

## It's About Volunteering

By Jim G. - Maywood Member

I used to volunteer for the Veterans in Paramus awhile back. My mom got me started on that. I used to visit and socialize with the veterans.

There was a time that we took a trip to Atlantic City. I was wheeling one of them on the boardwalk. He was 98 years old. He fought in World War I. He had a very hard life. He lost his three children.

About 5 years ago, I volunteered at the Helen Hayes Hospital. On Tuesday, I worked in the cafeteria and on Thursday, I passed books around to the patients.



**Jim G.**

## I Am Living My Best Life: Mental Illness After Stroke and Aphasia

By Akbar B. - Maywood Member

I am Akbar Broadway, MD and I am a Community Psychiatrist in Harlem, New York. I had a stroke on August 29th 2021 and I suffered Aphasia. I know the potential issues living with a Stroke or Aphasia.

I joined the Maywood Adler Aphasia Center in May 2022. I joined a Member Support Group facilitated by Meredith and we discuss many pertinent topics. On July 13th Meredith supported me to share my knowledge of Mental Illness. I prepared a Power Point Presentation and on Monday July 18th I presented my talk in person to West Orange Adler Aphasia Center Members and Staff. On Tuesday July 19th I presented my talk on Zoom for the West Orange Adler Aphasia Center Members and Staff.



**Akbar B.**

I enjoyed the opportunity to share my expertise. I would love to share my Power Point Slides with any Adler Members or Staff. I hope they can share them with their families and support networks. I would like to give the talk to the Maywood Adler Aphasia Center Members and Staff too.

## Bubbie's Dream

By Marcia R. - Maywood Member

Ladies, it occurred to me that I am looking for excitement. I have girlfriends, and they are dull. My children think I am retired, and my brain stopped. I am very fortunate; my grandchildren are with it. I can talk to them, appreciate them and rely on them.

So, this is what I told them. I can shop only so much. I will not play mahjong. I will not go to meetings with women who are "balabustas" (\*Yiddish for homemakers). I am going to taste men.

The man I am looking for has to be smart, kind, considerate and loving. The man I'm looking for has to walk or use a walker or be capable to get places in a wheelchair. But the qualifications I will send for~ no children, poor health, and plenty of money!



**Marcia R.**

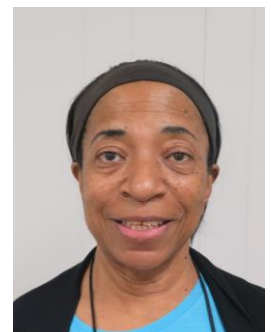
## Hope

By Julie D. - Maywood Member

Hi. My name is Julie. I had a severe stroke in the 1990s. I stayed at the hospital for one month. Then I went to Kessler for inpatient rehab for a month. After that I did outpatient with Kessler for a year. At that time, I was living with my niece and her family. At this same time, I was going to classes at Montclair High School at night. Eventually I started to go to Bloomfield College.

I enjoyed watching tv shows about medical examiners like Quincy and Law and Order and wanted to learn more about this field. I also wanted to learn about how the brain works and wanted to learn about psychology.

Pursuing this is becoming more difficult. I have trouble remembering things even more so now. But I try to stay active through church and intercessory prayer. And I try to have fun. I go to movies and visit my friends. Now I am going to Adler Aphasia Center. Hopefully in the future I will get better.



**Julie D.**

# Adler Member Newsletter



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## Programs offered throughout the state of New Jersey:

- **Maywood Campus:** [kcastka@adleraphasiacenter.org](mailto:kcastka@adleraphasiacenter.org)
- **West Orange Campus:** [sqlaser@adleraphasiacenter.org](mailto:sqlaser@adleraphasiacenter.org)
- **Toms River Campus:** [brein@adleraphasiacenter.org](mailto:brein@adleraphasiacenter.org)
- **Aphasia Communication Groups (10 groups in NJ):** [gszabo@adleraphasiacenter.org](mailto:gszabo@adleraphasiacenter.org)

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### MEMBER NEWSLETTER DISCLAIMER:

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Adler Aphasis Center, a non-profit organization with three full service facilities based in Maywood, West Orange, and Toms River, NJ and ten Aphasia Communication Groups located throughout the state, is an innovative program that addresses the long-term needs of people with aphasia and their families. Aphasia is a language disorder that usually results from a brain injury (such as stroke, brain tumor, accident, or infection). While aphasia can affect one's ability to speak, understand, read and write, it does not affect 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 Bridgewater, Haddonfield, Hammonton, Maywood, Monroe, Scotch Plains, Toms River, Virtual NJ Group and Virtual Spanish Speaking Group, visit our website at [www.adleraphasiacenter.org](http://www.adleraphasiacenter.org) or call 201.368.8585