



Institute for Continued Learning Digest

Welcome to the 8th Edition of the ICL Senioritis

Vol. 8 May 14, 2020

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In the ICL News:

ICL Board Meeting Update: Members will not be charged for next year's programs until we know more about WU's decisions. Carol Long will give us an update on June 15. The Board will meet again on June 23. The Curriculum Committee will meet next week and is looking at alternative delivery for programs this Fall should we not be able to meet on campus.

Due to the uncertainty of the future and social distance, the Board decided to cancel the Summer Picnic.

Election and Proposed Constitution Changes Results:

All board positions and the proposed changes to the constitution passed. Congratulations and Thank you in advance to the new ICL Board:

Board Positions	Name
Executive Director	Kasia Quillinan
Immediate Past Executive Director	Sally Schriver
Co-Director Curriculum Services	Judy Gram
Co-Director Curriculum Services	Dru Johnson
Co-Director Financial Services	Ingrid Brandt
Co-Director Financial Services	Lester Reed
Director Membership Services	Barbara McReal
Co-Director Social Services	Priscilla Hibbard
Co-Director Social Services	Deanna Iltis
Co-Director Information Services	David MacMillan
Co-Director Information Services	Terri Crowley
Co-Director Technical Services	GwenEllyn Anderson
Co-Director Technical Services	David MacMillan
Director Secretarial Services	Tracy Ragland
Director University Support Services	Eric Reif

Interview with Sally Schriver by Don Gallagher

Member Don Gallagher interviews Sally Schriver, the outgoing ICL Executive Director, for the newsletter. Sally has held the position of Executive Director for both the 2018-2019 and 2019-2020 academic years.



Don: Let's start off having you tell us a bit about your family? Of course many of us have enjoyed the foreign affairs presentations by your son Randy who at the time was an employee of the State Department so that might be a good place to start?

Sally: My oldest child, Leslie is a college graduate and is married to Ernst Bauer. She Works as an Executive Manager of a multi- million dollar family office where she also plans and executes large-scale events. Second child, Lynn, is a college graduate and is married to Greg Davison. They have two

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](#)

PLEASE [SEND US YOUR GOOD NEWS!](#)

Let us know what has entertained you in small ways during the quarantine.

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!

[COVID ACT NOW](#) - Check the readiness of where you live to opening. Real time modeling and metrics.

boys who have graduated from college and are working. Lynn is a partner and the Chief Operating Officer of a customer experience management and marketing consulting firm. The youngest child, Randall Schriver, is a college graduate with a MA and is married to Jordan. They have 4 children. The last child was adopted from the Marshall Islands. He was with the Department of Defense and left on Dec.31st 2019. He was Assistant Secretary of Defense for Indo-Pacific Security Affairs. He now is the Chairman of the Board of the Project 2049 Institute and a strategic advisor to Pacific Solutions LLC.

Don: What brought you to Salem?

Sally: My former husband came to Salem to practice medicine. We started out in Buffalo, NY for med school, Long Island, for Internship with the Navy, and then moved to Pensacola, Florida for Flight School.. Our first assignment in the Navy was Hawaii. While in Hawaii, we went to the Philippines for temporary duty. We then went to Portland, OR for his residency. Three years later we moved to Salem, OR. We divorced when Randy was 6 years.old.

Don: Since we joined ICL around the same time (a long time ago) I know that you have been active in several plays and also have made several different presentations to the group. Could you share a little of your ICL experience with us?

Sally: I joined ICL in 2003 after Carolyn Turner invited me to get on the waiting list. I waited two years. I was in many different plays; the first one was a 2-woman show with Billijean Hill. I usually gave a program almost every year except the last 2 years. I do remember giving one on the Jersey Boys and of course several tutorials on using PowerPoint. In that role I have helped many ICL members with their presentations.

Don: I know that those members have really appreciated having you as a PowerPoint resource. One more question; most folks in ICL are fairly active in their first few years as members, as were you! But then you decided to take on the big job of being Executive Director after 15 year! In my mind that was quite courageous. Can you share your thoughts on that?

Sally: It was quite an honor to have been asked. It took awhile to accept, as I wasn't sure that I was up to the task. However I had a lot of help from the past executive director, and the wonderful committees doing all of the work. That made it easy. I have enjoyed my time as the Executive Director and am grateful for the opportunity. Turns out, it seems I am the only Executive Director that has actually closed ICL down temporarily. Who knew!!

Don: Thank you Sally. And unfortunately since we have been unable to proceed to a normal end of semester I will take the liberty of thanking you, for the entire group, for the last two years of leadership. The standing ovation will have to wait, but hopefully we can recreate in the fall when we meet again.

Brain Health Tip: Zoom Fatigue — It's a real thing!



If you are like most people, COVID-19 took you from never (or maybe a few times) on Zoom to that being the 'go to' form for meeting, sharing time with family, friends and attending events. With the number of hours increasing on Zoom, FaceTime, Skype and others, Zoom Exhaustion, has been identified as a

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](#).

[Crisis Text Line](#) - mental health support for parents, students, older folks...

What's Happening at Willamette Academy - Emilio Solano '09



Like Willamette University, Willamette Academy has been forced to cancel its in-person programs and classes in the wake of the COVID-19 outbreak and pivot to online learning. Join fellow Willamette Academy supporters and alumni for an update with Willamette Academy Executive Director Emilio Solano '09 on how the academy and its students are making the transition. We'll also get to hear from current academy seniors on how the program has impacted their lives.

May 19, 2020 6:00–7:20 PM

[REGISTER NOW](#)

Watch the [Stephen Sondheim Tribute](#) on his 80th Birthday.

real thing.

This is primarily because live internet interactions require a different type of attention. First of all, we don't have the wide-range of visual cues available to us in shared physical space situations, so we are more focused on facial cues and more easily distracted by small things like the art or books behind the person, other people coming into the shot, pets and children joining the meeting intentionally or unintentionally. We are also tracking these cues from more than one person. In a normal situation, we might focus on the person speaking, but in a Zoom meeting, we have access directly in front of us to everyone in the meeting. That presence is demanding your brain's attention, like watching several tv shows at once.

In the back of your mind, you may also be aware that others are watching you in the same way. In a shared physical space meeting, you might take notes, doodle and even let your thinking wander a bit. This is much more evident online and you and others may be more aware of every blink, hand movement and facial expression you or they make.

Silence is normally a natural rhythm of conversations, however, when there is silence online, people tend to worry about the technology. Whether there is silence or not, you may also feel the need to contribute in a way that isn't required when you are in a shared physical space setting.

These demands for your brain's attention are present if you are enjoying a casual gathering with others. If you are meeting for decision-making or to gain information, the demand and strain is heightened. The following are some tips for reducing the strain and fatigue:

- As with any meeting, begin by setting your attention. Focus on what you want to gain from the meeting. Settle comfortably in your chair and set aside other work and thoughts about other work.
- You may want to consider sitting in a different place for different meetings. Our brains make associations and this can help you focus on serious meetings and relax at other gatherings.
- Check in with each other as they join the meeting. This relaxes your brain in acknowledging that there is something more to attract your attention and acknowledging the other person relieves your brain of some of that need to follow the person throughout the meeting.
- Steven Hickman, Executive Director of the Center for Mindful Self-Compassion, suggests using the Speaker View in Zoom. Doing so helps you focus solely on the speaker rather than all of the others in the meeting. He suggests that it is more like a normal meeting where we move our attention to the speaker.
- He also suggests that you resist the urge to multitask. The research is clear that we are not good at multitasking and it is easier to miss what is happening online when you are focused on trying to complete other tasks. Allow yourself to doodle and change focus from time to time.
- Take good breaks between sessions. Get up. Move around. Go outside if you can and get a different visual.
- Embrace the technology and recognize that this is new. At the same time, give yourself time to find a new routine in this type of meeting.
- Finally, breathe easy, smile and enjoy the presence of others in your life during this time where absence of these technologies and people would be truly depressing.

[April Flowers in New York City](#)

will brighten your day. Take a look at how the City in the midst of COVID-19 kept the spirit of Spring blooming alive.

HOPE, THROUGH HISTORY
with Jon Meacham.

This limited series explores some of the most historic and trying times in American History, and how this nation dealt with these moments, the impact of these moments and how we came through these moments as a unified nation. Season One takes a look at critical moments around the 1918 Flu Pandemic, the Great Depression, World War II, the polio epidemic and the Cuban Missile Crisis.

[Listen to the Podcasts](#)

When life gives you a hundred reasons to break down and cry, show life that you have a million reasons to smile and laugh. Stay strong.

Questions?
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