

**Aphasia Café
Newsletter
November 2022**



aphasia
nova scotia



Louisbourg Lighthouse, Louisbourg, Cape Breton, Nova Scotia

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October Aphasia Café Updates

October Online Aphasia Café

There was an **online Aphasia Café** on **October 19th**. We had **3 people** attend. We talked about **Fall Fun**, fall activities, food, traditions, and trivia.

There was lots of good discussion and fun!



October Annapolis Valley Aphasia Café Events

7 members attended the **Annapolis Valley Aphasia Café** in October.

They talked about **Thanksgiving** and **food**.

A **member** gave a **presentation** on the

“Aphasia Warrior Balloon” and the

Whalen’s.

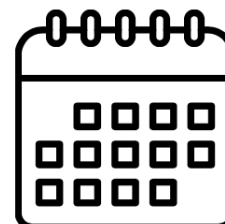


Future Aphasia Café Information

The **next Online Aphasia Café** will be **November 16th**.

The topic will be **“A Year in Review”**. Discussion topics will include...

- A **sentence** that sums up your **2022 year**
- A **memory** that sticks out to you **from 2022**
- **Accomplishments** you are proud of this year
- Something you have **not done yet** this year.



The **Zoom information** is included below:

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

The **next Annapolis Valley Aphasia Café** will be held on **November 19th**
or 26th. Please reach out to **Mike** for the location and details.



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



Upcoming Local Events

Nova Scotia Music Week 2022

Location: **Sydney, Cape Breton**

Dates: **November 3rd – 6th**



Holiday Markets in Nova Scotia

Friday November 4th – **Cedar Event Centre** ----- **Halifax**

Saturday November 5th – **St. Mary's Bay Academy** ----- **Saint Bernard**

Saturday November 12th – **Kingston Lions Club** ----- **Kingston**

Sunday November 13th – **Spryfield Lions Rink** ----- **Halifax**

Saturday November 19th – **Best Western Glengarry**----- **Truro**

Saturday November 19th – **Seaforth Community Hall** ----- **Chezzetcook**

Saturday November 26th – **Regional Heights Church** ----- **Dartmouth**

Upcoming International Aphasia Events

National Aphasia Association (NAA) Events



Night of Aphasia Arts **online Gala** – November 2nd

Night of Aphasia Arts **online gallery** – November 3rd and **onwards**

RSVP for the link at: <https://www.aphasia.org/stories/night-of-aphasia-arts/>



Aphasia Recovery Connection (ARC) Events

2023 and 2024 Cruise information can be found at this **link**:

<https://aphasiarecoveryconnection.org/aphasia-cruises/>



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

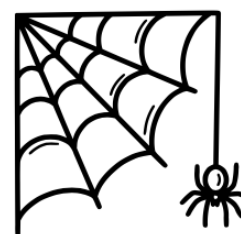
- Complete an online survey at this link:
<https://forms.gle/PteeJ1XMRtPzR9U77>
- This is an anonymous online survey.
- The survey has 20 questions
- The survey will take about 5-10 minutes
- Participation in this study is voluntary

For More Information Contact Dana Moser





- Telephone: 501-603-1011
- Email: DRMoser@uams.edu

Five Pieces of GOOD NEWS From October



1. **AirBnB** is funding a **contest** to discover the most **unique vacation rental** properties. 100 **winners** will receive \$100,00 to **build** their crazy ideas. Check out the **ideas**: <https://news.airbnb.com/omgfund/>
2. A **man** in **England** decorated his house to **Halloween** to **raise money** for **charity**. The man built a massive **spider and web** all by himself. He plans to raise money again next Halloween.
3. A **study** in **USA** discovered that **birds** have “**self-control**” like humans do. They **tested** this hypothesis by **tempting** the birds with a piece of **cheese** before giving them a **mealworm** (their favourite!).
4. A **dog** has collected over **6,000 lost golf balls** at a Golf Course in **London, England**. The **owner of the dog** plans to **sell** the golf balls and **donate** the money to **charity**.
5. Being around **birds** improves our **mental health**, even 8 hours after **hearing them chirping!**



“Guess the Food” Game

1.		a. Strawberry b. Pomegranate c. Cherry d. Raspberry
2.		a. Cauliflower b. Broccoli c. Kale d. Spinach
3.		a. Pineapple b. Banana c. Yellow Pepper d. Corn
4.		a. Bacon b. Turkey c. Licorice d. Plum

“Guess the Food” Answers

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Music Word Search

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

Music Word Search List

Band

Beat

Concert



Drums

Flute

Guitar



Listen

Microphone

Music



Rhythm

Saxophone

Violin



Music Word Search Answers

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

Black Bean Hummus Recipe



Ingredients:

- 15 oz can of **black beans**
- 1 **garlic** clove
- 2 Tbsp **lemon juice**
- 2 Tbsp **tahini**
- 1 tsp **cumin**
- **Salt** and **water** if needed

Instructions:

1. Put all **ingredients** into a **blender**.
2. **Blend** until desired **consistency**.
3. **Serve** with crackers or vegetables.

*Good appetizer for gatherings!