

**Aphasia Café  
Newsletter  
November 2023**



**aphasia**  
nova scotia



**MacDonald Bridge, Halifax Nova Scotia**

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## October Aphasia Café Updates

### October **Online** Aphasia Café



There was an **online Aphasia Café** October 18th. The theme was **fall** and they had **5 participants!**

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

The **in-person Aphasia Cafe** happened at **Long Lake Park**. A few people attended and they enjoyed a **nice walk!**

### October **Annapolis Valley** Aphasia Café

The **Annapolis Valley Aphasia Cafe** happened on **October 29th**, they went for a walk through **Miner's Marsh** in **Kentville**. Then they had coffee, tea and desserts at **Rosie's Restaurant**. See everyone at the **next** cafe!



## Future Aphasia Café Information

There will **NOT** be an **In-person Halifax Café** in November. Stay tuned for **details** for the **next in-person cafe!**

There will be an **Online Aphasia Café** on **November 15th**. Stay tuned for the **theme!**

There will be an **Annapolis Valley Aphasia Café** on **November 26th**. There will be a **potluck** in **Hants Border** starting at **12:30!**



Contact **Mike** at **902-698-9661** for details!



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

Do you have **news** you want to **share?**

**Send us a picture!** We will post it in the next newsletter!

[aphasia.ns.newsletter@gmail.com](mailto:aphasia.ns.newsletter@gmail.com)

## Upcoming International Aphasia Events

A promotional poster for an 'Aphasia Cafe' event. The background is a solid orange color. On the left, there is a white line-art illustration of a red coffee cup. To the right of the cup, the text 'aphasia cafe' is written in a white, lowercase, sans-serif font. Below this, in a smaller white font, it says 'video chats for people with aphasia | caregivers | professionals'. In the center, the date and time 'November 15 at noon ET' are written in a bold, white, sans-serif font. At the bottom left, there is a logo for the National Aphasia Association, which consists of a stylized profile of a head with a speech bubble inside, and the text 'National Aphasia Association' to its right. At the bottom right, the text 'TOPIC: Tell us a fun fact.' is written in a white, sans-serif font.

aphasia cafe

video chats for  
people with aphasia | caregivers | professionals

**November 15 at noon ET**

National  
Aphasia  
Association

TOPIC: Tell us a fun fact.

To register, press this link:

<https://www.aphasia.org/stories/aphasia-cafe-tell-us-a-fun-fact/>

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- **Empowering** individuals with Aphasia to **find their voice** and **connect with others** through music.
- Visit <https://singaphasia.com> for more **information**.

## Local Research Opportunity

Researchers at the **IWK Health Centre**, located in Nova Scotia, need **caregivers of acquired brain injury survivors** living in Canada to share their **experiences** by participating in an online study. To participate, visit: <https://tinyurl.com/caringforwardsignup>

If you care for a loved one with an **acquired brain injury** and live in Canada, you may be eligible to take part. The person you care for could be a child, a parent, a spouse, a friend, a sibling, or a relative. For more information, visit our website: <https://www.caringforward.ca/>



**YOU CAN MAKE A DIFFERENCE FOR CAREGIVERS OF ACQUIRED BRAIN INJURY SURVIVORS!**

We need caregivers of acquired brain injury survivors living in Canada to share their experiences by participating in an online study.

The information we receive will be used to create resources and programs that support caregivers and improve well-being. To thank you for your time, you may be invited to try the new programs and resources as they are created!




**Participate now for a chance to WIN a \$100 gift card!**

**i** For more information, visit our website:  
<https://www.caringforward.ca/>

**+** To participate, visit:  
<https://tinyurl.com/caringforwardsignup>

**?** Have questions? Contact us toll-free at 1-887-341-8309 (ext. 8 or 9) or email us at [caringforward@iwk.nshealth.ca](mailto:caringforward@iwk.nshealth.ca)

REB#1025253  
REB#1025568

## Five Pieces of GOOD NEWS

1. A new treatment of **nanoparticles** has recently been discovered to be effective in easing the pain of rheumatoid **arthritis**.



2. A **72-year-old man** from Lawrenceville, Georgia, **graduates** from college with his 99-year-old mother **supporting** him.

3. A synthetic **melanin cream** has been formed that treats **suburbs** as well as **chemical burns**.



the **public**.

4. The walls of a “secret” underground room discovered in 1975, which is covered in sketches by **Michelangelo**, is now being opened to



5. A company in **France** has developed houseplants that remove **air pollutants** Improving health conditions. Small businesses have

started selling these plants.

## Nova Scotia Trivia



**1. The kimono is a traditional garment of which country?**

- a. Japan
- b. Philippines
- c. Netherlands



**2. Tacos, a popular street food, are associated with the cuisine of which country?**

- a. Guatemala
- b. Cuba
- c. Mexico

**3. Name the traditional dance of the Hawaiian people?**

- a. Belly Dancing
- b. Hula Dancing
- c. Tango

**4. Coffee originates from what country?**

- a. Morocco
- b. Cuba
- c. France

**5. . What country worships crocodiles?**



- a. Egypt
- b. United States
- c. Finland

## Nova Scotia Trivia Answers

1. The kimono is a traditional garment of which country?

- d. Japan
- e. Philippines
- f. Netherlands

2. Tacos, a popular street food, are associated with the cuisine of which country?

- d. Guatemala
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3. Name the traditional dance of the Hawaiian people?

- d. Belly Dancing
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5. . What country worships crocodiles?

- d. Egypt
- e. United States
- f. Finland

## Olympic Sports Word Search

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

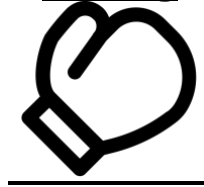
## Olympic Sports Search List

Archery



Badminton

Boxing



Gymnastics

Handball

Rowing

Squash

Surfing

Swimming



Triathlon

Volleyball

Wrestling



**Olympic Sports Word Search Answers**

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

## Shortbread Cookies



## Ingredients:

<b>10 tbsp</b> Unsalted Butter	<b>½ Cup</b> Confectioner's Sugar	<b>1/t tsp</b> Pure Vanilla Extract
<b>1 ½ cups</b> All Purpose Flour	<b>½ tsp</b> Kosher Salt	

# Instructions

1. With the help of a <b>mixer</b> , beat <b>butter and vanilla extract</b> until <b>creamed</b> .
2. Add confectioners sugar and salt and <b>mix</b> .
3. Add <b>flour</b> while beating on <b>low</b> . Scrape the bowl down and <b>mix until well combined</b> .
4. <b>Flatten</b> the dough out using a <b>rolling pin</b> and leave it in the <b>freezer</b> for at least an <b>hour</b> .
5. Cut out cookies with the help of a <b>cookie cutter</b> and place the cookies back in the <b>freezer</b> .
6. While the cookies are in the freezer, <b>preheat</b> your oven to <b>350 F</b> .
7. Spread the cookies on a <b>baking sheet</b> lined with <b>parchment paper</b> .
8. Bake for <b>10 mins</b> and <b>rotate the pan</b> halfway through.
9. Transfer cookies to a <b>wire rack</b> or just let them <b>cool</b> .
10. Finally, <b>enjoy!</b>