



C.H.A.T. SOCIETY

COMMUNICATION HEALTH AND THERAPY

NEWSLETTER

WHAT'S NEW?



- Get ready for **CHAT in the Park** on **June 15** at **Kinsmen Park!**
 - Read the next page for more **exciting information** about our **annual event!**
- Our next **Annual General Meeting** will be on **July 16** at **6:30 PM!**
- Want to get **involved** with **C.H.A.T.?**
 - Check out **the end** of [this newsletter](#) for **information** about **volunteering!**

Aphasia in the News

- **Wendy Williams** was recently diagnosed with **frontotemporal dementia (FTD)** and **Primary Progressive aphasia**
- Since then, a lot of **awareness** has grown around **signs** of **dementia** and **aphasia!**



Read more about her story [here!](#)

2ND ANNUAL

“ **CHAT** ”

IN THE PARK



Saturday
 11am - 3pm June 15th, 2024
 Kinsmen Park • Site #1 Race Begins at 12pm

Choose your **FUN**




SWAG • **SILENT AUCTION** • **GAMES** • **BOTTLE DRIVE**

Join us for games, silent auction, snacks and more! No need to be participating in the fun walk/run to join in the fun! Bring your empty cans and bottles, a Return It truck will be on site.

All proceeds raised will go towards helping those with Aphasia access Speech Therapy.




C.H.A.T. SOCIETY
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TheCHATSociety.ca

CLICK HERE
 to register and for more info!

SAVE THE DATE

Register now for **Alberta Aphasia Camp** to join a relaxing weekend

ALBERTA APHASIA CAMP

Gull Lake Centre
(Lacombe, Alberta)
September 13 - 15, 2024

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 (www.uab.ca/aphasiacamp)

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



Did you know?

The proceeds from **CHAT in the Park** go towards sponsoring campers for **Alberta Aphasia Camp**!

Meet Hannah Gau!

Board Member Highlight

Hannah first joined the **C.H.A.T. Society** in **January 2023** after listening to our very own founder, **Daralynn**, give a speech in her classes!

Since then, **Hannah** has been **volunteering** as a **Board Member**, **Fundraising Committee Member**, and a **Let's CHAT Facilitator!**

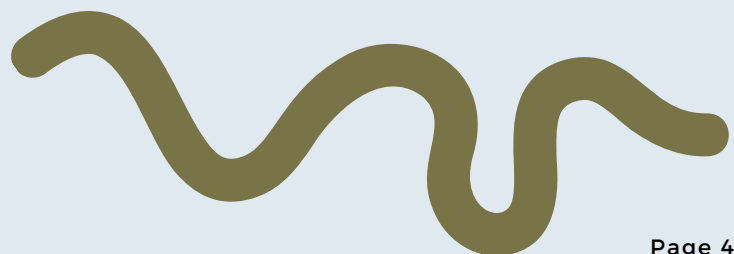
As a **Speech-Language Pathology** student, **Hannah** has a special interest in working with **aphasia!**



“Witnessing the **transformative impact** of **therapy** and **support services** on **individuals with aphasia** drives me to continue **dedicating** myself to this cause.”



“My **motivation** stems from a **deep passion** for helping individuals **overcome communication barriers.**”



Meet Hannah Gau!

Board Member Highlight

Question Time!

Read through to learn more about **Hannah's** journey at **C.H.A.T!**



Hannah Gau
C.H.A.T. Board Member

What do you **like** most about being a **member**?

“I love **attending** and **facilitating** Let’s **CHAT**. It has been an **absolute pleasure** getting to know **all the members**.”

I find **inspiration** in the **resilience** and **courage** displayed by individuals facing challenges such as communication disorders.

Witnessing their **determination to communicate** and **engage** with the world **motivates** me to continually strive for **excellence** in my work.”

What is something you would like to **share** with other members?

“I'd like to **encourage** other members to **embrace every opportunity** to **connect** and **engage** within the **C.H.A.T. Society community**. **Together**, we can continue to **foster** an **inclusive environment** where **everyone's voice** is **valued**, and **meaningful connections** are cultivated.”



June: Brain Injury Awareness Month

Traumatic Brain Injuries (TBI) are **very common**, with over 20,000 Canadians hospitalized each year.



TBI can cause issues like **aphasia** when brain areas for speech and language are damaged.

Known as the "**invisible injury**," TBI can make people appear fine on the outside but they may be struggling internally.

During Brain Injury Awareness Month people **raise awareness** about the **challenges** faced by those with brain injuries and the **need for more services and support** throughout their recovery.



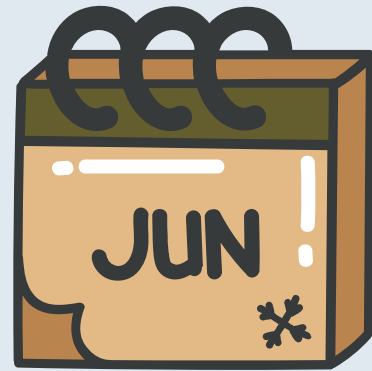
How to participate in Brain Injury Awareness Month



1. **Share your story!** Use **#BrainInjuryAwarenessMonth** if you share your story on social media
2. **Educate yourself and others:** Click [here](#) to learn more about brain injuries.

June - Aphasia Awareness Month

June is **Aphasia Awareness** month and in June, C.H.A.T **emphasizes** better **communication experiences** for people living with Aphasia.



Communication is important because it helps you **connect with others** and **share ideas**; however, **Aphasia** makes it **difficult** for an individual to **speak or understand** what others say.

Although, **Aphasia** is the **most common effect** of **stroke**, the National Aphasia Association writes that **2 million people** in the United States **have aphasia** but **85.4%** of Americans state they have **never heard** of **aphasia**.

Therefore, **June** is **dedicated** to **Aphasia Awareness** and the various **communication methods** and events individuals can participate in.

The **box** below has some **resources** for Aphasia Awareness.

- [**Aphasia Communication Tips**](#) - this resource has **communication strategies** and **videos** with an Aphasia group

- [**Aphasia Awareness Month 2023**](#) - this resource has more **information** on **Aphasia Awareness Month**

- [**Provincial Health Service Authority**](#) - this resource has more **information** on Aphasia Awareness

Accessibility



According to the **National Aphasia Association**, that in **association** with **in-person therapy**, **at-home therapies** can **help** facilitate **recovery**. One way to do **at-home therapy** is **through** applications or **apps**. Below are some **apps** you can **apply** in your **daily life**.



Constant Therapy is an **app** for those **recovering** from **stroke, TBI, or living with aphasia**. It is a scientifically based **cognitive, language and speech based therapy** app. To **learn more** about the app: [click here](#)



Lingraphica offers **3** dedicated **communication devices** for adults with aphasia. All 3 devices are **reimbursed** and **backed with research** so they can **provide** individuals **a mobile and active lifestyle** in addition to communication techniques. To **learn more** about the app: [click here](#)



Prolquo2Go is an **AAC** (augmentive and alternative communication) that is suitable for children, teenagers, and adults who need **symbols to communicate**. To **learn more** about the app: [click here](#)



Tactus Therapy, designed by an SLP, is an app that **offers** a wide range of **speech based therapies** for the **clinic and at home**. To **learn more** about this app: [click here](#)

To **learn more** about the **different apps** you could use, **click** the resources below.

- [National Aphasia Association: Aphasia Apps](#)

CALL FOR VOLUNTEERS



Interested in getting **more** involved with C.H.A.T.?



C.H.A.T. is run by a team of dedicated volunteers!



C.H.A.T. volunteers support Let's CHAT and use their unique skills to aid with events!

Join the board or a committee to get **involved** & help make **meaningful change!**

Join our team by visiting [this page](#) to start your journey!

Communication Corner

Spring Fact or Fiction

The **first day of spring** has **equal hours of daylight** and **darkness**.

Fact

Fiction

Shorter days are a sign of spring.

Fact

Fiction

The most common **spring allergens** are **dust mites**.

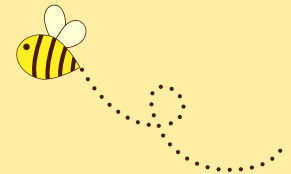
Fact

Fiction

The first day of spring is called the **Vernal Equinox**

Fact

Fiction



Communication Corner

ANSWER KEY

The first day of spring has equal hours of daylight and darkness.

Fact

Fiction

12 hrs of daylight and darkness on the first day of spring

~~Shorter~~ days are a sign **Longer** of spring.

Fact

Fiction

The most common spring allergens are ~~dust mites.~~

Pollen

Fact

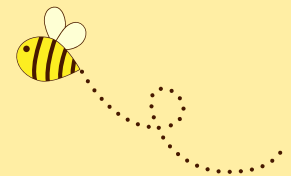
Fiction

The first day of spring is called the Vernal Equinox

Fact

Fiction

Vernal is the latin word for the spring season



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- Do you have any **suggestions** or **concerns** for **Let's CHAT?**
 - **Click** on the link below!

[CHAT Feedback Form](#)

