

**Aphasia Café
Newsletter
September 2022**



aphasia
nova scotia



Cape D'Or Lighthouse, Advocate, Nova Scotia

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August Aphasia Café Updates

August Online Aphasia Café

The **online Aphasia Café** was held on **August 17th**. **6 people attended**.

They discussed:

- What they did in the **summer**
- Favourite **summer memories** from **childhood**
- Favourite **summer food** and **snacks**

They also **played trivia**.

August Annapolis Valley Aphasia Café Events

Annapolis Valley Aphasia Café was held on **August 6th**. They met at **Bonnie and Reid's cottage** with **8 members attending**.

They discussed several topics.

- This included **different foods** and **ways to prepare the food** and the **healthcare system**.

For **supper** they had **smoked pork chops**, **corn**, variety of **salads** and **homemade ice cream** for dessert.

Future Aphasia Café Information

There will be a **Virtual Aphasia Café** on **September 21st**.

The **Zoom information** is included below:

Link: <https://us02web.zoom.us/j/83074578393>



Please reach out to **Mike** for information on the **September Annapolis Valley Aphasia Café**.

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




Research Opportunity at Dalhousie University

Aaron J. Newman is looking for **participants** who have **Aphasia** for a **new research study**. They are **testing new software** to **help** those with **Aphasia**. The study will **help with naming items** you struggle with. If you are **interested**, please out to **Aaron** at aaron.newman@dal.ca.


Do you have aphasia?

VOLUNTEERS NEEDED

- We need **you** to **test an online program** designed to **help** with **aphasia**.
- This study will provide **practice on naming items** you **struggle** with.



• This is an **online study**




You will receive up to **\$170**

Day 1 - 6
Language
testing


Day 7-15
Online
Word
Training

Day 16-17
Language
Testing


You can **participate** if you:




1. Have an **internet connection**



2. Have had **aphasia** for at least **6 months**



3. **Speak English**



4. Have **normal vision**, glasses, or contacts

If you are **interested**, send us an **email** at:

APHASIA_STUDY@NCILAB.CA

...and ask for **Francesco**

This study is directed by Prof. **Aaron J. Newman**
NeuroCognitive Imaging Lab
aaron.newman@dal.ca

REB # 2021-5789



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



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

Five Pieces of GOOD NEWS From August

- 1.** A man met the woman he helped deliver on a San Francisco sidewalk. The birth happened on June 29th, 1988. At the time, he was walking to work when the woman began giving birth. He found the woman through a newspaper article and Facebook.
- 2.** Robert Pope ran 134-miles (216 kilometres) to raise money for the World Wildlife Foundation. He is a ultra-marathon runner and ran with a pint of Guinness beer. The journey was the width of Ireland and he made it to Dublin in 23 hours and 39 minutes.
- 3.** A sea turtle nest was found for the first time in Mississippi in 4 years. The eggs belong to either the loggerhead sea turtle or the rare Kemp's ridley sea turtle. Marine Mammal Studies protected the nest site. The waters were impacted by the 2010 Deepwater Horizon oil spill.
- 4.** Georgia high school football players rescue woman trapped in a car. The six members used their strength to open the car door to get the woman out.

5. A 99-year-old Pennsylvania woman named Peggy Koller welcomed her 100th great-grandchild. Peggy is an only child who had 11 children and 56 grandchildren. Days after her 100th great-grandchildren, her 101st great-grandchildren were born.

Lighthouse Colouring Page



Food Trivia

- 1. What famous soft drink was invented in 1892?**
 - a. Pepsi
 - b. Root Beer
 - c. Coca Cola
 - d. Orange Crush

- 2. What are the names of the Rice Krispies Mascots?**
 - a. Sparkle, Crackle, Shine
 - b. Pip, Pop, Paul
 - c. Sip, Snap, Snack
 - d. Snap, Crackle, Pop

- 3. What was the first food ever eaten in space?**
 - a. Applesauce
 - b. Yogurt
 - c. Cake
 - d. Pudding

- 4. What does “Dorito” actually mean?**
 - a. Small and crunchy
 - b. Little golden thing
 - c. Hot and spicy
 - d. Delicious

- 5. What is Canada’s national cocktail?**
 - a. Whiskey sour
 - b. Gin and Tonic
 - c. Mimosa
 - d. Caesar

Food Trivia Answers

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 - d. **Caesar**

Lighthouse Word Search

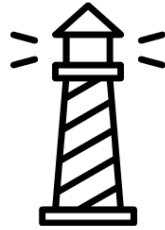
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S	E	E	G	J	D	S	F	N	T	T	W	M	U	C	J	G	Y	C	F
N	G	E	U	A	G	T	A	Y	A	I	M	J	Y	S	L	P	P	R	H
G	G	S	D	T	B	I	Y	M	J	L	H	A	Z	I	R	T	G	C	O
F	Y	B	X	V	S	M	V	O	B	C	S	I	Z	I	R	R	T	S	T
D	S	Y	Y	T	Q	H	H	Q	U	R	A	I	M	J	V	M	L	U	H
E	C	O	C	T	N	F	U	T	N	I	O	P	E	E	G	A	R	N	E
W	O	J	S	M	M	Z	X	K	B	F	O	I	E	V	O	V	M	P	J
W	V	A	G	C	I	N	L	N	T	I	S	M	S	D	I	Y	S	A	L
D	E	O	J	I	S	G	D	N	N	S	R	G	A	L	'	F	W	N	K
R	P	L	W	E	U	O	I	T	I	Z	J	I	Z	F	A	O	S	O	C
H	C	A	P	E	F	O	R	C	H	U	C	L	V	Q	M	N	R	G	O
F	K	I	W	S	P	Z	Y	M	R	V	N	B	H	J	B	Q	D	M	R
M	T	A	S	Y	Y	F	P	G	Q	V	B	I	A	U	L	V	H	Q	K
Y	U	T	D	R	L	A	D	I	F	D	K	X	T	O	P	Z	T	M	C
Q	B	N	A	Q	F	I	U	F	D	V	J	U	R	Z	Q	T	H	D	A
K	A	K	P	V	O	O	O	X	Z	L	H	D	N	X	R	E	R	S	L
S	Z	E	X	W	T	Z	U	O	T	W	R	D	U	I	N	I	U	X	B
Q	M	E	B	R	U	R	U	Y	L	O	P	I	S	G	U	B	Z	G	S

Lighthouse Word Search List

**Black
Rock**

**Cape
D'Or**

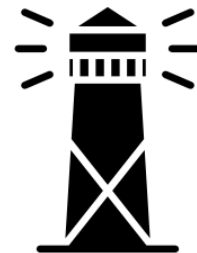
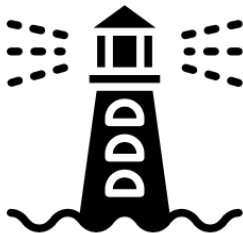
**Cape
Forchu**



**Enragee
Point**

**Five
Islands**

**Peggys
Cove**



**Prim
Point**

**Sambro
Island**

**Sandy
Point**



Lighthouse Word Search Answers

L	T	X	H	O	J	S	I	W	I	X	G	K	Z	N	F	Y	C	S	B
R	P	I	K	H	V	V	D	I	M	T	J	I	O	H	M	Z	H	O	D
S	E	E	G	J	D	S	F	N	T	T	W	M	U	C	J	G	Y	C	F
N	G	E	U	A	G	T	A	Y	A	I	M	J	Y	S	L	P	P	R	H
G	G	S	D	T	B	I	Y	M	J	L	H	A	Z	I	R	T	G	C	O
F	Y	B	X	V	S	M	V	O	B	C	S	I	Z	I	R	R	T	S	T
D	S	Y	Y	T	Q	H	H	Q	U	R	A	I	M	J	V	M	L	U	H
E	C	O	C	T	N	F	U	T	N	I	O	P	E	E	G	A	R	N	E
W	O	J	S	M	M	Z	X	K	B	F	O	I	E	V	O	V	M	P	J
W	V	A	G	C	I	N	L	N	T	I	S	M	S	D	I	Y	S	A	L
D	E	O	J	I	S	G	D	N	N	S	R	G	A	L	'	F	W	N	K
R	P	L	W	E	U	O	I	T	I	Z	J	I	Z	F	A	O	S	O	C
H	C	A	P	E	F	O	R	C	H	U	C	L	V	Q	M	N	R	G	O
F	K	I	W	S	P	Z	Y	M	R	V	N	B	H	J	B	Q	D	M	R
M	T	A	S	Y	Y	F	P	G	Q	V	B	I	A	U	L	V	H	Q	K
Y	U	T	D	R	L	A	D	I	F	D	K	X	T	O	P	Z	T	M	C
Q	B	N	A	Q	F	I	U	F	D	V	J	U	R	Z	Q	T	H	D	A
K	A	K	P	V	O	O	O	X	Z	L	H	D	N	X	R	E	R	S	L
S	Z	E	X	W	T	Z	U	O	T	W	R	D	U	I	N	I	U	X	B
Q	M	E	B	R	U	R	U	Y	L	O	P	I	S	G	U	B	Z	G	S

Baked Pasta Recipe



Ingredients:

- 1 large carton of **cherry tomatoes** (700g)
- 1 block of **feta cheese** (400g)
- 4 Tablespoons **olive oil**
- 1 small **onion**
- 3 cloves **garlic**
- **Pasta noodles**
- Fresh **basil** (optional)

Instructions

1. Preheat oven to **400 degrees**
2. In a **9x13 baking dish**, place tomatoes, chopped onion and garlic.
3. **Drizzle** with olive oil and **mix**.
4. Place feta block in center of baking dish.
5. **Bake** for **40 minutes**.
6. **Cook pasta** and drain it.
7. When tomatoes are done, **pour** cooked pasta into the baking dish and **mix well**.
8. **Garnish** with basil

Serves about 3-5 people