

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.

## Inspired by Words

By Crystal B.

I have always been inspired by words. Words make me feel better about myself and my place in the world. Discovering that I had aphasia was very challenging but I have found the strength to find my voice through words. Here is my progress of poetry writing since being diagnosed with aphasia.

### 1st poem written while hospitalized (July 2016):

The whole sparrow  
wide,

The light hovering  
get birds arrow  
beak across lips  
outreach

The sparrow ultra high magnify,  
create canyon, high  
create ultra

Ameen

### APHASIA (Written February 2018):

In a blink of an eye, my voice is gone  
Words embedded in my brain fighting to come out  
Exhaustion, fatigue, trying to focus  
Still can't get the words out.

Speech therapy, support groups, evaluations  
It will come back in time  
My voice is BACK  
But I still can't voice my THOUGHTS

Finding the words, I want to use takes time. Sometimes it takes a couple of days but it is worth the wait.



Crystal B.

## Technology Update

By Art M.

The Electronics Show was held in Las Vegas. Here are some of my favorites from the show:

1. Exoskeleton that weighs 4.6 pounds: Samsung Gait Enhancing Motivational System
2. Robotic Glove: helps people with weak hand do daily activities. Neofect NeoMano
3. Personal Scooter that uses cameras: WHILL Autonomous Drive System
4. Smart watch to monitor your heart: Withings Move ECG
5. Smart Watch to track blood pressure: Omron HeartGuide



**Art M.**

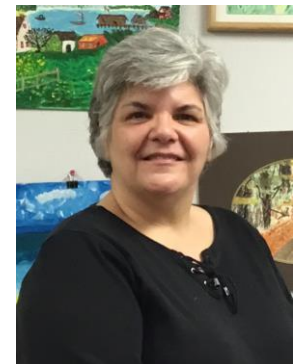
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## I Love the Islands

By Lisa G.

I Love the Islands. I have been to The Dominican Republic and I'm going to Barbados in June. My dream is to visit a new island every year and walk on every beach. In the Dominican Republic I swam with the dolphins. I held on to a dolphin's fins and he took me for a ride. It was amazing. I wasn't one bit scared because the dolphin was so friendly. He gave me a kiss. He was so gentle. I want to swim with dolphins again, but I also want to scuba dive in Barbados. I have my scuba certification but I have never dived in open water.

I can't wait!



**Lisa G.**

## Super Bowl LIII Commercials

By Alyson B.

On February 3, 2019, I watched the Super Bowl with my friends. The thing we really were looking forward to was the commercials!

Overall, I thought the commercials did a good job. I really liked the Bud Light and Game of Thrones commercial.

Is it Michael Bubly or Buble? Michael Buble, the singer, had fun over the pronunciation of his name in a sparkling water commercial.

The Microsoft commercial was really inspiring.

The Jason Bateman commercial made me chuckle. It was the ad for Hyundai.

The game wasn't so great, but the commercials were on point.



**Alyson B.**

## Member Spotlight

Meet our members Gladys F. and Wendy L.

<b>Hobbies:</b>	Bingo, bowling, gambling and shopping
<b>Favorite Sports Team:</b>	Yankees
<b>Grew up in:</b>	Bronx, NY
<b>Acquired Aphasia:</b>	2013
<b>Favorite Music:</b>	Tony Bennett
<b>Favorite Food:</b>	Chinese
<b>Favorite Movie:</b>	Pretty Woman
<b>Favorite Vacation:</b>	Aruba
<b>Job:</b>	Housewife and banking
<b>Family:</b>	2 sons, 5 grandchildren and 2 great grandchildren



**Gladys celebrating her 80th birthday!**

Gladys speaks to her childhood friend on the phone every day!

**Hobbies:** Reading and Ebay

**Favorite Author:** Danielle Steel

**Grew up in:** New Jersey

**Acquired Aphasia:** 2016

**Favorite Music:** Jazz, pop and rock

**Favorite Food:** Steak, steamers and shrimp

**Job:** Program Director and Music Director for radio

**Family:** Married and has one daughter



**Wendy L.**

## Highlights from our West Orange, NJ Location Meet our member Dolores L.

Hello. My name is Dolores. I was born in Newark, NJ on December 5th.

I had one older brother names Amando. I worked as a receptionist in an office. I had to answer phone calls, file papers and greet people. I really liked my job.

I liked reading, playing games especially cards like solitaire.

I met my husband George when we were in High School. We met one day after school at Nasto's Ice Cream Shop in Newark.

George was a milkman.

Then he owned a trucking company for 30 years. I worked in the office with him.

We had 4 children. One (1) girl and three (3) boys.

Now they are all married and have children and even some grandchildren. I have eight (8) grandchildren and six (6) great grandchildren.

We love each other very much and we usually have Sunday dinner together each week.

I see my daughter almost every day. She drives me to the Aphasia Center 3 times a week and visits often.

My family is very helpful and supportive.



**Dolores L.**

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

For more information please contact  
Gretchen Szabo:  
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If you would like to receive our  
newsletter please submit your email  
address to:

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