

**Aphasia Café  
Newsletter  
December 2022**



**aphasia**  
nova scotia



**Grand Parade, Halifax, Nova Scotia**

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## November Aphasia Café Updates

### November Online Aphasia Café

There was an **online Aphasia Café** on **November 16<sup>th</sup>**. The theme was the **Year 2022**. We had **11 people** attend. They talked about **events** that happened in **2022** and their **favourite memories** from 2022.



### November Annapolis Valley Aphasia Café Events

**Annapolis Valley Aphasia Café** was held **in person**. **8 people** attended. They discussed types of **mincemeat**, **marathons** in Greece, **biking** and **hiking**. Mike hopes everyone is **enjoying the winter season!**



## Future Aphasia Café Information

The next **Online Aphasia Café** will be on **December 14<sup>th</sup>**.

The theme will be “**Holidays**”. Discussion topics will include...

- Favourite **holiday traditions**
- Your **favourite** things about **winter**

The **Zoom information** is included below:

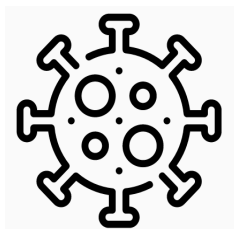
**Link:** <https://us02web.zoom.us/j/84375383441>



**Annapolis Valley Aphasia Café** will be held on **December 17<sup>th</sup>** at **Alan and Brenda’s home**. The topic will be “**Christmas gifts, old and new**”.



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



## Upcoming Local Events

- Saturday December 3<sup>rd</sup> ..... Cape Breton Beer Fest ..... Sydney
- Saturday December 3<sup>rd</sup> ..... Stars on Ice ..... Sydney
- Saturday December 3<sup>rd</sup> ..... Christmas Craft Festival ..... Lunenburg
- Friday December 9<sup>th</sup> ..... Christmas Musical ..... Pictou
- Wednesday December 14<sup>th</sup> ... Mooseheads Hockey Game ... Halifax
- Saturday December 17<sup>th</sup> ..... Holiday concert ..... New Glasgow
- Sunday December 18<sup>th</sup> ..... Celtic Christmas Concert ..... Halifax
- Wednesday December 21<sup>st</sup> ... Elf Movie Screening ..... Wolfville
- Sunday December 24<sup>th</sup> ..... Family & Friend Skate ..... Bedford

# December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				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

## Upcoming International Aphasia Events

- “Holiday Stress and Aphasia” video

<https://www.youtube.com/watch?v=eskGREvnmN0>



**2023 and 2024 Cruise information** can be found at this **link**:

**<https://aphasiarecoveryconnection.org/aphasia-cruises/>**



## 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](mailto:DRMoser@uams.edu)

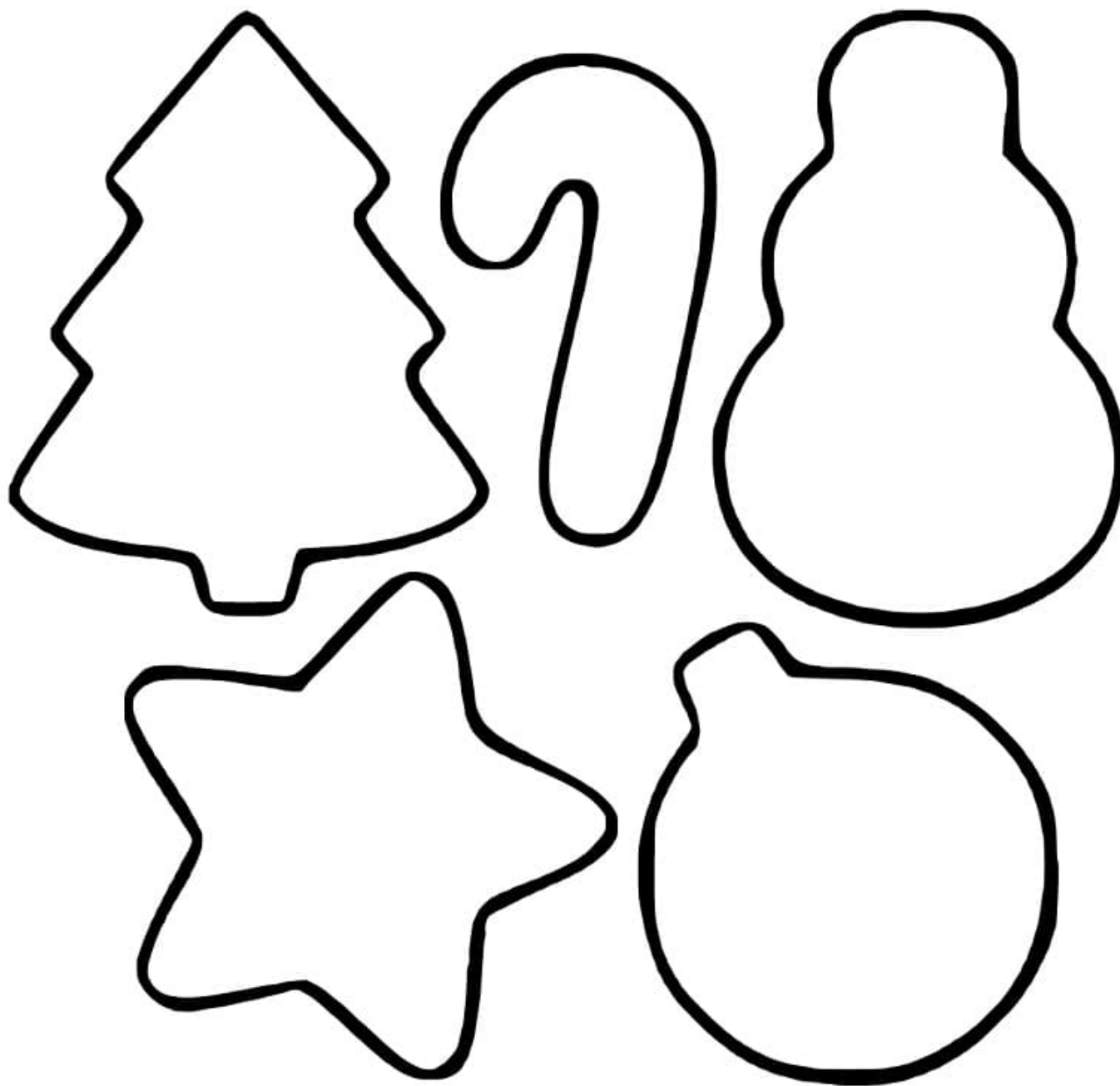
## Five Pieces of GOOD NEWS From November

1. Scientists recently observed a young **chimp**  nagging its **mom** for attention for the sole purpose of **showing her a leaf**—for no reason other than to **show and tell!** Chimpanzees **share experiences** - just like humans!
2. A new species of **Owl** has been **discovered** off the **west coast of Africa**.
3. A kind-hearted **11-year-old boy** used his own birthday money to launch a **food bank service** which he runs from his **garden shed**.
4. Parks across the United States are offering **free All-Terrain Wheelchairs** for people who need them to explore the parks **nature and beauty**. This  is currently in Colorado, South Dakota and Michigan!
5. A **woman** loves **cleaning** so much, she quit her job to travel the world and **scrub homes for free**. She helps out **women in need** all over the world.



## Cookie Decorating Coloring Page

Decorate the cookies any way you'd like!



## Winter Trivia

- 1. What months are considered winter in the Southern Hemisphere?**
  - a. January - April
  - b. May - August
  - c. June – September
  
- 2. What is the world record for amount of snow in 24 hours?**
  - a. 30 inches
  - b. 54 inches
  - c. 76 inches
  - d. 110 inches
  
- 3. What popular holiday beverage is also called “milk punch”?**
  - a. Egg Nog
  - b. Hot Chocolate
  - c. Cranberry Cocktail
  
- 4. What do people usually put on top of a Christmas Tree?**
  - a. An Elf
  - b. A Star
  - c. A Dove
  
- 5. What is the shortest day of the year called?**
  - a. Darkest Day
  - b. Coldest Day
  - c. Winter Solstice

## Winter Trivia Answers

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## December Word Search

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

## December Word Search List

**Cold**

**Fireplace**

**Frost**



**Holidays**

**Hot Chocolate**

**Icicle**



**Mittens**

**Scarf**

**Shovel**



**Skating**

**Sledding**

**Snowflake**



## December Word Search Answers

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

## Holiday Bark Recipe



### **Ingredients:**

- 1 bag of semi-sweet chocolate chips
- 2 tablespoons of coconut oil or shortening
- 4 Tbsp melted butter
- Toppings of choice (candy canes, pretzels, m&ms)
- Wax paper

## Instructions

1. Add **semi-sweet chocolate chips** and 1 **tablespoon** of shortening to a **microwave safe** bowl.
2. Microwave for 1 minute and **stir**, repeat until chocolate is **melted**.
3. **Pour** onto cookie sheet **lined** with **wax paper**, **tilt** the cookie sheet so the chocolate **evenly covers** the wax paper.
4. Add **white chocolate chips** and 1 **tablespoon** of shortening to a **microwave safe** bowl
5. **Microwave** for 1 minute and **stir, repeat** until chocolate is **melted**
6. **Pour** onto cookie sheet, **swirl** with semisweet chocolate
7. **Top** melted chocolate with **toppings** of your **choice**
8. Let set for **2-3 hours**
9. **Break** apart and enjoy!