



C.H.A.T. SOCIETY

COMMUNICATION HEALTH AND THERAPY

NEWSLETTER

SAVE THE DATE

CHAT in the Park

FUNDRAISING EVENT

SATURDAY, JUNE 24, 2023

11:00 AM - 3:00 PM | SIR WILFRID LAURIER PARK SITE #9

BOTTLE DRIVE | SILENT AUCTION | 5KM RUN

FOOD TRUCKS | GAMES

ALL PROCEEDS RAISED WILL GO TOWARDS
HELPING THOSE WITH APHASIA ACCESS
SPEECH THERAPY


5KM Fun Run

[REGISTER HERE](#)
DEADLINE: JUNE
22ND

Silent Auction Items
coming soon!



BRING YOUR BOTTLES!



SPONSORED BY:



FOR MORE INFORMATION VISIT

THECHATSOCIETY.CA



JOIN US AT

LIGHTING THE HIGH LEVEL BRIDGE

with CHAT Society colours

SUNDAY, JUNE 25TH, 2023

TO CELEBRATE **APHASIA
AWARENESS MONTH AND
THE CHAT SOCIETY**

10 MINUTES BEFORE SUNSET UNTIL
MIDNIGHT
(10:00 PM - 12:00 AM)

This event will mark **the end** of our **fundraiser weekend**.

It will also mark **Aphasia Awareness Month!**



C.H.A.T. SOCIETY

COMMUNICATION HEALTH AND THERAPY

WHO ARE WE?



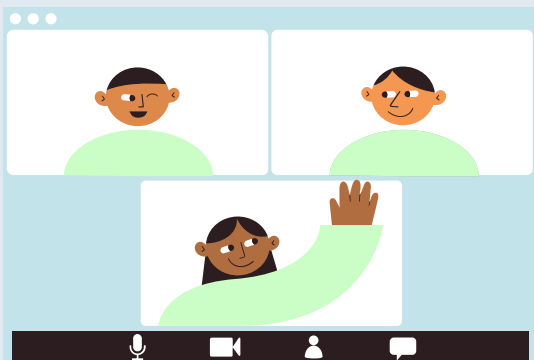
The **Communication Health, and Therapy Society (CHAT)** is a non-profit organization that was founded in **Edmonton in 2019!**

We aim to **support** individuals with acquired **communication challenges** and their loved ones through **social, educational, and therapeutic opportunities.**

MISSION

CHAT is committed to **advocating** for communication access, **raising awareness** of communication challenges, and **education.**

Bravery
Perseverance
Positivity



GET INVOLVED

- Join our biweekly **Let's CHAT** to meet with others!
- Volunteer!

[Click here](#) to learn more!

SAVE THE DATE

Join us for our 10 year anniversary!

ALBERTA APHASIA CAMP

Gull Lake Centre
(Lacombe, Alberta)
September 15 - 17, 2023

Alberta Aphasia Camp is a recreational and relaxing weekend retreat for people with aphasia and their friends/family.

More information, FAQs and registration forms can be found on our [website](#)

Andrea Ruelling, Camp co-director
780-492-1549 / ruelling@ualberta.ca



The **10th Annual Alberta Aphasia Camp** is a great opportunity for a **recreational and therapeutic** weekend!

[Click here](#) for more information!

JUNE IS APHASIA AWARENESS MONTH!

Ways to Bring Aphasia Awareness

Share your story!

- **Your viewpoint is powerful, valuable, and can educate**
- **Make a video, a post, write your story!**



Share posters and resources!

- **Share aphasia awareness posters**
- **Pass information along such as communication tips**
- **Find more helpful materials at: <https://www.aphasia.org/helpful-materials/>**

Share new strategies and your experience!

- **If you are trying new apps or therapies, please share your experience!**
- **Your experience is valuable and informative**

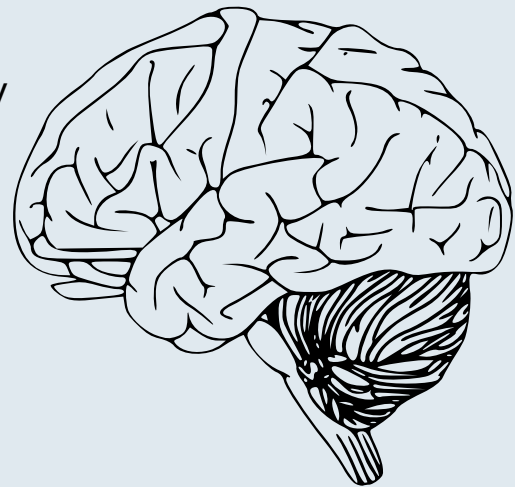
JUNE IS BRAIN INJURY AWARENESS MONTH!

WHY ITS IMPORTANT

Brain injury can happen to **anyone** at **any time** and cause a **lifetime** of **disability** and **changes** in one's life. It is important to shine a light on brain injury in order to **spread awareness**, **drive change**, and **reduce barriers** for those affected.

TYPES OF BRAIN INJURIES

- **Traumatic brain injuries:** caused by forces **outside** the body (e.g. car accident, sport injury)
- **Non-traumatic brain injuries:** caused by something that occurs **inside** the body (e.g. stroke, brain tumor)



HOW TO SHOW YOUR SUPPORT

- Be **patient** and **understand** that **recovery** is a **slow process** for someone with a brain injury.
- **Educate** and **advocate** for those with brain injuries and the **loved ones** affected by it.

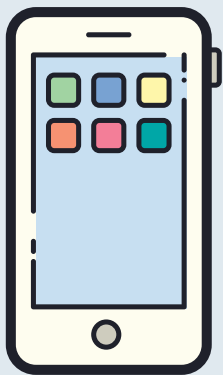


Aphasia -Friendly Device Accessibility



The [National Aphasia Association](#) outlined new features coming soon to Apple devices:

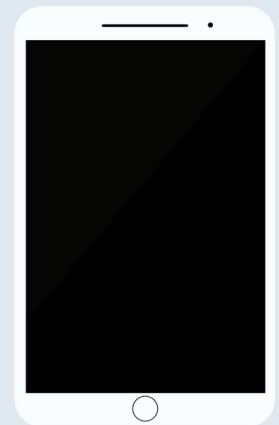
- **Live speech** - type what you want to say and your device will say it aloud.
- **Improved voice control** - suggests several similar sounding words when using speech to text. Better for slightly unclear speech.
- **Assistive Access** - simplifies apps.
- **Siri speed** - slow down how fast Siri speaks.



Check out this [accessibility_page](#) to learn more about options **already on Apple devices**:

1. **Live captions** - your device will type out what someone is saying.
2. **Speak screen** - have your device read everything on your screen aloud.

Many of these options are **also available for Android** in [Android accessibility suite](#) (download from play store).



Aphasia Simulator

The **Aphasia Simulations** module can help people understand the **experiences of someone who has aphasia.**

[Click here](#) to check out the **Aphasia Simulations** module!



The aphasia simulations include:

- **audio messages**
- **listening tasks**
- **typing tasks**

The simulations help people understand what it is like to have **listening, reading, writing, and/or speaking impairments.**



TalkPath News



- **Aphasia-friendly** news source
- **"1 minute news"**
- **Various topics** (ex. National, World, Entertainment, Business, Science, Education, Health & Lifestyle, etc.)
- Have to **sign up** for an account to access the full site

[Click here](#) to check out TalkPath News

COMMUNICATION CORNER

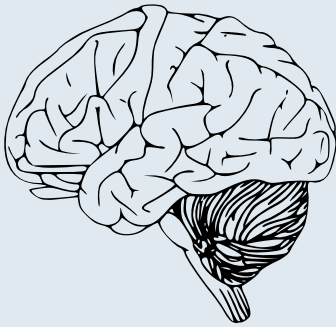


Brain Teasers

1. What kind of **coat** is **always wet** when you put it on?
2. What **belongs to you**, but **people use it more** than you do?
3. **How** can someone **go 25 days without sleep**?
4. I have **branches but no leaves, no trunk and no fruit**. What am I?
5. What **runs, but never walks**? Has a **bed but never sleeps**?

See below for answers upside down. Riddles from [here](#).

Answers: 1. coat of paint 2. your name 3. they sleep in the day 4. bank 5. river



Brain Facts: True or False

1. An adult **brain weighs** around **8 pounds**.
2. The brain **grows 3 times its size** in the **first year** of life.
3. The brain **can't feel pain**.
4. Your **brain** uses **50% of the oxygen** and **blood** in your body.
5. There are signs of **successful brain surgeries** in the **Stone Ages**.

See below for answers upside down. Facts from [here](#)

Answers: 1: false- 3 pounds 2. True 3. True 4. False- 20% 5. True.



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

Click on the link above!