

**Aphasia Café
Newsletter
October 2023**



aphasia
nova scotia



Cabot Trail, Cape Breton Nova Scotia

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August Aphasia Café Updates

August **Online** Aphasia Café

There was no **online Aphasia Café** in **August**. We **hope** to have a café **sometime this fall!**



August In-Person Halifax Aphasia Café



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

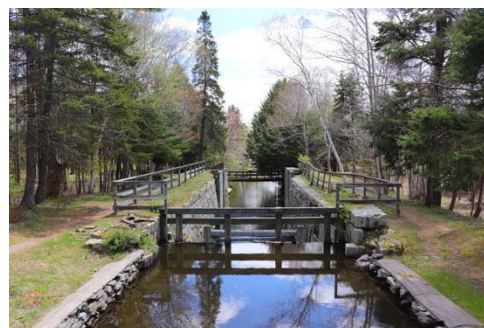
July Annapolis Valley Aphasia Café

The **Annapolis Valley Aphasia Cafe** happened on August 27th at Bonnie and Reid's cottage. Everyone brought some food to share and enjoyed each other's company. See everyone at the **next** cafe!



Future Aphasia Café Information

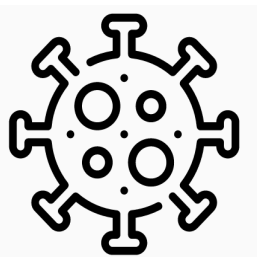
There will be an **In-person Halifax Café** on **September 19th** at **6:30pm** at



Shubie Park for a **walk**. Contact **Rowan** for more **details**.

There will **NOT** be an **Online Aphasia Café** in **September**. Stay tuned for the next **Online Aphasia Cafe!**

There will be an **Annapolis Valley Aphasia Café** on **September 24th** at 1pm at **South Berwick**. The topic will be “**End of Summer**”
Please **contact Mike** for more.



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

Aphasia Camp 2023 (cancelled)

Aphasia camp is unfortunately **cancelled** this year!

We hope to have more interest next year!! Keep

Aphasia Camp in mind for **next year!**



Questions? Email AphasiaNS@gmail.com

[Aphasia Community News!!](#)

What did you do last month?

Phil enjoyed a day trip to the
Mastodon in **Stewiacke!**



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

[Upcoming International Aphasia Events](#)



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

September 20 at noon ET

TOPIC: The best place you ever travelled.



National
Aphasia
Association

To register, press this link:

<https://www.aphasia.org/stories/aphasia-cafe-travel-stories/>



- **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!

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

REG#1025253
REG#1025568

newscans health CARING FORWARD

Five Pieces of GOOD NEWS

1. Engineers in Australia have found a way to repurpose coffee ground waste. They have found that adding coffee grounds to concrete can make

it 30% stronger and more durable! This cuts down on materials used, and amounts of coffee waste going to landfills.

2. A ten year old boy lost his favourite toy that he considered a representation of himself. A small lego figure that shared the same name as the boy and went everywhere with him went missing one day. The boy did not give up, he created a missing person's poster for the lego man, and thankfully, it was returned to him!
3. In Australia, there has been a new volunteer program called "sea-weeding" involving removing seaweed from coral reefs similar to weeding our gardens. This process has been so successful it has increased coral recovery rates by 600%!
4. After multiple years of development, LEGO has now come out with a braille friendly set. This set includes the braille alphabet and can be used to teach children and adults a wave of communication with blind or partially blind individuals.
- 5.

Nova Scotia Trivia

1. Sable Island is well known for what animal?

- a. Horses
- b. Seals
- c. Moose

2. What European Country was Nova Scotia named for?

- a. Ireland
- b. France

- c. Scotland
- 3. In what town is the Apple Blossom Festival celebrated?**
- a. Halifax
 - b. Baddeck
 - c. Kentville
- 4. What would you call a person from Halifax?**
- a. Haligonian
 - b. Faxie
 - c. Haligan
- 5. . What year did Nova Scotia join confederation?**
- a. 1904
 - b. 1854
 - c. 1867

Nova Scotia Trivia Answers

- 1. Sable Island is well known for what animal?**
- d. Horses
 - e. Seals
 - f. Moose
- 2. What European Country was Nova Scotia named for?**
- d. Ireland
 - e. France

f. Scotland

3. In what town is the Apple Blossom Festival celebrated?

- d. Halifax
- e. Baddeck
- f. Kentville

4. What would you call a person from Halifax?

- d. Haligonian
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5. What year did Nova Scotia join confederation?

- d. 1904
- e. 1854
- f. 1867

Reading Word Search

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

Reading Word Search List

Author

Biography

Book



Bookmark

Chapter

Fiction



Genre

Library

Magazine



Novel

Romance

Thriller

Reading Word Search Answers

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




Strawberry Sorbet



Ingredients:

You Will Need:



<p>1 Cup Water</p> 	<p>¾ Cup White Sugar</p>	<p>1 package (454g) Fresh Strawberries</p> 
<p>⅓ cup lemon OR lime juice</p> 		

Instructions

1. **Combine** water and sugar in a **medium sized pot**, bring to a **boil** at medium-high heat, **stir to dissolve** sugar. Let **simmer for 5 minutes** without stirring. Remove from heat and let **cool in the fridge**.

2. **Wash and cut** the strawberries

3. Place strawberries in either a **blender or food processor**. Blend until **smooth but not pureed**

4. Add water and sugar mixture, as well as the citrus juice. **Blend until just combined.**

5. Place in an **8x8 shallow pan** and place in the **freezer**. **Stir every hour** until slushy.

6. Once **slushy**, add it to the food processor again and blend, once smooth place in a bowl with a cover and **refreeze**

7. After **4-6 hours** sorbet should be frozen and ready to serve