

Behaviours in Dementia Toolkit
Practical & Evidence Informed

powered by:
CCSMH
Canadian Coalition for Seniors' Mental Health

Visit our **free** online library of 230+ resources about dementia-related changes in mood & behaviour today!

www.BehavioursInDementia.ca

Time to put down the Coffee News and register for **Slo-Pitch...**

2024 REGISTRATION IS OPEN!

SOCIABLE, COMPETITIVE AND FUN!

- 45+ Women's Division
- 40+ / 50+ Co-Ed Division
- 35+ Co-Ed Division (New!)
- 45+ / 50+ Drafted Co-Ed Division 1 & 2

Questions? Please Scan the QR code, visit our website or email us for more info.
www.esspa.ca | info@esspa.ca

THIS SPACE FOR RENT

OR SCAN HERE FOR MORE INFO

Call **780-220-6397**

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 four 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 one to two hours.

If you are a person living with dementia and urinary incontinence or a care partner and 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
University of Alberta Ethics approval number: Pro00094514

Jennifer Miles, Agent
125-15 Circle Dr
St. Albert AB T8N 3Y7
780-460-2279
www.jmilesinsurance.com

Desjardins Insurance

Desjardins Insurance refers to Certas Home and Auto Insurance Company, underwriter of automobile and property insurance or Desjardins Financial Security Life Assurance Company, underwriter of life insurance and living benefits products.

Desjardins, Desjardins Insurance and related trademarks are trademarks of the Fédération des caisses Desjardins du Québec, used under licence.

One Call Cleans It All!

Professional House Cleaning Services

- Move Out/Move In Cleaning • Regular Clean
- Deep Clean • Window Cleaning • Carpets
- Weekly • Bi-weekly • Monthly
- Spring Cleaning • Gutter Cleaning
- Garage Cleaning & Organizing
- Driveway Pressure Washing
- Post-Construction

Ramah Services
INDUSTRIAL & COMMERCIAL CLEANING

Contact us for a free quote:
587.938.3623 / 780.901.6031
steve@ramahservices.com • epiroro@gmail.com

Can't get to your **Coffee News** each week?

Check out our PDF editions online!
New editions are posted every Monday

Sign up here to receive email notifications of new editions.
Now you never have to miss your weekly dose of good news!

www.coffee-news.ca/editions

TileTown
Your Space. Your Style. Your Way.

50 years
1971-2021

Bring this ad into one of our 2 Edmonton Locations & Receive **20% OFF**
All Regular Priced, in Stock Tile

8219 Argyll Rd., Edmonton • 780-466-1343
11478-156th St., Edmonton • 780-451-7744

FREE! **New Issue Every Week!**

Coffee News
"News To Be Enjoyed Over Coffee"

North West Edmonton Edition
780-220-6397

www.coffee-news.ca Est. 1988

Vol. 21 No. 13 March 25, 2024

Everybody's Talking

Belly dance: Massachusetts Institute of Technology has developed a new high-tech diet pill that vibrates after it's swallowed. VIBES (Vibrating Ingestible BioElectronic Stimulator) activates stomach receptors to induce a sense of fullness. Featured in the journal Science Advances, VIBES is hailed as a potential breakthrough in weight loss technology. With human trials pending, initial tests on pigs showed that 30 minutes of VIBES activity resulted in a 40% drop in food consumption. The mechanism works by tricking stomach stretch receptors. This signals the hypothalamus to produce hormones that create the sensation of being full. The innovation holds promise as a novel approach to trimming down, with a dance-worthy twist.

Autumn colours: Many countries take pride in their colourful autumn foliage, but nothing can really beat the ginkgo biloba tree in the village of Bangye-ri in Gangwon Province, South Korea. The tree is thought to be over 800 years old, and is a designated national monument. It measures 33 metres (108 ft.) high. In the fall, its leaves turn a blazing yellow-gold. As they fall, they leave a yellow carpet on the ground around the tree. In the last few years, visitors have been flocking to the tree, even though no restaurants or convenience stores are nearby. Legend has it that the tree grew from the cane of an ancient Buddhist monk.

Alligator trick: If the temperature drops low enough in Ocean Isle Beach, North Carolina (U.S.), the ponds at Swamp Park Outdoor Adventure Center can freeze. So what are the 12 resident alligators to do? The animals have an ability to go into a state called brumation. They can survive because they protect themselves by sticking their snouts up into the air above the water. That way, they can breathe while the water freezes around them. Visitors to the park can just see the snouts peeking above the ice. The alligators at the park can't be returned to the wild for various reasons, so the park protects and cares for them.

Ugly fountain: Sculptures are often commissioned for special anniversaries. That's what happened in Vienna, Austria, when authorities wanted to mark 150 years of the city's renowned modern water system. The commissioned piece is a fountain, but critics say it is extremely ugly. Costing 1.8 million Euros, the fountain consists of 33 very unusual "humanoid" figures that encircle the spouting water. Gelitin is the Viennese artist group that designed the piece. While the selection jury liked the "togetherness" idea of the design, the public does not like it at all. There has been much backlash, including by opposing political parties, about the installment.

Quoteable Quotes

"Joy is not in things; it is in us." —Richard Wagner
"One changes from day to day ... every few years one becomes a new being." —George Sand

What's Happening

Aug 21 - Links fore Literacy Charity Golf Tournament 2024 The Links fore Literacy Charity Golf Tournament is the Centre for Family Literacy's annual summer fundraising event. Proceeds from the tournament support the Centre's adult and family literacy programs. For more information, visit familit.cagolf2024

NON PROFIT organizations may submit fundraising events for FREE at www.coffee-news.ca. Please submit a minimum of 4 weeks in advance.

Hidden Coffee News Guy ADVENTURE

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!

\$400* Prize Package
*Coffee News Bucks
Over 150 participating sponsors!
4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries.

Trivia

1. What horse race was established at Pimlico Race Course, in Maryland (U.S.), in 1873?
2. Ben Franklin, Thomas Edison, or Albert Einstein invented the phonograph?
3. Australia and Antarctica are drifting apart—T/F?
4. In 1928, Col. Jacob Schick patented the hair dryer, electric razor, or blender?
5. Who wrote The Metamorphosis?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd
(Over)

CN-Proudly printed by One to One Mailing

yes tv

FREE LIVE STREAMING COMING THIS FALL
visit yestv.com for details

WHIPLASH COMPENSATION?

Get the whiplash compensation you deserve from a trusted team of experienced lawyers. **You pay nothing up front.** Not all injury claims are capped.

1-800-661-4902
WhiplashInformationCentre.com

Braithwaite Boyle Injury Law 800-440-8298
It's The Only Law We Do - Since 1986
Free Initial Consultation

Offices in: Edmonton, Red Deer, and Calgary
ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS

Jayman BUILT MS. WALK
Edmonton

Take action and create impact.
Sunday, May 26, 2024

Register at mswalks.ca

MS Canada

If you liked Gold Canyon Candles, you are gonna love **Sunset Scents!**

They are creating candles that have a strong scent throw and the cleanest burning scented candles out there!

They are the next Finest candles you will EVER find!

PSC Prairie Scented Candles
Sunset Scents a RAY of Fragrance
prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

ELECTRICIAN FOR HIRE

Residential Light Commercial Electrical Repairs and Renovations

Art de Leon Master Electrician
780.932.3858 Cell
ajdeleon63@gmail.com

Creating Smiles That Last A Lifetime...

General Dentistry • Cosmetic Dentistry • Implants
Restorative Dentistry • Botox Treatments

Dr. DEREK FIKA Family Dentistry drderekfika.com
12943-97 St NW Edmonton

Proudly Introducing **Dr. Ahmed Hussain**
SPECIALIZING IN PROSTHODONTICS

EVENING & SAT. APPTS. AVAILABLE | WE SPEAK ARABIC, SOMALI, VIETNAMESE, CHINESE & HINDI

like us

We are your Apple experts!

one bite technology

587.290.0200
www.onebitetechnology.ca

Retail store now open!
22A Muir Drive, St. Albert

- Mac & PC Repair, Tech Support
- iPhone & iPad Repair
- Used Apple Device Sales
- Upgrades, Repairs, and (Used) Sales

Visit us on Facebook-CoffeeNewsWeekly

Your Weekly Horoscope

ARIES

(March 20 - April 19)



Unresolved wounds from the past often block our compassion for others. This week may be a good time to work on breaking through this dynamic.

Lucky numbers: 12, 13, 15, 17, 29, 33.

TAURUS

(April 20 - May 20)



At midweek, look for an opportunity to accomplish a goal that is close to your heart. This may require you to take a risk outside of your comfort zone.

Lucky numbers: 6, 8, 16, 21, 32, 37.

GEMINI

(May 21 - June 20)



Your head and heart may be out of sync at week's end. If you can't resolve this stalemate, you may want to wait a few days to make important decisions.

Lucky numbers: 7, 13, 18, 32, 41, 48.

CANCER

(June 21 - July 22)



The Cancer-born often focus on home and family. At week's end, however, you may find that you have a desire for a journey, for either travel or study.

Lucky numbers: 10, 11, 13, 17, 23, 41.

LEO

(July 23 - Aug. 22)



An event this week may encourage you to reach outside yourself and consider your role in the world. Achieving this may require an adjustment in your viewpoint.

Lucky numbers: 1, 9, 30, 31, 37, 45.

VIRGO

(Aug. 23 - Sept. 22)



Virgos can be reluctant to act unless everything perfectly lines up, which might be rare. Consider taking a leap of faith in the coming weeks, but bring a parachute.

Lucky numbers: 4, 10, 12, 26, 40, 47.

LIBRA

(Sept. 23 - Oct. 22)



Have you reviewed the goals and plans you set at your birthday? Is one of them close to completion? If so, now may be a good week to cross the finish line.

Lucky numbers: 5, 6, 15, 20, 35, 39.

SCORPIO

(Oct. 23 - Nov. 21)



Midweek, others may refuse to see the truth of a situation. If you can't achieve consensus, consider stepping back for a few days until this energy passes.

Lucky numbers: 8, 13, 14, 29, 37, 38.

SAGITTARIUS

(Nov. 22 - Dec. 21)



Week's end may provide a monthly opportunity to make an emotional reset. Is there an issue about which you should take a deep breath and find a new approach?

Lucky numbers: 3, 4, 10, 15, 29, 31.

CAPRICORN

(Dec. 22 - Jan. 19)



Capricorns often have a serious demeanour, aimed at accomplishment. Sometimes cutting loose and being joyful is OK. Week's end may be a good time for that.

Lucky numbers: 9, 14, 23, 31, 35, 36.

AQUARIUS

(Jan. 20 - Feb. 18)



In 2024, Pluto begins a 20-year journey through your sign, inspiring a humanitarian evolution. How can you contribute to this and where should you begin?

Lucky numbers: 11, 16, 18, 23, 27, 29.

PISCES

(Feb. 19 - March 20)



Pisces can fall into a navel gazing trap, excessively contemplating the state of the world. The next few weeks may offer a strong opportunity for action.

Lucky numbers: 2, 8, 16, 29, 32, 37.

Lucky numbers this week: This week's odds favour Capricorn winners with the luckiest number being 31.

Did You Know...

Getting rich: National Basketball Association All-Star LeBron James's 2015 Nike sneakers endorsement deal could earn the U.S. basketball star over \$1 billion before retirement. That's a lucrative business arrangement and a big number!

Saving whales: Mr. Splashy Pants was the name given to a humpback whale by Greenpeace in its 2007 Great Whale Trail Expedition campaign to raise awareness about the threatened whales. The campaign was successful: the whales are no longer hunted.

Borrowed words: About 60% of English words have Greek or Latin roots. In science and technology, that figure is over 90%. The direct influence of the classical languages began in the Renaissance and continues today.

Hit the road: Route 66 is one of the most famous highways in the U.S. The 2,448-mile (3,940 km) road was featured in the 1946 hit song "(Get Your Kicks On) Route 66," as well as the *Route 66* television series.

Bath time: Canada has a unique place for people who like to bathe in cold water. Bathub Island in Lake Superior, in Ontario, is so named because high waves from the lake wash over and fill its basin shape, creating a natural bathtub.

On the Lighter Side

Why couldn't Dracula's wife get to sleep? Because of his coffin.

Tom couldn't figure out how to repair the washing machine, so he threw in the towel.

Did the drill finally finish its supper? Every last bit.

Mother: "Can you explain this D and F on your report card?"
Child: "Yes, it stands for 'Doing Fine.'"

Knock! Knock! *Who's there?* Gable. *Gable who?* Gable to leap tall buildings in a single bound!

Answers

Trivia answers: 1. Preakness 2. Thomas Edison 3. True 4. Electric razor 5. Franz Kafka

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

PROVIDING THE GREATEST RETURN ON YOUR GREATEST INVESTMENT!



SELLING YOUR HOME?

Invite me over for a coffee. I'll give you real estate advice and a FREE market evaluation.

Your Community Realtor
GEORGE VAN DE WALLE
780.982.4247 RE/MAX®

womensworkwear.ca
WINTER BLOWOUT!

WOMENS PIONEER FR INSULATED PARKA OR BIBS

SKU: J-5524W, J-5523W
Available In Hi-Viz Orange or Royal Blue
Was: \$370 ea.

NOW ONLY
\$100 ea.

While Quantities Last. Sale May End Without Notice.

Fit Matters

Scan QR Code To Shop Online



HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND

COPD, arthritis, and many other disabling conditions that cause

Restrictions in Walking or Dressing may qualify.

FOR EXPERT HELP:

1-844-453-5372



85% SUCCESS RATE!

Your Local Event, Meeting Place & Community Hub!



KIRK CENTRE

Est. 1959
"Heart of the Community"
Safe, accessible and inclusive non-profit community hub

Office space for rent

Large and small hourly room rentals available

Below market rates

SCAN HERE TO VISIT OUR SITE



780.438.6619 | kirkcentre@gmail.com | www.kirkcentre.ca

Sculpting Hope, Empowering Lives

Book a consultation to learn how my services can empower your journey toward healing.

Debbie Johnstone
COUNSELLING

780.394.3969

www.debbiejohnstonecounselling.com



Labour shortage?

We have skilled workers waiting for you.

Scan here to learn how or visit www.chha.ca



CANADA'S BRAND YOUR COMFORT

NAPOLEON



GEMCO FIREPLACES
& WHOLESALE HEATING PRODUCTS

PH: 780-465-9719 9281-50 STREET, EDMONTON, AB
WWW.GEMCOFIREPLACES.COM

Optimize Your Health

LIVE ACTIVATED

Unlock the health coded in your genes to fight the signs of aging and revitalize wellness at the source.



Call Leann or Dana, your local LifeVantage Consultants

780.257.4533

Leann.nrf2@gmail.com | <https://detox.lifevantage.com>

www.scubagearcanada.ca

Reasonable Rates. Quality Work.



ZIMMERMAN
PLUMBING-HEATING-A/C



Furnace Replacement Specialist

Heating Repair Service

780.667.1894 | zimmermanphc.ca

FREE QUOTE
Price by the job... No Surprises!

GO Mr. HANDYMAN

Handyman Service | Renovations
Home Repair | Construction

780-655-8402

Licensed Tradesman

SATISFACTION GUARANTEE 100%

Exclusive offer for Facebook and Google Ads



Get FREE set-up (up to a \$500 value!)

We are a local digital marketing agency specializing in paid ads.

Contact us today for your FREE no obligation consultation!

Frontline

780.760.6922

IS ADVENTURE ON YOUR BUCKET LIST?



Scuba Diving & Snorkeling
780.483.0044
11781-156 St., Edmonton

www.thediveoutfitters.ca

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

Learn to Scuba Dive

Ask about our Buddy Special

Discover Snorkeling

1-Hour Lesson at the Pool!
Snorkeling Sets for the Family

COLD SHOT

A DIVISION OF BALWARIA EMPIRE PVT. LTD.



PASSENGER & PARCEL SERVICES

GET YOUR REWARD CARD TO GET A FREE TICKET!

Parcel Website: www.coldshotca.com

Passenger Website: www.coldshot.ca

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

WEST EDMONTON

VISIT OUR NEW LOCATION AT 10165-186 ST.!

jiffylube

■ OIL CHANGES ■ CABIN FILTERS
■ TRANSMISSION AND DRIVELINE SERVICE
■ AIR FILTERS ■ FUEL FILTERS

WARRANTY APPROVED | NO APPT. NECESSARY!

\$10 OFF
ON YOUR NEXT VISIT!

780.483.2281

17771 - 98A Avenue (beside the Domo)

Mon - Fri, 8-6 | Sat, 9-4 | Sun, 10-4

780.244.4855

10165 - 186 Street (Sunwapta Centre, beside Co-op Gas Bar)

Mon - Fri, 9-5 | Sat, 9-4 | Sun, 10-4

EDMONTON'S PREMIER RETIREMENT COMMUNITY

INQUIRE ABOUT OUR MOVE IN SPECIALS!



Renovated One or Two Bedroom Suites Available

The Waterford
OF SUMMERLEA

9395-172 Street, Edmonton T5T 5S6

the.waterford.ca

BOOK YOUR TOUR TODAY!

780.444.4545 | hello@thewaterford.ca

Solving Your Employment Relationship Puzzles



Involvi
Human Resources

780-652-0928
www.involvi.ca

12-Northwest Edmonton