

## 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).

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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.: Pro00094514

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## Everybody's Talking

**Stone artist:** Akie Nakata is an artist who makes her creations out of the unusual medium of small rocks or stones. As a child, Akie, as she is known, loved to draw animals and birds, and a few years ago she decided to paint them on rocks and stones. She has an uncanny ability to choose exactly the right stone for her subject, be it an owl, a puppy, a pigeon, or a kitten. She never changes the stone by chipping any of it away to suit the design. Instead, she leaves the rock as she found it. Once complete, her creatures seem alive, with the eyes looking out at the viewer.

**Weather dog:** During the COVID-19 pandemic, a weatherman in Tampa, Florida (U.S.), got some help with his broadcast from a furry friend. Paul Dellegatto was on camera in his home office, with the cameraman aiming the lens at him from outside his window. Suddenly, Dellegatto's golden retriever, Brody, entered the frame. In doing so, he nudged the computer, and the weather map blinked off. Dellegatto soldiered on, reading the material instead. Brody then decided to go to the window to greet the cameraman, blocking the camera's view. No matter – viewers loved the interruption!

**Tile creations:** A mosaic artist in the city of Chicago, Illinois (U.S.), not only makes works of art, but does a service to his city at the same time. Jim Bachor learned about the beauty and durability of mosaics after taking courses in Italy. Back home, he decided to use the tough material to beautify his neighbourhood while fixing a pothole. One thing led to another, and soon Bachor had become a street artist. He started looking for potholes and designing custom mosaics to decorate them. He uses traffic cones to protect his work while it sets.

**Desert island:** An island off the coast of Senegal, in northwest Africa, is home to the Viana Desert. The island is Boa Vista, which is part of Cape Verde, an archipelago of nine islands. The Viana Desert is actually an extension of the Sahara Desert, with the wind carrying sand from mainland Africa. This small desert is about 5 kilometres (3 mi.) long and has dunes, volcanic rocks, and sparse vegetation. The hiking is not difficult for adventurers, and outfitters are available to take visitors on excursions.

## Quoteable Quotes

"Light tomorrow with today" —Elizabeth Barrett Browning  
"Too low they build who build beneath the stars." —Edward Young

## What's Happening

**Nov 19 to Jan 18-Mom to Mom Online Group** Online group where Moms can get together to talk about successes and difficulties of being a mom and sharing stories, each week working on a different topic. Thursdays 1-2 pm. Register at [jasperplace-CFC.com](http://jasperplace-CFC.com)

**Nov 20 to Jan 2-Magic of Lights** Head to Castrol Raceway for a new holiday tradition! You'll embark on a 2.5 KM drive through experience from the comfort of your own vehicle. Be mesmerized as multiple holiday themes come to life with hundreds of thousands of sparkling LED lights!

**Dec 1-Dec 31-Luminaria** Stroll through the candle-lit pathways of the snow-covered Kurimoto Japanese Garden. University of Alberta Botanic Gardens - 51227 Hwy 60, Parkland County.

**Jan 16 to 17-Deep Freeze: A Byzantine Winter Adventure** This two-day festival brings together diverse cultures and revels in the magic and beauty of winter. Alberta Avenue - 118 Avenue NW and 91 Street, Edmonton.

NON profit organizations may submit events for FREE at [www.coffee-news.ca/whats-happening](http://www.coffee-news.ca/whats-happening)

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## Trivia

1. Cocobolo, Ebony, and Mopane are all types of what product?
2. Which American poet wrote "Mending Wall"?
3. Name the person who said, "The only thing we have to fear is fear itself."
4. What is the capital of Somalia?
5. In terms of navigation, what do the letters GPS stand for?

(Flip bottom of page for answers)

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(Over)

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# Recipe of the month



## Holiday Haystack Cookies

1 cup semisweet chocolate chips      ½ cup roughly chopped almonds  
1 cup milk chocolate chips      ½ cup shelled pistachios  
3 cups chow mein noodles      2 tablespoons assorted holiday sprinkles

Level: Easy    Total: 1 hr 15 mins    Yield: 24 cookies  
Active: 15 mins

- Heat 2 inches of water in a pot to a simmer. Add the semisweet and milk chocolate to a bowl and place over the pot of simmering water. Allow to melt, stirring occasionally, 4 to 5 minutes.
- Meanwhile, add the noodles, almonds and pistachios to a large bowl and set aside.
- When the chocolate has melted completely, pour over the noodle and nut mixture. Mix until everything is well coated in the melted chocolate.
- Using 2 spoons, drop tablespoon mounds onto 2 parchment-lined baking sheets. Sprinkle the holiday sprinkles over the top. Allow to dry completely before storing, about 1 hour.

Source: [www.foodnetwork.com](http://www.foodnetwork.com)

## Need ONE More Reason to Join?

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# Your Weekly Horoscope

**ARIES (March 21 - April 20)**

Take pride in your ability to overcome current adversities. This may help you find the confidence to display your talents to friends or colleagues. Lucky Numbers: 2, 13, 24, 29, 36, 43.

**TAURUS (April 21 - May 21)**

Your mind may be focused on creativity in music and art. You might need to speak up and clear the air of any injustice you have been holding onto for some time. Lucky Numbers: 10, 16, 22, 39, 41, 47.

**GEMINI (May 22 - June 21)**

Domestic matters may take up a great deal of your time. You might be a peacemaker now, since harmony in your environment could seem more important to you than ever. Lucky Numbers: 3, 12, 14, 24, 26, 38.

**CANCER (June 22 - July 22)**

Cherishing people in your life who really care about you is good for your spirit. Take this feeling to the next level and support others to follow your lead. Lucky Numbers: 13, 16, 22, 26, 31, 32.

**LEO (July 23 - Aug. 23)**

Listen well and learn. You may be fascinated by powerful people with powerful ideas. You might be attracted to those who have high degrees of self-confidence. Lucky Numbers: 2, 6, 17, 22, 45, 49.

**VIRGO (Aug. 24 - Sept. 23)**

Patience may be required if you want to find answers that are locked in your past. You might need to reach deep to find the best route to attain your immediate goals. Lucky Numbers: 6, 8, 10, 12, 14, 16.

**LIBRA (Sept. 24 - Oct. 23)**

Your mood may be a clear indicator of optimism and enthusiasm. You might want to accept invitations and go to important social events in order to be noticed. Lucky Numbers: 4, 6, 11, 22, 33, 44.

**SCORPIO (Oct. 24 - Nov. 22)**

Others may feel your strong influence when you express yourself through your thoughtful and caring ways. You might feel great and be able to enjoy yourself. Lucky Numbers: 9, 15, 20, 23, 24, 43.

**SAGITTARIUS (Nov. 23 - Dec. 21)**

Conversations may spark your mind to find simple ways to handle your personal and business affairs. You might be more open to original concepts or new techniques. Lucky Numbers: 1, 5, 21, 25, 31, 35.

**CAPRICORN (Dec. 22 - Jan. 20)**

You may find it hard to deal with your workload. You might need to pay more attention to small details. Try exploring your mental depths to find additional inspiration. Lucky Numbers: 10, 16, 20, 37, 40, 43.

**AQUARIUS (Jan. 21 - Feb. 19)**

You may be able to see your labour of love from a different perspective. You might likely be busy with telephone calls, meetings, or some commercial transactions. Lucky Numbers: 15, 16, 32, 34, 36, 38.

**PISCES (Feb. 20 - March 20)**

You may be a little subjective and your mood or feelings might tend to rule your thoughts. You may be especially perceptive and sensitive to everyone around you. Lucky Numbers: 1, 2, 13, 19, 40, 43.

Lucky numbers this week: This week's odds favour Pisces winners with the luckiest number being 1.

## Did You Know...

**Buckle up:** Seatbelts were used in aircraft before they were used in automobiles. The idea of using them in cars was not even presented until the early 1950s. The Ford car company started offering them in 1956.

**Weather forecast:** A barometer is a tool that meteorologists use to measure the pressure in the atmosphere. This instrument, which is used to make short-term weather forecasts, was invented in the 1600s.

**Thorny story:** Colleen McCullough (1937-2015) comes from New South Wales, Australia. The author is best known for *The Thorn Birds*, which was published in 1977. It was made into a TV miniseries in 1983.

**Skunky scent:** No one wants to get sprayed by a skunk. If you encounter one of these small, black and white animals and it starts hissing and stomping its feet, get away from it as fast as you can!

**Solar system discovery:** Uranus is the seventh planet from the Sun. It was discovered, with the help of a telescope, in 1781 by German-born British astronomer William Herschel.

## On the Lighter Side

Teacher: "What is your favourite instrument?"  
Student: "The school bell."

Who earns money without working a single day? The night watchman.

How many opticians does it take to change a lightbulb? Is it one or two? One... or two?

Inflation: the process that enables you to live in a more expensive neighbourhood without going to the trouble of moving.

If you think talk is cheap, you haven't talked to a lawyer.

**Answers**  
Trivia answers: 1. Wood 2. Robert Frost 3. Winston Churchill 4. Mogađisthu 5. Global Positioning System

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