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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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 University of Alberta Ethics approval number: Pro00094514

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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

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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)

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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

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