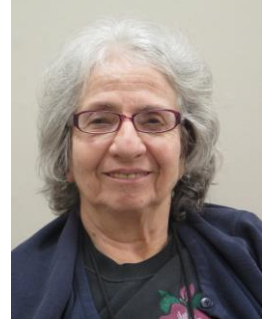


My Life

Frieda B., Maywood Member

I was born in New York City. I grew up and went to school there. In my early 20's I was set up on a date with my future husband. We got married and moved to Maryland. We had 4 kids. I worked as a supervisor in a school kitchen for many years. I enjoyed it.



Frieda B.

I have many hobbies and interests. I love sewing, cooking, swimming, and traveling. I went to California with my siblings, and we drove up the coast. The views were amazing! We also went to the Grand Canyon. We drove down to Miami, Florida. I enjoyed walking up and down the beach. I also went to Montreal, Canada. The bagels were absolutely delicious. My son got married there. It was a beautiful wedding.

I also love to read mystery books. Oh boy! Wowie! I have a big stack of books. I have many grandchildren and great-grandchildren. I have a new great-grandchild that is 3 months old. I feel very lucky and grateful for my family.

Skiing

By Vlado S., Maywood Member

I love to ski. I learned to ski when I was a teenager with friends in Vermont. I didn't take any lessons; I just went down the mountain! I loved it right away.

I've gone skiing everywhere- Utah, Lake Tahoe, New York, Colorado, and Europe. I can ski double black diamonds and moguls, everything!



Vlado S.

My wife likes to ski also. We would go skiing as a family. I taught my two kids to ski when they were very young. Now, they both snowboard.

I'm going to try adaptive skiing this winter in NY. I'm excited to be back on the mountain!

My Three Most Memorable Concerts

By Bob M., Maywood Member

I love concerts. My favorite band of all time is the Eagles. Concerts were a big part of my life, especially between ages 17 and 32. Each concert I went to was special and had its own significance.

Here are my 3 favorite concerts:

Jefferson Starship
Crosby, Stills & Nash
Simon & Garfunkel



Bob M.

My most memorable concert was Jefferson Starship at Radio City Music Hall in New York City when I was 19 years old. It was a great venue because acoustics are very good there. It was during the time they came out with an album called Red Octopus and they played a lot of songs from that album, like the song "Miracles". The acoustics were great and we had great seats. I went with friends from Bergenfield, it was very good. Great time.

Second, was Crosby, Stills and Nash with my best friend. They were fantastic. They played a lot of songs like Our House, Teach Your Children, a lot of great songs. Very harmonious. I saw them at Madison Square Garden. Everyone was singing along. Fantastic time. I've seen them twice, but at Madison Square Garden was the best. Loved it, loved the music.

Third, was Simon & Garfunkel. They are fantastic. I love all the songs. Mrs. Robinson, Sounds of Silence, The Boxer, Kodachrome. I saw them twice. First was Giants Stadium when it had just opened. I was 23 or 24 years old. I saw them again for free on the Great Lawn in Central Park. Everyone was singing to their songs. They put on a very good show. I had better seats at Giants Stadium, maybe 10 rows back. When they came out, Garfunkel was amazed at the crowd. There were thousands of people there. He mouthed "Oh My God" when he saw everyone. I loved his voice. He was amazing vocally. They had been broken up for a while and then they got back together, and this was on their reunion tour.

I've been to many other concerts as well. I've seen The Grateful Dead over 30 times! I've seen America, Poco and Jeff Lynne and Traveling Wilburys among

many others. Jeff Lynne also played in the band called Electric Light Orchestra. Then him, Bob Dylan, Tom Petty, Roy Orbison, and George Harrison formed a band called Traveling Wilburys and they were fantastic! Only two of them are alive today-Bob Dylan and Jeff Lynne.

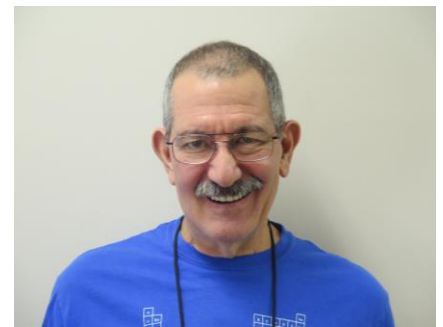
The three concerts that I talked about were my most memorable. They really stood out! The venues, the seats, and the sound systems were great. I liked going to the concerts with all of my friends. At that time, I was in my late teens, early twenties, and we had a good time! I still enjoy going to concerts, but I don't go as much as I when I was younger. I've gone to Bergen PAC in NJ and I've seen concerts in smaller venues, but they are just as good of a time. I'm looking forward to going to concerts again when COVID is over and it's safer.

Daily Meditation

By Paul P., Maywood Member

This year I have decided to do a five-minute guided meditation every morning. I meditate with my wife right when we wake up every morning. I do this in addition to Tai Chi, the elliptical, and walking. Physical activity is very important to me.

I've always been interested in meditation and Eastern philosophy. When I was practicing as a psychologist, I would often suggest my patients try relaxation techniques including breathing exercises and meditation.



Paul P.

I decided to do meditation to sleep better, and it worked! I track my sleep and heart rate on my Fit Bit. My sleep score has improved. My heart rate was already good, but we noticed that it has gotten even lower after I started meditating. This practice also helps me and my wife to have a calm and positive start to our day.

We recently went out to dinner with friends and told them about our daily meditation. Now, they are going to try it too. I'm happy to spread the word!

Adler Member Newsletter



Programs offered throughout the state of New Jersey:

- **Maywood Campus:** kcastka@adleraphasiacenter.org
 - **West Orange Campus:** sglaser@adleraphasiacenter.org
 - **Toms River Campus:** brein@adleraphasiacenter.org
 - **Aphasia Communication Groups (10 sites in NJ):** gzsabo@adleraphasiacenter.org
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Adler Aphasias 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