



**Alyson  
Bernhardt**

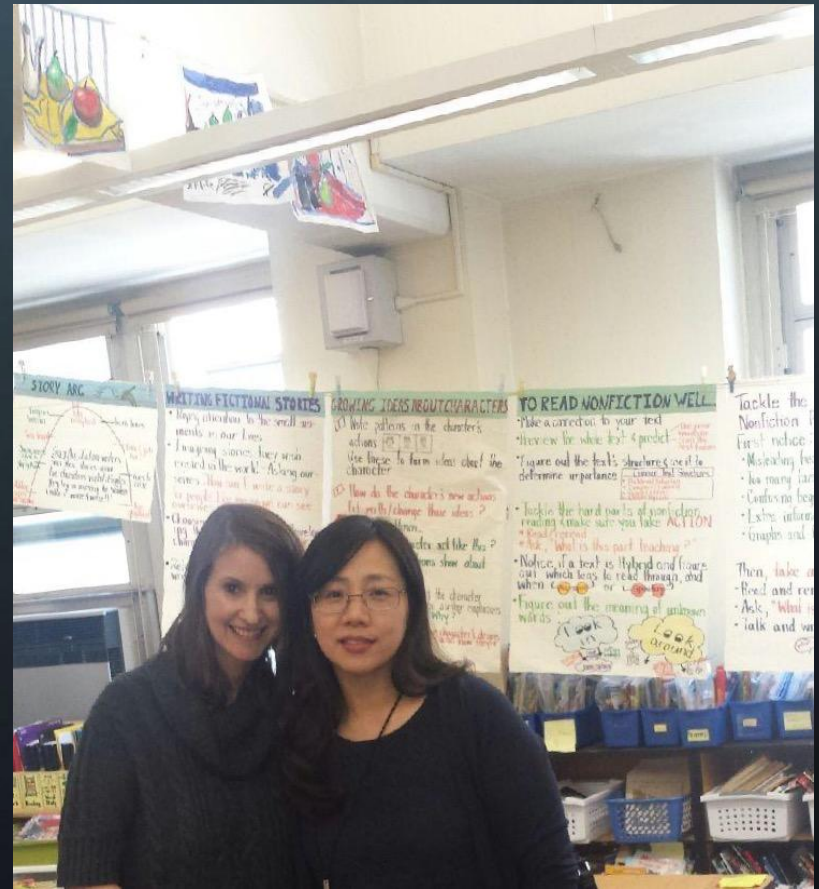
# My Story

- ◇ I began my career working in Human Resources at Merrill Lynch.
- ◇ Then, I was a public school teacher. I taught first grade and second grade for a few years.
- ◇ Then came September 28, 2013...I had a stroke.
- ◇ I spent 10 days at Mount Sinai Hospital, almost at a month at Burke rehab and a few weeks at a rehab place in Staten Island where I received therapy.
- ◇ I had a wheel chair for the first and second month and a cane my third month.
- ◇ I have a great support system of family and friends.

◉I feel that what is hard for me with aphasia is sometimes, I can't find the words that I am looking for. I understand everything but, sometimes can't get the words out. I had a hard time with Reading three years ago, but I am slowly getting better.

◉In my spare time, I enjoy spending time with my family, friends, and enjoy playing with my nephews, Jack and Matthew, ages 9 and 7. I also enjoy reading, going out with my friends, traveling, movies, TV and the Mets.

◉I am volunteering at my school for a Kindergarten class, which is so nice! Before Kindergarten, I volunteered for Pre-K for two years.



Here's Jon Kristjanson and Julie Kim. We were second grades together. Jon is now a Kindergarten teacher, who I now have the pleasure of working with, and Julie is a 4th grade teacher.

# Mona Greenfield

## Speech Pathologist

41-51 East 11<sup>th</sup> Street  
(between University place and  
Broadway)



# Edna Schneider

## Speech Pathologist

### NYU Langone



Adler Aphasias Center  
Maywood, NJ  
I go to Maywood every  
Monday and Wednesday:  
Advocacy, Computers, Jewelry,  
Skype and Adler Drama Club.











On September 8th -10th, I went camping with Adler Aphasia Center to the YMCA in Newton. During the days, we did archery, basketball, and the giant swing and lots more. The first night, we played the Adler version of Clue. The second night, we had a campfire. It was a really good time!







I went on a cruise with ARC (Aphasia Recovery Connection) from October 1st and 8th. ARC is a website; [www.aphasiaarc.org](http://www.aphasiaarc.org) or Facebook site. It is a great resource.

The cruise took us to the Bahamas and Cozumel. I met a lot of ARC people, from near and far. It was a pleasure meeting them.







David Dow, who had a stroke when he was 10, and Christine Huggins, who had a stroke when she was in her 20s, are the co-founders. Their moms, Carol Dow Richards and Kim Huggins are the other co-founders. They were all on the cruise.







It was the first time I was at Abilities Expo. I had a really good time.





No Barriers Summit was a 3 day event. It was amazing. Seven other people joined me.

Marlee Matlin and Dancing with the stars, Sergeant Noah Galloway spoke during the opening ceremonies.

My favorite sport was whitewater rafting. I went with my friends from Adler Aphasia Center, Ed and Rosemary.

It was fantastic! Next year, it will be in NYC! It's going to be in October.





At No Barriers Summit, Mandy Harvey performed. She was on America's Got Talent. I went to see her at Barnes and Noble.



Erik Weihenmayer was No Barriers Summit leader. He is blind. He climbed Mt. Everest.







At Montclair State University, we came to speak about aphasia. Another evening, Christine Byrnes, Christine Knope, Avi Golden and I ate at Mocha Blue.



2017-03-12 – At JCC Reelabilities, I met RJ Mitte (from Breaking Bad) and William H. Macy (from Shameless).





Adaptive Tennis Clinic





**Burke Rehabilitation Hospital Handcycling**





Helen Hayes Adaptative Sailing Clinic



Leaps of Faith Adaptive Water Skiing



How to **help us spread the word** about aphasia.....

Please **talk about aphasia** with other people (family, friends, co-worker, etc). Explain to them what it is and why it is important to know about it.

**Take a magnet.** Put it on your car so people on the road can learn about aphasia, too.



So here it is...my story.

Thank you for letting me share that with you.