



Institute for Continued Learning Digest

Welcome to the 7th Edition of the ICL Senioritis

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In the ICL News:

Willamette U. Update: "We are in planning on campus - and with the state about Fall opening. We will keep you posted. At this point it looks likely that we will be allowed to open on campus, but probably with limitations that might include a cap on group size and continuing social distancing and other health protocols." - *from Carol Long, Willamette University Provost and Senior Vice President*

Hanni Scholars Update: The Phil Hanni Scholars have submitted their presentations, and the university is working on getting them on [WU Stream](#) (explained in the [last newsletter](#)). Stay tuned for ways to view a video of all six of their presentations.

Elections and Voting Timeline: Currently 98 ballots have been received. Today is the last day to get your electronic ballot in. Mailed ballots have a few extra days. Results will be announced after May 10th.

May 7: Deadline for submitting online ballots

May 10: Deadline for receipt of paper ballots

May 12: Board Meeting at 10:00 AM. [Zoom Link](#) or Call 1-669-900-9128 Meeting ID: 930 1784 1671 (*see Zoom Help in right column*)

Interview with Lois Rosen

The ICL Writing Group is a small group (9-10 members) that began five years ago. I (Lois Rosen) provide prompts as invitations to write, but everyone writes whatever emerges from memory or imagination. We write for a set amount of time and share our new writing aloud. Following the guidelines provided by the Amherst Writers and Artist Workshops, we respond to each piece, telling what we like, what's strong, and what we remember. We're a fun, active, non-competitive, enthusiastic group, generating new writing in an encouraging, safe environment for self-expression. We write at all levels and across all genres.



Currently, we meet twice a month online using Zoom. Not knowing a thing about Zoom in early March, leading a group with it seemed daunting, if not impossible. But I've loved writing with the ICL Writing Group so much, I forced myself to persist in learning how to use Zoom.

Getting started as a host of an online Zoom writing workshop became more doable after receiving generous guidance from GwenEllyn of ICL, my son, and leaders of other Amherst Workshops who let me participate in their online workshops, and kindly mentored me.

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 **NOTE:** 9 AM on May 12th because there's a Board Meeting at 10. [Zoom in here](#)

Zoom Help:

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

How to Make Masks and Where to Buy Them

[Three simple DIY masks](#) made from common household items and where to buy masks from others.

You can also contact [Judy Gram](#).

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 YOUR](#)

NEWS: What new talent have you discovered about yourself during the self-isolation?

Wonder of wonders, the current incarnation of the ICL Writing Group (full now) emerged and is Zooming along.

There are a multitude of writing group options throughout the U.S. and the world. Here are three I've participated in and can recommend.

Two Free Resources on Zoom: The Hummingbird Sessions are free, 15-minute, pop-up writing sessions hosted on Zoom (with recordings for those who can't join live). Emily Stoddard shares writing prompts in each one to get the words flowing. Like a hummingbird, they buzz in just long enough for us to gather a little sweetness to keep going.

Pomodoro: Writing Alone Together with Natalie Serber

Not Free but Excellent are the Amherst-Style Workshops Led by Skilled Leaders: PDXWriters has a menu of workshops. Some begin this month.

Another delight: Kim Stafford's resource list includes writing prompts. I recommend that you look at his entire website.

There are numerous magazines that solicit writing to publish. One of my favorites is The Sun Magazine.

May you and your writing thrive, Lois

Tech Tip: How to use Kanopy

Kanopy is described as an "on-demand streaming video platform" made available to you through our public libraries and universities services. You use it by logging into Kanopy and using your library card to 'check out' thousands of classic cinema, foreign and independent movies, documentaries and educational videos.

Kanopy has a search option that allows you to enter either a specific library name or a location to search for availability in your area. You create your account using your Library card and a password.

To get started, go to www.kanopy.com/signup and click on "Find Your Library." You can type your library name and select it from the list, or search for a library near you using your city name or zip code.

Then, enter your library card number, and if required, your library card password/PIN and click Continue.

Then, just complete the signup process by creating your Kanopy account. Your account can be created using your Google or Facebook login, or can be done directly on Kanopy using your email address and password. Your password will need to be at least 6 characters.

After creating your account, you'll receive a verification email in your inbox. Click on the link in that email to verify your email address.

And, you're ready to watch! Click on Watch Now on the welcome screen to start browsing. There is also a search engine at the top of the page.

Kanopy's subdivision, Kanopy Kids, includes children's programming; all Kanopy member accounts have access to Kanopy Kids.

Questions? Send us a message at ICL Digest.

Oregon Coronavirus Updates

The Oregon Health Authority (OHA) serves as the lead agency for the public health response.

2020 Pulitzer Prizes (*click on link for all categories*)

Fiction

- The Nickel Boys, by Colson Whitehead

Fiction Finalists:

- The Dutch House, by Ann Patchett
- The Topeka School, by Ben Lerner

Have You Had The Conversation?

Oregon's Advance Directive is the legal document that allows you to express your wishes for medical care and life-sustaining treatments and/or designate a Health Care Representative to make sure your wishes are followed if you are unable to speak for yourself.

Whether you are 18 or 80, discussing and documenting your wishes today means your family won't have to make heart-wrenching decisions later.

Oregon Health Decisions

Free Estate Planning

Webinar - Friday, May 8, 2020 at 9:30 AM

Willamette Valley Hospice

During this free webinar, "guests can expect to receive practical and accessible information regarding estate planning and hospice care, and how to best approach their individual needs."

NEW! ADVANCE DIRECTIVE (STATE OF OREGON) (PDF)

Brain Health Tip: Writing and It's Value to the Brain

Humans use writing as another form of communication. It provides us, not only a way of expressing our thought processes in a systematic way, it also improves neurological health, like keeping the mind dexterous and enhancing memory. With laptops and smartphones, the act of writing has almost become a lost art.

Writing cursive helps kickstart both hemispheres of the brain and research shows that the very act of writing has therapeutic effects that can help reduce depression. This is because the physical act of writing helps slow the brain's processing to a 'thoughtful' pace; it reduces activity in the brain's emotional center – the amygdala – and engages the thinking brain. In doing so, it stimulates brain cells that help creativity.



So, get that pen or pencil out and start writing! Not sure how to get started? Try the old, "once upon a time..." and let your thoughts lead the way. Our brains don't like space, so they fill it in with ideas. Your memory will surprise you and once you get started writing, you'll be surprised at what else gets remembered.

Have fun – and if you discover something worth sharing, let us know that, too.

Expanded Symptoms of COVID-19 as of April 30, 2020:

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing

Or at least two of these symptoms:

- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

Children have similar symptoms to adults and generally have mild illness. This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

**Tough times never last,
but tough people do.**
Robert H. Schuler

Best apps for alleviating stress:

[Take a Break!](#) Offers quick decompression sessions to relieve stress. Easy to use and free with guided meditations and relaxing sounds.

[Buddhify](#) guides you through meditations that address specific causes of stress. (\$5 for IOS, \$3 for Android)

[Stop, Breathe & Think](#) has 34 free meditations (many more if you subscribe to a premium account). The categories include breathing, sleep, finding focus and strengthening resilience.

[Calm](#) offers mindfulness and meditations along with 'sleep stories' - bedtime stories for lulling adults to sleep. After a 7-day trial, there is a nominal fee.

Grow Your Own Food:

Free access to Wild Abundance online course. The roughly 90-minute long course, "Top 10 Vegetables to Plant That Will Really Feed You," features a 24-page detailed course manual and is taught by two instructors who have decades of experience with gardening and offers general growing guidelines, ways to scale it up or down depending on your needs, and tips for preserving your harvest.

[Click to start anytime!](#)

[HULT Center Home video contest](#) - Vote Now.

The HULT Center invited amateurs to post home videos as a contest. View the entries here and vote.

[Newsletter Archives](#)