

**Aphasia Café**  
**Newsletter**  
**June 2022**



**aphasia**  
nova scotia



**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 18<sup>th</sup>**. 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 14<sup>th</sup>**. They had a **BBQ** with **8 members** attending.

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

**housing stock** in **Nova Scotia**. 

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

## Future Aphasia Café Information

There will be a **Virtual Aphasia Café** on **June 15<sup>th</sup> 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:** <https://us02web.zoom.us/j/83074578393>



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](mailto: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](mailto:APHASIA_STUDY@NCILAB.CA)

...and ask for **Francesco**

This study is directed by Prof. **Aaron J. Newman**  
*NeuroCognitive Imaging Lab*  
[aaron.newman@dal.ca](mailto: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](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](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](mailto:c.bennington@uq.net.au)

## 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](http://stepupforstroke.ca)**

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

- **902 – 219 – 0970**
- **[blynch@marchofdimes.ca](mailto: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 19<sup>th</sup> 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 16<sup>th</sup>, 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 6<sup>th</sup>, 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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## Flowers Word Search

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

## Flowers Word Search List

Apple Blossom

Bleeding Heart

Bunchberry



Chive



Cornflower

Iris



Knapweed

Lupin

Lilac



Magnolia

Nanking-Cherry

Trillium

Valerian



Viola



Weigela

Vetch



## Flowers Word Search Answers

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

## Apple Dip Recipe



### Ingredients

- 1 cup plain **yogurt**
- ½ cup **peanut butter**
- 1 Tablespoon **honey**
- 1 teaspoon **vanilla**
- Sprinkle of **cinnamon**
- 1 – 2 **apples** (cut in slices)

### Method

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

\*Leftovers can be kept in the fridge for 1 week\*