

**Aphasia Café
Newsletter
March 2023**



aphasia
nova scotia



Emera Oval, Halifax, Nova Scotia

Table of Contents

Aphasia Café Updates.....	2
Future Aphasia Café Information.....	3
Upcoming Local Events.....	4
Upcoming International Events.....	5
International Research Opportunity.....	6
5 Pieces of GOOD News.....	7
Animal Trivia.....	8
Animal Trivia Answers.....	9
Animal Word Search.....	10
Animal Word Search List.....	11
Animal Word Search Answer.....	12
Avocado Chocolate Mousse Recipe.....	13

January Aphasia Café Updates

February **Online** Aphasia Café

There was an **online Aphasia Café** on **February 15th**. The theme was **Winter Fun**. We had **7 people** attend. They talked about **Valentine's Day** and **places to travel**.



February **In-Person Halifax** Aphasia Café

There was an **in-person Aphasia Café** on **February 21st**. We had **4 people** attend. They talked about **what they do in their spare time**, and **their stroke and recovery**.



February **Annapolis Valley** Aphasia Café

Annapolis Valley Aphasia Café was held on **February 11th** in **Hansport**. We had **7 people** attend for a **lovely lunch**. They discussed **desserts, family portraits** and **traveling**.



Future Aphasia Café Information

There will be an **In-person Halifax Café** on **March 21st** at **6:30-7:30pm** at the **Needham Recreation Center**. The topic will be “**Springtime**”.



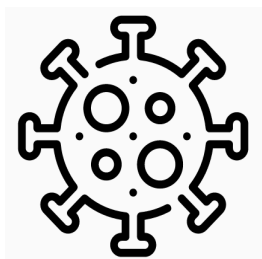
The next **Online Aphasia Café** will be on **March 15th** at **6pm**. The **Zoom information** is included below:

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

Annapolis Valley Aphasia Café. The topic will be “**Remembering previous March Breaks**”. Contact Mike for the date and location.



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



Upcoming Local Events

Saturday March 4th **Craft Beer Cottage Party** Halifax

Saturday March 4th **Stand Up Comedy @ Legion** Chester

Sunday March 12-18th **Festival de la Mi-Carême** Grand Etang

Friday March 24th **Live Music - Songwriters** Chester

Saturday March 25th **Tragically Hip Tribute** Halifax


Sunday March 26th **Tragically Hip Tribute** Wolfville

Thursday March 30th **Stand Up Comedy @ Lower Deck** Halifax

March 1st -31st **Body Worlds Museum Exhibit** Halifax

MARCH 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
			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	


Upcoming International Aphasia Events



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

April 19 at noon ET

TOPIC: Tell us about your favorite foods



National
Aphasia
Association

To register, press this link:

<https://www.aphasia.org/stories/aphasia-cafe-join-a-fun-food-fight/>



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

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

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 February

1. A 28 year old woman in **Halifax** celebrates the success of her company as she has **re-homed 100 pets** of seniors who are **ill** or moving to **retirement homes**. Putting **senior's** minds at ease that their pets are going to **safe homes!**

2. A boy with **autism** who could not **read or write** until his late teens is now the **youngest-ever Black professor** at **Cambridge University** 20 years later.
3. A woman in England is taking **donated leather sofas** and turning them into **handbags** to resell. Her goal is to **repurpose** the material and **avoid** the sofas going to a **landfill!**

4. On a recent flight from Charlotte to New York, there was a woman who was **scared of flying**. The kind **flight attendant** sat on the floor next to the woman, offering his hand and **calming** her down the entire flight.
5. A project of connecting **rural Indian households** with **running water** has been a huge **success**. Almost **79 million** households have been provided with access to a tap water connection since the program's launch in **August 2019**, bringing the total to **111 million**, or **56% of rural households** in the nation.


Animal Trivia

1. What object does a male penguin often gift to a female penguin to win her over?

- a. A Pebble
- b. An Icicle
- c. A feather

2. Which animal is known to spend 90% of its day sleeping?

- a. Sloth
- b. Koala
- c. Panda

3. A baby goat is called what?

- d. Kid
- e. Fawn
- f. Calf

4. How far can a skunk spray?

- a. 13 feet
- b. 6 feet
- c. 10 feet
- d. 18 feet

5. How long does the average Housefly live for?

- g. 60 days
- h. 14 days
- i. 28 days

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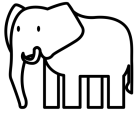
- p. 60 days
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Animals Word Search

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

Animals Word Search List

Elephant



Giraffe

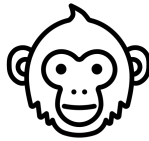


Lion

Lizard

Monkey

Owl



Shark

Sloth

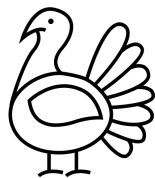
Stingray



Tiger

Turkey

Zebra



Animals Word Search Answers

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

Avocado Chocolate Pudding



Ingredients

1. 2 ripe avocados, peeled and pitted
2. $\frac{1}{4}$ cup cacao powder
3. $\frac{1}{4}$ cup melted chocolate chips
4. 3 tbsp milk
5. $\frac{1}{2}$ tsp vanilla extract
6. $\frac{1}{8}$ tsp salt
7. $\frac{1}{4}$ cup maple syrup

Instructions

- **Melt** chocolate chips in the **microwave**, **stirring** every **30 seconds** until fully melted
- **Combine** all ingredients in a blender or food processor until smooth
- **Serve** plain or with **Strawberries** on top!