

CN-Proudly printed by One to One Mailing



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

## **Dementia and Continence Study**

Dr. Adrian Wagg's research team at the University of Alberta is recruiting participants of 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.

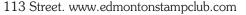


lf you want to learn more about this study, please contact Dr. Wagg's research office at 780-492-6855 mail)

This study will abide by all Covid-19 safety measures outline by Alberta's Chief Medical Officer and Alberta Health Services.

University of Alberta Ethics approval Ref.: Pro00094514

Visit us on Facebook-CoffeeNewsWeekly



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



in one of the ads, then enter to win!

Prize Package

#### To enter, visit www.coffee-news.ca

Submit your birth date and we'll send you a birthday card with valuable offers on your special day! NEW FEATURE

... or send your entry by snail mail to: CN Guy Contest, 9768 170 Street, Suite 303, Edmonton, AB TST SL4. 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 Gu

Over 150 participating sponsors! hers (\$100 each) will be drawn on the 15th of each month from all correct entr

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)

© Published with Permission by Capital Marketing Ltd (Over)



NERDS2YOU.CA

Affordable-Effective-Exclusive-CALL NOW!



## (780) 760-6922 FRONTLINECONSULTING.CA



# inøgen FREEDOM. TO BE YOU. 1-888-998-6714



rake a step to healthier feet! Kimberly Hudson LPN/Foot Care Nurse **STEP UP FOOT CARE** 780.297.7027 | stepupfootcare@shaw.ca Don't know what's wrong...?



# Your Weekly Horoscope

LIBRA

(Sept. 24 - Oct. 23)

#### ARIES (March 21 – April 20)



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

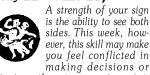
numbers: 9, 14, 15, 39, 47, 48. TAURUS

## (April 21 - May 21)

You may be feeling impatient, tense, or combative. Channel these feelings positively into a

work within a group on this effort. Lucky numbers: 6, 7, 19, 24, 25, 36. GEMINI

#### (May 22 – June 21)



ever, this skill may make you feel conflicted in making decisions or bringing others to your viewpoint. Lucky numbers: 1, 8, 11, 26, 39, 40.

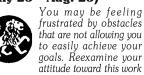
CANCER

### (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 normal-

ly kept below the surface of consciousness. Ľucky numbers: 15, 19, 24, 30, 41, 47. LEO

#### (July 23 – Aug. 23)



attitude toward this work and you may find a solution. Lucky numbers: 4, 16, 18, 22, 44, 47 VIRGO

#### (Aug. 24 – Sept. 23)



your view of the relationship. Lucky numbers: 7, 15, 20, 21, 24, 36.

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

## Did You Know.

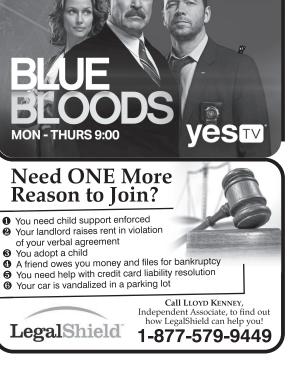
Versatile song: British rocker Elton John, with writing partner Bernie Taupin, penned "Candle in the Wind" in the early 1970s, to honour the late American actress Marilyn Monroe. He performed the song with rewritten lyrics at Princess Diana's funeral in 1997.

**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.











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** 

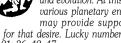
#### (Dec. 22 - Jan. 20)

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** 

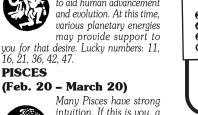
### (Jan. 21 – Feb. 19)

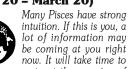
Many of those born under this sign have a strong urge to aid human advancement



16, 21, 36, 42, 47. **PISCES** (Feb. 20 - March 20)

so, you may need to sort out the meaning of it. Lucky numbers: 3, 13, 34, 39, make an adjustment in 41, 47.





**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) diametre, 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

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

For available franchise opportunities - visit coffeenewscanada.com © Published with Permission by Capital Marketing Ltd

<sup>09-</sup>South Edmonton