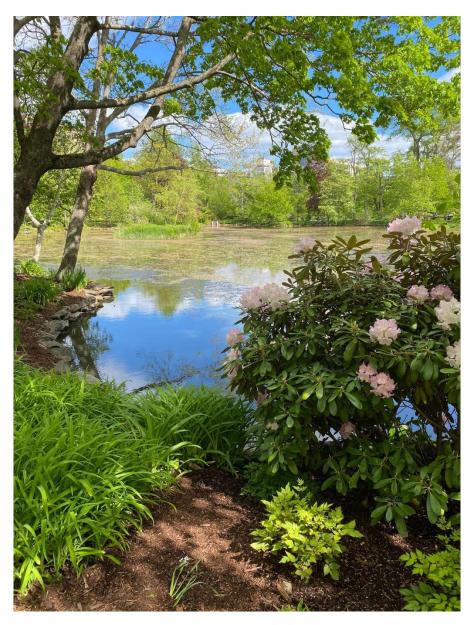


Aphasia Café Newsletter June 2022



Point Pleasant Park, Halifax, Nova Scotia

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May Aphasia Café Updates

May Online Aphasia Café

Our online Aphasia Café was held on May 18th. The theme was Spring

in Halifax and Nova Scotia.

8 people attended. They practiced some questions Mattea Roach

answered on **Jeopardy**!

May Annapolis Valley Aphasia Café Events

Annapolis Valley Aphasia Café was held on May 14th. They had a BBQ

with 8 members attending.

They discussed several topics. The main topic was on the lack of



Thank you to Mike for bringing meat. Thank you to everyone else who brough salads and desserts.

Future Aphasia Café Information

There will be a Virtual Aphasia Café on June 15th at 6 pm. Tom

Broussard is our guest of honour. He will be giving a talk about Aphasia

Awareness and his own personal journey. You don't want to miss this!

The **Zoom information** is included below:

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



Please reach out to Mike for information on the June Annapolis Valley

Aphasia Café. The possible location is the Research Centre in

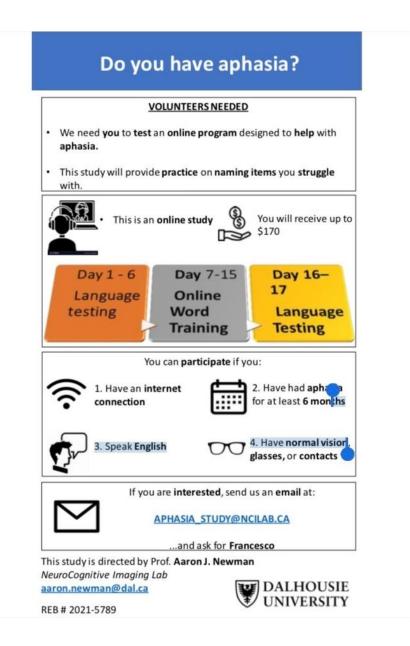
Kentville when the rhododendrons are in bloom.

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.

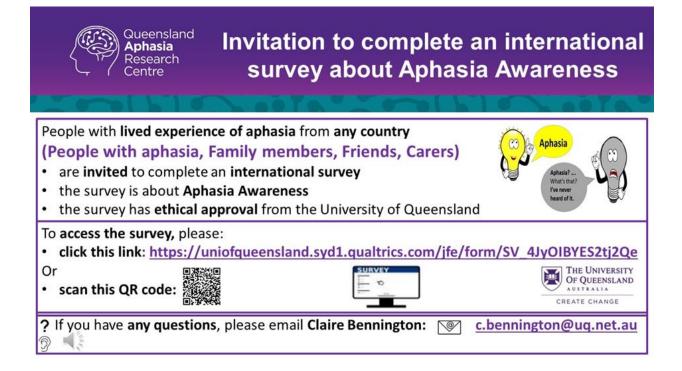


International Research Opportunity

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:

- <u>https://uniofqueensland.syd1.qualtrics.com/jfe/form/SV_4JyOIB</u> <u>YES2tj2Qe</u>



Step Up for Stroke Fundraiser

March of Dimes will be hosting a fundraiser at the Emera Oval in Halifax from 1-3pm on June 25, 2022. It will be a fun-filled afternoon with entertainment, refreshments, and prizes. This is to raise awareness and funds to support a personal recovery program for Atlantic Canada. For more information, to donate, or to join a team, 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 May

1. Thanks to The Rosztoczy Foundation, the entire graduating class from Michael Anderson School in Avondale, Arizona, all have full

ride scholarships to any college in the United States.

- 2. A pilot became unconscious while flying a plane from the Bahamas to Florida. The passenger had no experience flying but was able to land the plane safely thanks to ground control.
- 3. Goats are helping firefighters in Australia and the United States.

Goats can eat forest 'litter' that would normally start wildfires.

- 4. The Halifax Port has already greeted 11 cruise ships in May 2022. The cruise ship season will continue until early November. This is a great way to boost local businesses during the summer.
- 5. A woman and her family fled their homeland of Cyprus when Turkey invaded in 1974. She has been running a hotel in the United Kingdom for 60 years. Now, she has closed the hotel to guests and is letting Ukrainian refugees live for free.

Aphasia Awareness Month

- Around 1700 people experience a stroke in Nova Scotia each year.
 This means that almost 4 to 5 people have a stroke each day.
- Strokes are the number one cause of Aphasia.
- The first recorded case of Aphasia was between 3000-2500 BC in Egypt. This was called the "Edwin Smith Papyrus" and described an individual with speech problems after brain injury.
- Aphasia became a major focus of study due to the field of Psychology. This happened in the late 19th century.
- Martha Taylor Sarno created The National Aphasia Association in 1987.



June Trivia

1. Which is the birthstone for June?

- a. Ruby
- b. Emerald
- c. Alexandrite
- d. Topaz

2. If you were born on June 16th, what would your star sign be?

- a. Gemini
- b. Leo
- c. Taurus
- d. Cancer

3. Marylin Monroe was born June of which year?

- a. 1942
- b. 1930
- c. 1932
- d. 1926

4. What historical event took place on June 6th, 1944?

- a. World War 1 ended
- b. Normandy Beach Landings
- c. The Great Fire of London
- d. The Italian Capital of Rome fell

5. Which song from the band, The Police, was at the top of the US and UK charts in June 1983?

- a. Roxanne
- b. King of Pain
- c. Every Breath You Take
- d. Don't Stand So Close To Me

June Trivia Answers

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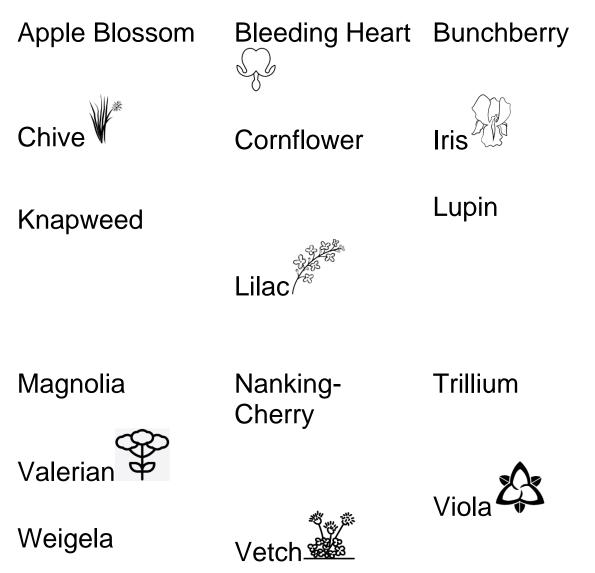
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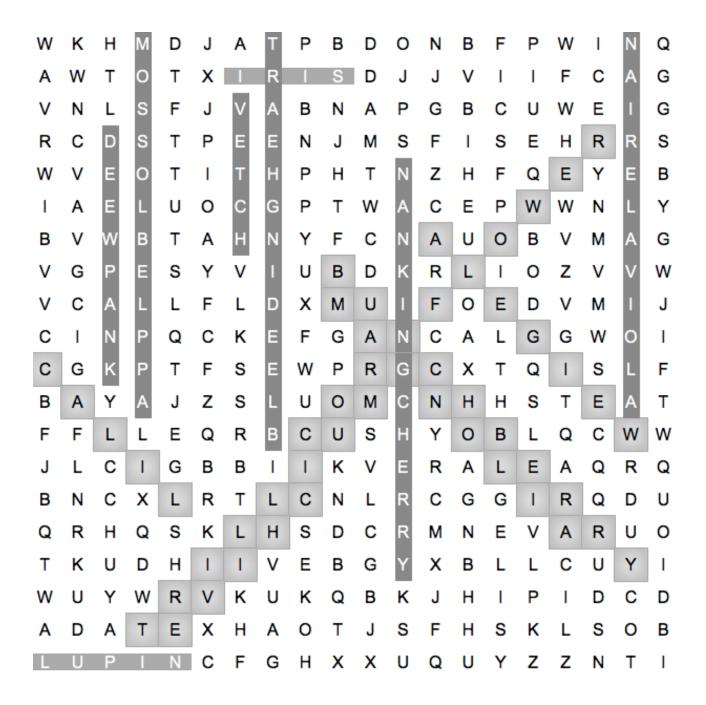
Flowers Word Search

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J	L	С	Т	G	в	В	Т	Т	Κ	V	Е	R	Α	L	Е	Α	Q	R	Q
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Α	D	Α	Т	Е	Х	Н	Α	0	т	J	S	F	Н	S	к	L	S	0	В
L	U	Р	Т	Ν	С	F	G	н	Х	х	U	Q	U	Y	Ζ	z	Ν	т	Т

Flowers Word Search List



Flowers Word Search Answers



Apple Dip Recipe



Ingredients

- 1 cup plain yogurt
- 1/2 cup peanut butter
- 1 Tablespoon honey
- 1 teaspoon vanilla
- Sprinkle of cinnamon
- 1 2 **apples** (cut in slices)

<u>Method</u>

- Mix all ingredients in a bowl
- Dip apple slices
- Enjoy!

Leftovers can be kept in the fridge for 1 week