My Years as a Councilman
By Ken A. - Maywood Member

- I was a councilman before and after stroke.
- 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!

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.
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.
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.

I Was I Am I Will Be
By Betty M. - West Orange Member

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
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.

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 Aphasia 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!