

Aphasia Café
Newsletter
April 2022



aphasia
nova scotia



Cape Breton. Image from: [merittravel.com](https://www.merittravel.com)

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March Aphasia Café Updates

March Online Aphasia Café

Our **online Aphasia Café** was held on **Wednesday, March 16**. The theme

was **St. Patrick's Day**.  **5 people** attended.

Future Aphasia Café Information

There will be an online Aphasia Café on **Wednesday, April 13 at 6pm**.

The theme will be **Easter Bunny** and **Favourite Movies**.

- Be prepared to **watch** some **movie trailers**

Here is the zoom link:

- <https://us02web.zoom.us/j/83074578393>
- Meeting ID: 830 7457 8393



Please contact Mike for details on the Annapolis Valley café.

There will continue to be **no in-person events in Halifax, Dartmouth, Antigonish, and Sydney** at this time.

Research Opportunity at Dalhousie University

Jill Fennell is one of the **neuroscience students** of Dr. Aaron Newman.

She has a **project that needs your help!** They are interested to speak to

SLPs and people with **aphasia who participate in online group**

therapies. If you are interested, please **reach out to Jill** at

JFennell@dal.ca.



International Research Opportunity

Claire Bennington is a speech pathologist from the United Kingdom. She is currently the Deputy Chair of the Australian Aphasia Association and a PhD student at the University of Queensland. She is currently looking for participants who live with Aphasia.

Here is the link:

- https://uniofqueensland.syd1.qualtrics.com/jfe/form/SV_4JyOIBYES2tj2Qe



Invitation to complete an international survey about Aphasia Awareness

People with **lived experience of aphasia** from **any country**
(People with aphasia, Family members, Friends, Carers)


- are **invited** to complete an **international survey**
- the survey is about **Aphasia Awareness**
- the survey has **ethical approval** from the University of Queensland



To **access the survey**, please:

- **click this link:** https://uniofqueensland.syd1.qualtrics.com/jfe/form/SV_4JyOIBYES2tj2Qe

Or

- **scan this QR code:** 





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? If you have **any questions**, please email **Claire Bennington:**  c.bennington@uq.net.au

Bruce Willis and Aphasia Diagnosis

- Bruce Willis has been diagnosed with Aphasia
- This has started a worldwide conversation about Aphasia
- Some facts:
 - Aphasia is more common than Parkinson's Disease
 - 180,000 Americans are diagnosed with Aphasia every year
 - 2 million Americans have Aphasia
- Some Bruce Willis movies:
 - Die Hard
 - Pulp Fiction
 - Unbreakable
 - Armageddon
 - Looper



Five Pieces of GOOD NEWS From March

- An Idaho dad set a new world record for completing a half marathon in California. He pushed his 4 children in a stroller during the race. He

did the marathon in 2 hours and 19 minutes.



- Scientists have finished coding the first complete human DNA. It has

taken 2 decades and over 100 scientists.



- A teenager in Scotland bought a café she worked at after 4 years.
- Jonathan Walker is from Florida. He has been accepted to 27

universities and offered \$4 million dollars in scholarships.



- 4 university students in Arkansas built a device that allows a grandfather to hug his children. The grandfather suffered a stroke and

has not hugged them in almost 4 years.



Easter Facts

1. Easter is celebrated in the Christian religion

2. Eggs are seen as a symbol of fertility



3. Springtime brings new life and rebirth

4. Americans spend \$1.9 billion on Easter candy



5. 70% of Easter candy is chocolate

6. The Easter Bunny started in Germany



7. Painting eggs started from a Ukrainian tradition

Easter Word Search

P E J H F E F N W X R W V E A S T E R Z
Y P E F W T H H D B T N I V S C N M E T
R A S V R A Q D P Y U P J B H S X F Y U
I F A M I L Y Y S A U J K H Y Z K P P X
C E T A R O C E D J W G B B K P L D T V
F P M X R C L U Z H K G Q T I A F J N N
G F L C U O U N G T V G H E Z Y B F R N
T A O Y W H X T E S V E N Z M E E T F Y
I K N J K C R S W Q A P R I H C A N D Y
Q T T T Y R Z M K W D V E A T S N I C F
T F J R N V U E Z O U S A L B N Z B C U
Q M M N A K Q W N L W F B N I H I L N T
M Y U X G H P Y Y L O I V N L K G A H Q
G B H J Q L I R P A W B T Z D N K K P B
P S H Y H U V L T M Q Q Y T K E R R V M
U L U H N Z H V T H U Z E D S O B U U W
G R M Y G N I R P S N K H H Z Y P E Q Q
F H G N U L U Z C R S Q O L U D R Y B O
D R A W Y O X B L A Q J E C T A F H R T
B A L G Q O W B B M E S T I S U N D A Y

Easter Word Search List

April

Decorate 

Marshmallow

Basket

Easter

Painting

Bunny 

Egg

Spring 

Candy

Family 

Sunday

Chocolate

Easter Word Search Answers

P	E	J	H	F	E	F	N	W	X	R	W	V	E	A	S	T	E	R	Z
Y	P	E	F	W	T	H	H	D	B	T	N	I	V	S	C	N	M	E	T
R	A	S	V	R	A	Q	D	P	Y	U	P	J	B	H	S	X	F	Y	U
I	F	A	M	I	L	Y	Y	S	A	U	J	K	H	Y	Z	K	P	P	X
C	E	T	A	R	O	C	E	D	J	W	G	B	B	K	P	L	D	T	V
F	P	M	X	R	C	L	U	Z	H	K	G	Q	T	I	A	F	J	N	N
G	F	L	C	U	O	U	N	G	T	V	G	H	E	Z	Y	B	F	R	N
T	A	O	Y	W	H	X	T	E	S	V	E	N	Z	M	E	E	T	F	Y
I	K	N	J	K	C	R	S	W	Q	A	P	R	I	H	C	A	N	D	Y
Q	T	T	T	Y	R	Z	M	K	W	D	V	E	A	T	S	N	I	C	F
T	F	J	R	N	V	U	E	Z	O	U	S	A	L	B	N	Z	B	C	U
Q	M	M	N	A	K	Q	W	N	L	W	F	B	N	I	H	I	L	N	T
M	Y	U	X	G	H	P	Y	Y	L	O	I	V	N	L	K	G	A	H	Q
G	B	H	J	Q	L	I	R	P	A	W	B	T	Z	D	N	K	K	P	B
P	S	H	Y	H	U	V	L	T	M	Q	Q	Y	T	K	E	R	R	V	M
U	L	U	H	N	Z	H	V	T	H	U	Z	E	D	S	O	B	U	U	W
G	R	M	Y	G	N	I	R	P	S	N	K	H	H	Z	Y	P	E	Q	Q
F	H	G	N	U	L	U	Z	C	R	S	Q	O	L	U	D	R	Y	B	O
D	R	A	W	Y	O	X	B	L	A	Q	J	E	C	T	A	F	H	R	T
B	A	L	G	Q	O	W	B	B	M	E	S	T	I	S	U	N	D	A	Y

Roasted Asparagus and Mushrooms Recipe



Ingredients:

- 1 pound asparagus. Trim and cut in half.
- 1 pound mushrooms or 8 ounces morel mushrooms
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon salt
- 2 tablespoons unsalted butter
- 1 tablespoon thyme leaves
- 1 cup loosely packed watercress or arugula
- Flaky sea salt
- Balsamic vinegar

Directions:

- Preheat oven to 400F
- Line baking sheet with aluminum foil
- Arrange asparagus and mushrooms in even layer
- Drizzle with olive oil, sprinkle with salt, and toss to coat
- Roast in oven, stir occasionally until charred and tender. This should take 15 minutes.
- Add butter and thyme leaves.
- Once butter is melted, toss vegetables* to coat
- Roast until glazed. This should take 5 minutes.
- Arrange roasted vegetables on a platter
- Top with watercress or arugula. Season with sea salt and balsamic vinegar.

*Use any vegetables you like!