

Crocheting

By Jacci N. - Maywood Member

Pre-stroke, I used to be busy! My days were filled with work, family, socializing, exercising and living a busy life. My stroke and the pandemic drastically changed things. I had a stroke on April 4, 2020 and spent 2 weeks in the hospital then entered a rehab center after that. I tested negative for Covid-19 when I was admitted to the hospital but was exposed during my treatment and tested positive at the rehab. Thankfully my virus symptoms were minor...the stroke gave me more than enough to cope with! I have been fortunate to have wonderful adult children, friends and therapists to help me learn to live my new life after the stroke.



Jacci

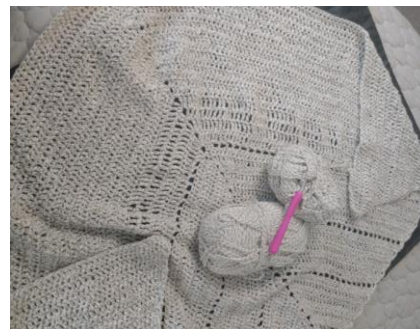
And, while I love the Adler Zoom calls and the therapy exercises, my days have been long and left me with time to fill. So, I have been exploring a new activity: crocheting. Lately I have thought about how much crocheting reminds me of my stroke recovery and my aphasia journey. Crocheting is all about looping yarn into patterns that eventually make fabric. The fabric can be used to make full projects. The trick is to just keep trying!

I learned to crochet when I was a young Girl Scout but I did not do much with yarn for many years. So, I had some time to fill, I picked up the hooks and yarn and decided to try to make some projects. I found that YouTube gives good direction and the videos can be paused and repeated as many times as needed. Reading is not required!

It hasn't been easy! Following the steps are challenging. When I started to crochet, I could only count up to 6 before losing count. At first, my work was a tangled mess! I ended up pulling my projects apart and starting again. I have repeatedly unraveled my work and I even threw a couple of projects in the trash!

But, over time, my counting has improved. (I can now count up to 26 without getting mixed up!) My messes began to look better and the stitches began to resemble fabric. I have even made some small holiday presents and I am working on a large birthday gift. It's fascinating how those single threads of yarn are eventually becoming full projects!

I am grateful for good progress since my stroke last spring but I am still struggling with aphasia. It's a difficult and frustrating journey sometimes but I'm hopeful! Crocheting reminds me to try to be optimistic. I try to remember that each crochet project begins with a single thread looped on a hook. Like my crochet, I'm a work in progress!



North Jersey Diners

Recommendations from the Maywood and Morristown ACGs

New Jersey is known as the diner capital. Here is a list of northern NJ diners our Maywood and Morristown Aphasia Communication Group members recommend:

- [Coach House Diner](#) – North Bergen
- [Chit Chat Diner](#) – Hackensack & West Orange
- [Matthews Diner](#) – Waldwick
- [Meadowlands Diner](#) - Carlstadt
- [Morristown Diner](#) - Morristown
- [Paul's Family Diner](#) – Mountain Lakes
- [Saddle Brook Diner](#) – Saddle Brook
- [Tick Tock Diner](#) – Clifton
- [Time to Eat Diner](#) – Bridgewater
- For a vegetarian option, try [Veggie Heaven](#) in Teaneck.

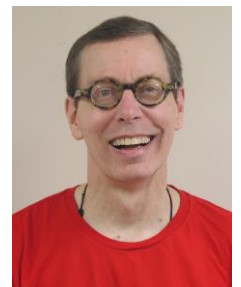


We like diners because they are “easy,” “cozy,” and a place to “go with friends.” But not everyone loves the NJ diner! Some of us would rather have a home cooked meal or go to a fancy restaurant. Wherever you eat today, we hope it tastes great!

Photography

By Ken A. - Maywood Member

- Photography was before and after my stroke.
- I have been doing photography for 21 years.
- I started in college, 10 years before my stroke and continued after.
- Photography is my favorite hobby.
- I like taking photos of cars, flowers, houses, lakes, and mountains.
- Before my stroke I used a medium sized camera.
- After my stroke I use a smaller camera.
- Westwood is a good place to look around for photos.
- I like to visit the Bergen Camera Store to print pictures.
- I hang up my photos on the walls at home.
- Richard helps me hang them up.
- Below are some of my pictures.



Ken



A Little More About Myself

By Larry L. - West Orange Member

Since I was highlighted in a recent newsletter, I would like to now share a little bit more about myself.

I began working as a Legal Services attorney in Essex County (by my house) for about 5 years. Hopefully the clients I assisted during this period appreciated what I was able to do for them. However in the 1980's my father persuaded me to run his factory in Newark, NJ. The less said about that the better....As soon as possible I resumed my career as a Bankruptcy Lawyer in Roseland. This time I enjoyed myself, working for a firm that represented Kiwi Airlines, Emerson Radio etc etc. I worked at this particular firm for close to 18 years and then left such firm for a Bridgewater NJ firm for another 9 years.

By the time my stroke hit me I was now working part time at a Law Firm in Livingston. One of my partners there was a chapter 7 trustee, so much of my work there was on chapter 7 cases. But at that time, I was a little more interested in helping take care of clients who needed to file but could not even afford an attorney. I spent considerable time providing services to Newark firm known as Volunteer Lawyers for Justice (VLJ). I'm sure the individual with whom I was working with at this point misses me quite a bit.

Lastly, until my stroke picked out me, I was still actively participating in numerous sports such as basketball, tennis, softball and even running. Once the occurrence happened, I was back to learning how to walk and talk and even think. By the time the pandemic hit us, I was now able to walk (up to 4 miles a day). Much of that has stopped due to the weather. As my wife and I are now building a home in Boynton Beach FL, I think I need to get back to running around a little more than I am now. But don't worry fellow Adlerites I will still be around for who knows how long.



Larry

Programs offered throughout the state of New Jersey:

- **Maywood Campus:** kcastka@adleraphasiacenter.org
- **West Orange Campus:** sglacer@adleraphasiacenter.org
- **Toms River Campus:** brein@adleraphasiacenter.org
- **Aphasia Communication Groups (11 sites in NJ):** gzsabo@adleraphasiacenter.org

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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