

My Years as a Councilman

By Ken A. - Maywood Member

- I was a councilman before and after stroke.
- I was a councilman - 3 terms: 2000-2003, 2003-2005, 2006-2008.
- March 2005-stroke
- 2006 - Campaigned outside stores in Haworth, NJ - 3 months - September, October, November - talking to people and shaking hands to get votes. I used my cane.
- I was a Democrat. I stood outside with Republicans too. A very good time.
- Before stroke - I went to houses and rang doorbells for votes.
- I liked being councilman before and after stroke.
- Before - talking always, a lot.
- After - frustrated! I answered yes and no and used writing. Difficult to understand what people said and used short sentences to answer, but I did it!



Ken A.

Top Ten Reasons We Prefer In-Person Meetings

By Toms River ACG AM Group

1. To meet people.
2. To build greater bonds and have more interaction.
3. Looking at the computer makes me tired.
4. It makes me feel happy.
5. We all have different thoughts and can argue.
6. Companionship & personal connection.
7. Because it gets us out of the house.
8. It is easier to communicate in person than on the computer.
9. We can work together and help each other.
10. Because I live alone and don't have anyone else to talk to.



**Toms River ACG
(Masks removed for the purpose of this photo)**

I Was I Am I Will Be

By Betty M. - West Orange Member

I have spent my life doing all kinds of things. I've taken classes in just about everything from welding to social work. I've also played pool in tournaments, different sports, acted in plays, sang in my church choir, and make jewelry. Poetry is what I really love to do. Poetry is more difficult since my stroke, but I still try. I've written and published many poetry books. I like writing about my life experiences. I wrote a Christmas poem about the people I've met at the Adler Center. In my poem "Life" I write about the challenges and joy in life.



Betty M

Life

What is Life

*Life is a gift, accept it, share it
Life is a vacuum, waiting for you to fill it
Life is that once in a life time minute
Only sixty seconds in it
You can make it good or bad
It's up to you, what you put in it
Life is a job, toilsome, or great, work it
Life is more beautiful and precious than a
gem, relish it, treasure it
Life can be long or short, but you can't
measure it
Life's length is in the tongue, so you
determine it
Life is your past, present and future
So just enjoy it, while you are in it
Life is a challenge, so dare it
Life is a perfectly fitted garment, so wear it
Life is a scrumptious meal, eat and digest it
Life is a seed, plant it
If you plant it in good soil, time will grow it
How well you nurture it, time will show it
What your life produces and leave behind
The world will know it*

My Journey

By Paul S. – Toms River Member

In October of 2020, I had a stroke, seizure and brain bleed. This occurred just one week before having my second brain surgery, to see if my brain cancer had returned after nearly 7 years. The episode caused me to spend 10 days in the hospital and another 10 days in rehab in addition to months of speech, occupational and physical therapy.



Paul S.

I am trying to regain my life, and the many activities I previously enjoyed. I have always loved sports and, in addition to working, I had previously traveled, umpired and played golf. Though I've been fortunate not to use a cane, walker or wheelchair, my speech still needs a lot of work!

My speech therapist recommended the Adler Aphasias program and I joined the Toms River group in August of 2021. I recently was asked to join my street's bocce team and have also signed up for a limited golf membership in the 55 and over development where I live, because both my neuro oncologist and my physical therapist think I can try to play both.

My aphasia is the thing I need to work on most, and I am glad I found this program. I hope to improve my ability to communicate, and I am grateful for the help of the people who both run and participate in the Toms River program.

P.S. MRIs, every other month for the past year, have shown no return of my brain cancer or activity at the site of my stroke!

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 (11 sites in NJ):** gzsabo@adleraphasiacenter.org

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Adler Aphasias 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