

Aphasia Café
Newsletter
May 2022



aphasia
nova scotia



Maynard Lake Park, Dartmouth, NS.

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April Aphasia Café Updates

April Online Aphasia Café

Our **online Aphasia Café** was held on **Wednesday, April 13th**. The theme

was **Easter** . **5 people** attended.

Future Aphasia Café Information

There will be an online Aphasia Café on **Wednesday, May 18th at 6pm**.

The theme will be **Spring**.

Here is the zoom link:

- <https://us02web.zoom.us/j/83074578393>
- Meeting ID: 830 7457 8393



Please contact Mike for details on the Annapolis Valley café.

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

Research Opportunity at Dalhousie University

Jill Fennell is one of the **neuroscience students** of Dr. Aaron Newman.

She has a **project that needs your help!** They are interested to speak to

SLPs and people with **aphasia who participate in online group**

therapies. If you are interested, please **reach out to Jill** at

JFennell@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:

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



 Queensland Aphasia Research Centre

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 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 April

- An amputee athlete ran 104 marathons in 104 days 
- The endangered California condor has returned to the East coast of

California. They were last spotted in 1892



- Sir David Attenborough wins Champions of the Earth Lifetime Achievement Award. He is 95 years old and actively advocates for

the environment



- For the first time in two years, two cruise ships have returned to Halifax. Both ships were estimated to bring in 4,000 passengers. This is extremely important for Halifax's economy and the tourism industry.
- A chihuahua from Florida, named Toby Keith, set the Guinness World Record for the world's oldest dog. He was born January 9th, 2001 and

is 21-years-old



Jeopardy!

- Mattea Roach won 22 Jeopardy! Episodes. She lost the 23rd round by \$1 (one dollar). She has a combined total of \$722,498 (Canadian) dollars.
- Mattea Roach is Canadian, from Nova Scotia. She attended Sacred Heart School of Halifax. She attended the University of Toronto and earned a bachelor's degree in Sexual Diversity Studies, Political Studies, and Women and Gender Studies.
- She is 23-years-old and is the most successful Canadian on Jeopardy! She is currently placed 5th for all-time regular season wins.

Jeopardy! Facts:

- Jeopardy! Started March 30, 1984. Art Fleming was the first host until 1979. Alex Trebek hosted from 1984 until his death on January 8, 2021.
- Jeopardy currently has over 8,000 episodes.

Spring Word Search

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

Spring Word Search List

Birds 

Bloom

Caterpillar

Ladybug 

Nature

Puddles

Sunshine 

Bees

Bugs

Flowers 

May

Picnic

Rainbow 

Tulips

Blossom

Butterfly 

Garden

Melt 

Plants

Seeds

Spring Word Search Answers

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

Smoothie Bowl Recipe



Ingredients:

- 1 cup frozen mixed berries (your choice!)
- 1 ripe banana. Frozen and sliced.
- 2 – 3 tablespoons light coconut or almond milk
- 1 scoop plain or vanilla protein power (*optional*)

Toppings (*optional*)

- 1 tablespoon shredded unsweetened coconut
- 1 tablespoon chia seeds
- 1 tablespoon hemp seeds
- Granola
- Fruit

Directions:

1. Add frozen berries and banana to blender.
2. Blend on low until small bits remain.
3. Add a bit of coconut or almond milk and protein power (optional).
4. Blend on low. Scrap sides if need. Mixture should resemble soft serve ice cream.
5. Scoop 1 to 2 bowls.
6. Top with desired toppings.

*Note: best fresh, though leftovers keep in freezer up to 1 to 2 weeks.