



C.H.A.T. SOCIETY

COMMUNICATION HEALTH AND THERAPY

NEWSLETTER

HOW C.H.A.T. STARTED

A needs assessment in 2019 found:

- **not enough services** for people with aphasia (PWA) in Edmonton
- PWA wanted **more communication support**



BOTTLE DRIVE UPDATE

- Collected **8000** bottles & cans
- Raised **\$1357.05!**

Special thank you to **Strathcona Bottle Depot!**

NEXT Bottle Drive **Summer 2021**

EDUCATION: APHASIA

Aphasia is a **language disorder** .
It often occurs from:

- injury to the **language areas** of the **brain**
- **stroke** or **brain injury**



DID YOU KNOW?

- "**1 in 3** stroke survivors experience **aphasia**"- The Aphasia Institute
- Every person with aphasia has **unique skills and needs**

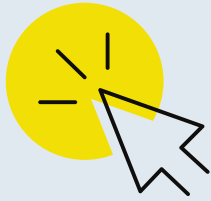
LEARN MORE!

Hear from **people with aphasia** about:

- **strategies** and **tools**
- what **YOU** can do to support

Watch the "**Communication Matters**" Video by [clicking here!](#)





[CLICK HERE](#) to **become a member or renew** for 2021!

MEMBER BENEFITS

- **Let's CHAT** Virtual Social Group
- **Updates** on Events
- **Vote** at Annual General Meeting

Individual Membership \$15

Family Membership \$20



Check us out on...



Website

- chatociety.ca



Facebook

- [CHAT Society](https://www.facebook.com/CHAT.Society)



YouTube

- [CHAT Society](https://www.youtube.com/CHAT.Society)

Member Highlight

Valentine's Day Edition



KEN & CONNIE

How did you **meet**?

Ken: I didn't know Connie until **after high school**. We went to Berean Bible College in Calgary and then we met. I come from **Tofield** and she came from **Wetaskiwin** and we didn't know each other. I was in the **same class** as hers and we started to date in our **third year** in **November 1975**. It was our **first date** and I knew Connie would be **the one** I would get married to. Connie thought so too. But we **didn't tell each other** that until we were **married**.

What **communication strategies** do you use to **support** each other?

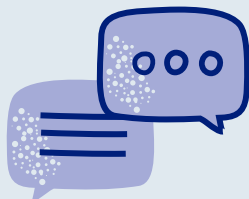
■ **Patience**

■ Focus on **one thing** at a time

■ **Eliminate distractions**

■ **Slow down**

■ Ask questions to **clarify**



How **long** have you been **together**?

Ken: We **dated for a year** and then I **proposed** on **New Year's Eve**. We were **married** in **August 27, 1977**. We have been married for **43 years**.

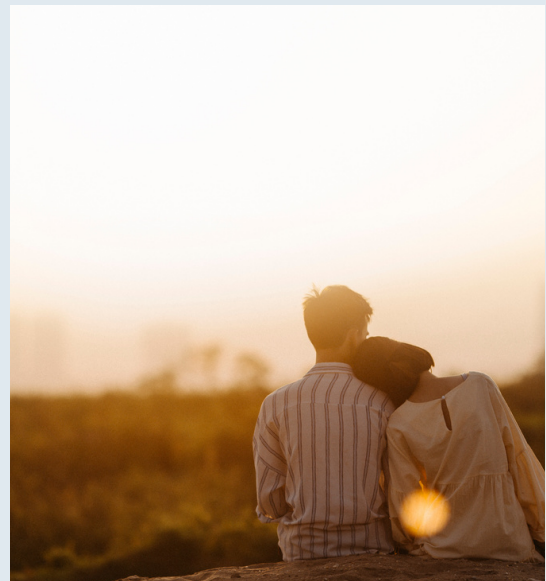
What **activities** do you like to do **together**?

Connie: **Walking**. We do a lot of walking **together**. It's nice because you can do it **wherever you go**.

COMMUNICATION & RELATIONSHIP TIPS FROM C.H.A.T. MEMBERS



"We both came from **solid families** that **stuck together** and that **gave us the example** to stick it out."



"Be **honest** right **up front**."

"Sometimes takes **patience**."



"Try to get to a point of **acceptance**. It's a grieving process. There's **new avenues of life** that hit you and you just have to **deal with it as it comes**."

"I'm **worthy**,
I'm **enough**."

COMMUNICATION CORNER - TRIVIA



1. **Print** this page
2. **Circle** or **highlight** your answers
3. **Check** your answers at the bottom of the page

1. How many **Canadians** experience Aphasia?

- a. Over **twenty-five thousands** (25,000)
- b. Over **fifty thousand** (50, 000)
- c. Over **one million** (1,000,000)
- d. Over **one hundred thousand** (100,000)



2. What can cause Aphasia?

- a. **Stroke**
- b. **Traumatic Brain Injury (TBI)**
- c. **Brain Tumor**
- d. **Dementia**
- e. **ALL** of the above **CAN** cause Aphasia



3. True or False? Aphasia is a disorder of **intelligence**.

1 = d; 2 = e; 3 = False