



Institute for Continued Learning Digest

Welcome to the 6th Edition of the ICL Senioritis

Vol. 6 April 29, 2020

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In the ICL News:

Willamette University Update:

Currently, Willamette is expecting to return to campus in the Fall, but not "as usual." They are actively preparing for a variety of scenarios that may involve a mix of in person and online teaching, depending on circumstances. At least initially, those preparations will include ways to detect and limit the spread of Covid-19. Faculty and staff will conduct workshops and meetings during summer on the organizational and teaching aspects of that preparation.

It is still unknown how all this will affect ICL. The key element for WU and ICL would appear to be "adapt".

Elections and Voting Timeline:

April 30: Ballots go out for Board vote and constitution changes

May 7: Deadline for submitting online ballots

May 10: Deadline for receipt of paper ballots

Interview with Barbara McReal — On learning and using Zoom to keep the ICL Play Reading Group active during the COVID-19 limitations



"I wanted to keep the Play Reading Group connected and when I discovered how fun it was to be with people again [via Zoom], I asked if they'd be interested, and they agreed to give it a try. Being a guest is very user friendly, but hosting a meeting requires a few extra hoops to jump through. But once I gave it a try it was pretty easy. Even one of the group who was a little

reticent because she isn't "a techie," got on without a hitch. We were all quite proud of ourselves.

With several zoom meetings, I find that I once again have a calendar to check! One day I had 4 Zoom meetings! I meet once a week – hosted by others — with Elsinore volunteers and our "boss", ICL Board meetings, Chamber of Commerce Greeters meetings, "Happy Hours", even Bunco and a Friday afternoon game time! The ICL Writing Group also meets on Zoom and, of course, there is the ICL Happy Hour on Fridays.

The one (Zoom meeting) I set up with the Play Reading Group had a glitch which was solved easily once we discovered that I was somehow not on the University's list so the meeting was shut down after 40 minutes rather than the unlimited session that is possible with the UW Zoom account. But I was able to hop back on and set up a second session so

Missing ICL Friends?

Join us for...

- Virtual **Happy Hour** on Fridays at 4:30PM. [Zoom in here](#)

NEW!

- Virtual **Coffee Breaks** on Tuesdays at 10 AM [Zoom in here](#)

Zoom Help:

- [How to Join a Zoom Meeting](#)
- [Zoom Frequently Asked Questions](#)
- [Join a Meeting by Phone](#)

Ongoing ICL Survey!

We continue to be interested in your feedback and ideas. Feel free to [fill out the survey](#) as many times as you want in order to keep sharing your ideas with us about how things are going for you, newsletter ideas or suggestions, etc. Thank you!

PLEASE [SEND US YOUR ADVICE:](#)

What advice did you receive as a younger person that you would want to pass on to younger people today?

Coronavirus Updates

National Public Radio is offering [The National Conversation with NPR's All Things Considered](#) every weeknight. Click on the link for an archive of recent stories.

we could complete the reading. So, if you plan to host a Zoom meeting using Willamette's account, it might be a good idea to check with Casey Feskens at WITS and be sure you will be recognized.

I think the worst thing about our current situation is not having contact with people, and I am so grateful for Zoom. It's great to see people, share laughs, and hear how they're doing."

Help with Virtual Connections: Do you have a group you want to start or keep going in a virtual meeting? Contact [GwenEllyn](#) or [Dave](#) to help get you set up.

Tech Tip: Welcome to [WU Stream!](#)

Bringing Willamette to you. Your new intellectual hub.

WU Stream is your newest way to connect with Willamette! No matter where you are, you can join the conversation and the WU community through virtual lectures, videos, podcasts and more.

With more than half of Willamette alumni living and working outside of the Willamette Valley, WU Stream provides a virtual doorway back to our beautiful campus. Featuring exclusive and engaging online content by Willamette faculty, students, alumni and friends, WU Stream brings Willamette to you.

- **Watch:** [Upcoming Videos & Recent Videos](#)
- **Listen:** [Podcasts](#) (coming soon)
- **Archives:** [Watch previously recorded video programming.](#)
- **More to Watch**
 - [Willamette YouTube Channel](#) (see ICL Newsletter [Vol. 5](#) for more on YouTube Channels)
 - [Music Department Livestream Channel](#)
 - [Willamette Athletics Videos](#)
 - [Bearcat Network Livestream Channel](#)

[Student Scholarship Recognition Day continues tradition online](#)

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

Brain Health Tip: Keeping the Days Straight

It may be a corny idea, but remember that your brain loves associations. So, if you are having any trouble keeping track of the days of the week, this works!

Choose a color to wear for each day of the week. For example, wear green on Mondays, blue on Tuesdays, etc. and when you want to know what day of the week it is, just check your clothes.

Don't have different colored clothing? Use any association and be creative. Put a spoon in a glass on Mondays, a fork on Tuesdays, etc. Or, use books - put 7 on the floor and stack them according to the days of the week. Want to know what day it is? Check which book is on the top of the stack.

Our local NPR affiliate is [Oregon Public Broadcasting](#).

Exercises for Seniors at Home

Doctors recommend a 30-30 rule: Don't let your body stay in any one position during the day for more than 30 minutes.

If you are sitting, get up and move around. Stretch and check your posture.

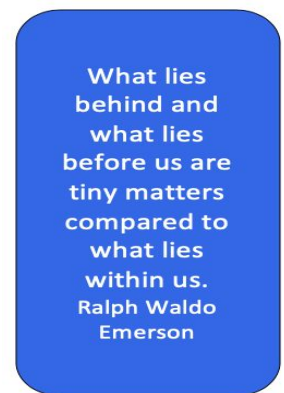
Use a timer or a visual reminder to change your position.

Need some help? Check these [Exercises for Seniors at Home](#)

They include exercises while seated in a chair, standing, in a wheelchair, and lying down on the floor or in your bed.

Entertaining and Educational Things to Watch:

- [America Reads](#) on OPB
- [Curiosity Stream: Documentaries!](#)
- [The 100 Best Movies on Netflix Right Now](#)



[Newsletter Archives](#)