

**Aphasia Café
Newsletter
February 2023**



aphasia
nova scotia



Halifax Public Library, Halifax, Nova Scotia

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January Aphasia Café Updates

January **Online** Aphasia Café

There was an **online Aphasia Café** on **January 18th**. The theme was **2023 plans**. We had **5 people** attend. They talked about **New Year's Resolutions** and played "**2022 Trivia**".



January **In-Person Halifax** Aphasia Café

There was an **in-person Aphasia Café** on **January 17th**. The theme was "**Welcome Back!**". We had **3 people** attend. They talked about **favourite past times**, **favourite foods**, and what **future café's** should entail.



January **Annapolis Valley** Aphasia Café

Annapolis Valley Aphasia Café was held on **January 7th** at **Brenda and Alan's home**. We had **9 people** attend for a **spiral ham and vegetable lunch**. **Susan** made **Xmas gifts** for everyone. They discussed **Christmas** and **problems with travel**.



Future Aphasia Café Information

There will be an **In-person Halifax Café** on **February 24th** at **6:30-7:30pm** at the **Needham Recreation Center**.

The topic will be **“Welcome Back”**.



The next **Online Aphasia Café** will be on **February 15th** at **6pm**.

The theme will be **“Winter Fun”**. The **Zoom information** is included below:

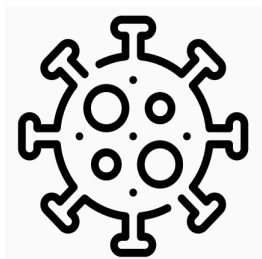
Link: <https://us02web.zoom.us/j/84375383441>

Annapolis Valley Aphasia Café will be held on **February 11th**. The topic will be **“Winters of Yesterday”**.

Contact Mike for the location.



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



Upcoming Local Events

Thursday Feb. 2nd **Halifax International Boat Show**.....**Halifax**

Thursday Feb. 2nd ... **African Heritage Month Celebration**.....**Halifax**

Friday Feb. 10th **Nova Scotia Ice Wine Festival**..... **Wolfville**

Saturday Feb. 11th **Comedy Night** **Glen Haven**








Saturday Feb. 11-12th **Craft East Buyer's Expo** **Halifax**

Sunday Feb 12th **Fiddles & Feet Concert****Yarmouth**

Saturday Feb 18th **Lobster Crawl Beer Festival** **Bridgewater**

Thursday Feb 23rd **Laughter Yoga****Kingston**

Saturday Feb 25th **Breakfast and Cake Auction****Wolfville**

FEBRUARY 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
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	1	2	3	4

Upcoming International Aphasia Events



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

February 8 at noon ET

TOPIC: What makes you laugh?



National
Aphasia
Association

To register, press this link:

<https://www.aphasia.org/stories/aphasia-cafe-what-makes-you-laugh>



- **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

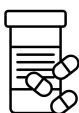
For More Information Contact Dana Moser

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

Five Pieces of GOOD NEWS From January

1. Railroad workers **saved** a **raccoon** who got their hair **stuck** to the **train tracks** and was unable to free itself.

2. A **man in Alabama** donated money to a **local pharmacy** once a month to help people **pay** for their prescriptions they could **not afford**. The story came out at the man's **funeral** and town residents were **shocked** by the **kindness** of this man for over a **decade!**



3. A new type of **bus stop** is popping up in Scotland. "**Bee Bus Stops**" are being introduced in Aberdeen with **plants** covering the roof to help provide **shelter** for residents waiting for the bus, as well as **food** for the honeybees!



4. Due to well **enforced** and locally run **waste management programs**, the plastic waste on Australian beaches has gone down by **30% in the past 6 years!**
5. A woman struggling with depression decided to try doing **1 new thing a day** for an entire **year**. She has succeeded and is the **happiest** she's been in over a **decade!**

Valentines Day Jokes and Riddles

What did the pickle say to his Valentine?

“You mean a great dill to me!”

What did the paper clip say to the magnet?

“I find you very attractive.”

A doctor and a truck driver are in love with the same woman. The truck driver had to go on a week-long trip and gave the woman seven apples before he left. Why?

Because an apple a day keeps the doctor away!

What is a vampire’s sweetheart called?

His ghoul-friend.

Why did the boy put candy under his pillow?

Because he wanted sweet dreams.

What Flowers give the most kisses?

Two-lips!

Valentines Trivia

1. **From where was the oldest-known Valentine's Day message sent?**
 - a. Prison
 - b. The Hospital
 - c. Boarding School

1. **About how many roses are sent for Valentine's Day each year?**
 - a. 750 thousand
 - b. 100 million
 - c. 50 million

2. **What insanely popular website debuted on Valentine's Day in 2005?**
 - a. Facebook
 - b. YouTube
 - c. Twitter

1. **What do yellow roses symbolize?**
 - a. Success
 - b. Mourning
 - c. Forgiveness
 - d. Friendship

3. **What is the Guinness World Record for the longest marriage ever recorded?**
 - a. 86 years, 290 days

- b. 74 years, 130 days
- c. 93 years, 4 days

Valentines Trivia Answers

1. **From where was the oldest-known Valentine's Day message sent?**
 - a. **Prison**
 - b. The Hospital
 - c. Boarding School

4. **About how many roses are sent for Valentine's Day each year?**
 - a. 750 thousand
 - b. 100 million
 - c. **50 million**

5. **What insanely popular website debuted on Valentine's Day in 2005?**
 - a. Facebook
 - b. **YouTube**
 - c. Twitter

2. **What do yellow roses symbolize?**
 - a. Success
 - b. Mourning
 - c. Forgiveness
 - d. **Friendship**

6. **What is the Guinness World Record for the longest marriage ever recorded?**
 - a. **86 years, 290 days**
 - b. 74 years, 130 days

c. 93 years, 4 days

Valentine's Day Word Search

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

Valentine's Day Word Search List

Arrow

Candy

Chocolate



Cupid

February

Flowers



Grateful

Heart

Love



Pink

Sweetheart

Valentine

Valentine's Day Word Search Answers

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

Oven Baked Meatballs



Ingredients

1. 1 Package Lean **ground beef**
2. 1 large egg, **beaten**
3. ¼ cup breadcrumbs OR quick oats
4. ¼ cup **grated** parmesan cheese
5. ¼ cup **diced** onion
6. 1 tablespoon garlic powder
7. ½ teaspoon of salt
8. ¼ teaspoon of black pepper

Instructions

- **Preheat** oven to 400 F, line baking sheet with **foil and spray** with non-stick cooking spray
- **Combine** meat, egg, breadcrumbs(or oats), cheese, onion, and spices in a large bowl
- **Spoon** out mixture to form **1 ½ inch balls** and place on the baking sheet
- **Bake** 17-20 minutes or until no longer pink in the middle, **turn halfway** through to avoid browning on the bottom