

# Aphasia Café Newsletter July 2023



**aphasia**  
nova scotia



**Rainy Canada Day, Nova Scotia**

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## June Aphasia Café Updates

### June Online Aphasia Café

There was an **online Aphasia Café** on **June 21st**. The theme was **Summer Plans**. We had **3 people** attend.



### June In-Person Halifax Aphasia Café

There was an **in-person Aphasia Cafe** in **June** and **6 people** attended. They talked about **favourite childhood memories!**



### June Annapolis Valley Aphasia Café

There was no **Annapolis Valley Aphasia Cafe** this month. See everyone at the **July** cafe!



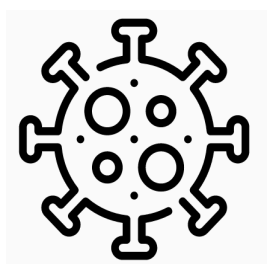
## Future Aphasia Café Information

There will be an **In-person Halifax Café** on **July 18th at 6:00pm** at **Point Pleasant Park** for a walk. Meet at the **bottom gate entrance**.



There will **NOT** be an **Online Aphasia Café** in **July**. See everyone in **August!**

**Annapolis Valley Aphasia Café** was held **July 9th** at a home in **Kentville** for a potluck.



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

**Upcoming Local Festivals**

Friday July 7-9<sup>th</sup> ..... **Lobster Carnival** ..... **Pictou**  
 Tuesday July 11-16<sup>th</sup> ..... **Halifax Jazz Festival**..... **Halifax**  
 Thursday July 13-16<sup>th</sup> .... **Acoustic Maritime Music Festival** .... **Newport**  
 Friday July 14-16<sup>th</sup> ..... **Rotary Ribfest** ..... **Sydney**  
 Thursday July 20-23<sup>rd</sup> ..... **Stan Rogers Folk Festival** ..... **Canso**  
 Friday July 28-30<sup>th</sup> ..... **Africa Festival of Arts and Culture** ..... **Halifax**  
 Thursday July 27-31<sup>st</sup> .... **International Busker Festival** ..... **Dartmouth**  
 Thursday July 27<sup>th</sup> ..... **50th Annual Bluegrass Festival**..... **Ellerhouse**

<b>JULY 2023</b>						
SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	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	5

*Homemade*

**Aphasia Camp 2023**

Aphasia camp is **back** this year!

When: September 22-24th, 2023

Registration: See the form **attached** with the  
Newsletter Email

Questions? Email [AphasiaNS@gmail.com](mailto:AphasiaNS@gmail.com)

More details to come!



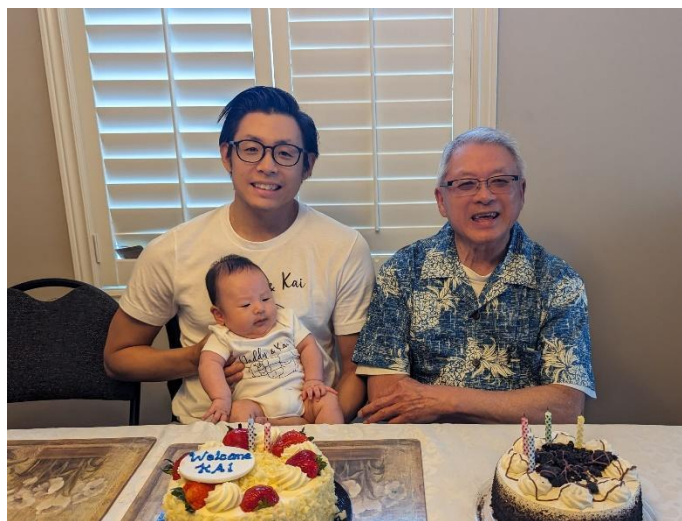

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## Aphasia Community News!!

On June 18<sup>th</sup> Aphasia Nova Scotia  
member, **Philip**, celebrated his  
first **Father's Day** as a **Grampy!!**

Congratulations Philip!

Welcome grandson! 😊



Do you have **news** you want to **share??**

**Send us a picture!** We will post it in the next newsletter! [aphasia.ns.newsletter@gmail.com](mailto:aphasia.ns.newsletter@gmail.com)

## Upcoming International Aphasia Events



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

**July 19 at noon ET**

TOPIC: What are your favorite summer activities?



National  
Aphasia  
Association

To register, press this link:

<https://www.aphasia.org/stories/aphasia-cafe-favorite-summer-activities/>

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- **Empowering** individuals with Aphasia to **find their voice** and **connect with others** through music.

- Visit <https://singaphasia.com> for more information.

### [Local Research Opportunity](#)

Researchers at the **IWK Health Centre**, located in Nova Scotia, need

**caregivers of acquired brain injury survivors** living in Canada to share their **experiences** by participating in an online study. To participate, visit: <https://tinyurl.com/caringforwardsignup>

If you care for a loved one with an **acquired brain injury** and live in Canada, you may be eligible to take part. The person you care for could be a child, a parent, a spouse, a friend, a sibling, or a relative. For more information, visit our website: <https://www.caringforward.ca/>



**YOU CAN MAKE A DIFFERENCE FOR CAREGIVERS OF ACQUIRED BRAIN INJURY SURVIVORS!**

We need caregivers of acquired brain injury survivors living in Canada to share their experiences by participating in an online study.

The information we receive will be used to create resources and programs that support caregivers and improve well-being. To thank you for your time, you may be invited to try the new programs and resources as they are created!

**Participate now for a chance to WIN a \$100 gift card!**

**i** For more information, visit our website:  
<https://www.caringforward.ca/>

**+** To participate, visit:  
<https://tinyurl.com/caringforwardsignup>

**?** Have questions? Contact us toll-free at 1-887-341-8309 (ext. 8 or 9) or email us at [caringforward@iwk.nshealth.ca](mailto:caringforward@iwk.nshealth.ca)

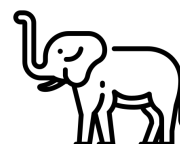
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REB#1025568

**Five Pieces of GOOD NEWS**



1. A set of **conjoined twins** who survived separation surgery, against a 2% surgery **success rate**, have just **graduated kindergarten!**
2. After moving to the East Coast, a family noticed their **neighbour**, an **elderly old man**, had no one visiting. It did not take them long to **welcome him into their home**, and have **celebrated every holiday and event since moving to the neighbourhood**. They now consider him a huge part of their family, and the children refer to him as “**Uncle Paul.**”
3. **Elephants** in a zoo in Houston participate in **5 minutes of yoga everyday!** Zookeepers watch as they do **slow, static stretches and even headstands!** This allows zookeepers to monitor their health, if anything is off in their routine they know to contact a veterinarian to check them out.



4. An **American non-profit organization** is celebrating a big win this year. After **26 years** in business they have helped **5000 kids connect** with new homes. This adoption organization focuses on helping keep **siblings together during adoption**, and helps families cover the **adoption costs to keep siblings in the same home.**



5. A new **mobile therapy service** has taken a unique approach on animal therapy. **Sheep** are being trialed as a new unique form of animal therapy. The girls trialling it have been travelling to different **individuals' homes** to offer them a **unique therapy** in the person's current **safe space!**

**Summer Trivia**

**1. What does “SPF” stand for?**

- a. Solar Protective Film
- b. Sun Protection Factor
- c. Sun Preventative Factor

**2. What is the birthstone for July?**

- a. Ruby
- b. Amethyst
- c. Diamond

**3. How many popsicles are sold worldwide every year?**

- a. 6 billion
- b. 9 millions
- c. 2 billion

**4. What fruit is usually associated with summer?**

- a. Watermelon
- b. Strawberries
- c. Peaches

**5. What month marks the Summer months in the Southern Hemisphere?**

- a. June
- b. April
- c. December

## Summer Trivia Answers

**1. What does “SPF” stand for?**

- d. Solar Protective Film
- e. Sun Protection Factor
- f. Sun Preventative Factor

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- d. June
- e. April
- f. December

## Beach Day Word Search

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

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## Beach Day Word Search List

Beach

Boat

Bucket



Lifeguard

Picnic

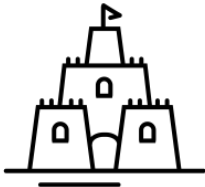
Popsicle



Sandcastle

Seagull

Swimming



Towel

Umbrella

Waves



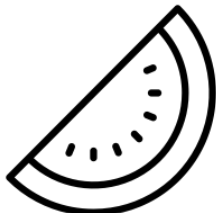

## Beach Day Word Search Answers

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

## Watermelon Feta Salad Recipe



## Ingredients:

<b>¼ cup</b> Olive Oil	<b>2 tbsp</b> Red Wine Vinegar	<b>½ tsp</b> Salt
<b>3 Cup</b> Seedless Watermelon, <b>cubed</b> 	<b>1 Medium</b> Cucumber, <b>chopped</b> 	<b>1 Cup</b> of Feta, <b>crumbled</b>
<b>½ Cup</b> Red onion, <b>diced</b>	<b>½ Cup</b> fresh mint, <b>chopped</b>	

## Instructions

- 1. In a small bowl, whisk** together oil, vinegar, and salt.
- 2. In a large serving bowl, combine** watermelon, cucumber, feta, red onion, and mint
- 3. Add** dressing and **stir** to coat
- 4. Serve** and **top** with fresh mint and sea salt **(Optional)**