

A Word from a Member of our Maywood Site

A Little About Me

By Ken W.

I was born in England on December 4, 1947. When I was around five years old, our family came to the United States and settled in Passaic and then Clifton. I went to the University of Dayton and Rutgers Law School and was admitted to the New Jersey Bar Association in 1972. I served in the United States Army. I have been married to my wife Myroslawa for 49 years. We have two daughters, Roma and Lara. Roma lives in California and has three daughters, Tea, Siena and Charlize. Lara lives in New Jersey and has two daughters, Mia and Vivienne.

I served on the Clifton Board of Education. I was President of the Self Reliance Federal Credit Union. I have been on the board of the Ukrainian Congress Committee of America for northern NJ for the past 45 years and served as President for 20 of those years. UCCA interfaces with local and state officials. I am currently a practicing attorney in Clifton.

My wife and I enjoy traveling. For our honeymoon we visited quite a few countries in Europe using the Eurail Pass. Our travels over the years included quite a few national parks in the US, multiple Caribbean islands, as well as Australia, New Zealand, Mexico, Alaska, Hawaii and the French Polynesian Islands. Recently our traveling has been centered on California to spend time with our grandkids.



Ken W.

Aphasia Communication Groups (ACGs) **There are 11 ACGs throughout New Jersey!**

For more information please contact
Gretchen Szabo:

gyszabo@adleraphasiacenter.org

If you would like to receive our
newsletter please submit your email
address to:

jdittelman@adleraphasiacenter.org

A Word from a Member of our Monroe Aphasia Communication Group (ACG)

I Believe

By Jill V.

My name is Jill and I had a stroke on December 3rd 2013. It was the best thing that ever happened to me. The whole experience showed me just how amazing my husband was with everything. When I had a stroke both of us were not working and it gave us a lot of good quality time to spend together. When I woke up after my stroke the Doctors kept telling me I was going to die and I only had a 10% chance to live. I do not know why the doctors said that to me because it depressed me tremendously. But my husband was wonderful. He would be at the hospital from the early morning until sundown. While I was in the hospital for 2 months I was going through physical therapy many of my family and friends came to visit. This kept me in very good spirits. There were a lot of people in the hospital who were alone and I was never alone. My son came to me every day and he played music to me which I loved. I think hospitals should play music for the patients because it makes you feel better and it's easier to sing than it is to talk.

In 2017 I lost my husband unexpectedly. I met some people who also suffered from a stroke. Carolyn's husband had a stroke and she volunteered to drive me where her husband went. That was the best thing that ever happened to me. I could not drive anymore so I would have been alone by myself. Carolyn brought me to several events every week which pushed me to be strong. She was wonderful and I can't believe how lucky I am to be with her.

I like to have a "can do" attitude with everything I do. But I never say "I can't", I just don't believe in that. When I make mistakes, I laugh a lot. For example, I make a lot of cookies, for whatever reason when I make brownies I always say broccoli and we always laugh. I don't get angry at myself.

Whenever I push myself, I talk to a lot of people, I work out, I paint (I learned how to paint in the last year and I love it), I knit and I read. I love what I am doing.

Sharon works with our group in Adler and she is fabulous. She asked if people wanted to talk to someone during the Covid 19 and of course I said yes. Sharon hooked me up to someone immediately and she is amazing. I talk to 2 people every week and it helps calm me down.

I understand that having a stroke is tough. But I am happy to be alive. Today I can read, write, talk and I enjoy everything I do. There is no way to stop pushing myself. I don't say I can't do something, I just try.



Jill V.

A Word from a Member of our West Orange Site

Hobbies

By Shai A.

Yoga, music and cooking are my true anchor. Yoga has been a life-saver, physically and mentally. Even before my stroke, my body and mind both have betrayed me: arthritis took away my running and strength training, and aphasia took away my 'joie de vivre', it's zest of life. Turning to yoga was a complete revelation; I practice it every day, and it has been integrated well into my being. As far as music, I've always loved playing guitar for decades; but I've been an undisciplined practitioner until after my stroke. When I got very serious, my music (maybe just like yoga and cooking?) expresses my feelings and emotions, my catharsis, my elevated spirit, energy and vitality- with no words required. My compositions are a mix of Flamenco, jazz, world-music (e.g. middle eastern, Indian etc.) - all are under the umbrella of a soft, melancholy, spiritual and uplifting melodies. Incidentally, I have an exciting development on my music: I've just recorded songs that are intended to be a soundtrack for a short film about my dad's art paintings. The premier would be in a few weeks, for family and friends.

Lastly, cooking has been part of my DNA. Interestingly, most of the men in my family are an extraordinary chefs. You want a cool recipe from me that's different and exciting? Just ask! :-)



Shai A.

Stay Healthy & Safe!!!

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