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## A Word from a Member of our Maywood Site

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### I Love Being Outside

By Elaine L.

Last year on the annual Adler camping trip, I decided to do ziplining. I hadn't done it before. It wasn't as hard as I thought it was gonna be. I felt very happy that it wasn't as hard. I thought it was gonna be something that I was gonna be afraid of but it wasn't at all. It was very nice. I was gonna do it this year except I don't know if we're gonna go or not. It was a very nice camping trip. We had very good meals. It reminded me of the camping trips I did with my kids when they were younger.

During COVID-19 I enjoy sitting outside in the hot weather by my pool! I like being outside. I also visit my daughter and son-in-law's once a week and we have a BBQ. It gets me out of the house.



**Elaine with member Crystal on the Adler Camping Trip in 2019**

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## A Word from a Member of our Toms River Site

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### Granddaughters Visit

By Bill T.

We have a 6 year old granddaughter who came to visit. Mia learned to ride her 2 wheel bicycle without training wheels She said "grandpa I got it" so proud of her, she rides well.

Another day we went swimming in her Aunts pool. I threw in 12 quarters so she could practice diving. We also went to McDonald's for lunch, finding a picnic table we ate and walked across the street to the Candy Store. Mia found liquid candy while I ate the chocolate Turtles. The next day we put on our bathing suits and Grammy filled water balloons...we all know I got wet!



**Bill T.**

## A Word from a Member of our West Orange Site

### How I've Spent My Time During "Stay At Home"

By Brenda M.

My life has changed a bit since the "stay home" orders. My daughter has had to work more hours, so my granddaughter Madison has been staying with me. Normally, I only watch her every other weekend. She is 5 years old and just graduated from preschool. Now my routine is very different. I must wake up at 5am just to have some time to myself. Once my granddaughter wakes up, I am busy from morning to night. My day starts with making either pancakes, oatmeal or cheerios for Madison. After breakfast, she pulls over a stool and washes her own dishes. We then spend an hour practicing her writing, spelling and math. I want her to be ready for school. I'm a lot like my parents. I remember growing up in Trinidad, my mother had all 6 of us kids sit at the table after our chores and practice our reading and writing.

I have to come up with lots of activities for the rest of the day or she says "I'm bored". We spend a lot of time coloring in her princess books and doing puzzles. She can do them by herself but she always wants me there with her. I don't mind because as a grandmother, I like to know exactly where she is. It is a lot of responsibility. When she is with her parents they can do what they want, but when she is with me I worry. My dad was right, he always said "children are for young people".

I have had some time to myself during the pandemic too. On the days I'm not watching Madison, I like to attend the virtual meetings with Adler Aphasia Center. It has been wonderful because I can get on easily and I'm so thankful to see the group. I also like to read the bible but because reading is difficult now, I have been listening to it on audiobooks. Since the church has been closed, the nuns have been calling me every Sunday to check in. The first thing I will do when things open up is to return to Sunday Mass. I can't wait.



**Brenda M.**

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

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

### I am Aphasia

By Angie C.

It's funny how in one moment your entire perspective on the world can change. In one moment, you suddenly feel like everyone that you see doesn't really see you. At least not the new you.

In one moment, something that would have never made my list of "things to do" suddenly became an essential part of my week. That moment for me was May 18, 2017. That was the moment 2 strokes instantly reduced my brain function from intelligent to "incapable."

When I said goodnight to my coworkers, I had no idea that it would be my last day in the office. People who were used to seeing me as manager and leader would never truly be able to perceive who I am now. I look like me, but if I'm being honest, aphasia fights daily to steal my identity. Most days I fight back, but some days, I throw my white flag up and try again the next day.

In meeting other stroke survivors, I've realized that I kind of got the long stick in all of this. I wish this on no one, but I am grateful that I'm even remotely capable of attempting to be an advocate. I want to do my best to translate to anyone who will listen, what we really feel. If I could visually sum it up, I would say that having Aphasia feels like your brain, your body and your mouth are all in 3 different rooms every day...all day.

I have good days and bad days, but no matter what, aside from my family and friends, it's Tuesdays that keep me going. Adler's Haddonfield Aphasia Communication Group meetings have been invaluable to me. I've made new friends, I feel understood, I am valued and quite frankly, after some good comradery with my fellow Aphasians, I feel like I'm going to be ok. I am Aphasia



Angie C.

## 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](http://www.adleraphasiacenter.org) or call 201.368.8585