



C.H.A.T. SOCIETY

COMMUNICATION HEALTH AND THERAPY

NEWSLETTER

Welcome Back!



C.H.A.T SOCIETY UPDATES

Save the Date:

- **CHAT in the Park** will be **June 15** at **Kinsmen Park**
More info to come!

Did You Know?

February is **Recreational Therapy Month!**

- Recreational **exercises** and **games** can benefit people with aphasias!
- **Read more** in the next pages about **speech-friendly games!**

Meet Charlene Byrne!

Member Highlight



Charlene Byrne
C.H.A.T. Board Member

Charlene (aka **Charley**) life changed after experiencing **aphasia** in **March 2021** after a head injury.

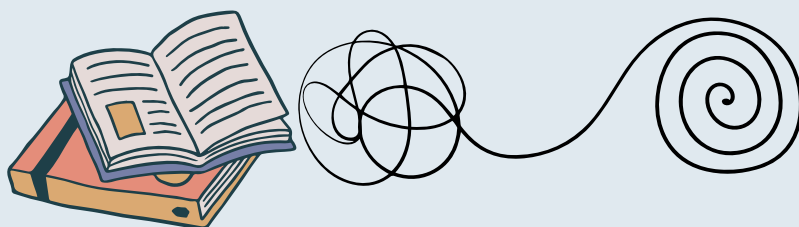
After her injury, Charlene went through many life changes:

“This injury resulted in **drastic changes** in my world: especially in my **ability to speak, to spell, to communicate, to see, to interact and have balance.**”

Charlene shares her road to **recovery** and **resilience** here:

“With the help of my **medical team, the Brain Care Centre, medication, physical therapy, mental health support and mediations.**”

“I am **slowly** putting my life back together and in **learning to socialize differently and slowly.**”



Meet Charlene Byrne!

Member Highlight

Here **Charlene** answers some questions about her journey with **aphasia** and **C.H.A.T!**

How did you get **involved** with the **C.H.A.T. Society**?

“Hi everyone!

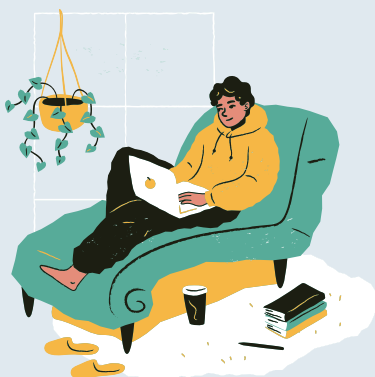
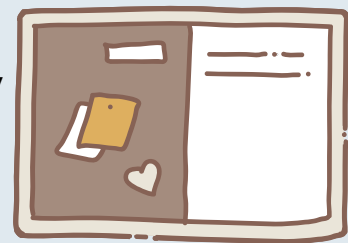
I have become the **Volunteer Treasurer** of **The CHAT Society**. I decided to volunteer at the request of my vision rehab specialist Dr. Sharma, whom I know many of you probably know.”

How was your **rehabilitation process**?

“The only way that I’ve gotten through my **healing process** is by **being grateful** for my **current wins** and **abilities** rather than getting **sidetracked** into the **negative thoughts** and **anger**.”



Charlene Byrne
C.H.A.T. Board Member



What is something you would like to **share** with others?

“I **hope everyone** of you can find your **true moment of peace**.”

“Now **mine** is **crocheting, reading** and **laughing** with my **daughter**.”

WHAT CAUSES APHASIA?

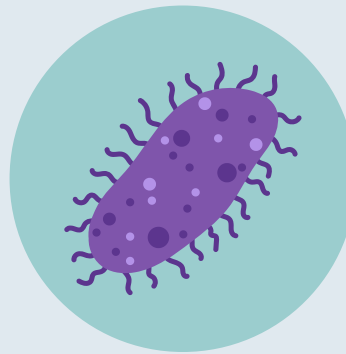
At Let's CHAT, we understand that **Aphasia** is caused through damage in the **language** side of the **brain**. Usually we see this happen through **stroke** but did you know there are **other ways** to cause **damage**?



Brain Injury



Epilepsy



Brain Infection



Dementia

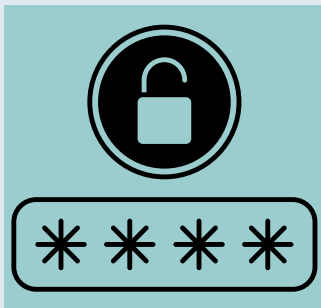
[Click](#) the **resources** below to find out **more** about Aphasia **causation** and **techniques** to help **overcome** Aphasia

- [HealthMatch](#)
 - They provide explanations on **what** aphasia is, **how** it happens, and **what** techniques to use when talking to someone with Aphasia
- [Cleveland Clinic](#)
 - They provide explanations on **how** aphasia can **occur** and **techniques** to take **care** of **yourself** and **others** with aphasia

RECREATIONAL THERAPY

SPEECH FRIENDLY GAMES

Some **activities** can be **hard** to **participate** in due to Aphasia. **Games** are not only the perfect way to **practice speech** skills but also a great **group activity**. Here we **recommend** some potential **games** to play in the future. [Click](#) here to find more [games](#) to play



Password

A **group** board game where you **guess** the secret **password**



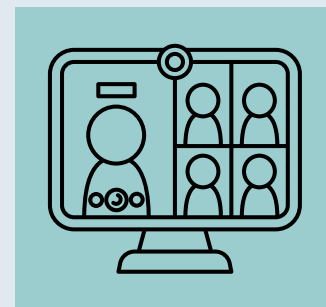
Minister's Cat

Group **memory** game on **creating** a **story** for the **cat**



Audition

A **partner** game where players **complete** the **monologue**



Do You see What I see

Guess the **object** in 20 Questions

Aphasia & Self-Care

The Insider's Perspective

February is **Psychology Month!**

This month at Let's CHAT we discussed a research article about **stress** and **self-care** means to them.

Stress is a part of our **everyday** lives. But when we go through **unexpected situations**, we may experience even **more** amounts of **stress**. This can be very **damaging** if not dealt with properly.



After the **onset of aphasia**, people may experience a **lot of stress** when activities become more **time-consuming** and **challenging**.

It is important to **get help** and **practice self-care strategies** that can **help** deal with **stress!**

Click on the resources **below** that can help!

Mental Health Resources:

- **[Alberta Health Services](#) - Help in Tough Time Resources**
 - They provide different resources in a list for interested.
- **[MyHealthAlberta](#) - Stress Management**
 - They provide different resources to provide stress and professional care resources.
- **[WJS Canada](#)**
 - They provide trauma-informed care with interpreters

Aphasia & Self-Care

The Insider's Perspective



What is **self-care**?
Here are some of our **members thoughts!**



“**Self-care** is **anything** you do to make yourself feel good.”

“It means to **take care** of yourself and **feel healthy.**”

“It is a way to **help yourself** and **others.**”

How are some ways we can **practice self-care**?
Here are some of our **members suggestions:**



Exercising - Weight-Lifting, Running, Yoga

Meditation!

Community & Talking to Friends

Let's CHAT!

Listening to Music



COMMUNICATION CORNER: RIDDLES

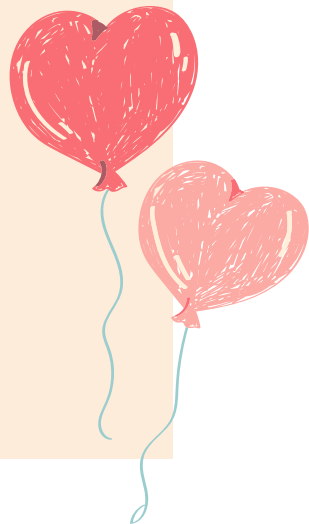
1) What can be touched, but can't be seen?

2) What kind of flowers are kissable?

3) Which character name appears both at Christmas and Valentine's Day?

4) What connects two people but only touches one?

5) How does Cupid visit his girlfriend?



COMMUNICATION CORNER: ANSWERS

1) What can be touched, but can't be seen?

Someone's heart

2) What kind of flowers are kissable?

Tulips

3) Which character name appears both at Christmas and Valentine's Day?

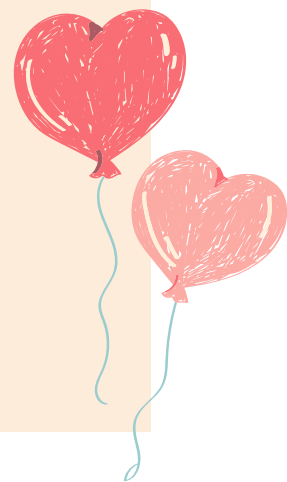
Cupid

4) What connects two people but only touches one?

A wedding ring

5) How does Cupid visit his girlfriend?

An arrow-plane





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COMMUNICATION HEALTH AND THERAPY

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Do you have any **suggestions** or **concerns** for **Let's CHAT?**

Click on the link above!