



# C.H.A.T. SOCIETY

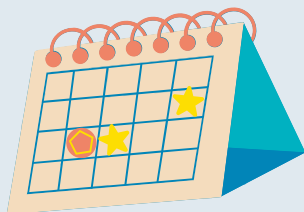
COMMUNICATION HEALTH AND THERAPY

NEWSLETTER

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## WHAT'S NEW?



- Join us for a **C.H.A.T. Movie Night** at Corbett Hall on **December 4, 2024**
  - **Read more** on **page 4** to learn about the details!
- **Did you know?** There is a **Couples Aphasia Cruise** hosted by **Aphasia Recovery Connection!**
  - Go to **page 3** to **discover more** about the event!

## FUNDRAISING UPDATES

- We raised a over **\$ 5, 000** through **CHAT in The Park!**
- Funds went towards sponsoring campers for **Aphasia Camp!**
- **Read more** to see the **pictures** of our event!

# CHAT in the Park

FUNDRAISING EVENT

**SPECIAL THANKS** to all our  
**amazing VOLUNTEERS &**  
**SPONSORS**  
**The Running Room**  
**Strathcona Bottle Depot**







# Aphasia Love Boat Couples CRUISE



Jan 23 - 27, 2025

4 Nights

Port of Tampa  
Western Caribbean

*Cornwall*

**SPACE IS LIMITED  
BOOK EARLY**  
ARC EVENTS OFTEN SELL OUT



## Aphasia Recovery Connection

### ARC EVENTS ONBOARD

Love Boat Event ARC Registration: \$250 per couple (Cruise sold separately)

- LOVE BOAT LANYARD AND GOODIE BAG
- LOVE BOAT GROUP DINNER SEATING ONBOARD
- LOVE BOAT ONE GROUP MORNING SESSION
- LOVE BOAT ONE GROUP AFTERNOON SESSION
- LOVE BOAT PRE & POST ZOOM SESSIONS
- LOVE BOAT ONBOARD GROUP GATHERINGS

**AND MORE**

**CALL:**  
214.649.6025

**EMAIL:**  
[sandy@cruiseplanners.com](mailto:sandy@cruiseplanners.com)

Must book with Sandy Christiansen to participate in aphasia events. Travel insurance recommended.

Pre-Sail Tampa Event not included in registration. TBD.

*Book Now*  
LIMITED



THE LOVE BOAT  
APHASIA CRUISE  
IS LIMITED  
TO 25 COUPLES.

# SAVE THE DATE

**R M** REHABILITATION MEDICINE  
**S A** STUDENTS' ASSOCIATION

presents



## MOVIE NIGHT FUNDRAISER

National Lampoon's Christmas Vacation  
(1989)

**Wednesday, December 4, 2024**

5:45pm – 9:00pm

Corbett Hall: 8205 114 St NW

5:45pm–6:45pm Social Hour

6:45pm–9:00pm Movie

**Tickets at Door: entry, pop and popcorn**

\$5 C.H.A.T. Society Members      \$10 Non-Members

**proceeds benefit**



**C.H.A.T. SOCIETY**  
COMMUNICATION HEALTH AND THERAPY



# Meet Nicole Hatt!

## Board Member Highlight



**Nicole Hatt**

C.H.A.T. Board Member

**Nicole** first joined the **C.H.A.T. Society** starting **this year** when she started working at the **University of Alberta!** Since then, Nicole has been **volunteering** as a **Board Member**, and a **Let's CHAT Facilitator!**

In **2021**, **Nicole** experienced a **major hemorrhagic stroke** caused by a **large, undiagnosed brain tumor** at the age of **35!**

"I was rushed into **emergency surgery** where I had a **left-side craniotomy** to **remove the tumour**, whom I've named **Timmy**, and to **stop the bleeding.**"

The **stroke** impacted the **left side** of **Nicole's brain**, leaving her with **several challenges**, including **aphasia**.

"**Living** through this **experience** gave me a **deep appreciation** for the **critical role communication** plays in our lives and how **devastating** it can be..."

"It really can **feel** like **losing your identity**. I now have a **passion** for **helping others navigate** their own **journeys** with **aphasia.**"



**Timmy the tumour**  
A clay replica of Nicole's tumor

# Meet Nicole Hatt!

## Board Member Highlight

Here **Nicole** talks more about her journey with **aphasia** and **C.H.A.T!**

What is something that **inspires** you?

“...by the **resilience** and **creativity** of people with **aphasia**.

Seeing how individuals find **new ways to communicate**, tell their **stories**, or even just **share a laugh** despite the challenges is **incredibly motivating**.

It **reminds** me every day that there's **always hope** and a way forward, **no matter the obstacles**.”



**Nicole with her family!**

“There is something **special** when you **connect** with others who **just get it!**”



**Nicole with her friends!**

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

“Keep **celebrating progress**, no matter how small!

**Aphasia** can be **frustrating**, but every step forward, every word found, and **every connection** made is **worth celebrating**.

Also, **never be afraid to ask for help! Your community is here to lift you up.**”



# Winter Safety Tips



## Stay Warm! Dress properly when going outside

- Wear a warm, wind-proof coat, gloves, and a winter hat.
- **Layer your clothes** to stay extra warm.
- Cover your ears, hands, and feet to keep them safe.
- Wear thick socks and waterproof boots.
- Use a mask or scarf to protect your nose, mouth, and neck from cold air.
- **Use shoes or boots with good grip**. Avoid smooth, slippery soles.



**DID YOU KNOW? Falling on ice can cause serious injuries, including head trauma and brain injuries, leading to conditions like aphasia.**

## Keep Your Driveway Safe

- **Spread salt or sand on icy spots**.
- Use a shovel to clear snow. **Clear snow as soon as possible** to stop ice from forming.
- Be careful when walking or shoveling—**go slow**.



## Stay Safe at Home

- Drink **warm drinks** to stay cozy.
- **Keep a blanket in your car for emergencies**.
- Keep your phone charged to call for help if needed.
- Avoid staying outside too long in very cold weather.
- Watch for frostbite (numb, painful or pale skin) and come inside if you feel too cold.



**Winter is fun when you're safe!**

# Winter Accessibility

**Winter** can present unique **challenges**, particularly for those facing **mobility**, **financial**, or **transportation barriers**. The following **programs** are designed to provide **support** ensuring a smoother and **more accessible** season for everyone!

- **Christmas Bureau**

- **Website:** <https://www.christmasbureau.ca/>
- This resource offers **hampers** and **gift cards** to **low income families** during the holiday to help spread cheer and **alleviate financial stress**. They also support other programs like Santa's Anonymous and Adopt - A- Teen.

- **Reuse DIY Website**

- **Website:** [https://www.edmonton.ca/programs\\_services/garbage\\_waste/reuse-programs-workshops](https://www.edmonton.ca/programs_services/garbage_waste/reuse-programs-workshops)
- This resource encourages **sustainable living** through **workshops** focused on **repurposing materials** and promoting **waste production**

- **Voices of Albertans with Disabilities**

- **Website:** <https://vadsociety.ca/>
- This resource provides support and advocacy for individuals with disabilities across Alberta, ensuring equal opportunities and addressing accessibility barriers

- **Snow Angels**

- **Website:** <https://edmonton.ca/snowangels>
- This resource promotes **residents** to help **clear snow** from sidewalks **for neighbors** who may be unable to do so
- **Print out** the poster and **post it on your window!**





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- **ETS Mobility Training**
  - **Website:** <https://www.edmonton.ca/ets/customer-mobility-travel-tools>
  - This resource offers **training and tools** for people that are new to transit or those that **need support!**
- **Office of the Advocate for Persons with Disabilities**
  - **Phone:** 1-800-272-8841
  - **Email:** [advocate.disability@gov.ab.ca](mailto:advocate.disability@gov.ab.ca)
  - The **Office of the Advocate for Persons with Disabilities** connects with **Albertans with disabilities** by **empowering** them and helping them **resolve any concerns!**
  - **Contact them through phone or email!**
- **Royal Wagon**
  - **Website:** <https://www.royalwagon.ca/>
  - This resource provides **transportation** for people with **mobility needs!**





# Communication Corner

## Winter Trivia Fill-in-the-Blank

**Instructions: Use the hints to fill in the blanks with winter-related words.**

1. A tool used to clear snow from sidewalks:

S \_ \_ \_ \_ \_

(Hint: Machine that blows snow away)



2. A type of weather with strong winds and heavy snow:

B \_ \_ \_ \_ \_

(Hint: Severe winter storm)



3. Protective footwear for icy conditions:

B \_ \_ \_ S

(Hint: Keeps your feet warm and prevents slipping)

4. A winter activity on a frozen lake:

I \_ \_ \_ \_ \_

(Hint: Involves gliding on blades)



5. Warm clothing with a hood to block wind and snow:

P \_ \_ \_ \_

(Hint: Common winter coat)





# Communication Corner

## Winter Trivia Fill-in-the-Blank

### Answers

**Great job! Stay warm and safe this winter! 😊**

1. Snowblower
2. Blizzard
3. Boots
4. Ice Skating
5. Parka



# 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!





# Follow us on Social Media



**C.H.A.T. SOCIETY**  
COMMUNICATION HEALTH AND THERAPY

Stay Connected to our Latest News & Updates



Website @ [thechatociety.ca](https://thechatociety.ca)



on Facebook @ [The CHAT Society](https://www.facebook.com/TheCHATociety)



on Instagram @ [The CHAT Society](https://www.instagram.com/TheCHATociety)

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

[CHAT Feedback Form](#)

