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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.

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

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 Ethics approval Ref.: Pro00094514

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Recipe of the month

Bacon Wrapped Stuffed Mushrooms

½ cup chopped green onions
2 (8 ounce) packages cream cheese, softened

20 fresh mushrooms, stems removed
1 pound sliced bacon, cut in half

Level: Easy Total: 30 mins Yield: 20 appetizers
Prep: 10 mins Cook: 20 mins

1. Preheat the oven to 350 degrees F (175 degrees C).
2. In a medium bowl, mix together the green onions and cream cheese. Stuff mushroom caps with the cheese mixture. Wrap each mushroom with a half-slice of bacon, and secure with toothpicks. Place on a baking sheet.
3. Bake for 20 minutes in the preheated oven, until the bacon is cooked through.

An ideal addition to a party tray or a wonderful appetizer for a romantic Valentine Day meal.

Source: **www.allrecipes.com**

Everybody's Talking

Unusual art: Artist Reijo Kela of Finland must have been a bit bored when he decided to make some friends – literally. He came up with an art installation consisting of over 1,000 “people” made of wooden frames and dressed in colourful clothing. All the figures, which have heads of peat and hair of straw, face the same direction. Called “The Silent People,” the installation is situated in a field near a highway, in the Finnish municipality of Suomussalmi. Drivers who are accustomed to the sight may not look twice, but those who don't know about it experience quite a shock when they first view the army of scarecrows.

Unshorn sheep: A sheep named Prickles has become a celebrity in Tasmania (Australia). The ovine got separated from Alice Gray's family farm in 2013 during intense bush fires. A lamb at the time, the family worried that she wouldn't survive in the wilderness. However, they were buoyed by a few sightings of her over the years, and finally, they managed to catch her, put her in a truck, and get her back to the farm. Prickles had not had her wool shorn for so long that she looked like a big ball of fluff. The family sponsored a contest for people to guess how much the wool weighed, and they donated the proceeds to a COVID-19 relief fund.

Pancake perfection: The small city of Ames, Iowa (U.S.), is home to The Grove Café. This little restaurant, which was founded back in 1948, serves such good food that it has been voted one of the 20 best breakfast restaurants in the country. Pancakes are the menu item that gets diners' attention. They are enormous and barely fit on a plate. At an inch thick and with perfect fluffiness, these pancakes can be ordered as a short stack of two, for diners who are really hungry. Toppings include butter, blueberry and raspberry jam, and whipped cream.

Picturesque burglary: If you are going to rob someone, try not to take a picture of yourself on the victim's phone. That's what Ashley Keast did after breaking into a home with the intent of stealing. Keast, of Rotherham, South Yorks (England), stole a SIM card and put it into a different phone before posting a selfie. He didn't realize that the photo was seen by the victim's co-workers, who called the cops. It didn't take long to find the thief, who was caught with the victim's £4,000 Rolex watch. Keast ended up in jail for his bad deed.

Quoteable Quotes

“Anticipation was the soul of enjoyment” —Elizabeth Gaskell
“There is nothing either good or bad, but thinking makes it so.” —William Shakespeare

What's Happening

Jan 15 to 31 Valentines Fundraiser - Buy a Valentine, Save a Horse Valentine cards for purchase featuring animals from Out of Africa Animal Sanctuary. 75 of proceeds will directly benefit the animals who are free from harm. View our fundraiser at www.helpabuddyyfund.org

Feb 1 to 28-Hypothermic Half Marathon 10K Virtual event - participate from any location you choose! Run in support of Justsocks.ca - a volunteer operated charity providing new socks to those in need across Canada. www.hypothermichalf.com

Sept 10-Bridge of Life is a suicide awareness prevention candle light vigil walk across the high level bridge. There is light music, refreshments and guest speakers. www.yegmentalhealth.com. Constable Ezio Faraone Park 7-9 PM

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Trivia

1. Glaucoma is a medical condition that affects the ears or the eyes?
2. A taradiddle is a petty falsehood or a type of riddle?
3. What actress played the role of Elaine in the Seinfeld sitcoms?
4. George de Mestral invented Velcro, a combination of what?
5. What is a worthless medicinal product often called?

(Flip bottom of page for answers)
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Your Weekly Horoscope

ARIES
(March 21 - April 20)



Your energy level may be high. Your ability to concentrate in your field of expertise might bring you much success. The world of imagination could seem very attractive to you. Lucky Numbers: 6, 24, 36, 40, 43, 47.

TAURUS
(April 21 - May 21)



This may be a busy time for you, with many family celebrations to attend. You might enjoy being with friends and family, sharing pleasures and fun together. Enjoy! Lucky Numbers: 1, 16, 31, 46, 47, 49.

GEMINI
(May 22 - June 21)



If you are a writer, this may be a magical time for inspiration of a very high order. Your natural sense of spiritual purpose and direction might be greatly enhanced. Lucky Numbers: 17, 20, 23, 26, 29, 32.

CANCER
(June 22 - July 22)



Your imagination and intuition may be heightened, which could benefit any creative or artistic endeavour. Your thoughts might tend to be very dreamy or fantastic. Lucky Numbers: 2, 10, 15, 36, 43, 45.

LEO
(July 23 - Aug. 23)



Be aware of your own energy level and be sure to save some energy for the near future. Time may mend wounds, but your emotional scars may need more healing. Lucky Numbers: 4, 5, 13, 26, 38, 44.

VIRGO
(Aug. 24 - Sept. 23)



You may choose to begin some sort of self-improvement effort. Once your life is put into a better perspective, you might feel more confident that your goals are attainable. Lucky Numbers: 7, 13, 17, 23, 37, 43.

LIBRA
(Sept. 24 - Oct. 23)



You may be more conscious of the price you might need to pay to realize your ultimate dreams. Don't allow it to discourage you from turning your ideas into reality. You can do it. Lucky Numbers: 4, 14, 16, 29, 32, 45.

SCORPIO
(Oct. 24 - Nov. 22)



You may attend an artistic event that exposes you to new styles that differ from your own. These new contacts may provide you with some exciting ideas. Lucky Numbers: 5, 8, 19, 25, 37, 40.

SAGITTARIUS
(Nov. 23 - Dec. 21)



Now may be a good time to have someone special to share good times. You might need to try to create a more equal sharing of love and nurturing in your relationship. Lucky Numbers: 16, 25, 26, 35, 36, 45.

CAPRICORN
(Dec. 22 - Jan. 20)



Communications may come from unexpected places. You might crave more stimulation. Your strong sense of adventure could greatly influence your imagination. Lucky Numbers: 13, 16, 22, 25, 37, 48.

AQUARIUS
(Jan. 21 - Feb. 19)



This may be a productive time to learn more about love and about what your true values may be. Remain calm and look more objectively at your relationships. Lucky Numbers: 11, 17, 30, 34, 46, 49.

PISCES
(Feb. 20 - March 20)



A conflict of interest may arise due to a lack of respect others might be showing you. Your leadership qualities might help them appreciate your professional approach. Lucky Numbers: 10, 11, 19, 30, 31, 39.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 2.

Did You Know...

Rare bird: The blue-throated macaw is a brightly coloured bird that lives in northern Bolivia. It grows to be 60 to 91 centimetres (two to three feet) from head to tail, and some live to be 50 years old. They are on the endangered list.

Buggy place: The city of Montréal, Québec (Canada), has a very unusual museum called the Insectarium of Montréal. This museum displays thousands of insect specimens for those who are fascinated by such creatures.

Savoury breakfast: A favourite breakfast sold by street vendors in China is jianbing. This made-to-order, crêpe-like food is filled with green onion, cilantro, and vegetables, and topped with hoisin sauce and spices.

I love you: In Paris, an art installation called *Mur des Je T'Aime* ("I Love You: The Wall") was built from lava tiles by Frédéric Baron and Claire Kito. On the tiles, the artists have written "I Love You" in 311 ways, using about 250 languages.

Born singer: Sia is a pop singer from Adelaide, Australia. After limited early success in Australia, she moved to England, where she pursued a solo career. One of her early albums, *Healing is Difficult*, was released in 2001. She now lives in the United States.

On the Lighter Side

Falling in love is awfully simple. Falling out of love is simply awful.

What stays in the corner all the time but travels around the world? A stamp.

Why didn't the dinosaur cross the road? Because there weren't even any roads during the Jurassic Period!

What do lawyers wear to court? Lawsuits.

Dentist: "You need a crown."

Patient: "Finally, someone who understands me."

Answers

Trivia answers: 1. Eyes 2. Petty falsehood 3. Julia Louis-Dreyfus 4. Velvet and crochet 5. Snake oil

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