

Music and Me

By Ray A., Maywood Member

“We’ve been together
for a long time...”
Michael Jackson

December last year I suffered
stroke and change life forever.
But...God loves me and showers
His blessings from day to day.

I DJ for 45 years now and holidays
come and go. Smiles galore when
soirées happened. Till fateful day...
Christmas was hold. Worst...
Holy Name Hospital in Teaneck
was traumatized for COVID.

Fast forward to present day...
I attend sessions and the hospital.
Also I frequent Adler Center twice weekly.
I am grateful to and for friends that like feel home.
You see...whether I play the piano keys (I try!) or YouTube on cellphone...
the melodies of love fill the air.
Memories and traces warm the heart.



Ray A.

Joy in My Life

By Cherie D., Maywood Member

My name is Cherie David. I want to tell you about myself. I am a Register Nurse Certified Obstetric and CCRN in Acute /Critical Care. I went to school at Passaic County College (AAS), then St. Elizabeth University (BSN), I would have graduated from Walden University in August 2019, but I had stroke in February 2019. I have aphasia and right arm weakness.



Cherie D.

I will tell you the things that I have been doing with my free time (Stroke Rehabilitation). I been skiing, jet skiing, driving a scooter, paintball (left-handed), kayaking, and white-water rapids. I been to the Commitment (Get your knee of my neck) Ceremonies with my sister. I do line dancing and arts and crafts. I volunteer at formerly Eve Village (COVID) and CUMAC to help them to get food. I did research and studies for Kessler (arm and speech) and I am presently doing a study on my arm with NJIT. I am working on my speech with Kean University.

Now I will tell you about the joy in my life. I have a son that is wonderful. He helps me with physical therapy, and he encourage me to work out when I don't want to. My nephew listens to me, and he does whatever I need him to do. My sister will walk with me to talk. We have a good relationship, and we argue but it makes me speak (that's a good thing). My mother is my rock. She tends to my bills, appointment and so much more. I have Aunts, Uncle, cousin, and best friends that ask about me every day (stoke happen more than 2 years ago). Adler Aphasia Center is family too. Family is more than blood it's the heart of my soul.

In my future I will be working and finishing my schooling for a Nurse Practitioner at Walden University. I want to work with Stroke patient with Aphasia to let them know that you can get better! I want to thank God for everything he has done for me. I love my family, friends, and Adler family for your support through a difficulty time.

The Story of my Stroke

By Ruth A., Maywood Member

I was living alone. After Mother's Day 2021 around 10:30 at night, I had no fever, or headache, or body ache. But I had a feeling something was wrong. God and my mother, my angel, sent me a message to go to the hospital.

I drove myself to the hospital, and nothing happened on the way, I got there safely. At the hospital, I gave them my license and my insurance, and they checked me in. My daughter Yasmin was in Philadelphia helping her sister-in-law with a new baby. The hospital helped me FaceTime Yasmin, and she noticed that my face was drooping and came back right away.

I spent 5 days in the hospital. After that I went to rehab for 4 days and got therapy. All I could say was "banana". For one month, I had no talking, mostly gibberish. It was a terrible time.

Since coming to Adler, I'm very excited. My speaking is now better and better! I love to be here with company and my new family. I feel ALIVE NOW! Adler is my new life; it's a miracle for me.



Ruth A.

Programs offered throughout the state of New Jersey:

- **Maywood Campus:** kcastka@adleraphasiacenter.org
- **West Orange Campus:** sqlaser@adleraphasiacenter.org
- **Toms River Campus:** brein@adleraphasiacenter.org
- **Aphasia Communication Groups (10 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 ten 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 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