

A Word from a Member of our Maywood Site

Rebuilding My Life

By Paul P.

My name is Paul and I have been married to Karen for almost 41 years and we have two children. I was a Ph.D. clinical psychologist and was the supervisor of the psychologists in a large psychiatric hospital until my retirement in 2015. My wife retired in January 2018 and we traveled to our home in Florida and to see our grandchildren in Saratoga Springs.



Paul P.

I had a stroke on May 24, 2018 and was in the hospital and two different rehab centers for 2 months. I was very lucky to have a wonderful family and close friends all of whom have helped me on this journey of rebuilding my life.

Before the stroke, I was an avid reader and enjoyed doing the New York Times crossword puzzles. Now It is very hard for me to read and write but I continue to work on those skills and have become quite good at solving Sudoku puzzles. With my wife by my side, we have learned to enjoy the moment and we have learned how to make the best of a challenging situation.

Although aphasia makes it hard for me to get the words out and to understand fast conversations, I continue to socialize with family and friends. The pandemic has made getting together hard but with outside dining and virtual happy hours we are maintaining our social life. Zooming has been amazing!

I miss the in-person classes at Adler but I do enjoy the virtual gatherings and discussions that are in place. Thank you for letting me share my story!

Stay Healthy & Safe!!!

Programs offered throughout the state of New Jersey:

- **Maywood Campus:** kcastka@adleraphasiacenter.org
- **West Orange Campus:** sglaser@adleraphasiacenter.org
- **Toms River Campus:** brein@adleraphasiacenter.org
- **Aphasia Communication Groups- ACGs (11 sites in NJ):** gszabo@adleraphasiacenter.org

A Word from a Member of our Toms River Site

My Re-Discovered Hobby

By Helen M.

During this crazy time with being stuck in the house many people have rediscovered old hobbies or taken on a new one. I have taken up coloring and drawing again. This was something I enjoyed in the past but haven't had the time to do. My favorite things to draw are flowers. I also enjoy doing word find puzzles and sitting outside on my porch on nice days.



Helen M.



One of Helen's drawings

A Word from a Member of our West Orange Site

Scrabble

By Sheela V.

It is a word game. I like to play with Scrabble. My daughter and I like to play Scrabble. My cat Aurora sitting in the box. A rectangular box has a lid. The square game board 15 x15 grid.

The Scrabble had tiles and points. Two tiles are blank. The Z has 10 points, X has 8 points. Three words and three letters are scores. A lazy Susan is used to play Scrabble. The winner scores most points. The 2-4 people can play.



Sheela V.



Aurora, my cat

A Word from a Member of our Aphasia Communication Group (ACG) in Scotch Plains

Overcoming Challenges

By Manny B.

I was born in Romania, in a place that is called bucco Vienna (little Vienna). My parents always wanted to immigrate to Israel, especially after the second World War, but could not do it because of the "Iron Curtain." My life as an only child was full of trips to the Black Sea and hunting in the woods. My father was a very religious scholar, and he taught me a lot of math and grammar and read Bible stories to me before bedtime.



Manny B.

When I was 11, we got the certificate to go to Israel. I remember the first time I saw Tel Aviv from the plane. It felt exciting to belong to the state we were all dreaming about. I went to high school, started to learn Hebrew and finished my matriculation. When I was 18, I was recruited to the Israel Defense Force (IDF). I was as a soldier in 3 wars: 6 days war (1967), The Yom Kippur War (1973), and as a reserve soldier in Lebanon (1982). I am happy the I could fulfill the dreams of my father and serve in the defense of Israel.

After I finished 3 years in the army, I went to the Technical Institute of Israel. I earned a Master's degree in system engineering. I came to New Jersey for a sabbatical from the Ministry of Defense where I was working as part of an anti-ballistic missile program. I live with my wife, a Hebrew teacher, and my 2 children are in Manhattan. On March 2013, I had a CVA and all my life changed...I am thankful to Adler for showing me the light in the end of the tunnel. I feel that every session I am getting better verbally, and the level of my language is higher. I speak English and Hebrew and always try to overcome another challenge.

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 or call 201.368.8585