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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 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)

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Everybody's Talking

Screen to sanctuary: As a teen actress in the 1957 film *Loving You*, newcomer Dolores Hart kissed Elvis Presley, marking her Hollywood debut. Her nine more films hinted at a glittering career. But while portraying St. Clare in *Francis of Assisi* in 1964, she met Pope John XXIII and told him of her role. He proclaimed, "No, you are Clare!" This helped redirect her path. Hart then broke an engagement, bid adieu to acting, and became a nun at the Abbey of Regina Laudis in Connecticut (U.S.). She did attend the 2012 Academy Awards, where *God Is the Bigger Elvis*, a documentary chronicling her journey, earned an Oscar nod.

Long and lonely road An amazing road connects Kashgar, China, with Islamabad, Pakistan. The Karakoram Highway snakes its way around mountains and through valleys for 800 km (500 mi.). Without this highway, much of the area would not be accessible. The road was built between 1959 and 1978 through an agreement between both countries. Over the course of the construction, over 24,000 workers dodged mudslides and rockfalls to get the job done. To this day, the road requires considerable maintenance to keep it functioning. Tourists who decide to travel this road are rewarded with beautiful views of mountains, glaciers, and alpine lakes.

Costly fix: Hiring a tradesman to come fix something can get pretty expensive these days, but it's not usually something to go berserk about. Not so for a man in Malaga, Spain. The fellow realized he had a broken pipe that needed tending, so he called a local plumber. When the tradesman arrived, he took a look at the job and provided a quote. However, the man was not impressed and got quite angry at the cost of the job. He was so irate, in fact, that he held the plumber hostage. Luckily, neighbours in the apartment building heard the ruckus and called police, who were able to intervene and arrest the angry man.

Shadowy art: Can shadows made from cut up cardboard boxes be considered art? To followers of a Japanese man named Kuronushi, the answer is a resounding "yes!" Kuronushi arranges pieces of cardboard in various ways. The seemingly mismatched piles of material don't look like anything unusual. But shine a light on the creations, and the shadows on the wall become art. One of Kuronushi's shadows reveals a pirate ship and, when the pile of cardboard is rotated, the ship turns into the pirate Jack Sparrow from the movie *Pirates of the Caribbean*. The artist also created Harry Potter shadow art, to the delight of his fans.

Quoteable Quotes

"It is only in sorrow bad weather masters us; in joy we face the storm and defy it."
—Amelia Barr

"If you have a garden and a library, you have everything you need."
—Cicero

What's Happening

Aug 21 - Links for Literacy Charity Golf Tournament 2024
The Links for 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

April 27 - Fabulous Fabric Frenzy Sale Sale runs from 9 a.m. to 3:30 p.m. at Strathearn United Church 8510 95 Ave. Edmonton. Huge selection of fabric, yarn, notions, craft supplies at rock bottom prices. All profits support the Grandmothers Campaign of the Stephen Lewis Foundation.

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Trivia

1. Each player in chess has how many pieces?
2. Triskaidekaphobia is the fear of what?
3. What was Juliet's last name in Shakespeare's *Romeo and Juliet*?
4. This is the acronym for International Business Machines Corporation.
5. Actor Boris Karloff famously portrayed Lurch, Frankenstein's monster, or Wolf Man?

(Flip bottom of page for answers)

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Your Weekly Horoscope

ARIES
 (March 20 - April 19)

Your birthday month is a good time to develop new goals. In addition, the end of this week may be a good time to plan how to work toward them. Lucky numbers: 9, 12, 17, 19, 25, 38.

TAURUS
 (April 20 - May 20)

For the next few weeks, be on the lookout for an opportunity to achieve a long held or heartfelt goal. You may need to be proactive and seek it out. Lucky numbers: 8, 10, 11, 12, 21, 29.

GEMINI
 (May 21 - June 20)

You may find yourself eager to manifest everything you desire over the next few weeks. Perhaps take a step back and prioritize what is most important now. Lucky numbers: 10, 18, 24, 32, 33, 42.

CANCER
 (June 21 - July 22)

By default, Cancers often place heart over head in decision making. But early this week, you may have an opportunity to play with balancing that dynamic. Lucky numbers: 5, 10, 27, 28, 43, 44.

LEO
 (July 23 - Aug. 22)

You may have a continued opportunity to reach beyond yourself and expand your role in the world. Be sure your efforts in this regard align with your values. Lucky numbers: 2, 4, 11, 26, 27, 32.

VIRGO
 (Aug. 23 - Sept. 22)

Midweek, your normally detailed and disciplined thought process may feel confused and muddled. Take a deep breath. This might pass in a few days. Lucky numbers: 3, 4, 14, 27, 36, 39.

LIBRA
 (Sept. 23 - Oct. 22)

Over the next few weeks, you may feel in a stalemate about how to proceed in some area of your life. Be sure to look to your values in order to find a solution. Lucky numbers: 4, 6, 13, 14, 26, 29.

SCORPIO
 (Oct. 23 - Nov. 21)

Do your current endeavors reflect your heart? If not, consider making an adjustment to find the courage to bring your life in alignment with who you are now. Lucky numbers: 15, 24, 28, 32, 37, 40.

SAGITTARIUS
 (Nov. 22 - Dec. 21)

Things may go fairly smoothly for you over the next few weeks. However, there might be an opportunity, if you seek out its potential, to reach the next level. Lucky numbers: 4, 6, 13, 14, 26, 29.

CAPRICORN
 (Dec. 22 - Jan. 19)

Early in the week, your ability to dig in and push past obstacles to achieve success may be heightened. Don't neglect your connection to others in the process. Lucky numbers: 15, 24, 28, 32, 37, 40.

AQUARIUS
 (Jan. 20 - Feb. 18)

What are you passionate about achieving in the world? This week may offer an opportunity to start a process toward bringing transformational change for you and others. Lucky numbers: 13, 30, 33, 39, 44, 45.

PISCES
 (Feb. 19 - March 20)

Are you clear about how you want to proceed next? Now may be a good time to communicate with others to find an opportunity to achieve a common goal. Lucky numbers: 6, 13, 17, 35, 44, 47.

Lucky numbers this week: This week's odds favour Aries winners with the luckiest number being 17.

Did You Know...

To the grave: In ancient Egypt, the dead took their recipes to the grave with them, literally. Researchers have found hieroglyphs on the walls of tombs that depict recipes for food, believed to have been used as references for the afterlife.

The john: Societies use many names for the word toilet, but one of the most popular is "the john." That's because Sir John Harrington designed the first flushing toilet in 1596. He was one of Queen Elizabeth I's godchildren.

Started early: American Selena Gomes, born in 1992, has become one of the biggest stars of her generation. She got her acting start at a young age, appearing on the children's television show *Barney and Friends* from 2002 to 2004.

Big headache: World War II Italian dictator Benito Mussolini wouldn't eat mashed potatoes. That's because he claimed they caused him to have migraine headaches.

Donut lovers: Canadians really like their donuts, those round, yummy, sweet, spongy cakes with a hole in the middle. In fact, Canada boasts more donut shops per capita than any other country in the world.

On the Lighter Side

I tried archery, but didn't like it. There were too many drawbacks.

Mutt: "I wish I were in your shoes."
 Nutt: "Why would you want to be in my shoes?"
 Mutt: "Mine have holes!"

Why did the hedgehog say, "Ouch"? He put on his coat inside out!

Knock! Knock! *Who's there?* Nose. *Nose who?* Nose any knock-knock jokes?

You can have my chimney for free. It's on the house!

Answers

Trivia answers: 1. 16 2. The number 13 3. Capulet 4. IBM 5. Frankenstein's monster

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