

Aphasia Café
Newsletter
January 2022



aphasia
nova scotia



Citadel Clock, Halifax, Nova Scotia

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December Aphasia Café Updates

December Online Aphasia Café

Our **online Aphasia Café** was held on **December 15th at 6pm**. The theme was **happy holidays**. **6 people attended**. We discussed **holiday plans, traditions around the world, and holiday foods we like**. We also did **four pictures one word**.



December Annapolis Valley Aphasia Café Events

The Annapolis Valley group **did not meet in person** due to rising covid cases. **When cases decrease and restrictions ease up**, we may hold **in person** events again.

December Antigonish Aphasia Cafe Events

We are **holding off on in-person meetings** due to rising covid cases.

Future Aphasia Café Information

There will be a **Virtual Aphasia Café** on **January 19th** at **6pm**. The meeting will be held over **Zoom**. The **theme** will be new years celebrations and new years resolutions.

The **Zoom information** is included below:

Link: <https://us02web.zoom.us/j/83074578393>

Meeting ID: 830 7457 8393



Annapolis Valley Aphasia Café meeting is tentatively set for **January 29th** but **will not go ahead if COVID cases continue to be high**. Mike will send details later if it is going ahead.

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



Call for Board Members

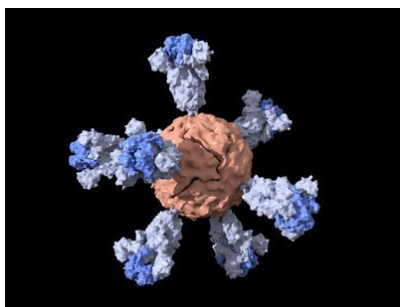
Aphasia Nova Scotia needs **new board members**. If you know anyone who may be interested, please email Savannah for details at

cpec.aphasians@gmail.com



Five Pieces of GOOD NEWS From November

1. Scientists at the Walter Reed Army Institute of Research are developing a vaccine which they believe should **protect against Omicron and other future variants of Covid-19**. Trials on animals and initial tests on humans are so far successful. More human trials are required.



2. **McDonald's employee saves life of woman choking.** Sydney Raley of Eden Prairie Minnesota **jumped out of the drive thru window** and performed the **Heimlich maneuver** on the customer.



3. NASA launches mission to study black holes



4. Dad gets **book published** about his **son's life story**. Pete Mercurio and his husband Danny Stewart, adopted a baby in 2002. Danny **found** the **baby abandoned** in a New York **Subway Station** in 2000.



5. Father and 9-year-old daughter in California **donate RVs to people who lost their homes in wildfires**. Woody and Luna Faircloth started this up in 2018 after California's deadliest wildfire.



Space Trivia!

January 4th is International Trivia Day. NASA launched a new mission in

December. So here is **SPACE TRIVIA!**

1. How many planets are there?
 - a) 9
 - b) 5
 - c) 8
 - d) 6
2. Which planet has the most moons?
 - a) Venus
 - b) Earth
 - c) Neptune
 - d) Saturn
3. Which planet got downgraded to a “dwarf planet” in 2006?
 - a) Neptune
 - b) Pluto
 - c) Uranus
 - d) Mercury

4. Which is the largest planet?

- a) Mars
- b) Earth
- c) Uranus
- d) Jupiter

5. Which is the coldest planet?

- a) Mars
- b) Earth
- c) Neptune
- d) Uranus

6. Which planet is closest to the sun?

- a) Mars
- b) Mercury
- c) Earth
- d) Uranus

7. Which planet is the hottest planet?

- a) Mars
- b) Mercury
- c) Venus
- d) Saturn

8. What causes the Earth to have seasons?
- a) Its proximity to the sun
 - b) Its tilt on its axis
 - c) The water on its surface
 - d) The gravitational pull of the moon
9. Which planet has the largest mountain?
- a) Mars
 - b) Neptune
 - c) Saturn
 - d) Uranus
10. Which planet has a “red spot” thought to be a giant storm?
- a) Jupiter
 - b) Saturn
 - c) Mars
 - d) Mercury

Space Trivia! ANSWERS

1. How many planets are there?

- a) 9
- b) 5
- c) 8**
- d) 6

2. Which planet has the most moons?

- a) Venus (0)
- b) Earth (1)
- c) Neptune (14)
- d) Saturn (82)**

3. Which planet got downgraded to a “dwarf planet” in 2006?

- a) Neptune
- b) Pluto**
- c) Uranus
- d) Mercury

4. Which is the largest planet?

- a) Mars
- b) Earth
- c) Uranus
- d) Jupiter**

5. Which is the coldest planet?

- a) Mars
- b) Earth
- c) Neptune
- d) Uranus**

6. Which planet is closest to the sun?

- a) Mars
- b) Mercury**
- c) Earth
- d) Uranus

7. Which planet is the hottest planet?

- a) Mars
- b) Mercury
- c) Venus**
- d) Saturn

8. What causes the Earth to have seasons?

- a) Its proximity to the sun
- b) Its tilt on its axis**
- c) The water on its surface
- d) The gravitational pull of the moon

9. Which planet has the largest mountain?

- a) Mars**
- b) Neptune
- c) Saturn
- d) Uranus

10. Which planet has a “red spot” thought to be a giant storm?

a) **Jupiter**

b) Saturn

c) Mars

d) Mercury



Chocolate Microwave Mug Cake

January 27th is International Chocolate Cake Day! This Microwave Cake is a SUPER EASY recipe! Enjoy.



Ingredients

$\frac{1}{4}$ cup all-purpose **flour**

$\frac{1}{4}$ cup white **sugar**

2 tablespoons unsweetened **cocoa powder**

$\frac{1}{8}$ teaspoon **baking soda**

$\frac{1}{8}$ teaspoon **salt**

3 tablespoons **milk**

2 tablespoons **canola oil**

1 tablespoon **water**

$\frac{1}{4}$ teaspoon **vanilla extract**

Method

1. **Mix** flour, sugar, cocoa powder, baking soda, and salt in a large **microwave-safe mug**.
2. **Stir in** milk, canola oil, water, and vanilla extract.
3. **Cook in microwave** until cake is done in the middle, about **1 minute 45 seconds**. (Test by inserting a wooden skewer if unsure. Skewer should come out clean.)