



# C.H.A.T. SOCIETY

COMMUNICATION HEALTH AND THERAPY

NEWSLETTER

## INTRODUCING OUR BOARD

The CHAT Society is made up of:

- 15 board members
- 3 individuals with aphasia
- Learn more about our board members [here](#)

## Our Board

The members of our board of directors are dedicated and passionate, bringing a unique set of skills and expertise to our organization.



Daralynn Swensrude  
President & Founding Member  
Person with Aphasia



Andrea Ruelling  
Vice President & Founding Member  
Speech-Language Pathologist



## FUTURE LET'S CHAT SESSIONS

- We polled Let's CHAT group members
- Upcoming Let's CHAT sessions may include:
  - Cooking classes
  - Social drop ins
  - Education sessions
  - Hockey nights

# May is Better Speech and Hearing Month

## IN MAY WE CELEBRATE

- **Speech-Language Pathologists & Audiologists**
- Individuals with **communication** and/or **hearing difficulties**
- **Caregivers**



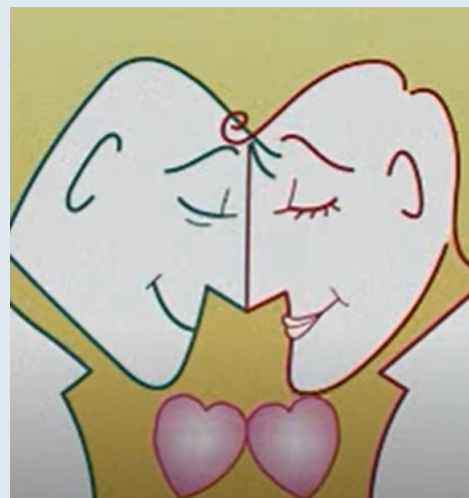
## APHASIA AWARENESS

People with aphasia **know more than they can say.**

**Click on the picture to learn more from **Speech and Audiology Canada (SAC)****

## SAY IT WITH SONG

- Shared by a Let's CHAT member
- **Heart to Heart** by **Marc Black**
- About **experiencing Aphasia**
- [click here](#) to **watch the music video**



# RESOURCE HIGHLIGHT: COMMUNICATION I.D. CARD

## WHAT IS IT?

- a **snapshot** of how a **person communicates**
- easy to carry
- helps **educate others**
- includes **strategies**
- in case of **emergency**



## CREATE YOUR OWN CARD

There are many **FREE templates** online.

Click on the links below to find the right card for you!

- [The Aphasia Center](#)
- [Best Medical Forms](#)
- [Lingraphica](#)
- [Communication Disabilities Access Canada](#)



# Member Highlight: Rosemary's Story

Imagine suddenly **not being able to speak** - no longer being able to order a cup of coffee or talk to a friend.



On November 4th, 2007 at 8:30pm, Rosemary remembers **something didn't feel right**. On November 5th, she got dressed, drove to work, stopped at McDonalds for a coffee and a bagel, and then her **stroke happened**. She was found in the parking lot of her work by a receptionist. The **first person** who was **notified** was Heather, Rosemary's daughter.

Rosemary spent **6 weeks in the University Hospital** and **6 weeks in the Glenrose Rehabilitation Hospital**. Rosemary's stroke affected her speech and she has **Broca's Aphasia**. Rosemary participated in Caritas Inpatient Rehabilitation and **numerous Corbett Clinic visits**. **Randa Tomczak**, Clinic Assistant Professor, and **Dr. Esther Kim**, Assistant Professor in the Department of Speech-Language Pathology, were her **favourite teachers** and she would like to say **thank you** to them both.

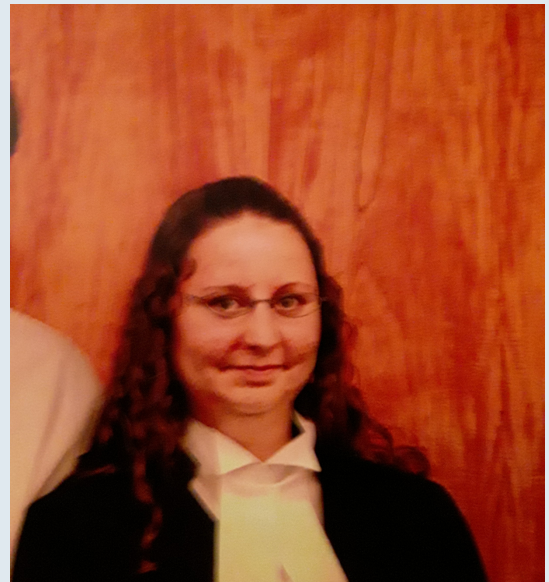


# Member Highlight

## Mother's Day Edition

Rosemary, **mother of two**, has **aphasia**. Her daughter Nancy **graduated** from **Education and Law School**.

Nancy is a **lawyer** in **Edmonton**. Her daughter Heather is the **Executive Assistant of the Police Chief**.



With Corbett Clinic (University of Alberta), Rosemary **practiced 5 times a day** for 4 months to **give a speech** at **Heather's wedding**. Rosemary and Heather enjoy **attending Aphasia Camp** and **going to concerts** (Lady Gaga, Taylor Swift). Rosemary and Heather are both board **members of the CHAT Society**. Rosemary uses **text, writing, messenger**, and a little bit of **speech** to communicate with her daughters.

# Member Highlight

## Mother's Day Edition



### WHAT IS THE BEST PART ABOUT BEING A MOM?

Rosemary: Seeing my two daughters **grow up** and **be successful** in their lives and careers.

### WHAT DO YOU LOVE MOST ABOUT YOUR MOM?

Heather: What I **love most** about my Mom is her **resiliency**. Losing your ability to **communicate** is something no one can ever prepare for, but my Mom just figured it out. She **lost movement** in her dominant hand due to the stroke - so she **learned how to use the left hand** to write, eat, grasp, everything - again, she just figured it out. My Mom hasn't let her stroke define her, it made her a **fighter**.

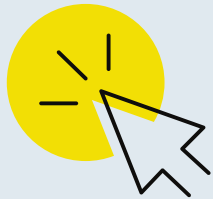


## MEMBER BENEFITS

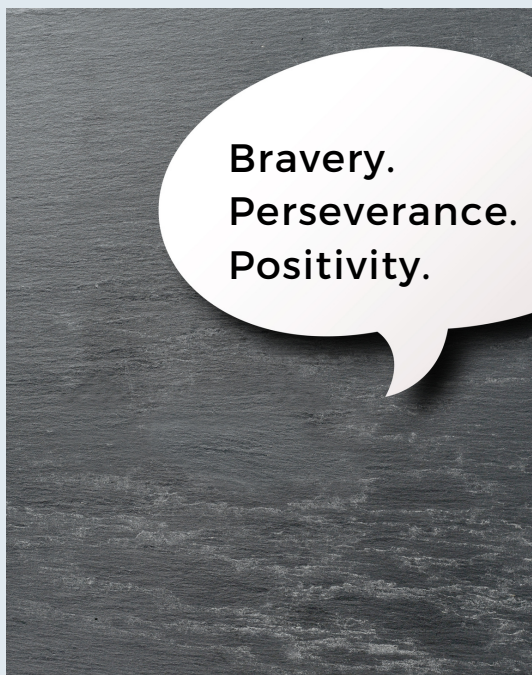
- **Let's CHAT** Virtual Social Group
- **Updates** on Events
- **Vote** at Annual General Meeting

**Individual** Membership \$15

**Family** Membership \$20



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



## Check us out on...



**Website**

- [chatsociety.ca](http://chatsociety.ca)



**Facebook**

- [CHAT Society](#)



**YouTube**

- [CHAT Society](#)

# OTHER ONLINE RESOURCES

## FOR INDIVIDUALS WITH APHASIA

- [Alberta Aphasia Camp](#)
- [Aphasia Recovery Connection & Lingraphica Virtual Sessions](#)
- [Stroke Recovery Association of British Columbia- Aphasia Peer Connect](#)
- [March of Dimes- After Stroke Virtual Activities](#)

## FOR CARE GIVERS

- [Aphasia Recovery and Connection Caregiver Facebook Support Group](#)
- [March of Dimes- Caregiving a Family Affair](#)
- [National Aphasia Association Caregiver Bill of Rights](#)



# COMMUNICATION CORNER - TRIVIA



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

1. True or False? **SAC** stands for **Speech-Language & Audiology Canada.**



2. What does **SLP** stand for?

- a. Speech-Language Professional
- b. Speech-Language Pathologist
- c. Speak-Listening Pathologist
- d. Speech-Language Physician



3. True or False? SLPs can help treat **swallowing disorders?**



1 = True; 2 = b; 3 = True