



# C.H.A.T. SOCIETY

COMMUNICATION HEALTH AND THERAPY

NEWSLETTER

## C.H.A.T SOCIETY UPDATES



### **BOARD CHANGES**

A BIG **thank you** to **Andrea Seibel**, **Carlee Wilson**, **Shania Horn**, and **Alysha Vishram** who have stepped down from the board.

### **Vice President Vacancy**

At this time, the **Vice President position** remains **vacant**.

The Vice President:

- **Contacts** external organizations, partners, and affiliates
- Updates and manages the CHAT Society's **communications and social media**
- **Presides** in the **absence** of the President

Email [admin@thechatsociety.ca](mailto:admin@thechatsociety.ca) for more information or questions related to the Vice Presidency



# Back to Zoom!

## ZOOM UPDATE



- Due to **issues** with Google Meet, we are **back** to using **Zoom** for our Let's CHAT meetings!
- Questions? Email [letschat@thechatsociety.ca](mailto:letschat@thechatsociety.ca)

## ZOOM TIPS & TRICKS

- **Click** on the **links** to learn how to: [join a meeting](#) on Zoom, [change your background](#), [share your screen](#), and more!

## BECOME A VOLUNTEER!

- [Click here](#) to **donate** and/or **become a member**.
- We are currently looking for **volunteers** to **facilitate** our **Let's Chat meetings!**



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



Facebook  
[CHAT Society](#)



Instagram  
[CHAT Society](#)

# Alberta Aphasia Camp Update

**Alberta Aphasia Camp 2022** was back **in-person** and was a HUGE success.



The **10th annual** Alberta Aphasia Camp will be held the weekend of **September 15-17, 2023**. **Registration** forms will be available in **MAY 2023**. **[CLICK HERE](#)** for more information.

## Questions?

Please contact Alberta Aphasia Camp Co-Director **Andrea Ruelling** at [ruelling@ualberta.ca](mailto:ruelling@ualberta.ca) or [780-492-1549](tel:780-492-1549)



# What is Advocacy?



**Advocacy** is the act of **supporting** a cause by **informing** and **empowering** individuals!

**Advocacy** is extremely important to increase **aphasia awareness** and improve the **livelihood** of those with aphasia.


Through advocacy, our experiences with **health care** can also be significantly **improved!**

## Advocacy Resources:

### Open Arms Advocacy


 <https://openarmsadvocacy.com>


 1-844-548-2747


 [advocacy@openarmsadvocacy.com](mailto:advocacy@openarmsadvocacy.com)

- The **OA** assist people to **advocate for themselves** so that they can receive the **best possible healthcare**. You can **start** by **telephone discussion**, and then **complete an intake form** to be **assigned an advocate**.

### Canadian Mental Health Association Advocacy & Wayfinding


 <https://edmonton.cmha.ca/brochure/wayfinding/>

 780-414-6300

 [main@cmha-edmonton.ab.ca](mailto:main@cmha-edmonton.ab.ca)

- Provides **Enhanced Advocacy Services** to find **services and support** for individuals experiencing **mental illness**. Contact through **phone or email**.

### Human Rights Complaint (Assistance by Open Arms)

 <https://albertahumanrights.ab.ca/about/pages/contact.aspx>

- As a **last resort** for advocacy, contacting the **Alberta Human Rights Commission** through Open Arms can help with **assistance**.

# Help Educate Others

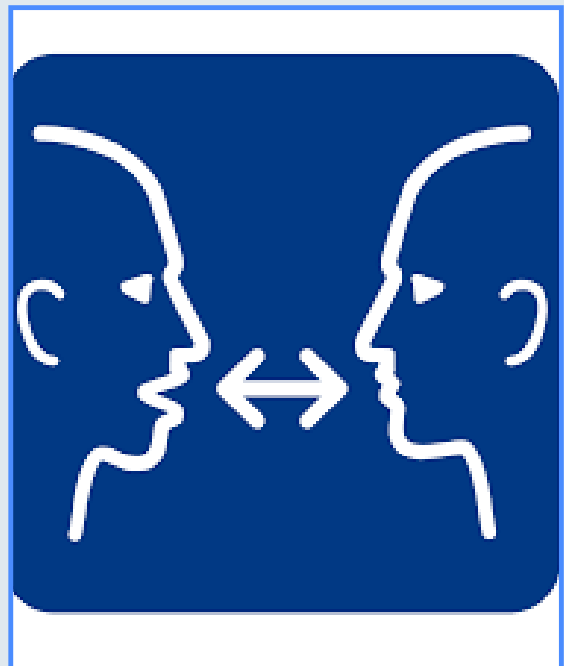


You can create a **communication access card** and/or **communication support questionnaire** to advocate for your communication needs.

Visit [Communication Disabilities Access Canada](#) (CDAC) for resources created for individuals with communication difficulties.

## Self-Advocacy Resources

1. **Communication Support Questionnaire**- [click here](#). Let organizations know how you prefer to be contacted, and **how to successfully communicate** during appointments.
2. **Communication Access Card**- [click here](#). This shares **quick information** about your communication.
3. **Communication access symbol**- [click here](#). You may use this symbol to **identify yourself** as an individual experiencing a communication difficulty.



Communication Access Symbol and resources from CDAC



# COMMUNICATION CORNER: WORD SEARCH

- **Print** the next page!
- **Circle** or **highlight** the words that you find
- Words can be found **horizontal** —
- Words can be **vertical** |
- Words can be **diagonal** /

**Find these words:**

SPEECH  
APHASIA  
LANGUAGE  
CHAT  
CAMP  
ADVOCATE  
REMEMBER  
POPPY



# COMMUNICATION CORNER: WORD SEARCH

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