



C.H.A.T. SOCIETY

COMMUNICATION HEALTH AND THERAPY

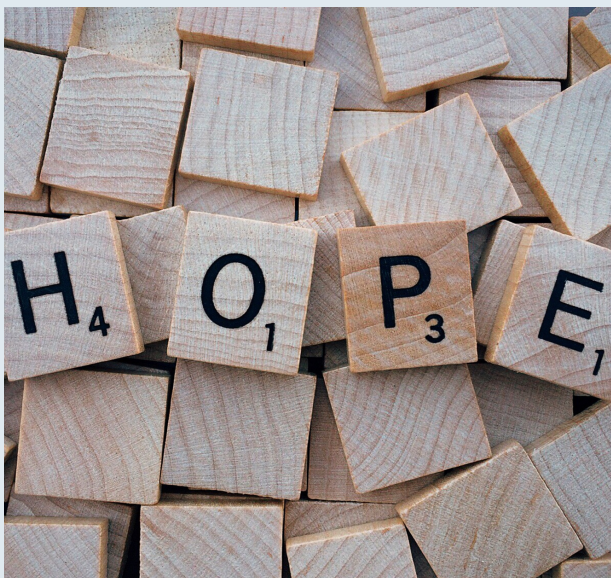
NEWSLETTER

EXCITING NEWS!

It's the **one year anniversary** of the CHAT Society's **first newsletter!**

Fundraising Updates:

- Starting **December 2021** we can offer charitable donation **tax receipts** for donations **\$25 or more.**



HOPE IS A FOUR LETTER WORD

- This is a **movie** about **Aphasia** and **recovery** after stroke
- It's a **true story** about Carl McIntyre who had a **stroke** and lost his ability to **read, write, and talk.**
- [Click here](#) to watch the **trailer** and **rent the movie.**

STROKE AWARENESS

MARK THE DATE!

October 29th was [World Stroke Day!](#) It's a special day to **raise awareness** worldwide and **take action** on stroke.



BUSTING MYTHS ABOUT STROKE

Myth #1: Stroke affects the heart.

FACT: Stroke affects the **brain**, not the heart. It occurs when **blood flow** in the brain is **interrupted**, causing damage.

Myth #2: Stroke symptoms that are temporary can be ignored.

FACT: Temporary stroke symptoms indicate a “**mini-stroke**”. These are **important warning signs** for an actual stroke.

Myth #3: Recovering from a stroke happens quickly.

FACT: It can take **years to a lifetime** for someone to recover from a stroke!

HOW TO RECOGNIZE SIGNS OF A STROKE

A stroke is a **life-threatening condition**.

It is important to be able to **recognize** the signs of stroke, as it can **save someone's life**.

F	ace	is it drooping?
A	rms	can you raise both?
S	peech	is it slurred or jumbled?
T	ime	to call 9-1-1 right away.

Act **F A S T**. Lifesaving treatment begins the second you call 9-1-1.

Source: Heart & Stroke Canada

Member Highlight: Stroke How To

Featuring Evan Mudryk

C.H.A.T Society Member
Evan runs a Youtube
Channel ["Stroke How To"](#)

We interviewed Evan about
his channel. Here's what he
had to say:



WHAT INSPIRED YOU TO START YOUR YOUTUBE CHANNEL?

1) After my stroke, I think about starting my YouTube Channel but, I pushed that away because my speech is not so great. But then COVID and Zoom happened and my speech got pretty good so **why not try and see.**

2) My stroke happened **out of nowhere.** I was telling a joke when out with my friends and no one laughed. I think it was because my speech was slurring. I want to **educate people about the signs of stroke (F.A.S.T), aphasia and recovery.**

3) I started doing **lots of Zooms** over COVID so I thought it was a **good time to start** (I use zoom to record my videos).



WHAT ARE YOU **MOST PROUD OF** WITH YOUR CHANNEL?

- I noticed **no other stroke blogs**
- I am proud to **share my own story** and **reach out** to other **young stroke survivors**
- I am interested in other people's **stroke survivor stories!**

WHAT IS **MOST CHALLENGING** ABOUT RUNNING THE CHANNEL?

- It takes **time** and **effort**
- I write a script, record the video and then edit and upload it
- Sometimes I re-watch the videos and I feel it's not as good as I want it, but **you just keep going!**



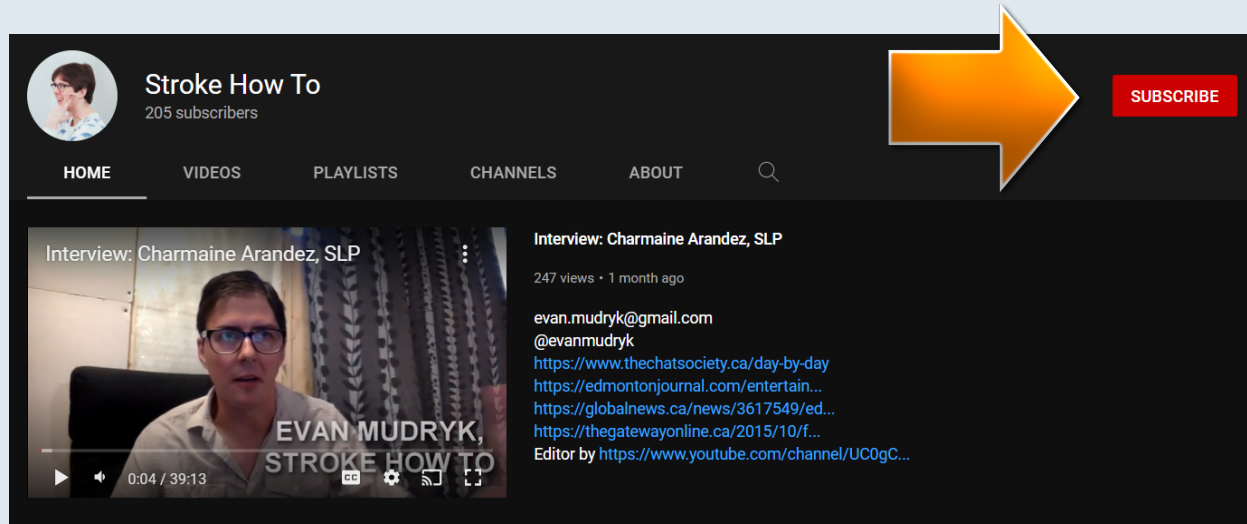
WHAT ARE YOUR **FAVOURITE VIDEOS?**

I love all my children, it's hard to pick a favourite but, I'd choose:

- [Introducing](#)
- [Remembering Names and Words](#)
- [Interview: Charmaine Arandez, SLP](#)

HOW CAN PEOPLE HELP?

- **Subscribe to my channel** on Youtube.
- [Click here](#), then select the red "**subscribe**" button.
- You may need to **sign in or sign up**.
- **Share** my channel with friends and family!



LATEST VIDEO: STROKE FREE, SAVE THE DATE

- My stroke happened **1 am on Nov 21st 2010**.
- I have been **11 years stroke free!**

FUTURE PLANS

- I want to start sharing about my love for **music and movies**
- I want to **create** my own **website!**



LET'S CHAT UPDATES

WHAT IS LET'S CHAT?

A **virtual get-together** for people with **aphasia** and other **acquired communication disorders**.

On **Wednesday nights** from **6-7pm MDT**



REMINDERS

The **last meeting of 2021** was **November 24, 2021**.

Let's CHAT **Holiday Break** is **December 2021**

Let's CHAT meetings will start again on **January 5, 2022**



COMING SOON

Let's CHAT will be moving from **ZOOM** to **Google Meet**. Stay tuned for updates!



Songs about Aphasia



This is me (Aphasia Warriors)

- **Thank you** to C.H.A.T Society member **Rose Jacobsen** for sharing
- **This is me (Aphasia Warriors), by Aarialie Brighton** is about the experiences of those with aphasia
- [Click here](#) to listen to the song!

BECOME A VOLUNTEER!

Volunteers can help with:

- Weekly Let's CHAT zoom sessions
- Committee tasks
- Newsletter
- Fundraising
- New **peer chat program** & more!
- [Click here](#) to learn more and **contact us**



[CLICK HERE](#) to **donate** and/or **become a member!**



Website
chatsociety.ca



Facebook
[CHAT Society](#)



YouTube
[CHAT Society](#)

Bottle Drive Update!

Thank you to everyone
who donated!!

We raised a grand
total of

450 dollars!



A big **THANK YOU** to our **Sponsors**

Strathcona Bottle Depot



The C.H.A.T candy machine has a new home thanks to **Dr. Kathleen Jones** of Professional Audiology Hys Centre.

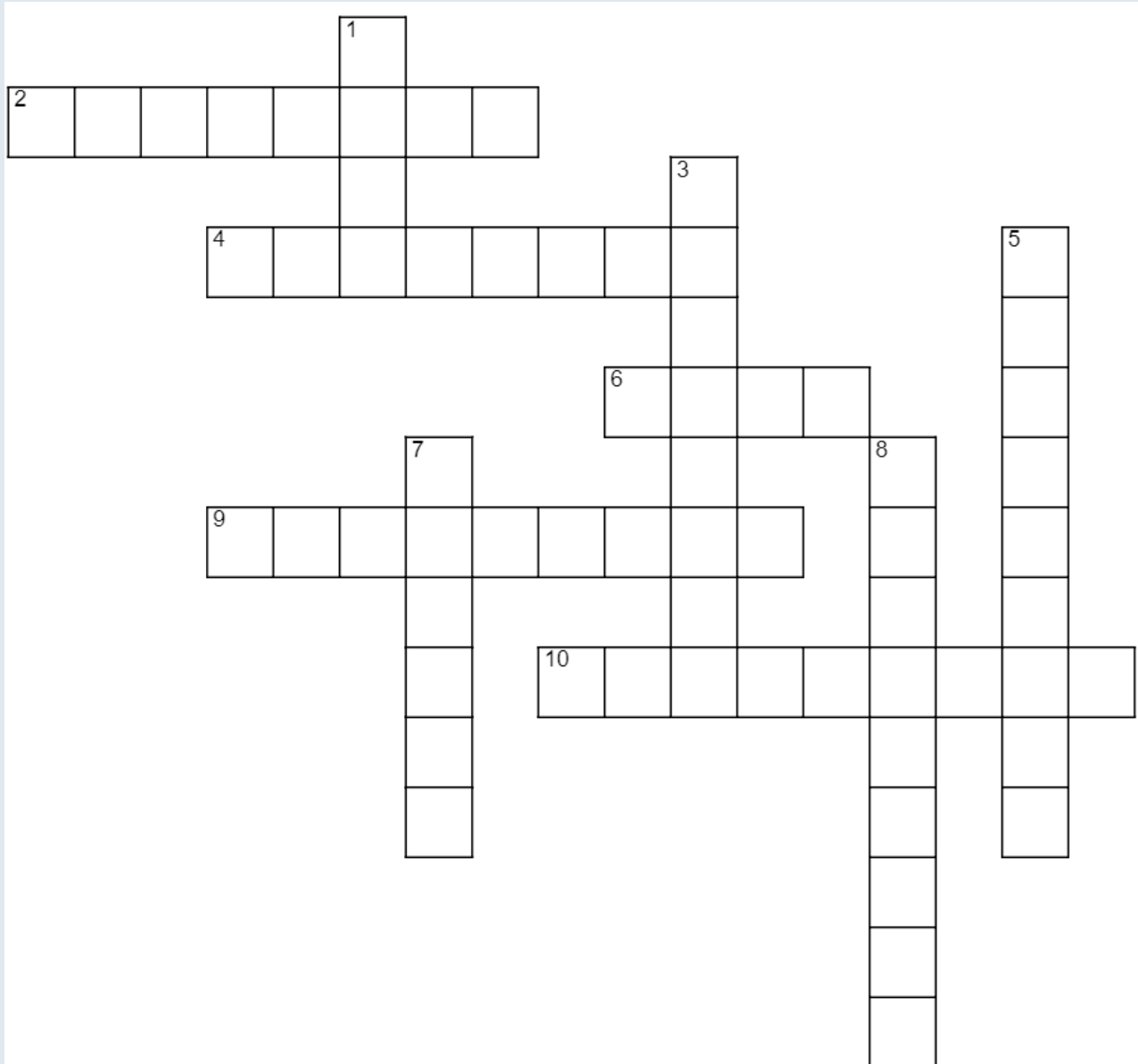


Thank you to **Joy Fish** for donating the candy!

thank you

COMMUNICATION CORNER - CROSSWORD

- **Print** this page!
- Read the **clues** on the next page to guess the correct **words**
- **Fill** the **boxes** with the correct **word**
- Words can be filled in **across** → or **down** ↓
- **Match** the **clue number** to the number on the **puzzle**



COMMUNICATION CORNER - CROSSWORD CLUES

DOWN

1. **Frozen rain** that can be the size of a golf ball!
3. The trusty four-legged hooped **animal** that pulls **Santa's sleigh** through the night
5. A **structure** that keeps you **warm** during the **cold**
7. _____ the **Snowman** was a jolly happy soul!
8. A **Christmas plant** used for decorations

ACROSS

2. A crazy **snowstorm** or a famous thick milkshake **treat**
4. The **two times of the year** when the sun is at its **highest** or **lowest** point
6. The **white** and **cold fluff** that falls from the sky during the **winter!**
9. The **type** of **tree** used as a **Christmas tree!**
10. The **annual holiday** celebrated on **December 25!**




Want to **challenge** yourself?

Turn to the next page!

Use these answers for a **word search!**

1 = Hail; 2 = Blizzard; 3 = Reindeer; 4 = Solstice; 5 = Fireplace; 6 = Snow; 7 = Frosty; 8 = Mistletoe; 9 = Evergreen; 10 = Christmas

COMMUNICATION CORNER - WORD SEARCH

- **Print** this page!
- Use the **answers** from the **crossword puzzle**
- **Circle** the **words** with the **answers** from the crossword
- Words can be found **horizontal** 
- Words can be **vertical** 
- Words can be **diagonal** 

E	C	M	E	R	K	J	I	Z	A	M	S	R	E
W	O	S	S	A	M	T	S	I	R	H	C	R	O
B	F	D	F	O	W	S	J	N	G	I	N	W	T
P	G	T	X	I	K	F	E	G	W	J	Y	R	E
I	N	T	T	C	R	C	R	F	G	J	X	L	L
S	J	E	O	T	I	E	L	O	N	X	F	P	T
R	O	J	E	T	F	F	P	D	S	Q	R	T	S
C	I	B	S	N	O	W	P	L	S	T	L	A	I
N	J	L	P	F	X	D	D	H	A	G	Y	O	M
Z	O	R	I	Z	E	R	P	Y	C	C	F	J	R
S	P	V	S	E	V	E	R	G	R	E	E	N	G
J	Q	E	R	E	E	D	N	I	E	R	M	H	Q
R	R	L	I	A	H	K	B	K	M	W	L	K	O
D	R	A	Z	Z	I	L	B	M	T	I	D	W	V

GOOD LUCK!