler Aphasia Group, and my family, my speech is getting better.

Hopefully, I'll be back working soon.



Seth D.

Hi. My name is Valerie and I wrote this poem. I wrote one line for each letter in the word "home."

Home
Obedient
Many Blessings
Everlasting Love



Valerie C.



Aphasia Communication Groups (ACGs)
There are ten ACGs throughout New Jersey!

For more information please contact
Gretchen Szabo:
gszabo@adleraphasiacenter.org

If you would like to receive our
newsletter please submit your email
address to:
jdittelman@adleraphasiacenter.org

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