

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

FREE! *New Issue Every Week!*
Coffee News[®]
"News To Be Enjoyed Over Coffee"
Edmonton North East Edition
780-220-6397
www.coffee-news.ca

Vol. 21 No. 16 April 15, 2024

HIP OR KNEE REPLACEMENT?
THE DISABILITY TAX CREDIT ALLOWS FOR A
\$2,500 YEARLY TAX CREDIT
\$30,000 LUMP SUM REFUND

CPD, 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!

yesTV

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

IS ADVENTURE ON YOUR BUCKET LIST?

The Dive Outfitters
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

THIS SPACE FOR RENT
Call **780-220-6397**

OR SCAN HERE FOR MORE INFO

Everybody's Talking

Weird calls: Most people call emergency services for very legitimate reasons. The Welsh Ambulance Service decided to publicize some of the weirder, less legitimate reasons that folks call the 999 emergency number. Authorities want to spread the message that inappropriate calls may result in a delay in helping others with genuine emergencies. Some examples of silly calls include one caller who had eaten too much kebab and had an upset stomach. Another call for help was because they had gotten their ring stuck on their finger. Additionally, there was a fellow who got his hand stuck in his mailbox and a woman who had lost her dentures and wondered if she might have swallowed them.

Lots of Lego: Every kid loves Lego, right? Milos Keecek, who lives in the Czech Republic, is a verified holder of a Guinness World Record because he owns nearly 7,000 different Lego sets. The man got his first set when he was 5 years old and has been collecting them ever since. You can imagine that that many Lego sets would take up most of your home, which is why Keecek established his first Museum of Bricks in Prague. He followed that by opening more branches in his homeland; currently, the museum has sites in five cities. The collector says he purchased about 90% of the sets, and the rest were gifts

Long overdue: Hearing about library books being returned decades after their due date is not uncommon. At a library branch in Laurel, Maryland (U.S.), a CD reappeared after 35 years; its original check-out date was in January 1989. The CD was British band Pink Floyd's 1975 album "Wish You Were Here." It was recently returned in excellent condition; the only sign of aging was that the CD booklet had yellowed. The library's tracking system had somehow missed cataloguing the item as missing, and the facility has not stocked CDs for five years because most people no longer have players for them. So this "late return" won't be going back on the shelf.

Bird whisperer: A scientist in Tokyo went the extra mile to study the language and behaviour of tit birds. For an entire year, the scientist would head into the Nagano Prefecture's woodlands wearing a bird mask over his head. His intention was to trick the creatures into letting him get closer. Bird behaviour specialists and ornithologists believe that some birds are so smart they can recognize human faces and can make warning cries to their fellow feathered friends. To his disappointment, the birds did eventually detect the scientist and started sounding the alarm.

Quoteable Quotes

"As for the future, your task is not to foresee it, but to enable it."
—Antoine de Saint-Exupery

"The influence of a beautiful, helpful, hopeful character is contagious, and may revolutionize a whole town."
—Eleanor H. Porter

What's Happening

May 2 - Spring Tea and Rug Show Edmonton Rug Hooking Guild. Admission \$5. 11 am - 2 pm

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 famlit.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. The Forbidden City is located in the capital of what country?
2. In 1975, Angola won independence from Belgium, Portugal, or Germany?
3. How many squares are usually on a bingo card?
4. Elisha G. Otis invented the escalator, passenger elevator, or home blender?
5. A coral reef is a plant—T/F?

(Flip bottom of page for answers)

CANADA'S BRAND YOUR COMFORT
NAPOLEON

GEMCO FIREPLACES
& WHOLESALE HEATING PRODUCTS

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

GO Mr. HANDYMAN

Handyman Service | Renovations
Home Repair | Construction

780-655-8402
Licensed Tradesman

FREE QUOTE
Price by the job... No Surprises!
SATISFACTION GUARANTEED 100%

Sidewalks Driveways
Steps • Garage Pads
Basements • Exposed Shop Floors • Stamped Bobcat Services

Residential & Commercial Service
WCB Coverage Fully Insured

ATHENS Concrete Service Ltd.
Call **780.235.1900**

PROUDLY SERVING THE GREATER EDMONTON AREA SINCE 2007

WHEN YOU GET PAID We Get Paid

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

GET MORE FROM YOUR ONLINE CONTENT

CONTENT MARKETING SERVICES

- Blog Writing
- Email Marketing
- Website Content
- Google Business Profile

FREE CONSULT

SCAN ME

Frontline 780.760.6922

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

SAFE STEP WALK-IN TUB
1-855-977-9805

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

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.

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

THE RANCH GOLF AND COUNTRY CLUB

Located 5 mins West of Edmonton
Unmatched Value
Premier Conditions

Weekly Promotions:
• 3-Putt Mondays
• 1/2 Price Wings Tuesdays
• Sunset Express 4-Hole Loop

For full details, visit theranchgolf.com

#1 Tournament Course in Alberta!

Book your tee time today: **780.470.4700**

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: Pro0094514

Everyone Welcome!

Monthly Special Events!

- ✓ 3 Meat Draws/Week
- ✓ Thursday Night Jam with Dancing
- ✓ Friday & Saturday Night Dances
- ✓ Hall Rentals with Catering

Branch #175 Kingsway

Legion

14339-50 Street, Edmonton
780.425.8654 | <https://kingswaylegion.ca>

Scan the QR Code to view upcoming events

jerry forbes
Centre for Community Spirit

HOME FOR 25 CHARITIES & NON-PROFITS

93,000 SQ. FT. OF SHARED SPACE
SERVING OVER 200,000 ALBERTANS

Dear Edmonton,
We're having a great time and the people here are amazing. You should come for a visit!

Sincerely,
JFC

jerryforbescentre.ca

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

inogen

CLAIM YOUR 14-DAY RISK-FREE TRIAL!

PORTABLE OXYGEN FOR YOUR ON-THE-GO LIFESTYLE

Call us toll-free at 1-888-998-6714

*14-day risk-free trial. Return within 30 days of purchase for a full refund of purchase price.
PWC20469 EN, CA, USA (Ex. Only) © 2023 Inogen, Inc.
203 Coronado Drive, Gardena, CA 90247
Inogen® is a trademark of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.

STOP STREAMING!
IT'S FUNNIER LIVE
AT THE COMIC STRIP
BOURBON STREET, WEST EDMONTON MALL

PURCHASE TICKETS ONLINE AT thecomicstrip.ca

Rick Bronson's THE COMIC STRIP
DRINK · DINE · LAUGH

Creating Smiles That Last A Lifetime...

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

587.760.3454

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

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

Need ONE More Reason to Join?

- You don't have an up to date will
- You don't understand the difference between a trust and a will
- The CRA selects you for an audit
- You need a letter written on your behalf by a lawyer
- You receive a speeding ticket
- You need a lawyer's advice on any matter

Call LLOYD KENNEY, Independent Associate, to find out how LegalShield can help you!

LegalShield 1-877-579-9449

Your Weekly Horoscope

ARIES
(March 20 - April 19)

Have you put a plan into place yet, for the next year, to advance your values and life purpose? If not, this is the week when that train may be leaving the station. Lucky numbers: 1, 4, 5, 9, 10, 18.

TAURUS
(April 20 - May 20)

Your birth month is a good time to set goals for the next year. This year, you may want to focus on an area that expands your comfort zone into new horizons. Lucky numbers: 3, 9, 13, 27, 35, 41.

GEMINI
(May 21 - June 20)

Geminis can have difficulty bringing their ideas to fruition. How might you use the next month's energy, which could encourage you to create a more grounded reality? Lucky numbers: 5, 8, 18, 19, 28, 35.

CANCER
(June 21 - July 22)

Over the next month, you may want to create something new and unique. Such endeavours are not limited to art. Give yourself time and space to nurture this impulse. Lucky numbers: 2, 9, 16, 21, 36, 40.

LEO
(July 23 - Aug. 22)

You may be tempted early in the week to toot your own horn. While this may be justified, you might be better off asking someone else to sing your praises. Lucky numbers: 4, 11, 15, 17, 30, 41.

VIRGO
(Aug. 23 - Sept. 22)

The past month may have left you feeling confused and muddled. This dynamic might continue for a few more weeks, but midweek could offer a brief respite. Lucky numbers: 7, 12, 22, 25, 31, 38.

LIBRA
(Sept. 23 - Oct. 22)

Your natural diplomacy and tact may be heightened at the end of the week. For a few days, this could provide you an opportunity to make headway on a relationship issue. Lucky numbers: 8, 13, 16, 27, 42, 45.

SCORPIO
(Oct. 23 - Nov. 21)

Now is about six months after your birthday. Did you put a new plan into place at that time? How well is it going and what might you need to adjust? Lucky numbers: 6, 11, 14, 22, 38, 46.

SAGITTARIUS
(Nov. 22 - Dec. 21)

You may feel stressed and lacking confidence in yourself at midweek. What behavioural change might you implement to mitigate this dynamic? Look inward and ask. Lucky numbers: 9, 17, 18, 19, 41, 42.

CAPRICORN
(Dec. 22 - Jan. 19)

Do you define success as recognition and material resources? Midweek may offer a chance to focus your ambition on something with a higher purpose. Lucky numbers: 15, 18, 29, 42, 43, 48.

AQUARIUS
(Jan. 20 - Feb. 18)

You may run into challenges at week's end. Stop and ask if they reflect some underlying fear that you have. If so, tackle that fear to help resolve the situation. Lucky numbers: 10, 11, 13, 22, 27, 31.

PISCES
(Feb. 19 - March 20)

If you actively seek it, you may find an opportunity this week to shine. Communicate to others what you are looking to accomplish and ask their help for your goal. Lucky numbers: 5, 11, 18, 30, 40, 41.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 9.

Did You Know...

Cool sleep: How about sleeping in a hotel made completely of ice? Hôtel de Glace in Québec City, Québec, Canada, is the place to go. From January to March, it welcomes overnight guests who may enjoy its Grand Hall, chapel, ice slide, and Ice Bar.

Egg phobia: Alfred Hitchcock, famous for his scary movies, was himself frightened of a common item: eggs! He was quoted as saying he was "worse than frightened" of them, calling the yolk's yellow liquid "revolting."

Good soup: Mexicans love to enjoy a big bowl of pozole. The main ingredient of this soup-like dish is hominy, large dried corn kernels. Other ingredients might be meat, seafood, herbs, lettuce, onion, avocados, lemon, and more.

Nice gesture: U.S. musician Billy Joel reserves the front row tickets to his shows. Before the show begins, his staff finds avid fans who could only afford back row seats. Some fans, to their amazement, get moved to the front row.

Less lean: In December 2001, the Leaning Tower of Pisa in Italy reopened after experts spent over 10 years working to ensure it was safe for the public. At the time, the "lean" on the tower was considered dangerous.

On the Lighter Side

Ernie: "My uncle can play the piano by ear."
Bernie: "That's nothing. My uncle can fiddle with his whiskers."

Knock! Knock! Who's there? Doughnut. Doughnut who? Doughnut open this until your birthday.

How did the magician cut the sea in half? He had a sea saw.

What happened to the duck who flew upside down? He quacked up.

Do you know how long cows should be milked? The same way as short cows.

Answers

Trivia answers: 1. China 2. Portugal 3. 25 4. Elevator 5. False

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®

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

Are you a business owner/office manager? Have 3-20 employees in your office? Paying too much for your current phone system?

We can save you up to 50% off your current phone rates!

How? We offer:

- ✓ VOIP Solutions at a fraction of the traditional carrier cost
- ✓ Long distance rates that outcompete the competition

587.760.2800
<https://zettatelecom.com>

DEDICATED TO FINDING OUR CLIENTS THE BEST SOLUTIONS WITHIN THEIR BUDGETS

ELECTRICIAN FOR HIRE

Residential
Light Commercial
Electrical Repairs and Renovations

Art de Leon Master Electrician

780.932.3858 Cell
ajdeleon63@gmail.com

Your Local 3 "R" Plumber/Gasfitter:
✓ Repair ✓ Replace ✓ Renovate

NO OVERTIME CHARGES!

Call today: 780.667.5780

EXACT PRICE BEFORE WORK STARTS
LOCALLY OWNED, OPERATED
FAMILY ORIENTED

50% OFF SELECT VAPES

WHEN YOU PRESENT THIS COUPON. SEE IN STORE FOR DETAILS.
LIMIT 1 COUPON PER DAY PER CUSTOMER. MUST BE 18+.

OFFER EXPIRES 08.31.24

8060 - 167 AVE. NW
420 BUBONIC KRONIK EDMONTON
ECIGS VAPORIZORS BONGS 780.371.0106

COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

SHIP BY BUS

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

find your smile here

Denturists: Rick Donily and Weronika Chlebek

12816-82 Street
horizon
DENTURE CENTER & IMPLANT SOLUTIONS

780.476.7929 | horizondenturecenter.com