



C.H.A.T. SOCIETY

COMMUNICATION HEALTH AND THERAPY

NEWSLETTER

WELCOME BACK!

We hope you had a great
NEW YEARS!



LET'S CHAT UPDATES

- **Let's CHAT** will now be moving to [every two weeks](#)
 - See the **new schedule** on the **next page!**
- Save your **bottles!** We will be having a **Bottle Drive** very soon!
- The [Annual Alberta Aphasia Camp](#) will be held on **September 15-17, 2023.**
 - Registration forms will be available this **MAY 2023.**



New CHAT Schedule

Let's CHAT will be held **every two weeks** on **Wednesdays** at **6PM**



C.H.A.T. SOCIETY
COMMUNICATION HEALTH AND THERAPY

Let's CHAT 2023 Spring/Summer
Schedule

All dates in **blue**: **Let's CHAT at 6PM**

FEBRUARY 02

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH 03

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL 04

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY 05

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE 06

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY 07

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

PRINT out this schedule and SAVE the dates in **BLUE**

CHAT Society Board Updates

THANK YOU to previous board members:

- **Andrea Rueling**
- **Andrea Seibel**
- **Arlie Christie**
- **Shania Horn**
- **Alysha Vishram**
- **Lisa Pashniak**
- **Carlee Wilson**
- **Sharon Nelson**
- **Ken Thiessen**
- **Connie Thiessen**

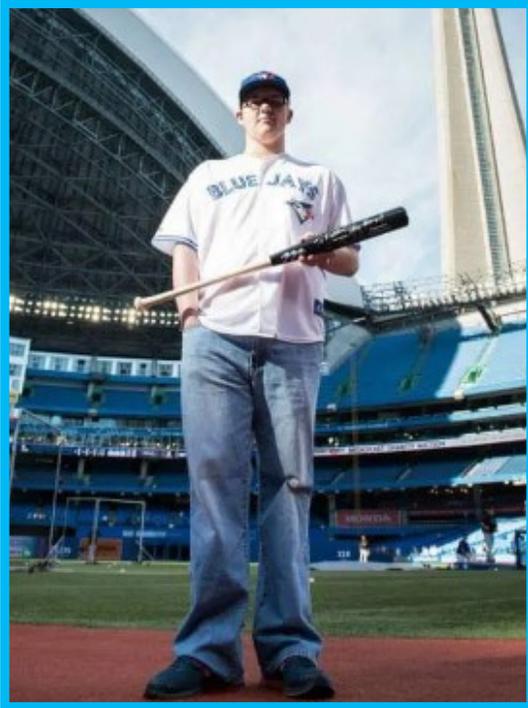
who have stepped down from the board this past year.

Current 2023 Board Members

Name	Role	Name	Role
Daralynn Swensrude	Founder & President Person with Aphasia (PWA)	Lydia Kenzie	Board Member, Social Media, Let's CHAT
Tiffany Nguyen	Secretary, Volunteer Coordinator	Aiman Khan	Board Member, Newsletter
Charlene Byrne	Treasurer, Person living with Brain Injury	Taylor Lundstrom	Board Member
Brittani Adamson	Board Member	Hannah Gau	Board Member
Rose Jacobsen	Board Member, PWA	Teri Auser	Board Member
Heather Jacobsen	Board Member, Family Member of PWA	Esther Kim	Board Member
Nadia Siddiqui	Board Member, Membership Chair		

Interested in becoming a board member? Start by [volunteering!](#)

Member Highlight: Matt Onofrychuk



Matt experienced a **stroke** at the **young age of 15**.

After being in a **coma for 10 days**, he woke up and realized he was **unable to speak**.

It took **1 month** to **say some words out loud**.

Say it with Art...

Matt created this piece below, "homerun bottom of the 9th" representing his **brain before his stroke, acutely after** and **now**. He **gifted** a similar piece to the **doctor** that **saved his life**.



Member Highlight: Matt Onofrychuk



12 years later...

Matt's **positive attitude** has helped him **work hard** in therapy and **improve his communication**.

"I HAD A STROKE AND HAVE APHASIA, SO WHAT?"

Matt is most proud of:

- his **communication** gains
- getting his **drivers license**
- traveling through **Germany**
- Meeting **Brett Hart**
- Meeting the **Blue Jays**
- His **anima** and **abstract** art
- Learning to game **with one hand!**



Check it out....

- [Click here](#) to read Matt's **full story**, [part 1](#) and [part 2](#).
- **Support Matt** by subscribing to "**One Handed Bandit 2**" on [Twitch](#), or a gaming streaming site and also "**One Handed Bandit 2**" on [Youtube](#).

Aphasia & Literacy - The Insider's Perspective

Let's CHAT about literacy!

This month at Let's CHAT we discussed a research article about **aphasia** and **literacy**.

Literacy refers to reading and writing skills. What is more, literacy is “**a social practice**” which helps us **participate in daily life**.



The **research** explored how **people with aphasia (PWA)** describe their **experience with literacy before and after their brain injury**.

The researchers **interviewed 12 PWA** to get their “**insider's perspective**” on literacy and aphasia. They asked the participants to **describe their experience with literacy and their feelings**.

After the onset of aphasia, reading and writing were time-consuming and challenging.

Participants describe **reading “very carefully”** and **writing only short notes or emails to communicate**.

Aphasia & Literacy - The Insider's Perspective

"It's frustrating that writing and reading don't work"

"Yes, it's become a bit irritating, [I'm] a bit sad that it's like this"

"I'm a bit, I feel a bit disabled in writing and, that I can't write properly or write with my name properly"

Participants expressed feelings of **disappointment, surprise, annoyance, frustration** and **dissatisfaction**.

They reported that **literacy** is **important for recovery**. PWA believed that if they **practice reading and writing** then their **aphasia will improve**. They think **practice** is **important** and **should be relevant or meaningful**.

Let's CHAT members shared similar perspectives & feelings.

It is **normal** to **experience a loss of literacy** after the **onset of aphasia**. It is **understandable** to have **mixed emotions** about this. It is also **common** to see **reading and writing** as part of your **therapeutic journey**.

You can read the full article [here](#).

Aphasia & Literacy - The Insider's Perspective

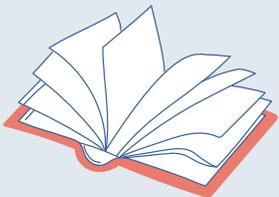
The National Aphasia Association shares a list of tasks "[One Aphasia Action](#)". These include ideas for **at-home literacy practice**.

Here are a few:



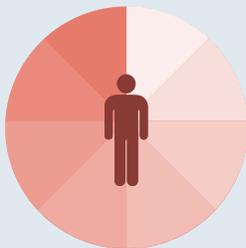
Mini Puzzles:

Work on a [mini-crossword](#) to practice your **word-finding**, **reading** and **writing**.



Listen and Read:

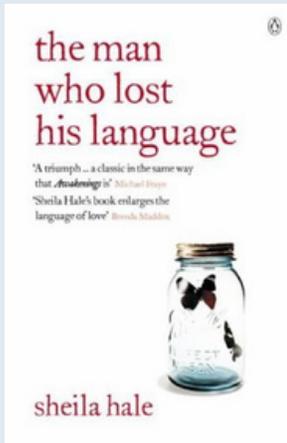
Listen to free audiobooks on the [Libby app](#). **Slow down** or **speed up** the audio.



Great Personality:

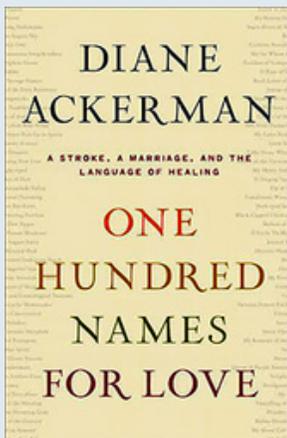
Take an online personality test for free. [This test](#) has questions that are large print, and clear to read.

Reading Corner: Books about Aphasia



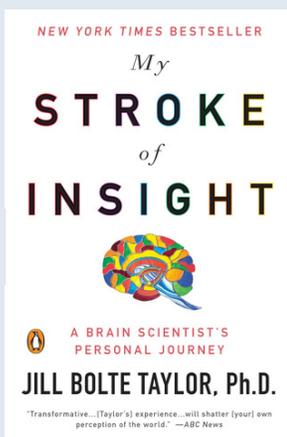
The Man Who Lost His Language: A Case for Aphasia by Sheila Hale

Sheila Hale writes about her **husband**, who **loses** the ability to **speak, walk and write** after his **stroke**. She is **determined** to **learn** everything there is to know about his **condition**.



One Hundred Names for Love by Diane Ackerman

In this **memoir**, the author **reflects** on her time spent **caring** for her husband after a **stroke** took his ability to **speak**.



My Stroke of Insight by Jill Bolte Taylor

Jill, a **brain scientist**, writes about how her life changed after a **stroke** affected her ability to **speak, read, and write**, how she **recovered** and what she **learned** from it.

FEEDBACK FORM

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



Complete the **Feedback Form** linked below to mention any concerns or changes you want to make **anonymously!**

It can be hard suggesting changes or bringing up concerns. Through this survey, you can give **honest feedback** while staying **unnamed!**

If you have feedback, click on this link:

[CHAT Feedback Form](#)



To complete the survey, you only need to click the **link above** and **fill out the questions** .

Any **personal information** will remain **confidential** and only be used to **improve Let's CHAT!**

Follow us on our Social Media



Website
chatsociety.ca



Facebook
[CHAT Society](#)



Instagram
[CHAT Society](#)

COMMUNICATION CORNER: TRIVIA



1. **Print** this page

2. **Circle** or **highlight** your answers

3. **Check** your answers at the bottom of the page

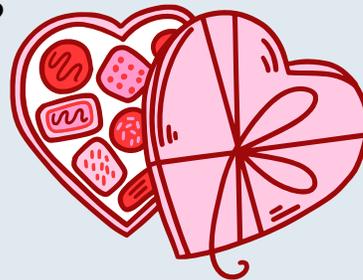
1. What do **yellow roses** symbolize?

- a. Love
- b. Friendship
- c. Happiness
- d. Wellness



2. How many heart-shaped **boxes of chocolate** are sold each Valentine's day?

- a. 2 million
- b. 15 million
- c. 25 million
- d. 35 million



3. True or false? Swans **mate for life**,

