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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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Vol. 18 No. 5 February 1, 2021

Everybody's Talking

Loyal pet: A Russian woman named Svetlana is not able to leave her pet husky at home. Svetlana goes to work in a mall, but when she leaves her dog in her apartment, the neighbours complain that he howls all day. So, she dresses him up in a blue sweater and takes him to work, leaving him on the sidewalk outside the mall. A homemade sign explains the situation to passersby. Svetlana spends lunch hours and breaks with her pet, but she won't give his real name, so the press has dubbed him "Russian Hachiko." The husky is happy waiting for Svetlana. He gets greetings from shoppers all day long!

Hard cheese: It may not appeal to everyone, but there is a type of cheese made in the Himalayas that provides a great source of protein for those who must survive in cold mountainous regions. Called Chhurpi or Durkha, this cheese is made from the milk of yaks or chauri, a yak-cow cross. The cheese can be cured to be soft or hard. It is the hard version that is the most unusual. It is so hard that, before biting into it, people must keep it in their mouths to soften it up, and chew on the outer layers as they soften. It can take a couple of hours to eat a piece of this cheese in this way, but there is no loss in flavour.

Chalk replica: "Along the River during the Qingming Festival" is a centuries old Chinese work of art on an approximately five-metre (16-ft.) long scroll. It is a favourite of art teacher Zhao Wenrui of Shanxi Province, China. Wanting to surprise his students after the isolation of the COVID-19 pandemic, he made a replica of the famous work using chalkboards and chalk. The finished product took him three months and covers eight chalkboards and, like the original, reveals the lives of the people of the time, from farmers to vendors to boatmen, along with an amazing array of landscapes.

Weird name: A young Mexican man who grew up in the United States had always been called "Bambino" by his parents and friends. However, when his family of four went back to Mexico, the parents decided to let their son know his real name. It is "Zero Zero Three," or "Cero Cero Tres" in Spanish. The parents gave him the name because he is the third of four children. His complete name is "Cero Cero Tres Miller Santos Chablé." Zero Zero Three was able to use his name to his advantage. He won a prize offered by a pizzeria in Merida, Yucatan, Mexico, for having the weirdest name. He received two large pizzas as the prize.

Quoteable Quotes

"Always do what you are afraid to do." —Ralph Waldo Emerson
"Looking forward to things is half the pleasure of them." —L.M. Montgomery

What's Happening

Jan 15 to 31 Valentails 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.helpabuddyfund.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

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

Hidden Coffee News Guy ADVENTURE

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...or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB T5T 5L4. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy.

Trivia

1. Haiku is Japanese poetry—T/F?
2. What is the term used for one who unloads ships?
3. In which U.S. state will you find the rock formation El Capitan?
4. An ocarina is newly discovered gemstone or a small wind instrument?
5. What is the dog's name in the Garfield comics?

(Flip bottom of page for answers)

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(Over)

Recipe of the month

Valentine's Day Brownies

3/4 c. unsalted butter
4 oz. unsweetened chocolate
4 oz. semisweet chocolate
1/2 c. all-purpose flour
1/2 c. unsweetened cocoa powder
3/4 tsp. salt

6 large eggs
1 c. granulated sugar
1 c. packed brown sugar
2 tsp. vanilla extract
vanilla frosting, for decorating

Total time: 40 mins. Yield: 16 servings

- 1 Heat oven to 350°F. Line 13-inch by 9-inch pan with foil; grease foil.
- 2 In 3-quart saucepan, melt butter and chocolates on low, stirring. Remove from heat.
- 3 In bowl, whisk flour, cocoa and salt. In large bowl, with electric mixer on high speed, beat eggs until blended. Gradually add sugars; beat until tripled in volume, about 10 minutes.
- 4 Fold in chocolate mixture and vanilla, then flour mixture. Pour into pan. Bake until toothpick inserted near centre comes out almost clean, 28 to 32 minutes.
- 5 Once cool, cut brownies into hearts freehand or using a heart-shaped cookie cutter. (Tip: Don't let the trimmings go to waste – you can even crumble them onto a sundae!)
- 6 Pipe on store-bought frosting to create cute chocolate "conversation hearts."

Source: www.goodhousekeeping.com

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Your Weekly Horoscope

ARIES

(March 21 - April 20)



Changing bad habits
may enable you to find
some new inspiration.
Be more flexible and
adaptable, but try not to
become disorganized or
lose sight of your goals. Lucky
Numbers: 3, 16, 18, 29, 35, 40.

lose sight of your goals. Lucky
Numbers: 3, 16, 18, 29, 35, 40.

TAURUS

(April 21 - May 21)



You may be genuine and
quick to lend a helping
hand and support the
ideas of others. Be sure
you are comfortable with
how much extra respon-
sibility you are taking on. Lucky
Numbers: 7, 8, 15, 17, 18, 25.

GEMINI

(May 22 - June 21)



You could receive thanks
from those who value
your ideas and your work
ethic. An inviting atmos-
phere at work and appre-
ciation for a job well
done may be indicated. Lucky
Numbers: 5, 14, 21, 24, 31, 34.

CANCER

(June 22 - July 22)



Your personal relation-
ship may feel loving,
secure, and balanced. You
might see an increase in
your joint finances. One
partner may benefit in
some other financial manner. Lucky
Numbers: 2, 18, 19, 35, 36, 48.

LEO

(July 23 - Aug. 23)



You may be forced to
confront processes that
are no longer valid. You
might need to look past
the present in order to
find better ways to deal
with problematic situations. Lucky
Numbers: 1, 6, 16, 26, 36, 46.

VIRGO

(Aug. 24 - Sept. 23)



Past experiences may
greatly influence your
interaction with others
and your perceptions.
Deepen your research in
a specific subject, rather
than studying new areas. Lucky
Numbers: 4, 18, 24, 28, 34, 38.

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

LIBRA

(Sept. 24 - Oct. 23)



Your rational judgments
or decisions may give you
an upsurge of energy.
Your sensitivity might
help you establish some
good emotional bonds
with your family members. Lucky
Numbers: 4, 18, 22, 24, 26, 46.

with your family members. Lucky
Numbers: 4, 18, 22, 24, 26, 46.

SCORPIO

(Oct. 24 - Nov. 22)



The differences of others
may affect your ability to
communicate more effec-
tively. Try not to allow
anyone's comments to
ruin your plans. Look
past the immediate. Lucky Numbers: 4,
17, 23, 25, 38, 41.

SAGITTARIUS

(Nov. 23 - Dec. 21)



If you seek out the fami-
liar, you may find ways to
establish more emotional
support. You might be
able to earn points by
assisting others through
new ventures or expansions. Lucky
Numbers: 12, 28, 30, 32, 42, 48.

CAPRICORN

(Dec. 22 - Jan. 20)



You may feel you are in
a sad situation. Use your
emotional energy to
become a vital part of
your social group. This
may motivate you to feel
much more confident. Lucky Numbers:
20, 25, 30, 35, 40, 45.

AQUARIUS

(Jan. 21 - Feb. 19)



You may enjoy spy and
mystery stories. An
unsolved mystery behind
the scenes of a situation
might fascinate you. You
may be able to probe
until you discover the truth. Lucky
Numbers: 11, 19, 27, 37, 39, 44.

PISCES

(Feb. 20 - March 20)



An interest in psychol-
ogy may be evident. You
might be able to spend
time with people, and
could really enjoy giving
something of yourself
and your talents to them. Lucky
Numbers: 9, 16, 21, 33, 45, 46.

Did You Know...

No jumping: Elephants may be able to run, but they can't jump. This may be because they have weak leg muscles, despite being large animals. Also, their ankles are not very flexible.

Sweet berries: Hackberries grow on the *Celtis occidentalis* tree in North America. These tiny berries are full of protein and sugars. They are sweet, and some say they taste like candy or dates.

Playing games: Moscow is home to the Museum of Soviet Arcade Games. It has about 60 different games, which are in Russian. For example, one is called *Morskoi Boi*, meaning Sea Battle.

Cheese cousins: A darker, crumblier cousin of the common soft white brie is called brie noir. Made in Seine-et-Marne, not far from Paris, brie noir is made by aging it for as long as two years.

Old fort: An ancient fort on an Arabian Sea island, off the west coast of India, is Murud-Janjira Fort. Locals call it Ajinkya, or "invincible." With its own fresh water source and fish to catch, the self-sufficient residents were difficult to conquer.

On the Lighter Side

First snail: "I have to cross the road."
Second snail: "Be careful, there's a bus coming in an hour."

What belongs to you but is used much more often by your friends? Your name.

A patient asked a doctor to look at his laptop. He thought it had caught a virus.

What can answer in any language, speak without a mouth, and sing without an ear? An echo.

Life is what happens to you while you're busy planning more important things.

Answers

Trivia answers: 1. True 2. Stevedore 3. California 4. Small wind instrument 5. Ode

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