

**Aphasia Café
Newsletter
January 2023**



aphasia
nova scotia



Ski Martock, Windsor, Nova Scotia

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December Aphasia Café Updates

December Online Aphasia Café

There was an **online Aphasia Café** on **December 14th**. The theme was the **holidays**. We had **9 people** attend. They talked about the **holidays**.



December Annapolis Valley Aphasia Café Events

The **Annapolis Valley Aphasia Café** was **not held** in December. Hope to see everyone at the café in **January!**



Future Aphasia Café Information

There will be an **In-person Halifax Café** on **January 17th** at **6:30-7:30pm** at the **Needham Recreation Center**. The topic will be **“Welcome Back”**.



The next **Online Aphasia Café** will be on **January 18th**.

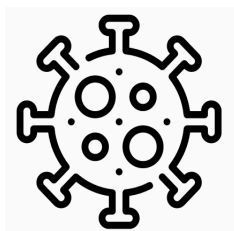
The theme will be **“New Year’s Resolutions”**. The **Zoom information** is included below:

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

Annapolis Valley Aphasia Café will be held on **January 6th** at **Brenda and Alan’s home**. The topic will be **“Winter plans”**.



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



Upcoming Local Events

Wednesday January 4th **Farmer's Market** **Kentville**

Thursday January 5th **Trivia Night** **Goodwood**

Thursday January 5th **Caregiver Support Group**..... **Kingston**

Sunday January 8th **Mooseheads Hockey Game** **Halifax**









Tuesday January 17th **Berkeley Seniors' Series** **Halifax**

Wednesday January 25th **Scotch Tasting** **Halifax**

Friday January 27th **Legends of Motown** **Halifax**

Saturday January 28th **Elvis Birthday Tour** **Truro**

Friday January 27th - 29th **Ice Festival** **Dartmouth**

JANUARY 2023						
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	1	2	3	4

Upcoming International Aphasia Events

Sing Aphasia

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



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

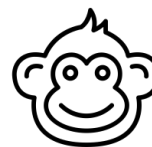
- Complete an online survey at this link:
<https://forms.gle/PteeJ1XMRtPzR9U77>
- This is an anonymous online survey.
- The survey has 20 questions
- The survey will take about 5-10 minutes
- Participation in this study is voluntary

For More Information Contact Dana Moser

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

Five Pieces of GOOD NEWS From December

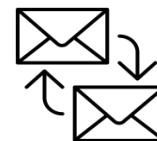
1. A **recycling dog** collects **plastic water bottles** on his daily walks. This 13 year old Border Collie has collected over **1000 plastic bottles** from the streets, which his owners **recycle**.



2. A **tortoise** named Johnathan celebrates it's **190th birthday**, making it the **oldest** living land animal

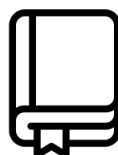


3. After being **pen pals** for 84 years, 2 friends stay in touch after decades of letter writing, now using **Zoom for communication**.



4. Childhood **best friends** in England lost touch when one **moved** away. Now **60 years** later they are unexpectedly reunited in their **nursing home**.

5. A man from **Minnesota** borrowed a **book** from the local library nearly **25 years ago**. He recently returned it with an **apology letter**, and a **donation** to cover the cost of a book.



Vegetable Trivia

1. **What colour Bell Pepper has the most Vitamin C?**
 - a. Red
 - b. Yellow
 - c. Orange
 - d. Green

2. **How much water is a potato made of?**
 - a. 60%
 - b. 80%
 - c. 20%
 - d. 40%

3. **What colour was a carrot originally?**
 - a. White
 - b. Purple
 - c. Yellow
 - d. Orange

4. **How much did the world's biggest carrot weigh?**
 - a. 22 lbs
 - b. 18 lbs
 - c. 14 lbs
 - d. 10 lbs

Vegetable Trivia Answers

1. What colour Bell Pepper has the most Vitamin C?

- e. Red
- f. Yellow
- g. Orange
- h. Green

5. How much water is a potato made of?

- a. 60%
- b. 80%
- c. 20%
- d. 40%

6. What colour was a carrot originally?

- a. White
- b. Purple
- c. Yellow
- d. Orange

7. How much did the world's biggest carrot weigh?

- a. 22 lbs
- b. 18 lbs
- c. 14 lbs
- d. 10 lbs

Vegetable Word Search

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

Vegetable Word Search List

Asparagus

Beet

Cabbage

Carrot

Cucumber

Leek



Pepper

Potato

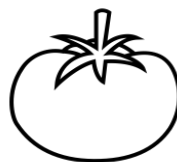
Pumpkin



Squash

Tomato

Zucchini



Vegetable Word Search Answers

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

Pesto Chicken Pizza Recipe



Ingredients:

- 1 Na'an Bread Round
- 2 Cooked, Boneless, Skinless Chicken Thigh
- 2 tsp red onion
- 1/2 cup of shredded cheese
- 4 tbsp of pesto sauce
- Pizza Pan

Instructions

1. **Preheat** oven to 350 Degrees Celsius
2. **Dice** cooked chicken thigh and red onion
3. **Spread** 4 tbsp of pesto sauce on naan bread with **back of spoon**
4. **Sprinkle** diced onion and chicken over naan bread
5. **Spread** cheese over the chicken and onions, **coating** all toppings with cheese
6. **Bake** in oven for 10 minutes, or until cheese is **fully melted**
7. **Let Cool** for 2 minutes, cut into slices and enjoy!