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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

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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Everybody's Talking

Table for one: During the COVID-19 pandemic, social distancing has been the norm. That's why restaurants have closed in countries around the world. However, a Swedish couple decided to try their hand at offering a safe dining experience. Linda Karlsson and Rasmus Persson, from the rural village of Ransäter, opened Bord för en (which is Swedish for "table for one"). They set up a table in a field for one person to dine, and sent the food to the guest in a basket, via a rope from the kitchen to the table. They carefully sterilized the dishes and table before serving a diner with a vegetarian meal of three courses.

Cool cake: When Zahirah Macwilson and Aiman Hakim Redza got married, they wowed their guests by presenting a unique wedding cake. The Malaysian actors hired bakers to create a wedding cake that hung upside down from the ceiling to resemble a chandelier. The newlyweds stepped up onto a small stage to make the first cut. The cake was made by Lily & Lola Cakes in Kuala Lumpur. Owner Lily Osman got the idea to make such a cake a few years ago, but this was her first opportunity to actually do it. It took a week to make, and she needed help to install it from the ceiling of the wedding venue.

Fast food diet: Dieticians don't recommend the food choices of a Belgian man named Rudy Gybels. He realized that he had a love for fried potatoes when he was 13 years old. His mother allowed him to eat the fried food for dinner if he would agree to eat a healthy lunch. Over three decades later, Gybels is still eating fries for dinner, along with a Dutch hot dog called a fricadelle. The fast food lover is not overweight, and he feels healthy, but admits that he hasn't had a check-up for a while. He realizes that his diet isn't great, but he likes fries too much to give them up.

Moose rescue: Travis Burke and Greg Miller went fishing, a favourite activity among folks who live near the Canadian city of Sudbury, Ontario. On this outing, however, the pair did more than catch fish. They came across a very young baby moose that was shivering and alone. It was in the water and couldn't seem to get up onto the rocky shore. So Burke and Miller came to the rescue, guiding their boat to the baby and helping it onto land. Upon hearing the story, a wildlife expert believed the men did the right thing by leaving it there, saying that it was likely the mother would come back to find it.

Quoteable Quotes

"Forget the past and live in the present hour." —Sarah Knowles Bolton
"What delights us in the visible beauty is the invisible." —Marie von Ebner-Eschenbach

What's Happening

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

Online event posting During the Pandemic, we are happy to post your online event in the What's Happening section of Coffee News. Please visit our website at www.coffee-news.ca to submit your event.

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

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Trivia

1. What is an abacus?
2. The distinct flavour in Earl Grey tea is bergamot, cinnamon, or sage?
3. The largest part of the human brain is called the cerebrum or the cerebellum?
4. What plant is known for its stinging ability?
5. Who was the first woman to win the Nobel Prize, in 1903?

(Flip bottom of page for answers)

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(Over)

February 14

HAPPY Valentine's Day



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Recipe of the month

Cheesy Broccoli Soup in a Bread Bowl

1/4 cup butter, cubed	1/4 teaspoon pepper
1/2 cup chopped onion	1/4 cup cornstarch
2 garlic cloves, minced	1/4 cup water or additional chicken stock
4 cups fresh broccoli florets (about 8 ounces)	2-1/2 cups shredded cheddar cheese
1 large carrot, finely chopped	6 small round bread loaves (about 8 ounces each), optional
3 cups chicken stock	Optional toppings: Crumbled cooked bacon, additional shredded cheddar cheese, ground nutmeg and pepper
2 cups half-and-half cream	
2 bay leaves	
1/2 teaspoon salt	
1/4 teaspoon ground nutmeg	

Prep Time: 15 mins. Cook time: 30 mins. Yield: 6 servings

- In a 6-qt. stockpot, heat butter over medium heat; sauté onion and garlic until tender, 6-8 minutes. Stir in broccoli, carrot, stock, cream and seasonings; bring to a boil. Simmer, uncovered, until vegetables are tender, 10-12 minutes.
- Mix cornstarch and water until smooth; stir into soup. Bring to a boil, stirring occasionally; cook and stir until thickened, 1-2 minutes. Remove bay leaves. Stir in cheese until melted.
- If using bread bowls, cut a slice off the top of each bread loaf; hollow out bottoms, leaving 1/4-in.-thick shells (save removed bread for another use). Fill with soup just before serving.
- If desired, serve soup with toppings.

Source: www.tasteofhome.com

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Your Weekly Horoscope

ARIES (March 21 - April 20)
Inspiring dialogue may help you see someone's natural talents. Your experience and nurturing instincts may help you encourage them to find their own niche. Lucky Numbers: 16, 19, 26, 29, 36, 39.

TAURUS (April 21 - May 21)
Slowing down your pace, just to suit others, might not be best right now. Try not to be too abrupt, though. You probably know that you need to follow your own rhythm. Lucky Numbers: 8, 12, 17, 33, 37, 41.

GEMINI (May 22 - June 21)
You may have decided on big changes in your domestic life. Communication with family or friends might be strained. Try your best to clear up the points of confusion. Lucky Numbers: 4, 9, 24, 27, 43, 48.

CANCER (June 22 - July 22)
Your energy level and attitude could be very high. Use this newfound force to take on some kind of struggle or resistance. You may need to find a cause to engage in. Lucky Numbers: 13, 22, 31, 44, 46, 49.

LEO (July 23 - Aug. 23)
If you really focus on your objectives, you may really accomplish much. Plan a new future for yourself. Your positive energy levels might be very high. Lucky Numbers: 15, 16, 24, 25, 33, 34.

VIRGO (Aug. 24 - Sept. 23)
Don't let any wild, daring behaviour put you in risky situations. You may feel headstrong and rash. Your drive for independence in your own life might be strong. Lucky Numbers: 3, 10, 24, 27, 30, 40.

LIBRA (Sept. 24 - Oct. 23)
You may not feel as practical or resourceful as your usual self. Your ability to focus on the present may help your judgment about making important decisions. Lucky Numbers: 12, 30, 37, 42, 44, 49.

SCORPIO (Oct. 24 - Nov. 22)
Expect some opposition, but know that you have more people on your side. The continued team effort may put your ideas at the top of the heap. Enjoy the limelight. Lucky Numbers: 3, 6, 12, 18, 24, 36.

SAGITTARIUS (Nov. 23 - Dec. 21)
You may have to do work that interferes with your personal affairs. Take pride that others recognize your talents. New ideas may arise in the conversation. Lucky Numbers: 3, 31, 33, 35, 37, 39.

CAPRICORN (Dec. 22 - Jan. 20)
The role of host or hostess may suit you very well. Verbal agreements, contracts, or other joint efforts might work out to your advantage right now. Lucky Numbers: 7, 24, 32, 41, 43, 47.

AQUARIUS (Jan. 21 - Feb. 19)
You may have a strong need to be loved and to love others. You could make big strides and perhaps important discoveries, especially if your work involves family research. Lucky Numbers: 5, 6, 14, 15, 26, 27.

PISCES (Feb. 20 - March 20)
Your strong relationships within your family may make this week a cooperative one. Show them how much they really mean to you. Count your blessings. Lucky Numbers: 8, 15, 19, 38, 45, 49.

Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 12.

Did You Know...

Bead work: The Museo de Arte Popular in Mexico City is home to El Vochol. This Volkswagen Beetle has been decorated with beadwork, the traditional handicraft of the country's Huichol people. Portrayed in the beadwork are many colourful symbols of Mexico.

Queen of the colony: Naked mole rats live in colonies with a dominant female rat (the queen) leading them. The worker rats dig burrows using their big front teeth. As their name indicates, these mammals are hairless.

Many steps: Tianmen Shan near Zhangjiajie, Hunan Province, China, is an opening in a mountain face that seems to be the door to heaven. Visitors can reach it in several ways, including a 999-step staircase or a tour bus on a winding road.

Magic station: London's King Cross Station has a Platform 9^{3/4}. It honours the wildly popular *Harry Potter* book series, in which students of Hogwarts School went to this weirdly numbered, magical platform to catch to their train.

Beautiful beast: The Bengal tiger, which lives in and around India, is the most common subspecies of tiger and is designated as India's national animal. These cats are carnivores and can live to be 8 to 10 years old.

On the Lighter Side

"Does your dog bite?"
"Nope."
"Oh, so how do you feed him?"

What can you hold without ever touching it? A conversation.

The best thing about the good old days is that we were neither good nor old.

When do you stop at green and go full speed at red? When you're eating a watermelon!

The more you take from it, the greater it becomes. What is it? A hole.

Answers

Trivia answers: 1. Ancient counting tool 2. Bergamot 3. Cerebrum 4. Nettle 5. Marie Curie (Physics)

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