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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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GEORGE VAN DE WALLE

Vol. 19 No. 14 April 4, 2022

Everybody's Talking

Model kitty: Who says a cat can't get a job and make money? There is one feline from Jiangbei, Chongqing, China, who is showing the world she is capable of such a feat. The cat is a cute British shorthair named Mao Mao, and she earns up to 10,000 yuan per sitting as a car model. Her "career" started when Mao Mao's owner, an automobile industry worker named Zheng, brought her to work during an auto show. He set Mao Mao on the hood of a car, and people began snapping pictures and posting them on social media. Needless to say, it was only a matter of time before the costumed kitty was in demand for a few jobs a month.

Flooded out: Nothing was going to keep Australian Kate Fotheringham away from her wedding venue, not even raging floodwaters. That is what she faced at her parents' home near Wingham, New South Wales, on the morning of the big day. When it became clear that she and her parents would not be able to drive to town so she could marry Wayne Bell, she resorted to social media to see if someone had a solution. Before long, a TV station arranged for a helicopter to come and fly her over the swollen river. After dealing with a few other problems, such as the caterer not being able to make it, the pair got married, and they have pictures to prove it.

3D retirement: A retired Dutch couple moved into a rented home in Eindhoven, a suburb of Bosrijk. This sounds like a standard thing to do, but this case is a special endeavour: they are the first people in Europe to live in a 3D-printed house. Elize Lutz and Harrie Dekkers will live in the two-bedroom bungalow, which looks a little like a big boulder with windows, for six months, at a reduced rent. The home was designed by participants in Project Milestone at the Eindhoven University of Technology. Lutz and Dekkers will keep track of their experiences living in the 3D home as a way of documenting the technology's viability.

Lost dog: Usually cats are the ones who are said to have nine lives, but Ivy the dog survived an ordeal. Owned by a family in Sioux City, Iowa (U.S.), Ivy wandered away from home and ended up on the road for 23 days. She was finally captured 100 miles (161 kilometres) away in the state of Nebraska, near the city of Omaha. Ivy had been seen numerous times on her voyage, during which worried onlookers tried to call her with kind words, but that only frightened the shy pooch. Eventually, the Nebraska Humane Society was called in to help, and used food to lure Ivy into a concerned citizen's garage. The dog had lost weight during her adventure, but otherwise was happy to be home.

Quoteable Quotes

"She knew what all smart women knew: Laughter made you live better and longer."
—Gail Parent

"A life spent making mistakes is not only more honourable, but more useful than a life spent doing nothing."
—George Bernard Shaw

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

Apr 9-Radway Easter Market Radway Ag Centre. 5108 51 Street. 9 AM to 3 PM. 30 Vendors confirmed with onsite concessions.

May 19-Career Fair and Training Expo Get in front of hiring managers! Network and apply with Employer Exhibitors. Build meaningful rapport you need to advance your career in the direction that you want. Edmonton Convention Centre. 10 Am - 2 PM

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Trivia

1. Homily is a southern U.S. corn dish, a small home, or a sermon?
2. What is chionophobia?
3. Which constellation is referred to as the lion?
4. Who wrote the title song from the movie Grease?
5. How many parts are in a triptych?

(Flip bottom of page for answers)

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(Over)

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Recipe of the month

Easter Bunny Treats

1/3 cup vanilla frosting
36 large marshmallows
36 miniature marshmallows
Red and pink heart-shaped decorating sprinkles

Small black nonpareils
White sprinkles
Pink coloured sugar

Total Time: 15 min. Yield: 1 dozen

- 1 Place frosting in piping bag.
- 2 For each bunny, cut 2 mini marshmallows in half and use frosting to attach them to a large marshmallow to form arms and legs. For the face, attach 2 mini marshmallow halves for cheeks. Use white sprinkles, black nonpareils and heart-shaped sprinkles to form whiskers, eyes and nose.
- 3 For the ears, cut a large marshmallow in half diagonally. Dip each sticky side in coloured sugar and use frosting to attach the ears to the top of the large marshmallow.
- 4 Use frosting to connect the 2 large marshmallows; let stand until dry.

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

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Johanna Wilson
Wally Malinowski
Katarina Penfold

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

Do you feel yourself itching for a fight right now? The current planetary energies may be exacerbating that feeling. Find a way to focus this energy on a positive cause. Lucky numbers: 10, 19, 24, 31, 32, 40.

TAURUS
(April 21 - May 21)

Your thoughts may be clear and quick right now. That potentially could help you focus on the next steps toward your goal. Ask others to provide feedback on your plans. Lucky numbers: 3, 5, 18, 20, 29, 33.

GEMINI
(May 22 - June 21)

The opportunity exists for your mind and emotions to be in balance right now. How do you want to capitalize on this period to identify and manifest your life's purpose? Lucky numbers: 2, 3, 10, 13, 22, 42.

CANCER
(June 22 - July 22)

You may be focused on your home situation right now. Look for information that may help you get at the root cause of any problems and help you formulate a solution. Lucky numbers: 9, 11, 12, 18, 30, 34.

LEO
(July 23 - Aug. 23)

You may experience a sudden and unexpected change in your life. It may be helpful to ask yourself why it happened now, and what to learn from it going forward. Lucky numbers: 4, 5, 15, 26, 27, 32.

VIRGO
(Aug. 24 - Sept. 23)

If you are feeling irritated and grumpy, focus on where you are off track from your purpose. Remember what you are passionate about and chart a path to achieving it. Lucky numbers: 7, 29, 33, 41, 43, 46.

LIBRA
(Sept. 24 - Oct. 23)

Partnership is a major focus for Libras. Right now you may be feeling unsettled in your relationship. Perhaps you should consider an adjustment in how you are approaching the situation? Lucky numbers: 1, 5, 12, 22, 38, 46.

SCORPIO
(Oct. 24 - Nov. 22)

Many Scorpios have an ability to see hidden truths, which may be a double-edged sword. For the next two weeks, this dynamic may be heightened. Be careful what you say to others. Lucky numbers: 7, 11, 19, 23, 46, 48.

SAGITTARIUS
(Nov. 23 - Dec. 21)

This week you may be feeling a tug of war between your mind and emotions about your current situation. Take a deep breath, wait a while, and this conflict should pass. Lucky numbers: 5, 18, 26, 34, 43, 44.

CAPRICORN
(Dec. 22 - Jan. 20)

Your sense of who you are may be undergoing a long-term transformation. Right now, you may receive information about that process. Consider how to use it wisely. Lucky numbers: 13, 15, 17, 25, 40, 46.

AQUARIUS
(Jan. 21 - Feb. 19)

You may have an opportunity to work hard toward achieving your goals. This may be helped by having a clear mental focus. The combination of the two could be very powerful. Lucky numbers: 8, 9, 18, 20, 24, 34.

PISCES
(Feb. 20 - March 20)

A trademark of Pisces is your empathy for others, a trait that may be heightened right now. How can you use it to help others beyond your family and friends? Lucky numbers: 6, 11, 14, 26, 42, 46.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 3.

Did You Know...

Pattypan squash: Those looking to try a different kind of squash could try a variety called pattypan. Shaped like a pie with a scalloped crust, pattypan squash come in various colours, such as yellow, green, and white. They need to be cooked longer than other varieties because they are more dense.

Smart bird: Puffins have recently been spotted picking up sticks and using them to scratch an itch. Humans have used tools for millions of years, but less than one percent of other species do. Seabirds were thought to be unlikely tool users because they have smaller brains than other birds.

Songwriter: "A Boy Named Sue," a song made famous by Johnny Cash, was not written by the country and western star. That piece was penned by the American children's book writer and humourist Shel Silverstein.

Filing features: To file fingernails, people often use an emery board, which is much like sandpaper. These wear out after a few uses. A longer-lasting alternative is to use a file made from natural minerals, such as crushed glass.

Saucy succulent: A plant that needs lots of direct sunlight but is easy to grow is jade (*Crassula ovata*). A succulent with fleshy leaves that grow on tall stems, it is known as a symbol of good luck.

On the Lighter Side

Why didn't the sun go to college? Because it already had a million degrees.

Knock! Knock! *Who's there?* Who. *Who who?* I didn't know you were an owl!

Country air is so much more pure. Why didn't they didn't build the city out there?

Ned: "If you got the little medal for singing, why did you get the big medal, too?"
 Fred: "For stopping."

What does a reptile wear on its feet? Snakers.

Answers

Trivia answers: 1. Sermon 2. Fear of snow 3. Leo 4. Barry Gibb 5. Three

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