



Beth Abraham  
FAMILY OF HEALTH SERVICES

BETH ABRAHAM ADULT DAY HEALTH CARE  
BRONX

IN TOUCH

# ADHC: Supporting a Good Cause

## Registrants Work Hard for MS

ADHC has a fuller palette of services for registrants with Multiple Sclerosis (MS) than ever. So often, MS affects younger clients and Beth Abraham has never shied away from reaching out to the younger population.

First, there is the MS Support Group, an ongoing group of 16 members. We help younger registrants face extraordinary challenges, including marital and child-rearing issues and how to navigate their lives when so much of their most basic medical and cognitive functioning has been so cruelly taken from them at their prime. By supporting and challenging each other, peers can share issues, problem solve as a group, and collectively rise to and meet the challenges perhaps better than they had ever dreamed.

Helping to round out our multidisciplinary approach is the MS Society's on-site Yoga classes, the result of a collaboration between ADHC and the MS Society to better serve our common client base. Since the MS Society visits on site, registrants reap the benefits of relaxation and focus their energies without having to worry

about finding a way to get to their classes.

Finally, what is perhaps the pinnacle of programming for registrants with MS and their

peers, bake sales, and grassroots fundraisers leading up to that day in April when we can march/walk/roll proudly in downtown Manhattan, confi-



Registrants and staff raise funds for the "Beth Abe Optimists," ADHC's team of walkers and wheelers participating on this year's "Walk for the Cure."

peers is ADHC's participation in the annual MS "Walk for

the Cure." For many years, ADHC's diverse group of walkers and wheelers have been an ever-growing presence at the Walk. We have seen this effort grow to one that is truly a center-wide event. We work hard to raise funds through raf-

dent we have done our part.

In all, the registrants at ADHC who are struggling with MS feel that in us, they have a partner to help them find their own strengths and live the fullest lives possible. *Ted Nelson, LMSW*

## Speech Therapy: The 'Fantastic 7' On the Run

"Where are we going on our next trip?" inquires a registrant in the ADHC *Aphasia Outings Group*, otherwise known as the 'Fantastic 7'. This therapeutic community re-entry group was created in order to give our language challenged patients a venue to express themselves in a supportive atmosphere, and to get help with listening to and understanding each other. As Rose states, "There was a time I couldn't say anything. It's better now."

Ideas for community outings are tossed around, pros and

cons weighed, and the value of the destination to the group is discussed. Following the discussion, the voting begins. Al, a group member, says: "The group thinks about places we could go...we always have a good time together."

Once a site is chosen, the real work begins. Members use the internet to get up to date information about museum opening times, theatre accessibility, or availability of guides. Those who can use the telephone make the reservations or ask questions about the venue, like

how many steps there are at the facility, or what age they consider to be a senior citizen. (We find this to be highly valuable!)

Sometimes there are assignments. Members may be asked to pick a photograph at an exhibit to describe and then challenge themselves with an interactive discussion, remember the name of their favorite jazz instrument, or devise a question to ask.

The day of the trip, we're off with our medical slips, First

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## Speech Therapy... (continued from page 1)

Aid kit, and enthusiasm. Introducing ourselves to our van driver is our first task.

Then there's the road trip, where the registrants are kept stimulated with questions about the landmarks we pass on the way to our destination.



**The Aphasia Outings Group combines speech therapy with fun and camaraderie.**

The trips have taken us to places as varied as the upstate Culinary Institute of America, the classic vinyl shop Moon Cursor Records in City Island, the Montel Williams Show, and the Louis Armstrong House in Queens. Now that the weather is warmer, we are going to Ellis Island, and we are looking forward to the ferry ride. There is always education, usually more talking than might happen in a whole week, and the ever-essential finale: Lunch! **Darlene Monda, M.S. CCC/slp**

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