

**Aphasia Café
Newsletter
April 2023**



aphasia
nova scotia



The Big Fiddle, Sydney, Nova Scotia

Table of Contents

Aphasia Café Updates.....	2
Future Aphasia Café Information.....	3
Upcoming Local Events.....	4
Upcoming International Events.....	6
International Research Opportunity.....	7
5 Pieces of GOOD News.....	8
Spring Trivia.....	9
Spring Trivia Answers.....	10
Spring Word Search.....	11
Spring Word Search List.....	12
Spring Word Search Answer.....	13
Easter Deviled Eggs Recipe.....	14

March Aphasia Café Updates

March **Online** Aphasia Café

There was an **online Aphasia Café** on **March 15th**. The theme was **travel**. We had **9 people** attend. They talked about **travel destinations, books, and musicals**.



March **In-Person Halifax** Aphasia Café

There was an **in-person Aphasia Café** on **March 21st**. We had **1 person** attend. They talked about **family, travel and local organizations in Halifax**.



March **Annapolis Valley** Aphasia Café

There was no **Annapolis Valley Aphasia Café** held in March. See everyone at the **April café!**



Future Aphasia Café Information

There will be an **In-person Halifax Café** on **April 18th** at **6:30-7:30pm** at the **Needham Recreation Center**.

The topic will be “**Favourite hobbies and activities**”.



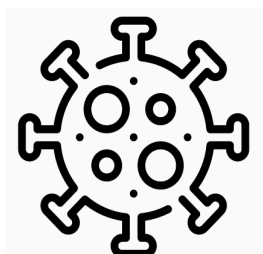
The next **Online Aphasia Café** will be on **April 19th** at **6pm**. The theme is “**Springtime**”. The **Zoom information** is included below:

Link: <https://us02web.zoom.us/j/84375383441>

Annapolis Valley Aphasia Café will likely be held **April 2nd** at **2pm** at the **Miner’s Marsh** in **Kentville**. **Refreshments and light snacks** will be provided.



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



Upcoming Local Events

Saturday April 1st **Magic Show – Bill Wood**.....**Chester**

Saturday April 1-3rd **Pictou County Home Show****Pictou**

Saturday April 15th**Adam Baldwin**..... **Liverpool**

Sunday April 16th **The Beatles Tribute** **Halifax**

Thursday April 27-29th **Halifax Comedy Fest** **Halifax**

Saturday April 29th **Seville’s April Fair****Halifax**

Saturday April 29th **Maple Syrup Festival****River John**

April 1st -30th**Body Worlds Museum Exhibit** **Halifax**

APRIL 2023

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1 ★
2 ★	3 ★	4	5	6	7	8
9	10	11	12	13	14	15 ★
16 ★	17	18	19	20	21	22
23	24	25	26	27 ★	28 ★	29 ★
30 ★	1	2	3	4	5	6

Upcoming Local Events



Let's Giv'er - **Bluenose Marathon Fundraiser**

Aphasia Nova Scotia is **registered** as a **charity** for the bluenose marathon happening **May 19-21th, 2023**.

We have set a **goal of raising 500\$** and would love your **support** in making this happen.


If you would like to make a **donation** click on the following link: <https://raceroster.com/events/2023/65631/emera-blue-nose-marathon/pledge/team/65>

A number of us will be participating in the **LifeMark 5km Walk/Run** on **Saturday, May 20th** if you want to **join our team** please let us know (aphasians@gmail.com).



aphasia
nova scotia


Upcoming International Aphasia Events



aphasia cafe
video chats for
people with aphasia | caregivers | professionals

April 19 at noon ET

TOPIC: Tell us about your favorite foods



National
Aphasia
Association

To register, press this link:

<https://www.aphasia.org/stories/aphasia-cafe-join-a-fun-food-fight/>



- **Empowering** individuals with Aphasia to **find their voice** and **connect with others** through music.
- Visit <https://singaphasia.com> for more **information**.

International Research Opportunity

PARTICIPANTS NEEDED FOR SURVEY STUDY!!!

Are You Living with Aphasia After Stroke?

The purpose of this research study is to examine factors that influence community involvement for person with aphasia.

You Can Participate If...

- You have trouble communicating(i.e.aphasia) since your stroke
- Your stroke was at least 3 months ago
- You are an adult (i.e., 18 years of age or older)
- You speak English

How to Participate

- Complete an online survey at this link:
<https://forms.gle/PteeJ1XMRtPzR9U77>
- This is an anonymous online survey.
- The survey has 20 questions
- The survey will take about 5-10 minutes
- Participation in this study is voluntary

For More Information Contact Dana Moser

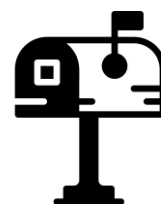
- Telephone: 501-603-1011
- Email: DRMoser@uams.edu

Five Pieces of GOOD NEWS From March



1. An English woman has found her calling and **recycled** more than **2,000 pounds of trash** after setting up a drop-off point in her **garden shed** for people to leave items that **garbage men don't collect**.

2. The US Postal Service is going to try and **reduce its carbon footprint** by buying 9,000 new Ford **electric** vehicles. To support the new electric vehicles, the USPS will construct **14,000 additional charging stations** in 75 different counties and municipalities.



3. A woman determined not to let the pandemic get her down began running or **walking 5km every day** for 100 days. Since the pandemic she has **walked the distance 1000 times**, hitting that milestone just 2 weeks before her **80th birthday!**

4. Mr. Pickles, a **90-year-old radiated tortoise** and the oldest animal at the Houston Zoo, became a **father** for the first time last week. Mr. and Mrs. Pickles welcomed **3 hatchlings** that could **live up to 150 years!**



5. Two **sisters** who were put up for **adoption** at the end of **World War 2** are finally reunited after **75 years apart!**

Spring Trivia

1. In the Southern Hemisphere, which month marks the start of spring?

- a. March
- b. September
- c. May

2. What bird is often associated with Spring in North America?

- a. Parrot
- b. Seagull
- c. Robin

3. What happens at the North Pole when spring comes?

- a. 6 months of daylight
- b. 6 months of night
- c. 6 months of regular day and night

4. When should we plant flower bulbs so they can bloom in the spring?

- a. January
- b. May
- c. August
- d. September

5. True or false? Maple syrup tastes sweetest in spring

- a. True
- b. False

Spring Trivia Answers

1. In the Southern Hemisphere, which month marks the start of spring?

- a. March
- b. **September**
- c. May

2. What bird is often associated with Spring in North America?

- a. Parrot
- b. Seagull
- c. **Robin**

3. What happens at the North Pole when spring comes?

- a. **6 months of daylight**
- b. 6 months of night
- c. 6 months of regular day and night

4. When should we plant flower bulbs so they can bloom in the spring?

- a. January
- b. May
- c. August
- d. **September**

5. True or false? Maple syrup tastes sweetest in spring

- a. **True**
- b. False

Spring Word Search

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

Spring Word Search List

April

Bloom

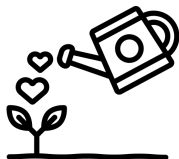
Easter



Flowers

Gardening

Puddles



Rain

Rain Boots

Showers



Spring

Sunshine

Tulips



Spring Word Search Answers

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

Easter Deviled Eggs



Ingredients

1. 12 Large Eggs
2. ¼ cup Miracle Whip
3. ¼ teaspoon dried mustard
4. Salt & Pepper to taste
5. 4 drops red food coloring
6. 4 drops blue food coloring
7. 4 drops green food coloring
8. 3 cups water, divided

Instructions

- **Place eggs** into a **large saucepan**, **cover** with water and bring to a **boil**. Let boil for **3 minutes**
- **Remove** saucepan from **heat**, let eggs continue to **cook** in warm water for **20 minutes**
- **Drain** and **rinse** eggs with cool water, carefully **peel** off the egg shells.
- **Cut** eggs in half **lengthwise**, **transfer** yolk to a **bowl**
- **Add** Miracle Whip, dry mustard, salt, and pepper to the bowl, **mash until smooth**
- In **separate bowls**, **add** food coloring and 1 cup of water, **place** the **egg whites** in colored bowls until desired **color** is reached
- **Pipe or spoon** egg yolk filling back into the colored egg whites
- **Cover** and **chill 30 minutes** before serving