

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

Big burger: Those who enjoy eating great big burgers might want to visit Chris Steaks and Burgers in Bangkok, Thailand. The burger in question is enormous. The ground beef or pork patty weighs six kilograms (13 lbs.) and is loaded with fattening extras, such as bacon, mayonnaise, and onion rings. Lomdech Kongsuwan, the restaurant owner, is offering 10,000 baht to any diner able to gobble up the meal in nine minutes. So far, very few customers have been able to accomplish the feat.

Lost and found: Ken Woroschuk may be missing a truck, but the important thing is that he has his dog, whose name is Nick. Woroschuk, from Edmonton, Alberta (Canada), left the vehicle running to keep Nick warm while he ran an errand. The truck, along with the attached flatbed trailer, was stolen, along with Nick, who had been waiting patiently in the cab. The trailer was found quickly, but not the truck or Nick. Luckily, the thief must have decided to let the dog go, as Nick was found, unharmed, on a nearby street. For Woroschuk, that was all that mattered.

Permanent love: It seems that Truong Van Lam is truly in love with his fiancée, Luong Kha Tran. The Vietnamese man decided to show his deep feelings in a permanent way: he hired a tattoo artist to ink her likeness on his back. It took many hours and three sessions to get the job done. While the man has other tattoos related to his beloved (her birthdate on his chest and their initials on his wrists) the back tattoo is by far the largest, covering his whole back. She was a bit taken aback at first, but has grown to like the image of herself because it is a symbol of her fiancée's love.

Lovely loaves: When customers buy a loaf of bread made by "Hannah," they don't want to ruin it by cutting it up and making sandwiches. That's because Hannah's loaves are works of art. The food artist from North Carolina (U.S.), who is known as Blondie and Rye on social media, carves intricate designs into her loaves. She uses a special blade to etch the bread with patterns of leaves. Often, she'll adorn it by adding cut up vegetables and fruit on top. It doesn't matter whether the bread product is a bagel, a round loaf of pumpnickel, or a long sourdough loaf, Hannah makes her loaves enticing to anyone.

Quoteable Quotes

"Recompense injury with justice and recompense kindness with kindness." —Confucius

"It's like magic. When you live by yourself, all your annoying habits are gone!" —Merrill Markoe

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

Veterans Association Food Bank - Remembrance Food Drive We will be starting our largest food drive of the year at the end of October and running through to the end of November. Donations can be dropped off at our offices in Calgary and Edmonton. Call us for details 403-FOR367-VETS8387

Devon Arts Market Christmas Sale Come out and experience the unique creativity of our artisans. Find those perfect one-of-a-kind gifts. Runs from noon to 4 pm, Sunday, Nov. 8, 2020. Devon Community Centre, 20 Haven Ave., Devon. More info at ArtsDevon@gmail.com Masks Mandatory

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

Hidden Coffee News Guy ADVENTURE

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Trivia

1. Which is lighter in weight—platinum or palladium?
2. The ostrich is a relative of what other big bird?
3. What is the opposite of paleo?
4. Which board game features grand masters?
5. Who was Time magazine's Person of the Year for 2019?

(Flip bottom of page for answers)

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(Over)

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Your Weekly Horoscope

ARIES (March 21 - April 20)
You may receive some benefits or improved importance and recognition for your ability to lead. These changes could cause a great boost to your attitude. Lucky Numbers: 1, 7, 17, 27, 37, 47.

TAURUS (April 21 - May 21)
If you are inclined to take the initiative, you may likely be successful. Your physical drive and energy level could be very high. You might easily accomplish a great deal. Lucky Numbers: 3, 5, 16, 22, 26, 40.

GEMINI (May 22 - June 21)
You may feel very lucky and, therefore, might not hesitate to take a risk. You may be luckier than usual, but remember not to rely only on chance. Lucky Numbers: 1, 15, 21, 35, 41, 42.

CANCER (June 22 - July 22)
You may start to feel like the world's greatest salesperson. Your enthusiasm and energy might be strong enough to overcome almost any resistance to your plans that you encounter. Lucky Numbers: 12, 16, 32, 36, 42, 46.

LEO (July 23 - Aug. 23)
You may be bolder than usual and more able to approach people who are out of your realm. Your charm and confidence might help you get your way and enjoy yourself, too. Lucky Numbers: 16, 24, 31, 39, 44, 48.

VIRGO (Aug. 24 - Sept. 23)
Your individuality may be important to you and you may need to explore new possibilities. You might be inspired to find original ideas and perhaps a new perspective. Lucky Numbers: 4, 15, 19, 34, 45, 47.

LIBRA (Sept. 24 - Oct. 23)
Your creative work may touch the hearts of others. Your efforts could receive much positive attention. Your talents might reach a much wider audience than usual. Lucky Numbers: 9, 13, 19, 23, 29, 33.

SCORPIO (Oct. 24 - Nov. 22)
Chance meetings may spur your imagination. You could be attracted to people who stimulate your thirst for thoughts and new ideas. You might learn to be yourself. Lucky Numbers: 21, 24, 29, 31, 44, 49.

SAGITTARIUS (Nov. 23 - Dec. 21)
You may be introduced to matters that are unfamiliar to you. Trust the experts. You also might be exposed to new information that expands your knowledge. Lucky Numbers: 8, 10, 17, 28, 30, 44.

CAPRICORN (Dec. 22 - Jan. 20)
Your efforts to advance your interests may meet some resistance. Try your best to operate on your own, and others might want to join your forces. Lucky Numbers: 2, 12, 14, 16, 18, 20.

AQUARIUS (Jan. 21 - Feb. 19)
You may do very well promoting or advertising yourself or your creative work. You might receive more attention and be able to reach a much wider audience. Lucky Numbers: 2, 12, 13, 22, 23, 33.

PISCES (Feb. 20 - March 20)
Some daydreams may need to be dropped and replaced with other visions. You might create a more positive environment by investing in significant effort. Lucky Numbers: 4, 28, 34, 42, 46, 48.

Lucky numbers this week: This week's odds favour Pisces winners with the luckiest number being 4.

Did You Know...

Red and white: Indonesia's flag has two horizontal bars. The top is red and the bottom is white. It is similar to the flag of Monaco, which is not as long as Indonesia's. Poland's flag is similar, but the white is over the red.

Batting average: Different woods are used to make baseball bats. Ash is common, as it is flexible. Maple is popular because it is hard and dense, allowing the ball to quickly bounce off the bat. Birch and bamboo are also choices of bat manufacturers.

Teeny bone: The smallest bone in the human body is the stapes. About the size of a grain of rice, this bone is located in the middle ear. Its purpose is to transmit sound vibrations.

Slavic scene: Belarus is a Slavic country in eastern Europe bordering on Lithuania, Latvia, Russia, Ukraine, and Poland. Official languages are Belarusian and Russian. The capital is Minsk.

Appealing show: Variety shows were a staple of early television. For example, Ed Sullivan's *Toast of the Town* aired on CBS from 1948 to 1971. In 1955, its name changed to *The Ed Sullivan Show*. Elvis Presley appeared on the show in 1956.

On the Lighter Side

A car is something your kid manages to get into the garage on the last drop of gas!

Teacher: "Which book has helped you the most in your life?"
Student: "My father's chequebook!"

Travel agency slogan: "We mean it when we say we want you to go away."

What can you do with alligator skins? Keep alligators in them!

Q: Why did the chicken go to the séance?
A: To get to the other side.

Answers
5. Greta Thunberg
4. Chess
3. Neo
2. Emu
1. Palladium

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