

Aphasia Café
Newsletter
July 2022



aphasia
nova scotia



Canada Day Fireworks, Halifax, Nova Scotia

Table of Contents

Aphasia Café Updates.....	2
Future Aphasia Café Information.....	3
Research Opportunity at Dalhousie University.....	4
International Research Opportunity.....	5
Step Up for Stroke Fundraiser.....	6
Five Pieces of GOOD NEWS from June.....	7
Canada Day Facts.....	8
Summer Trivia.....	9
Summer Trivia Answers.....	10
Summer Word Search.....	11
Summer Word Search List.....	12
Summer Word Search Answers.....	13
Strawberry crisp recipe.....	14

June Aphasia Café Updates

June Online Aphasia Café

Our **online Aphasia Café** was held on **June 15th**. We had a **guest speaker** named **Tom Broussard**.  He talked about **Aphasia Awareness**.

8 people attended. They **shared personal experiences** about their **aphasia**. 

June Annapolis Valley Aphasia Café Events

Annapolis Valley Aphasia Café was held on June 26. They went to the

Research Centre in Kentville. 

8 members attended. They had strawberries, biscuits, cream, meats,

cheeses, and salads. 

They discussed **new and old houses and buildings** and learned a lot from each other!

Future Aphasia Café Information

There will be a **Virtual Aphasia Café** on **August 3rd**. More **information** will be **released closer** to the **event**.

The **Zoom information** is included below:

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



The next **Annapolis Valley Aphasia Café** will be **July 30th** at a **cottage**.

Please reach out to **Mike** for information.



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




Research Opportunity at Dalhousie University

Aaron J. Newman is looking for **participants** who have **Aphasia** for a **new research study**. They are **testing new software** to **help** those with **Aphasia**. The study will **help with naming items** you struggle with. If you are **interested**, please out to **Aaron** at aaron.newman@dal.ca.


Do you have aphasia?

VOLUNTEERS NEEDED

- We need **you** to **test an online program** designed to **help** with **aphasia**.
- This study will provide **practice on naming items** you **struggle** with.



• This is an **online study**




You will receive up to \$170

Day 1 - 6
Language testing


Day 7-15
Online Word Training

Day 16-17
Language Testing


You can **participate** if you:




1. Have an **internet connection**



2. Have had **aphasia** for at least **6 months**




3. **Speak English**



4. Have **normal vision**, glasses, or contacts

If you are **interested**, send us an **email** at:



APHASIA_STUDY@NCILAB.CA

...and ask for **Francesco**

This study is directed by Prof. **Aaron J. Newman**
NeuroCognitive Imaging Lab
aaron.newman@dal.ca

REB # 2021-5789



International Research Opportunity

Claire Bennington is a **speech pathologist** from the **United Kingdom**. She is currently the **Deputy Chair of the Australian Aphasia Association** and a **PhD student** at the **University of Queensland**. She is currently **looking for participants who live with Aphasia**.

Here is the link:

- https://uniofqueensland.syd1.qualtrics.com/jfe/form/SV_4JyOIBYES2tj2Qe



Invitation to complete an international survey about Aphasia Awareness

People with **lived experience of aphasia** from **any country**
(People with aphasia, Family members, Friends, Carers)

- are **invited** to complete an **international survey**
- the survey is about **Aphasia Awareness**
- the survey has **ethical approval** from the University of Queensland



To **access the survey**, please:

- **click this link:** https://uniofqueensland.syd1.qualtrics.com/jfe/form/SV_4JyOIBYES2tj2Qe

Or

- **scan this QR code:** 





THE UNIVERSITY OF QUEENSLAND AUSTRALIA
CREATE CHANGE

? If you have any questions, please email **Claire Bennington:**  c.bennington@uq.net.au

Step Up for Stroke Fundraiser

March of Dimes held a fundraiser at the Emera Oval in Halifax on June 25, 2022. It was a fun-filled afternoon with entertainment, refreshments, and prizes. At the event, it was announced that Nova Scotia raised over \$20,000 for a personal stroke recovery program for Atlantic Canada.

For more information or to donate, please check out their website:

stepupforstroke.ca

For more information about the personal recovery program, please contact **Beth Lynch**:

- 902 – 219 – 0970
- blynch@marchofdimes.ca




Five Pieces of GOOD NEWS From June

1. An **83-year-old woman** from **Missouri** finished the 5 kilometre “**Tough Mudder**” obstacle course. She is the **oldest woman** to do



2. A **high-school senior** in **Florida** was hit by a **drunk driver** and suffered **brain injuries**. She **learned** how to **walk again** just in time for **graduation**.

3. A **California preschool teacher** is teaching her **dad** how to **read and write**. He grew up in **Mexico** and stopped going to **school** in

grade one (1). 

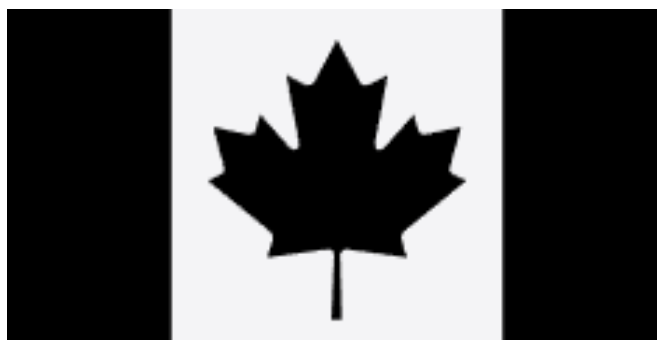
4. A **bloodhound** named **Trumpet** won **Best in Show** at **Westminster Dog Show**. He is the first **bloodhound** to ever **win** the **award**. He

beat over **3500 other dogs**. 

5. **Patients** with **early-stage rectal cancer** participated in a **study** for an **experimental drug**. All 14 participants saw their **cancer vanish**.

Canada Day Facts

1. **Canada Day** was first celebrated on **July 1st, 1867**
2. The **Constitution Act** passed in 1867 on July 1st
3. Canada Day was originally known as **Dominion Day**
4. **Dominion Day** became **Canada Day** in **1982**
5. Dominion Day switched to Canada Day because of the **Canada Act in 1982**. The **political process** in Canada changed to **full Canadian sovereignty**.
6. The **original four** (4) territories that changed from **British colonies** to **Provinces of Canada** were **Nova Scotia, New Brunswick, Quebec, and Ontario**.
7. Another **tradition** celebrated on **July 1st** in Quebec is **Moving Day**. This started in the **18th century** where provinces used **to mandate fixed terms** for leases of rented properties.



Summer Trivia

- 1. In the US, what is the best-selling BBQ meat in the summer?**
 - a. Steak
 - b. Sausages
 - c. Hamburgers
 - d. Hot dogs

- 2. What vitamin can you get from direct sunlight?**
 - a. Vitamin A
 - b. Vitamin C
 - c. Vitamin D
 - d. Vitamin E

- 3. How much water does watermelon contain?**
 - a. 30%
 - b. 50%
 - c. 90%
 - d. 100%

- 4. Where do many people in England celebrate Summer Solstice?**
 - a. Tower of London
 - b. The Stonehenge
 - c. Windsor Castle
 - d. Canterbury Cathedral

- 5. What does “SPF” stand for?**
 - a. Sun Please Forever
 - b. Sun Perfect Fun
 - c. Sunshine Por Favor
 - d. Sun Protection Factor

Summer Trivia Answers

1. In the US, what is the best-selling BBQ meat in the summer?

- a. Steak
- b. Sausages
- c. Hamburgers
- d. Hot dogs**

2. What vitamin can you get from direct sunlight?

- a. Vitamin A
- b. Vitamin C
- c. Vitamin D**
- d. Vitamin E

3. How much water does watermelon contain?

- a. 30%
- b. 50%
- c. 90%**
- d. 100%

4. Where do many people in England celebrate Summer Solstice?

- a. Tower of London
- b. The Stonehenge**
- c. Windsor Castle
- d. Canterbury Cathedral

5. What does "SPF" stand for?

- a. Sun Please Forever
- b. Sun Perfect Fun
- c. Sunshine Por Favor
- d. Sun Protection Factor**

Summer Word Search

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

Summer Word Search List

beach



family

flowers



July

lemonade



music

picnic



popsicle

relax



strawberries

summer



sunglasses

sunshine



watermelon

vacation



Summer Word Search Answers

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

Strawberry Crisp Recipe



Ingredients

Filling:

- 4 cups of chopped **strawberries**
- 1/4 cup **white sugar**
- 2 Tablespoons **cornstarch**

Topping:

- 1 cup **flour**
- 1/2 cup **rolled oats**
- 1/3 cup **white sugar**
- 1/3 cup **brown sugar**
- 1/2 teaspoon **cinnamon**
- 1/4 teaspoon **salt**
- 1/2 cup **melted butter**

Instructions

1. Preheat oven to **350°F**
2. In a bowl, **mix strawberries**, 1/4 cup **sugar** and **cornstarch**.
3. Place berries into a **9x9 pan**.
4. In a separate bowl, **mix flour, oats**, 1/3 cup **white sugar, brown sugar, cinnamon** and **salt**.
5. Add melted **butter** and **mix**
6. **Pour** oatmeal mixture on top of berries.
7. **Bake** for **35 minutes**.
8. Serve with vanilla ice cream!