

**Aphasia Café
Newsletter
September 2023**



aphasia
nova scotia



Whale Watching, Bay of Fundy, Nova Scotia

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June Aphasia Café Updates

July Online Aphasia Café

There was no **online Aphasia Café** in **July**. See everyone in **September!**



July In-Person Halifax Aphasia Café

The **in-person Aphasia Cafe** was post-poned until August. **See you on August 22nd!**

July Annapolis Valley Aphasia Café

There was no **Annapolis Valley Aphasia Cafe** this month. See everyone at the **next** cafe!



Future Aphasia Café Information

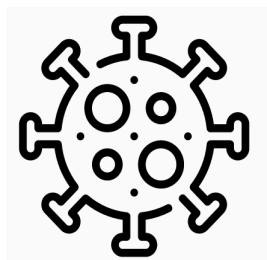
There will be an **In-person Halifax Café** on **August 22nd** at **6:30pm** at **Point Pleasant Park** for a walk. Meet at the **bottom gate entrance**.



There will **NOT** be an **Online Aphasia Café** in **August**. See everyone in **September!**

Annapolis Valley Aphasia Café

Please **contact Mike** for details about the August Aphasia Café in Annapolis Valley.



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

Aphasia Camp 2023

Aphasia camp is **back** this year!

When: September 22-24th, 2023

Registration: See the form **attached** with the
Newsletter Email

Questions? Email AphasiaNS@gmail.com

More details to come!



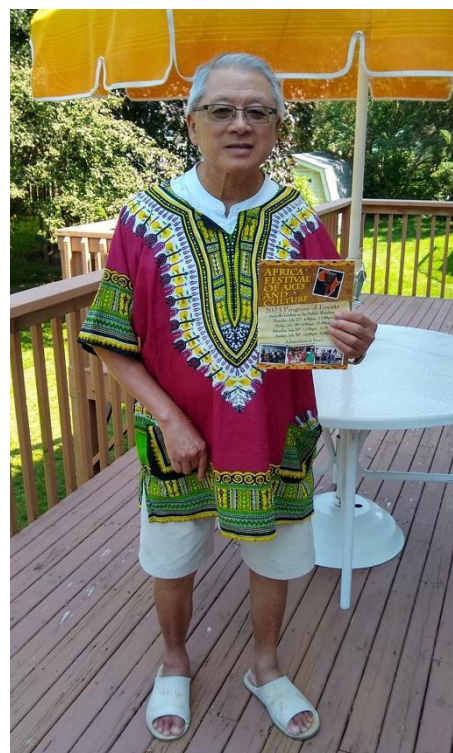
Aphasia Community News!!

July 27th – 29th was the **African Festival of Arts and Culture** event in Halifax. Aphasia Nova Scotia member, **Phil**, and his wife, **June**, attended and said it was **fantastic!!**

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: (there is no cafe for August)

<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!



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 1-887-341-8509 (ext. 8 or 9) or email us at caringforward@iwk.nshealth.ca

REB#1025253
REB#1025568





Five Pieces of GOOD NEWS

1. Taylor Swift's "**Eras Tour**" is not only doing great things for local economies, it is also making strides in community hunger. The artist is making big **donations to food banks in each city she visits**. These donations are large enough to provide **40,000 pounds of fresh produce** in Arizona, as well support their benefit program for children who need food support in schools, and seniors who rely on food stamps.
2. Since 2009, India has **reduced** their greenhouse gas emissions by **33%**! The country has been working to reduce their emissions by 1.5-3% per year, and have remained on track to meet those targets yearly.
3. A scientist in Virginia has found a new way to **recycle some plastics**. This scientist has found that the chemical design of Polyethylene has a very similar profile to a common household item - **soap!** When burned in a safe environment, scientists can create soap from the recycling of some plastics.
4. A new study shows that performing **random acts of kindness** not only makes someone feel good, but it can have a **positive effect** on our own **mental health**. The study found that these acts of kindness had more of a positive effect on depression symptoms than planning out an activity for ourselves that we enjoy. Not only are you doing something good for someone else, but you're also making a thoughtful social connection that you may not get elsewhere!
5. A 90 year old woman has spent her 90th birthday doing something that makes her feel young - **skydiving!** The woman's family first got her skydiving when she was 80 years old!

Travel Trivia

- 1. The Great Barrier Reef can be found off of what country?**
 - a. Cuba
 - b. Mexico
 - c. Australia

- 2. Where would you travel to visit the Amazon Rainforest?**
 - a. China
 - b. Brazil
 - c. Mexico

- 3. Which southern state is also known as the “Sunshine State”?**
 - a. Florida
 - b. California
 - c. Texas

- 4. What is the longest highway in the United States?**
 - a. I 95
 - b. Route 66
 - c. The Pacific Coast Highway

- 5. . Russia has how many time zones?**
 - a. 4
 - b. 11
 - c. 8

Travel Trivia Answers

1. The Great Barrier Reef can be found off of what country?

- d. Cuba
- e. Mexico
- f. **Australia**

2. Where would you travel to visit the Amazon Rainforest?

- d. China
- e. **Brazil**
- f. Mexico

3. Which southern state is also known as the “Sunshine State”?

- d. **Florida**
- e. California
- f. Texas

4. What is the longest highway in the United States?

- d. I 95
- e. **Route 66**
- f. The Pacific Coast Highway

5. Russia has how many time zones?

- d. 4
- e. **11**
- f. 8

Travel Word Search

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

Travel Word Search List

Adventure

Airplane

Beach



Fun

Mountains

Passport



Plan

Suitcase

Ticket



Trip

Vacation

World



Travel Word Search Answers

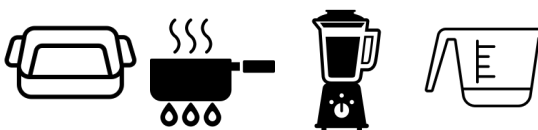
S	S	Z	D	M	V	Q	U	P	Q	Z	N	A	B	C	S	E	V	J	X
V	T	O	I	M	J	I	O	J	Y	R	I	H	S	H	C	I	Q	Q	K
Y	W	X	V	O	J	R	U	P	U	A	C	R	C	P	B	T	Z	T	Z
X	F	I	A	I	M	M	M	C	Q	K	B	A	Y	T	Z	E	Q	B	M
R	L	S	E	G	U	O	Y	Y	Q	S	E	Z	T	S	N	O	R	T	T
J	Z	R	S	D	J	T	I	E	V	B	R	G	E	N	I	Y	H	I	R
T	W	E	E	C	D	D	P	Z	W	E	U	W	J	I	V	K	Y	C	I
R	J	V	V	N	G	L	V	O	V	H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




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