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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 call or 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 or calls 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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Est. 1988

Vol. 19 No. 10 March 7, 2022

Everybody's Talking

Better late than never: A librarian got a pleasant surprise when an overdue library book was returned. Jo Sennett, who works in the St. John Fisher Catholic High School library in Peterborough, Cambridgeshire, England, could not believe what arrived in the mail: a book called Manners Make a Difference, with a note of apology from an unidentified borrower. The book was 32 years overdue! That did not faze Sennett, who thought it was delightful that the person went to the trouble of giving it back after all these years. The library doesn't plan to try to collect the 832 Pounds owed in late fees.

Runaway bull: Some ranch hands had to use their best roping skills to capture a stray bull who escaped from his trailer. The men were near Murray Bridge, South Australia, on their way to Alice Springs in the country's Northern Territory, when the incident occurred. The bull wasn't too happy about the situation; he ran up and down the road and ended up on a bridge full of morning traffic. The drivers of the vehicles gingerly slowed down to let the beast pass. Police soon arrived to help, and eventually the bull was coaxed back into the trailer and a makeshift tailgate was quickly strapped into place. The whole episode took over an hour.

Wild for toys: As a little boy, a man from Apalit, Pampanga Province, in the Philippines, loved collecting the toys he received from fast food chains. Over four decades later, Percival Lague has amassed a huge assortment of these items and now owns about 20,000 of them. Part of the reason he has been able to collect so many is that he was careful when playing with them as a child. He connects each toy with one of the stories of his life, as he can often remember where he got it and whom he was with at the restaurant. Today, Lague is a graphic artist and he stores his toys in his three-story house. He hopes to be able to display them for the public one day.

Jailed lamb: A wee lamb didn't do anything wrong, except to get separated from the flock while frolicking near a roadside. But that didn't deter the local constabulary from putting the tiny thing in a jail cell for the night. Actually, Irish police officers did the young ovine a favour when they picked it up on the road near Clonmel, Tipperary, in southern Ireland. A motorist had noticed it wandering around, was concerned for its safety, and called for help. The police put the animal in a vacant cell for the night, where it slept comfortably. The owners, who were found the next day, were grateful that the young member of their flock had found a safe place to spend the night.

Quoteable Quotes

"The basic fact of today is the tremendous pace of change in human life."
—Jawaharlal Nehru
"You don't need a weatherman to know which way the wind blows."
—Bob Dylan

What's Happening

April 2-Edmonton Spring Stamp Show Stamp circuit books, show and tell exhibits, door prizes, presentations, fun frame exhibits and junior stamp tables. No cost appraisals. Parking is Free! 11113 - 113 Street. www.edmontonstampclub.com

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Trivia

1. Fructose, dextrose, and maltose are all types of what?
2. What First Lady of the Philippines collected shoes?
3. What year did the Titanic sink—1898, 1912, or 1932?
4. Which actress named Jennifer had a starring role in the TV sitcom "Friends"?
5. What is a pogonip?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES (March 21 - April 20)



Your mind, body, and emotions may be in a harmonious balance right now. This might provide the opportunity for you to work together with others. Your presence can reduce their stress levels. Lucky numbers: 6, 9, 29, 34, 37, 44.

TAURUS (April 21 - May 21)



Early in the week, you may have a sudden or unexpected experience. This could trigger a reset of your feelings regarding some area of your life, including your sense of purpose. Lucky numbers: 1, 6, 8, 34, 44, 48.

GEMINI (May 22 - June 21)



For the last few weeks, you may have felt unusually confident and accomplished much as a result. That dynamic could shift soon, so focus on tying up any loose ends. Lucky numbers: 3, 12, 13, 15, 33, 41.

CANCER (June 22 - July 22)



Have you recently been in conflict with someone of another gender? The situation may ease soon, but you should examine the cause, to avoid a repeat in the future. Lucky numbers: 5, 7, 17, 37, 38, 45.

LEO (July 23 - Aug. 23)



Are you feeling conflicted or at odds with others? Perhaps it is time to find something to be passionate about in your life, or you may continue to feel unsettled. Lucky numbers: 13, 14, 16, 18, 34, 42.

VIRGO (Aug. 24 - Sept. 23)



You may be evaluating where you have been up to now. Draw on those past experiences to help you decide what to do next to achieve your life goals. Lucky numbers: 11, 19, 25, 31, 40, 47.

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

LIBRA (Sept. 24 - Oct. 23)



The potential exists, over the next month or so, for you to experience increased vitality and self-confidence. You may feel good about yourself and connect well with others. Lucky numbers: 7, 9, 21, 27, 33, 45.

SCORPIO (Oct. 24 - Nov. 22)



You may feel somewhat discouraged this week. If you wait patiently for a couple of days, without acting rashly, you may find that your mood returns to normal. Lucky numbers: 10, 12, 13, 15, 23, 40.

SAGITTARIUS (Nov. 23 - Dec. 21)



Are you trying to accomplish something right now, but are feeling stymied by others? Exercise or another positive activity may be a good outlet for your frustrations about the situation. Lucky numbers: 2, 6, 11, 15, 25, 46.

CAPRICORN (Dec. 22 - Jan. 20)



The astrological environment is moving into a new phase regarding your relationships. Any recent issues may not have been resolved, but they also may not continue to be prominently emphasized for you. Lucky numbers: 4, 6, 11, 16, 24, 43.

AQUARIUS (Jan. 21 - Feb. 19)



Those born under the sign of Aquarius are often focused on the evolution of humanity. That emphasis is likely heightened now. How do you want to put your values to work? Lucky numbers: 14, 18, 28, 31, 38, 46.

PISCES (Feb. 20 - March 20)



You normally have a good connection to the ethereal plan, with the ability to pick up on unseen information and knowledge. However, your intuition may be even more amplified this week. Lucky numbers: 15, 18, 19, 26, 32, 34.

Did You Know...

Green lake: Visitors to Glacier National Park, in the state of Montana (U.S.), often take to the trails to reach Grinnell Lake. The picturesque, emerald-green lake is surrounded by snow-capped mountains and evergreen trees.

Coveted cup: The National Hockey League's Stanley Cup was named after Sir Frederick Arthur Stanley (Lord Stanley of Preston). A hockey fan, he donated a silver bowl purchased in London, England, as the original Stanley Cup in 1892.

Owl facts: The great horned owl lives in the Americas. They can thrive in many environments, including tropical, Arctic, forests, and cities. They hunt mice, rodents, rabbits, squirrels, other small mammals, and reptiles.

Hero worship: The people of the Caribbean nation of St. Vincent and the Grenadines celebrate National Heroes' Day on March 14. It honours the national hero, Chief Joseph Chatoyer, who lived in the 1700s and worked to defend the country from invaders.

Fries and more: Canada is known for its poutine. Traditionally, poutine is a dish of french fries topped with cheese curds and gravy, but an endless variety of toppings can be used, including chili and sour cream with vegetables.

On the Lighter Side

Knock! Knock! Who's there? Ear. Ear who? Ear you are, I've been looking everywhere for you.

Teacher: "Did you read the book I gave you about trees?"
Student: "I leafed through it."

How did the giant's wife know that Jack was coming? She could hear Jack and the beans talk!

Income is something you can't live within or without.

Why did the cat buy a computer? So it could play with the mouse.

Answers

Trivia answers: 1. Sugar 2. Imelda Marcos 3. 1912 4. Jennifer Aniston 5. Cold fog

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Recipe of the month

Valentine's Pop Hearts

1 refrigerated, ready-to-unroll piecrust 1 large egg
4 tbsp. raspberry jam

Prep Time: 10 min. Cook Time: 13 minutes Yield: 4

- Preheat the oven to 425 degrees F. Line a jelly-roll pan with parchment paper.
- Unroll the piecrust and cut into 8 rectangles or hearts. Use a small heart-shaped cookie cutter to stamp out smaller hearts from half the hearts (these will be your peekaboo top crusts); brush edges with egg.
- Spread 1 heaping teaspoon raspberry jam in the centre of the 4 solid hearts. Put the peekaboo crusts on top; seal the edges by crimping them with a fork (lightly floured, if needed). Transfer to prepared jelly-roll pan.
- Bake 10 to 13 minutes or until golden. Transfer to wire racks to cool.

Forego the store bought chocolates and impress your Valentine with these treats!

Source: <https://www.womansday.com>

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