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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.

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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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

1 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.

2 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.

3 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.

4 If desired, serve soup with toppings.

Source: www.fasteofhome.com

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Everybody's Talking

Jumbo jigsaw: A jigsaw puzzle maker decided to challenge puzzle aficionados with what is dubbed the "world's largest puzzle." Made by Kodak, the puzzle has over 51,000 pieces that make 27 different scenes of photographers' images, such as Venice, the Colosseum, and the Taj Mahal. When all the completed images are put together, the final product measures 5.6 metres (18.5 ft.) by 1.9 metres (6.25 ft.). Alternatively, the scenes, which each measure 99 centimetres (39 in.) by 61 centimetres (24 in.), can be kept separate for those who don't have the space to display the entire thing as one gigantic wall hanging.

Candid shot: Arshad Khan comes from a family of tea makers in Islamabad, Pakistan. The young man's life changed one day when a professional photographer caught him in a candid photo serving a cup of tea in the family's tea stall. The photo, which revealed Khan's bright blue eyes and handsome face, ended up going viral on social media. Next thing he knew, Khan had modeling gigs and appearances on variety shows. All the attention was a bit much for the young chiawala (tea maker), and he stepped back from the limelight to once again go about his daily business with his family. He hopes to open his own café someday.

Owly neighbours: Finding a pigeon's nest on a balcony might be a common sight, but Jos Baart of the Netherlands found something far stranger – and more amazing. A mother Eurasian eagle owl chose a planter outside the third-floor window of Baart's home to lay her eggs. Soon, three baby owls hatched. The Eurasian eagle owl is one of the world's largest, and Baart is getting a close-up look at the babies as they grow. The fluffy trio of young owl chicks loves to stare through the window to watch Baart's TV. When grown, these owls can have wingspans between 1.5 and 2 metres (5 to 6.5 ft.) wide.

Sunken treasure: A little boy from Johns Island, South Carolina (U.S.), had just begun his new hobby of magnet fishing when he found a sunken treasure. Knox Brewer was using a magnet on a string to find metal objects deep in Whitney Lake. He was surprised to find that he'd connected with a small safe, which he hauled out of the water. His father, Jonathan, called the police, who discovered that the safe had been stolen from a neighbour's home several years earlier. There were just a few things left inside, and Knox returned the items to the rightful owner, who was grateful.

Quoteable Quotes

"As long as you live, keep learning how to live." —Seneca

"Take care of the minutes, for the hours will take care of themselves." —Lord Chesterfield

What's Happening

Edmonton's indoor, year round farmers' market! Fridays 9-5. With over 100 local vendors, We're your one-stop-shop to keep you stocked for the week. Everything from fresh local vegetables and meat, local coffee roasters, to Albertan beer and wine. 3696 97 St, Edmonton Mill Woods Town Centre

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. Who was the antagonistic Captain in the story Peter Pan?
2. What are parsley, sage, rosemary, and thyme?
3. Name the two major styles of mountain climbing.
4. René Descartes was a fashion designer or a philosopher?
5. Mt. Kilimanjaro is the highest free-standing mountain in the world—T/F?

(Flip bottom of page for answers)

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(Over)

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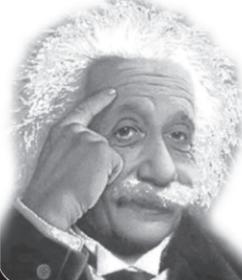


www.coffee-news.ca/editions

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Your Weekly Horoscope

ARIES (March 21 - April 20)

Negotiate, exchange your views, or present your case simply. You could be very clear and perceptive. It may be a good time to make decisions or come to an agreement. Lucky numbers: 2, 14, 21, 24, 32, 34.



TAURUS (April 21 - May 21)

Some of your personal relationships may require more effort than you thought. Insist on honest conversation and don't allow anyone to impede your goals. Lucky numbers: 3, 9, 19, 27, 28, 39.



GEMINI (May 22 - June 21)

You may need to keep a promise to yourself to exercise and eat healthier. Your example could encourage others to follow you, which may make for a happier home life. Lucky numbers: 4, 6, 13, 18, 24, 28.



CANCER (June 22 - July 22)

Your peers may acknowledge you for your hard work. After your work is over, you might be able to enjoy some good times, to laugh hard, and to have fun. Lucky numbers: 7, 28, 30, 31, 37, 38.



LEO (July 23 - Aug. 23)

Reach for your perfect niche. An interesting opportunity may present itself in a surprising way. The sky may be the limit when it comes to expectations about your future. Lucky numbers: 12, 17, 32, 37, 40, 47.



VIRGO (Aug. 24 - Sept. 23)

You may have the energy to take on more challenges. This might be the time to begin implementing plans that you have made, as new endeavours may likely succeed. Lucky numbers: 4, 5, 14, 15, 24, 25.



LIBRA (Sept. 24 - Oct. 23)

Bright lights and important people could find their way to you. Your strength may lie in your resilience to change. Push and pursue your personal and professional goals. Lucky numbers: 5, 16, 25, 26, 35, 36.



SCORPIO (Oct. 24 - Nov. 22)

Friends may trust you, but you might need to be direct about your true feelings. Be sure to check your facts carefully before you judge the motives or actions of others. Lucky numbers: 3, 28, 29, 38, 39, 49.



SAGITTARIUS (Nov. 23 - Dec. 21)

Good food and good conversation could help create a new purpose. Family members may want to follow your lead. Use your team spirit to spread your positive energy. Lucky numbers: 13, 25, 26, 28, 30, 44.



CAPRICORN (Dec. 22 - Jan. 20)

You may need to take advantage of situations that present themselves. Use your keen intuition to create more of a team effort with colleagues and friends. Lucky numbers: 1, 6, 19, 22, 26, 34.



AQUARIUS (Jan. 21 - Feb. 19)

Everyone may appreciate your sense of teamwork. Many new options for employment could be available to you. Use your contacts to help you find the right fit. Lucky numbers: 13, 17, 26, 30, 38, 41.



PISCES (Feb. 20 - March 20)

Your personal magnetism and personality may enable you to greatly influence others. Your imaginative ideas could come to life if you push them in just the right direction. Lucky numbers: 6, 9, 12, 18, 25, 36.



Lucky numbers this week: This week's odds favour Libra winners with the luckiest number being 5.

Did You Know...

Viking site: L'Anse aux Meadows, in Canada's eastern province of Newfoundland, is a Viking village that was settled by Europeans in about 1000 CE. Eight original, simple sod buildings have been protected; replicas stand in their place for visitors to see.

Fingerprints: Koalas have something in common with humans. They have similar fingerprints. Humans and koalas both have whirling ridges for fingerprints that even scientists have trouble differentiating.

Time change: There are 11 time zones in Russia. That means people are having breakfast on the western side of the country when people are going to bed on the eastern side.

Take a hike: Lac Blanc, near Chamonix in western France, is a must-see for visitors to the area. Located high in mountainous terrain, this cold, beautiful lake is accessible via hiking trails, with a gondola available that takes riders part of the way.

Fateful meeting: John Lennon and Paul McCartney of the famed British rock group, The Beatles, met in 1957. John's group, The Quarrymen, were performing at a church, and the pair was introduced to each other after the show.

On the Lighter Side

A chip on the shoulder is an indication of wood higher up.
What did one elevator say to the other elevator? I think I'm coming down with something!

You know your kids are growing up when they stop asking where they came from and refuse to tell you where they're going.

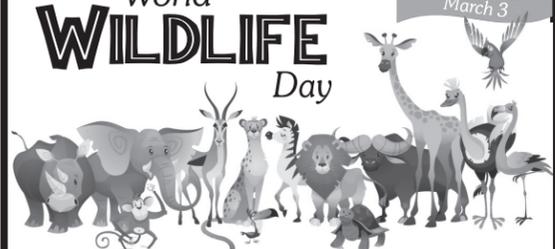
A fool and his money are soon parted. Just be sure you know which one is the fool.

Why don't pirates take a bath before they walk the plank? They just wash up on shore.

Answers

Trivia answers: 1. Captain Hook 2. Herbs 3. Alpine and expedition 4. Philosopher 5. True

World **WILDLIFE** Day March 3



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