

**Aphasia Café  
Newsletter  
May 2023**



**aphasia**  
nova scotia



**The Big Fiddle, Sydney, Nova Scotia**

# Table of Contents

|  |           |
|--|-----------|
| <b>Aphasia Café Updates.....</b>               | <b>2</b>  |
| <b>Future Aphasia Café Information.....</b>    | <b>3</b>  |
| <b>Upcoming Local Events.....</b>              | <b>4</b>  |
| <b>Upcoming International Events.....</b>      | <b>6</b>  |
| <b>International Research Opportunity.....</b> | <b>7</b>  |
| <b>5 Pieces of GOOD News.....</b>              | <b>8</b>  |
| <b>Science Trivia.....</b>                     | <b>9</b>  |
| <b>Science Trivia Answers.....</b>             | <b>10</b> |
| <b>Science Word Search.....</b>                | <b>11</b> |
| <b>Science Word Search List.....</b>           | <b>12</b> |
| <b>Science Word Search Answer.....</b>         | <b>13</b> |
| <b>Dill Pickle Pasta Salad Recipe.....</b>     | <b>14</b> |

## March Aphasia Café Updates

### March **Online** Aphasia Café

There was an **online Aphasia Café** on **March 15th**. The theme was **travel**. We had **9 people** attend. They talked about **travel destinations, books, and musicals**.



### March **In-Person Halifax** Aphasia Café

There was an **in-person Aphasia Café** on **March 21st**. We had **1 person** attend. They talked about **family, travel** and **local organizations in Halifax**.



### March **Annapolis Valley** Aphasia Café

There was no **Annapolis Valley Aphasia Café** held in March. See everyone at the **April** café!



## Future Aphasia Café Information

There will be an **In-person Halifax Café** on **April 18th** at **6:30-7:30pm** at the **Needham Recreation Center**.

The topic will be “**Favourite hobbies and activities**”.



The next **Online Aphasia Café** will be on **April 19th** at **6pm**. The theme is “**Springtime**”. The **Zoom information** is included below:

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

**Annapolis Valley Aphasia Café** will likely be held **April 2nd** at **2pm** at the **Miner’s Marsh** in **Kentville**. Refreshments and **light snacks** will be provided.



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



## Upcoming Local Events

- Saturday April 1<sup>st</sup> ..... **Magic Show – Bill Wood**.....**Chester**
- Saturday April 1-3<sup>rd</sup> ..... **Pictou County Home Show** .....**Pictou**
- Saturday April 15<sup>th</sup> .....**Adam Baldwin**..... **Liverpool**
- Sunday April 16<sup>th</sup> ..... **The Beatles Tribute** ..... **Halifax**
- Thursday April 27-29<sup>th</sup> ..... **Halifax Comedy Fest** ..... **Halifax**
- Saturday April 29<sup>th</sup> ..... **Seville’s April Fair** .....**Halifax**
- Saturday April 29<sup>th</sup> ..... **Maple Syrup Festival** .....**River John**
- April 1st -30th .....**Body Worlds Museum Exhibit** ..... **Halifax**

# APRIL 2023



| SUN  | MO  |    |    |      | FRI  | SAT  |
|------|-----|----|----|------|------|------|
| 26   | 27  |    |    |      |      | 1 ★  |
| 2 ★  | 3 ★ |    |    |      |      | 8    |
| 9    | 10  |    |    |      |      | 15 ★ |
| 16 ★ | 17  |    |    |      |      | 22   |
| 23   | 24  | 25 | 26 | 27 ★ | 28 ★ | 29 ★ |
| 30 ★ | 1   | 2  | 3  | 4    | 5    | 6    |

## Upcoming Local Events

## Let's Giv'er - Bluenose Marathon Fundraiser

**Aphasia Nova Scotia** is registered as a **charity** for the bluenose marathon happening **May 19-21th, 2023**.


We have set a **goal of raising 500\$** and would love your **support** in making this happen.

If you would like to make a **donation** click on the following link: <https://raceroster.com/events/2023/65631/emera-blue-nose-marathon/pledge/team/65>

A number of us will be participating in the **LifeMark 5km Walk/Run** on **Saturday, May 20th** if you want to **join our team** please let us know ([aphasians@gmail.com](mailto:aphasians@gmail.com)).




**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](mailto:DRMoser@uams.edu)



## Five Pieces of GOOD NEWS From March

1. A NICU Nurse adopted a 14 year old **new mom** and her **triplets** so their family could remain together. To **avoid** the children going into **foster care**, now the family is happy and healthy in their new home!
- 
2. A species of **seaweed** that has been taking over the Caribbean, may have been finally **put to good use**. Researchers in the **United Kingdom** have tried using it as a **biodegradable plastic wrap**, and have found that it can withstand heat, and also naturally breaks down in compost in roughly 2-3 weeks.
- 
3. After **8 long years** of testing and trials, a world changing **vaccine** for **Malaria** has been approved for Africa. The vaccine can now be distributed to **infants** ranging from **5 months - 3 years old**, which is the population that is impacted the most from Malaria.
4. A study at **Yale** is now showing that one of the best things to help **preserve our memory** with old age is **embracing** it! Those who think **positively about the aging process** rather than feeling sad and down, are more likely to **regain their memory** and keep their memory for longer.
- 
5. A new study in Australia shows that **plants in our homes** may be well worth the consistent watering. It has already been shown to provide **cleaner air**, but now studies show that it can also help homeowners fight off **some cold and flu viruses found in the air!**

## Science Trivia

**1. Which planet is closest to the sun?**

- a. Earth
- b. Mercury
- c. Jupiter

**2. What do bees collect to make honey?**

- a. Pollen
- b. Seeds
- c. Petals

**3. What is the largest known land animal?**

- a. Giraffe
- b. Elephant
- c. Black Bear

**4. How many elements are in the periodic table of elements?**

- a. 98
- b. 126
- c. 118
- d. 113

**5. True or false? Lightning is hotter than the sun?**

- a. True

- b. False

## Science Trivia Answers

**1. Which planet is closest to the sun?**

- a. Earth
- b. **Mercury**
- c. Jupiter

**2. What do bees collect to make honey?**

- a. **Pollen**
- b. Seeds
- c. Petals

**3. What is the largest known land animal?**

- a. Giraffe
- b. **Elephant**
- c. Black Bear

**4.. How many elements are in the periodic table of elements?**

- a. 98
- b. 126
- c. **118**
- d. 113

**5. True or false? Lightning is hotter than the sun?**

- a. **True**
- b. False



## Science Word Search

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

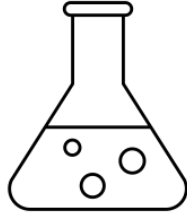
---

## Science Word Search List

Animals

Beaker

Biology



Chemistry

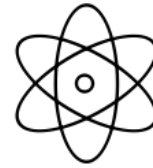
Experiment

Lab

Microscope

Oxygen

Physics



Research

Study

Theory

## Science Word Search Answers

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

## Dill Pickle Pasta Salad



### Ingredients

1. 3 cups **uncooked** shell pasta
2.  $\frac{3}{4}$  cup **sliced** dill pickles
3.  $\frac{3}{4}$  cup **diced** cheddar cheese
4. 3 tbsp **diced** white onion
5. 2 tbsp fresh dill
6.  $\frac{1}{2}$  cup pickle juice
7.  $\frac{2}{3}$  cup mayonnaise
8.  $\frac{1}{3}$  cup sour cream



## Instructions

- **Boil pasta** until **cooked**, then run under **cold water**
- **Mix** pasta with pickle juice, let set for **5 minutes**
- In a **separate bowl, combine** mayonnaise, sour cream, and fresh dill to create the **dressing**
- **Add** dressing, pickles, cheese, and onion to the pasta bowl, **stir** to combine
- **Refrigerate 1 hour** before serving