

**Aphasia Café
Newsletter
August 2023**



aphasia
nova scotia



Rainy Canada Day, Nova Scotia

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June Aphasia Café Updates

June Online Aphasia Café

There was an **online Aphasia Café** on **June 21st**.
The theme was **Summer Plans**. We had **3 people**
attend.



June In-Person Halifax Aphasia Café

There was an **in-person Aphasia Cafe** in
June and **6 people** attended. They talked
about **favourite childhood memories!**



June Annapolis Valley Aphasia Café

There was no **Annapolis Valley Aphasia Cafe** this month. See everyone
at the **July** cafe!



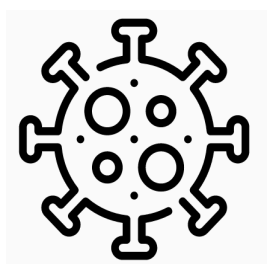
Future Aphasia Café Information

There will be an **In-person Halifax Café** on **July 18th at 6:00pm** at **Point Pleasant Park** for a walk. Meet at the **bottom gate entrance**.



There will **NOT** be an **Online Aphasia Café** in **July**. See everyone in **August!**

Annapolis Valley Aphasia Café was held **July 9th** at a home in **Kentville** for a potluck.



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

Upcoming Local Festivals

Friday July 7-9th **Lobster Carnival** **Pictou**
 Tuesday July 11-16th **Halifax Jazz Festival**..... **Halifax**
 Thursday July 13-16th **Acoustic Maritime Music Festival** **Newport**
 Friday July 14-16th **Rotary Ribfest** **Sydney**
 Thursday July 20-23rd **Stan Rogers Folk Festival** **Canso**
 Friday July 28-30th **Africa Festival of Arts and Culture** **Halifax**
 Thursday July 27-31st **International Busker Festival** **Dartmouth**
 Thursday July 27th **50th Annual Bluegrass Festival**..... **Ellerhouse**

JULY 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	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	★ 31	1	2	3	4	5

Homemade

Aphasia Camp 2023

Aphasia camp is **back** this year!

When: September 22-24th, 2023

Registration: See the form **attached** with the
Newsletter Email

Questions? Email AphasiaNS@gmail.com

More details to come!

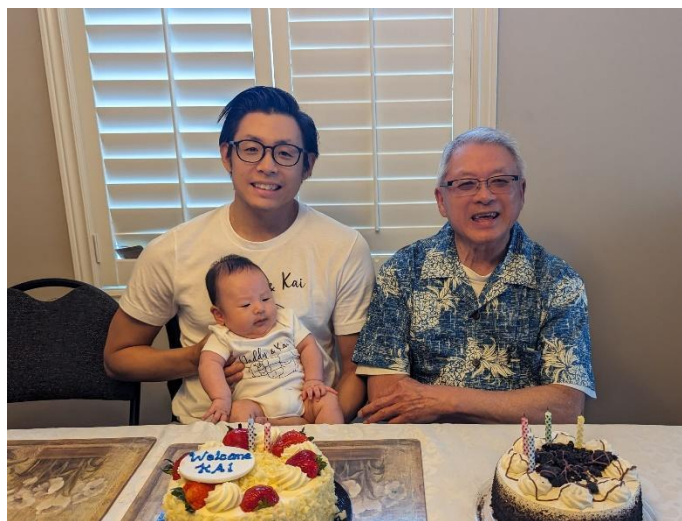


Aphasia Community News!!

On June 18th Aphasia Nova Scotia
member, **Philip**, celebrated his
first **Father's Day** as a **Grampy!!**

Congratulations Philip!

Welcome grandson! 😊



Do you have **news** you want to **share??**

Send us a picture! We will post it in the next newsletter! aphasia.ns.newsletter@gmail.com

Upcoming International Aphasia Events



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

September 20 at noon ET

TOPIC: The best place you ever travelled.



National
Aphasia
Association

To register, press this link: (there is no cafe for August)

<https://www.aphasia.org/stories/aphasia-cafe-travel-stories/>



- **Empowering** individuals with Aphasia to **find their voice** and **connect with others** through music.

- Visit <https://singaphasia.com> for more information.

[Local Research Opportunity](#)

Researchers at the **IWK Health Centre**, located in Nova Scotia, need **caregivers of acquired brain injury survivors** living in Canada to share

their **experiences** by participating in an online study. To participate, visit: <https://tinyurl.com/caringforwardsignup>

If you care for a loved one with an **acquired brain injury** and live in Canada, you may be eligible to take part. The person you care for could be a child, a parent, a spouse, a friend, a sibling, or a relative. For more information, visit our website: <https://www.caringforward.ca/>



YOU CAN MAKE A DIFFERENCE FOR CAREGIVERS OF ACQUIRED BRAIN INJURY SURVIVORS!

We need caregivers of acquired brain injury survivors living in Canada to share their experiences by participating in an online study.

The information we receive will be used to create resources and programs that support caregivers and improve well-being. To thank you for your time, you may be invited to try the new programs and resources as they are created!

Participate now for a chance to WIN a \$100 gift card!

For more information, visit our website:
<https://www.caringforward.ca/>

To participate, visit:
<https://tinyurl.com/caringforwardsignup>

Have questions? Contact us toll-free at 1-887-341-8309 (ext. 8 or 9) or email us at caringforward@iwk.nshealth.ca

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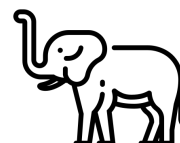
newscans health CARING FORWARD

Five Pieces of GOOD NEWS

1. A set of **conjoined twins** who survived separation surgery, against a 2% surgery **success rate**, have just **graduated kindergarten!**

2. After moving to the East Coast, a family noticed their **neighbour**, an **elderly old man**, had no one visiting. It did not take them long to **welcome him into their home**, and have **celebrated every holiday and event since moving to the neighbourhood**. They now consider him a huge part of their family, and the children refer to him as “**Uncle Paul**.”

3. **Elephants** in a zoo in Houston participate in **5 minutes of yoga everyday!** Zookeepers watch as they do **slow, static stretches and even headstands!** This allows zookeepers to monitor their health, if anything is off in their routine they know to contact a veterinarian to check them out.



4. An **American non-profit organization** is celebrating a big win this year. After **26 years** in business they have helped **5000 kids connect** with new homes. This adoption organization focuses on helping keep **siblings together during adoption**, and helps families cover the **adoption costs to keep siblings in the same home**.



5. A new **mobile therapy service** has taken a unique approach on animal therapy. **Sheep** are being trialed as a new unique form of animal therapy. The girls trialling it have been travelling to different **individuals' homes** to offer them a **unique therapy** in the person's current **safe space!**



Food Trivia

1. What percentage of peanut butter is made of peanuts?

- a. 65%
- b. 90%
- c. 40%

2. What are the names of the Rice Krispie mascots?

- a. Crunch, Crispy, Crackle
- b. Tony, Rick, Ryan
- c. Snap, Crackle, Pop

3. What was the first food eaten in space?

- a. Applesauce
- b. Rice
- c. Potato Chips

4. Where were french fries invented?

- a. Belgium
- b. France
- c. Germany

5. What type of food is a peanut?

- a. Nut
- b. Legume
- c. Meat

Food Trivia Answers

1. What percentage of peanut butter is made of peanuts?

- d. 65%
- e. 90%**
- f. 40%

2. What are the names of the Rice Krispie mascots?

- d. Crunch, Crispy, Crackle
- e. Tony, Rick, Ryan
- f. Snap, Crackle, Pop**

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- e. Legume**
- f. Meat

Food Word Search

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

Food Word Search List

Applesauce

Bagel

Cheese

Chicken

Chocolate

Cookies

Pepperoni

Pineapple

Pizza

Popsicles

Spaghetti

Yogurt

Food Word Search Answers

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

Blueberry Muffin Recipe



Ingredients:

1 ½ cup All Purpose Flour	¾ Cup White Sugar	2 tsp Baking Powder
½ tsp Salt	⅓ Cup Vegetable Oil	1 Egg
⅓ Cup Milk	1 Cup Blueberries	

Instructions

1. **Preheat** the oven to **400 degrees F**. Grease **8 muffin cups** or line with **paper liners**.

2. **Whisk** flour, sugar, baking powder, and salt together in a **large bowl**.

3. **Pour** oil into a small bowl. **Add** egg and milk; **stir until combined**. **Pour** into the flour mixture and mix just until batter is combined. **Fold in blueberries**

4. **Spoon** batter into the prepared muffin cups, **filling right to the top**

5. **Bake** in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, **20 to 25 minutes**.