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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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www.coffee-news.ca Est. 1988

Vol. 19 No. 12 March 21, 2022

Everybody's Talking

Monkey business: A sneaky little Patas monkey found a way to escape from his enclosure at the Taipei Zoo in Taiwan. Known as Nan Dao, the male primate was minding his own business when a zookeeper came into the enclosure to do some cleaning. A younger monkey managed to slip by the keeper, who took a few minutes to round him up and direct him back to the abode. In the meantime, Nan Dao, the smart little creature, opened the cage door and ran off. Luckily, zookeepers are smart, too. They set a trap filled with apples, which lured Nan Dao. He was safely captured and found to be in good condition after a couple of days in a nearby forest.

Adrenalin rush: A roller coaster in the vacation destination of Blackpool Pleasure Beach in England is called The Big One. While other roller coasters around the world have been built taller and steeper since this one was constructed in 1994, The Big One is still gigantic at 65 metres (213 feet) high. So when it broke down near the top, the riders on board had quite a long – and scary – walk down a steel staircase to the solid ground below. The visitors did not have to do it by themselves. Park staff members climbed up to meet them and escort them, step by step, along the steep stairs. Whether riding up or walking down, The Big One is quite an adrenaline rush!

Lizard interloper: When swimming in the sea, people might not be too surprised to see a few small fish sharing the water. On a Thailand beach, however, those frolicking in the surf were shocked to find a monitor lizard swimming among the humans. But there was nothing to fear: monitor lizards are big and look scary, but they are not a threat to humans. Southeast Asia is home to many of these shy reptiles, which can grow to be 2.5 metres (8 feet) long. So, while a video of the reptilian beach visitor caused alarm for the tourists, the area's wildlife officials knew about this particular male specimen, who often visits the beach looking for food leftovers.

Border conundrum: Who knew it could be so easy to change the border between two countries? A Belgium farmer did just that between Belgium and France, but unfortunately, the boundary change is not acknowledged by authorities. The farmer moved the stone border marker that had been sitting in place for over two centuries because it was in the path of his tractor. A local historian noticed that the stone had been moved 2.29 metres (7.5 feet), making Belgium a tiny bit bigger and France a wee bit smaller. The situation caused a few laughs between area politicians, who said that as long as the stone is moved back to its rightful place, no problems should arise.

Quoteable Quotes

"Don't be intimidated by what you don't know. That can be your greatest strength and ensure that you do things differently from everyone else." —Sara Blakely

"We must conquer war, or war will conquer us." —Ely Culbertson

What's Happening

Mar 25 - Kids on the Block Shows for Epilepsy Register to join this free zoom link to a live show where our puppets talk about epilepsy. Very suitable for children up to grade 3. <https://edmontonepilepsy.org> or Call 788-488-9600 for more info

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. What type of food is a blini?
2. What was the name of the first U.S. space shuttle (1981)?
3. Which pop artist is well-known for his depictions of soup cans?
4. What does PTSD stand for?
5. Ty Cobb was a famous actor or baseball player?

(Flip bottom of page for answers)

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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

- 1 Preheat the oven to 425 degrees F. Line a jelly-roll pan with parchment paper.
- 2 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.
- 3 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.
- 4 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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Your Weekly Horoscope

ARIES (March 21 – April 20)

The Sun is in your sign, which gives energy to use to achieve your goals. However, as you pursue them, be careful of being overly aggressive in your interactions with others. Lucky numbers: 9, 14, 15, 39, 47, 48.

TAURUS (April 21 – May 21)

You may be feeling impatient, tense, or combative. Channel these feelings positively into a project to help others. Consider how you can work within a group on this effort. Lucky numbers: 6, 7, 19, 24, 25, 36.

GEMINI (May 22 – June 21)

A strength of your sign is the ability to see both sides. This week, however, this skill may make you feel conflicted in making decisions or bringing others to your viewpoint. Lucky numbers: 1, 8, 11, 26, 39, 40.

CANCER (June 22 – July 22)

Your normal sensitivity to others and your environment may be heightened even more right now. To use this positively, look for information that is normally kept below the surface of consciousness. Lucky numbers: 15, 19, 24, 30, 41, 47.

LEO (July 23 – Aug. 23)

You may be feeling frustrated by obstacles that are not allowing you to easily achieve your goals. Reexamine your attitude toward this work and you may find a solution. Lucky numbers: 4, 16, 18, 22, 44, 47.

VIRGO (Aug. 24 – Sept. 23)

Are there areas where you don't clearly see yourself and/or your relationship partner? If so, you may need to make an adjustment in your view of the relationship. Lucky numbers: 7, 15, 20, 21, 24, 36.

LIBRA (Sept. 24 – Oct. 23)

This may be a busy time for you. Communicating with others is important for putting your plans for the next six months into motion. Find an outlet to reduce your stress level. Lucky numbers: 8, 17, 19, 24, 27, 35.

SCORPIO (Oct. 24 – Nov. 22)

Your emotions may be volatile right now, especially early in the week. Your best move may be to keep a low profile and wait to act until those feelings pass. Lucky numbers: 2, 4, 6, 12, 38, 46.

SAGITTARIUS (Nov. 23 – Dec. 21)

Your sign has a natural optimism and belief in a positive outcome. Right now that feeling may be enhanced. Use this energy to improve your home environment or work situation. Lucky numbers: 14, 16, 30, 33, 35, 43.

CAPRICORN (Dec. 22 – Jan. 20)

This week, you may find a good integration of your mind and your emotions. This may allow you to be more flexible in looking for "outside the box" solutions. Lucky numbers: 13, 18, 26, 30, 35, 42.

AQUARIUS (Jan. 21 – Feb. 19)

Many of those born under this sign have a strong urge to aid human advancement and evolution. At this time, various planetary energies may provide support to you for that desire. Lucky numbers: 11, 16, 21, 36, 42, 47.

PISCES (Feb. 20 – March 20)

Many Pisces have strong intuition. If this is you, a lot of information may be coming at you right now. It will take time to sort out the meaning of it. Lucky numbers: 3, 13, 34, 39, 41, 47.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 33.

Did You Know...

Versatile song: British rocker Elton John, with writing partner Bernie Taupin, penned "Candle in the Wind" in the early 1970s, to honour the late American actress Marilyn Monroe. He performed the song with rewritten lyrics at Princess Diana's funeral in 1997.

Clean nails: Nail polish can be removed using a homemade mixture of equal parts white vinegar and lemon juice. Held on the nail for a few minutes with a cotton ball, the mixture's acidic nature can get rid of chipped, old polish.

Plant choice: A good houseplant for beginner green thumbs is the *Pilea peperomioides*, or the Chinese money plant. With leaves that are shaped like large, round coins, they grow well in bright but indirect light and need only occasional watering.

Lovable canine: Many dog lovers have fallen in love with a breed called the goldendoodle. A cross between a golden retriever and a poodle, these dogs make great pets because they are smart and fun loving. Another bonus? They don't shed very much.

Common markings: Moles, or beauty marks, called nevi in the medical world, are clusters of pigmented cells. Usually less than six millimetres (1/4 inch) diameter, they vary in size, can be flat, raised, or hairy, and are usually harmless. But watch for any changes in the skin.

On the Lighter Side

Knock! Knock! *Who's there?* Cantaloupe. *Cantaloupe who?* Cantaloupe tonight. I forgot the wedding ring!

New Shoelace: "Why are you crying? Can't you tie a bow?" Old Shoelace: "No, I'm a frayed knot."

Why didn't the witch wear a flat hat? Because there was no point to it!

Morning radio program: "Ready for exercises? Up, down, up, down, up, down. Now the other eyelid..."

What theory did the famous skunk philosopher propose? "I stink, therefore I am."

Answers

Trivia answers: 1. Russian pancake 2. Columbia 3. Andy Warhol 4. Post traumatic stress disorder 5. Baseball player

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Zone 16 Updated 08/09/21

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