

Aphasia Café Newsletter April 2022



Cape Breton. Image from: 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://uniofgueensland.syd1.gualtrics.com/jfe/form/SV_4JyOIB YES2tj2Qe



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:





? If you have any questions, please email Claire Bennington: o.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:
 - o Aphasia is more common than Parkinson's Disease
 - o 180,000 Americans are diagnosed with Aphasia every year
 - o 2 million Americans have Aphasia
- Some Bruce Willis movies:
 - Die Hard
 - Pulp Fiction
 - Unbreakable
 - o 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

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Easter Word Search List

April Decorate Marshmallow

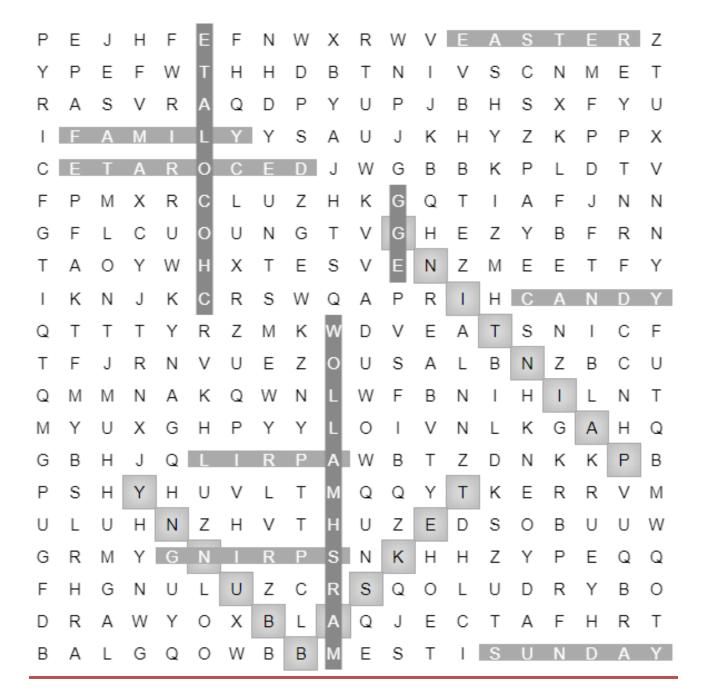
Basket Painting Easter

Bunny Egg Spring

Candy Family Sunday

Chocolate

Easter Word Search Answers



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!