



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.

Weekends in NY

By Richard E.

My memories of the Liederkrantz, a social club, are many. I'll never forget the fun we had going to parties, listening to music and dancing till midnight. We also took trips to go skiing, swimming and play volleyball. Dancing was by far my favorite thing to do. I liked the Waltz the best and also remember the fun I had doing the Lindy. Later we would go out to eat and drink coffee.

Most of all I will always remember the friendships and laughter.



Richard E.

Mad To Be Normal

By Alyson B

Elisabeth Moss and David Tennant star in "Mad To Be Normal," one of the many films featured in the 10th annual ReelAbilities Film Festival from March, 2018. RD Lang was a controversial psychiatrist, who most famously treated his patients diagnosed with mental illness with the drug, LSD. His radical methods outraged London in the 1960s and 1970s. It's brought about changes in the attitudes toward mental illness across the community.

I know Elisabeth Moss from The Handmaid's Tale and Mad Men. I also know Gabriel Byrne, who is in Mad To Be Normal, from Little Women and The Usual Suspects.

It really made me think long and hard about mental illness.



Alyson B.

Tough Choices

By Crystal B.

The ability to make proper decisions for yourself can sometimes be difficult. When I have tough choices to make, I usually feel overwhelmed and tend to isolate myself. Now, with the addition of music therapy, I am learning to slow down and take a deep breath before speaking and making hard decisions. I am learning to meditate.

Recently, I had to choose between renting and purchasing a condo in the Village of Nyack, NY or the surrounding areas. Nyack is a friendly town, with sidewalk cafes, dog walkers who stop to chat with you and lots of free social activities. They have an open mic every Tuesday at Maureen's Jazz Cellar and people sing, play instruments and recite poetry.

So my choice comes down to this, a spacious condo with a clubhouse which includes an outdoor and indoor pool, sauna, exercise room, weight room and a community room to rent in Pomona, Suffern or Valley Cottage or the "Mayberryish" atmosphere of Nyack, the place of my dreams.

After weighing the pros and cons. I decided Nyack is the place for me but before I put my John Hancock on the dotted line, I will take a couple of deep breaths and meditate. It's a big decision but I think I'm ready to meet the challenge.



Crystal B.

A New Beginning

By George F.

After high school I had a job for a few months. Then I went to Bendix Corporation which was located in Teterboro, NJ. They got a grant from the Urban League (for minorities) to teach young men to become Junior Draftsmen. Bendix funded our education. We studied at the Val Institute in Paterson in the morning and worked at Bendix in the afternoon.

A Junior Draftsman made drawings of things that were used on airplanes. An example could be a screw that was used in the airplane. I worked there for 2 years but was in the National Guard for 6 months during that time.

I didn't continue being a Junior Draftsman because I didn't like it. I took a different job at IBM.

I had 5 guys that were part of this program with Bendix. One of the guys was a friend from before. We have known each other for 60 years. I am still in touch with the four other guys.



George F.



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

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