

Dementia and Continence Study

Dr. Adrian Wagg's research team at the University of Alberta is recruiting participants for a research study to understand self-management of urinary incontinence with containment products by community dwelling older people living with dementia.

You will be in the study for approximately 10 weeks. During this time, the researcher will visit you five times. You will be asked to fill out questionnaires, maintain a bladder diary and take part in two interviews. The study visits will last between 1 to 2 hours.

If you want to learn more about this study, please contact Dr. Wagg's research office at **780-492-6855** (24-hour confidential voicemail).



UNIVERSITY OF ALBERTA
This study will abide by all Covid-19 safety measures outlined by Alberta's Chief Medical Officer and Alberta Health Services.

University of Alberta Ethics approval Ref.: Pro0094514

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Everybody's Talking

Saving sailors: A famous lighthouse on the east coast of Canada attracts tourist attention. In the province of Nova Scotia, Peggy's Point Lighthouse was originally built in 1868 and rebuilt in 1915. The red and white structure measures 15 metres (50 ft.) high and is located on a granite outcrop of rock at the entrance of St. Margaret's Bay in the fishing village of Peggy's Cove, about an hour from the province's capital city of Halifax. This lighthouse is classified in Canada as a Federal Heritage Building.

Billboard love: Whether or not he ends up finding love, Mark Rofe certainly has a sense of endeavour. The 30-something single man from Sheffield, England, recently rented a billboard to suggest that interested individuals contact him if they'd like to go on a date. Rofe had tried the usual online dating methods, to no avail. So he paid £425 to advertise on the roadside space, on a busy street in the city of Manchester. The billboard states: "Date Mark. This could be the sign you've been waiting for," followed by his website address.

Red water: A lake in Chile has red water. Called Laguna Roja (Red Lagoon), it is located near the city of Camarones, in the Arica y Parinacota Region. The temperature of the fresh water is 40° to 50° C (104° to 122° F) because the lake is fed by hot springs. No conclusive evidence explains why the waters are red. It may be because of algae or suspended sediment. The lake's depth is not known. Laguna Roja is surrounded by treeless hills, mountains, and rocky outcrops, and is one of the country's hidden gems.

Sand art: Japan is home to The Sand Museum. Located near the Tottori Sand Dunes on the island of Honshu, the open-air museum honours the natural wonder of the dunes. Visitors can view the enormous works of sand sculptors from around the world, with themed exhibitions changing each year. Sculptures might feature mythical figures, religious icons, and depictions of modern literature, such as The Jungle Book. Themes have ranged from "Czech Republic and Slovakia" to "South America." The museum closes for a few months between displays so the sculptors can work their magic in sand.

Quoteable Quotes

"I can accept failure, but I can't accept not trying." —Michael Jordan

"The only real elegance is in the mind. If you've got that, the rest follows from it." —Diana Vreeland

What's Happening

Sept 21-Old Tyme Fiddling Group Lessons - Beginner Intermediate. Beginner FIDDLE LESSONS, 7pm every Monday at Pleasantview Community Hall, 10860 - 57th Ave, Edmonton. If you can play at least one fiddle tune and want to enhance learn new skills, please phone Ava Wood 780-962-8857 or visit www.wildrosefiddlers.org

November 17-Edmonton Career Fair and Training Expo Get in front of hiring managers! Network and apply with Employer Exhibitors. Build meaningful rapport you need to advance your career in the direction that you want. More info from Career Fair Canada

December 3- TD Family Nights Families have the opportunity to enjoy an evening of FREE admission to the new early childhood development gallery, made possible by TD Bank Group. 100 free passes are available More info at www.chatterblock.com/events/303507td-family-nights

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

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Trivia

1. How many liquid gallons are in a barrel?
2. Laterally means upward, towards the back, or sideways??
3. Which scientist wrote a book about Earth called Pale Blue Dot?
4. In Aesop's Fables, who was last to finish in a race—the tortoise or the hare?
5. Is turmeric an herb or a spice?

(Flip bottom of page for answers)

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(Over)

Feel free to take your Coffee News home!

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Recipe of the month

Apple Ladybug Treats

2 red apples 1 tablespoon peanut butter
1/4 cup raisins 8 thin pretzel sticks

Prep: 10 mins. Ready In: 10 mins Level: Easy

- Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, then slice. Place each apple half flat side down on a small plate.
- Dab peanut butter on to the back of the "lady bug," then stick raisins onto the dabs for spots. Use this method to make eyes, too. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.

Source: www.allrecipes.com

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Your Weekly Horoscope

ARIES (March 21 - April 20)
Your schedule may seem full, but try to find time to enjoy with your loved ones. They might appreciate your sentiments much more than you expected. Lucky numbers: 7, 20, 38, 40, 41, 42.

TAURUS (April 21 - May 21)
Believe in your abilities to accomplish your work. The winds may change suddenly, and new policies may help you realize that your goals might come true. Lucky numbers: 2, 9, 13, 17, 26, 34.

GEMINI (May 22 - June 21)
You may feel as if you're totally alone. You can benefit from reaching out to others who may share their positive flow. They might help you see past the present. Lucky numbers: 11, 12, 23, 34, 36, 48.

CANCER (June 22 - July 22)
You may need to gather more information in order to reach your current goals. Personal contacts might be able to introduce you to those who can help you find solutions. Lucky numbers: 4, 8, 12, 16, 24, 32.

LEO (July 23 - Aug. 23)
There are so many different choices for you to make. Try to listen to your heart. Don't allow others to interfere with making your important decisions. Lucky numbers: 10, 15, 20, 25, 30, 45.

VIRGO (Aug. 24 - Sept. 23)
You may have challenges before you that you might have to address sooner or later. You may need to dig a little deeper in order to surpass current expectations. Lucky numbers: 7, 18, 20, 27, 36, 44.

LIBRA (Sept. 24 - Oct. 23)
Your research opportunities may start to open a new perspective. History might repeat itself. Your interpretation of these events could give you some answers. Lucky numbers: 9, 22, 26, 29, 35, 38.

SCORPIO (Oct. 24 - Nov. 22)
Your interest in places faraway may become your favourite topic. Traveling or studying about a different part of the world might help you learn more within your field. Lucky numbers: 4, 14, 18, 20, 22, 34.

SAGITTARIUS (Nov. 23 - Dec. 21)
You know you need to push your ideas harder. Don't allow others to flounder and waste your precious time. Try to prepare yourself for any possibilities. Lucky numbers: 3, 4, 23, 24, 33, 44.

CAPRICORN (Dec. 22 - Jan. 20)
Your sensitive mood may brighten when you realize how much happiness you can spin for others. Your strength of character might help you overcome any fears. Lucky numbers: 14, 19, 23, 24, 32, 39.

AQUARIUS (Jan. 21 - Feb. 19)
Special people in your life may show their gratitude in many ways. Take them up on their kind offers. Push through the hype and you might find your perfect fit. Lucky numbers: 5, 11, 19, 23, 24, 30.

PISCES (Feb. 20 - March 20)
Be thankful and humble. There may be many people who trust you to fight for their causes. Your confidence and luck might seem to go hand-in-hand with your good mood. Lucky numbers: 7, 8, 20, 27, 36, 46.

Lucky numbers this week: This week's odds favour Virgo winners with the luckiest number being 7.

Did You Know...

- Ridge lines:** Vertical ridges on fingernails that run from the cuticle to the tip of the nail shouldn't cause worry. However, horizontal ridges are called Beau's lines and could be a sign of a medical problem, such as malnutrition or infection.
- Spanish, anyone?** The official name of Spain, the country located on Europe's Iberian Peninsula southwest of France, is Kingdom of Spain. The country has four official languages: Castilian Spanish, Euskera (Basque), Catalan, and Galician.
- Flying feat:** The blackpoll warbler is a small songbird that migrates from northern North America to northern South America and the Caribbean. These wee birds can fly for three days without stopping.
- Storm names:** Each hurricane season, hurricanes are given names developed by the World Meteorological Organization. The names are given out in alphabetical order, and the same names won't be used again for six years. No hurricanes begin with Q, U, X, Y, or Z.
- Windy place:** Neptune, the eighth planet from the sun, is about four times the size of Earth. Extreme atmospheric weather conditions on Neptune cause winds that are much faster than what we experience on Earth.

On the Lighter Side

How many real estate agents does it take to change a lightbulb? Ten, but we'll accept eight.

Which side of a duck has the most feathers? The outside.

Optimist: "The glass is half full." Pessimist: "The glass is half empty." Mother: "Why didn't you use a coaster!"

Pat: "I have a doctor's appointment today, but I really don't want to go."
Matt: "Just call in sick then."

If you're tired of waiting at a restaurant, just call their number and ask if they also deliver to table 16.

Answers

Trivia answers: 1. 31.5 gal. 2. Sideways 3. Carl Sagan 4. Tortoise 5. Spice

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