



# Institute for Continued Learning Digest

## Welcome to the 4th Edition of the ICL Senioritis

Vol. 4 April 15, 2020

Editors: GwenEllyn Anderson and Dave MacMillan

### In the ICL News:

**Board Meeting News:** The Board met yesterday, April 14, via Zoom conferencing software. All members received an invitation to the meeting.

**Elections:** The Board has decided to have the election of the new board using an online ballot (Google Forms). Those with email will receive the form for registering votes for each board position and some changes to the Constitution on April 30th. Those without email will receive a paper ballot to fill out and return. Currently there is one person nominated for each director or co-director. Nominations for these positions are still open. According to [Article 11](#) of the ICL Constitution concerning elections, "Nominations may also be made by WUICL members, and posted on the WUICL Bulletin Board with the names of the nominating members and statements of the nominees' qualifications and willingness to serve. The deadline for such postings shall be one week prior to the date of the election." The Annual Meeting would have been **April 30th**, so that's when the ballot will be sent out. Nominations will be cut off one week before, on **April 23rd**. Instead of the bulletin board, please send nominations to [Sally Schriver](#) and CC [Dave MacMillan](#). The deadline for filling out the election form is **May 7th**.

**Membership Renewal:** The deadline for sending in checks to renew your membership to ICL is April 30th. Make checks payable to "WU ICL" for \$165. You can mail checks to Membership Director, Barbara McReal (see Membership Directory). Checks will not be deposited until we know if there will be Fall classes.

**Curriculum:** The Curriculum Committee is busy planning the Fall Schedule as if we will be meeting like normal. No one knows what will happen or if we will be able to return to normal by then. The Board is still looking at options if that becomes the case.

**The Board Minutes** will be available [online](#) in a week or two. The next Board Meeting will be on Tuesday, **May 12th** at 10:00 AM via Zoom. All members will receive a Zoom invitation.

**Update on Hanni Scholars:** Willamette's Accounting Department is working with our Financial Directors to have checks sent to the 6 Hanni Scholars. There's still a chance that there will be some Zoom presentations for ICL members to watch live via Zoom, as well as a recorded version of each.

### Ongoing ICL Survey!

We continue to be interested in your feedback and ideas. The survey remains in place, and we ask that you keep sharing your ideas with us about how things are going for you and what you would like to see in the newsletter.

Click [here](#) to provide more information as you think of new suggestions or issues. Thank you!

PLEASE [SEND US](#) STORIES OF HOW YOU CELEBRATED EASTER AND PASSOVER THIS YEAR

\*\*\*\*\*

### [Coronavirus Myths & Mythconceptions](#)

An easy to check set of falsehoods about the virus. Read them all or check by topic.

*Check them out!*

\*\*\*\*\*

### Things to Do:

Join us for **Virtual Happy Hour** on Fridays at 4:30 PM.

An invitation will be coming in your email with the meeting link.

If you are new to Zoom, check out these instructions and [FAQs](#).  
[How to Join a Zoom Meeting](#)

\*\*\*\*\*

### Survey Results (so far):

Are you healthy?	Count	Do you need assistance	Count	Is your family doing ok during this crisis?	Count
Yes, as far as I know and feel.	1	No	14	Yes	74
Yes	67	I am getting the assistance I needed.	2	Sons are taking financial beating -- like many others	1
On strict isolation because of immune system compromise.	1	Getting meals on wheels	1	So far, but our son works in a very busy supermarket.	1
No	2			One is a bit restless.	1
Have slight cough. Taking some cough syrup.	1			Maybe	2
About the same as I was before the Coronavirus (COVID-19)	7			It's just me	1

[Judy Gram](#) asks If anyone is interested in making/distributing face masks for our ICL family members?

\*\*\*\*\*

### Tech Tip:

- **Photos from the “Spring Fling” Coffee Social** are posted online in the [Photo Galleries](#). Scroll down to the Coffee Social section. Doesn't that seem like a long time ago? So nice that we had that event just before classes ended! Thank you to our Social Directors, Dee Iltis and Priscilla Hibbard! And thank you to Mieke Visser for taking the photos! The centerpieces were from gardens of Dee Iltis and Carolyn Woodman (there's a photo at the top of the [ICL Survey](#)). Thank you!
- **Using Zoom provided by Willamette U.**
  - You do not need to go through these steps to join a meeting initiated by someone else. You do need to go through these steps to initiate a Zoom meeting yourself. To do that you must have a WU account.
  - From WU webpage click on “I am looking for...” in the upper right - select [WU Portal](#)
  - Log in with your Willamette username and password
  - Scroll down to **Zoom (Video conferencing)**
  - For help on how to proceed see the links at the bottom of the screen: “Getting Started”, “Download Client” (the Zoom program), and “Zoom Support”

Questions? Send us a message to [ICL Digest](#).

\*\*\*\*\*

### Brain Health Tip:

Easter and Passover offered us a diversion from the current circumstances and gave us something to look forward to. Now that they are ending, it is important to maintain as many small routines as we can to support our mental health. Studies have shown that people with active daytime routines have healthier sleep cycles, as well. Routines help children feel safer because they know what to expect. They help adults feel more in control of their lives – especially when there are so many situations outside of their control.

Our brains depend on habits to regulate daily processes and to organize all they have to manage. We are creatures of habit and our brains make associations accordingly. (It's why you get tired faster when you read in

\*\*\*\*\*

**Listen:** OPBmusic live music or listen to [live recordings](#)

**Watch:** John Krasinski's newfound YouTube show [Some Good News](#) focuses on positive stories.

**Celebrate Earth Day!**  
Wednesday, April 22  
Noon - 9 PM  
Join **Marion County Environmental Services** and community partners to celebrate the 50th anniversary of Earth Day, [Live on Facebook](#).

No Facebook account is needed.

The event includes:

- Storytime and Singalong (Salem Public Librarian, Mary Beth Hustoles)
- Creative Reuse Center Tour and Craft from SCRAP PDX
- Upcycled Craft (Artist, and Educator, Penny Feltner)
- Natural Habitat/Native Species (Naturalist Bobbie Snead)
- Worm Composting (Educator Sally White)
- Recycling MRF Tour (Garten Services Will Posegate)
- DIY Bees Wax Wraps (Environmental Services, Jessica Ramey)
- Cooking with Scraps (Amy Joens, Marion/Polk Food Share)
- Quiet in Nature (Willamette University, David Craig)
- Nature Documentary
- Seuss/Dre mashup of the Lorax (Wes Tank)
- Live Music (Local Band, Erin Westfall)

bed or get hungry if you read at the dining table.) Routines give us something to look forward to and can act as an anchor – no matter what else is going on, knowing what to expect at what time can be a real comfort.

Routines help lower depression and anxiety and help raise resilience. “When you have a healthy routine in place, you are able to make better choices and more easily face any challenges that occur. You can’t plan for everything, but when the basics are taken care of, you can more easily handle challenges.” (Brafman Mental Health, 2020)

Since many of our routines have been disrupted by the shelter-in-place order, practice small routines to help your brain remember it has control of simple daily choices. Consider the following:

- **Rise and go to bed on a schedule.** This helps your brain prepare to be active during the day and to settle down in the evening so that you perform better when awake and sleep better at night.
- **Get dressed.** You may be tempted to stay in your pajamas, but that tells your brain to think casual and is often associated with being sick. It also reinforces that you have no goal or focus for the day. Getting dressed helps motivate you to be more active. You are more likely to get busy and to move if you are dressed. It’s the simple difference between thinking about taking a walk and having your shoes on ready to walk out the door.
- **Eat on a schedule.** This is similar to the wake and sleep routine. I recommend that you pick a night to have a more ‘formal’ dinner setting. Set a fancy table, use candles and dress up for an evening without the internet, tv, phones or negative talk. See how long you can keep a conversation positive. If it turned negative, blow out the candle. You might also plan a movie night or game night. If you live alone, you can share these activities with others via Zoom and Netflix Party is designed to share a movie remotely with others.
- **Exercise on a schedule.** You’re more likely to keep exercising when you are scheduled for it.
- **Continue household routines.** If you do laundry on a particular day, continue to do so. If you clean your house on a certain day, continue to do so.
- You are **accustomed to attending ICL** on Tuesdays and Thursdays. Maintain that schedule and try watching a [TED Talk](#) or try a [Free Online Course from Top Universities](#) for an hour on those mornings.
- **Keep a journal.** Now is a great time to tell your story – both your history and your reactions to each day’s news.
- **Make a routine phone call** to a family member, friend or an ICL member! This helps you have something to look forward to and it helps them in the same way.

If you don’t currently have routines, create some. They can be as simple as writing a thank you letter each day or adding pieces to a puzzle - anything that tells your brain that you have something to check off your list of things to do that day.

Routines may feel like no big deal, but they make a big deal of difference.

**Read:** [America’s 100 most-loved books](#) from Public Broadcasting Service. [PDF Checklist](#) (for printing)

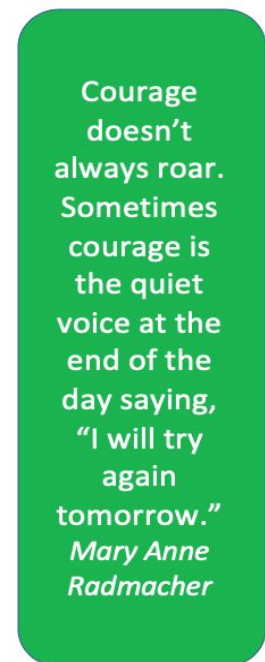
Be read to by the authors. [Book Depository](#) has put together a series of great reading sessions to help keep you entertained at home.

\*\*\*\*\*

**Humor:**

A company in Oregon has posted a Kickstarter campaign to start a new business that will recycle discarded chewing gum! They just need help getting it off the ground....

\*\*\*\*\*



\*\*\*\*\*

[Newsletter Archives](#)