



# Institute for Continued Learning Digest

## Welcome to the 9th Edition of the ICL Senioritis

Vol. 9 May 19, 2020

Editors: GwenEllyn Anderson and Dave MacMillan

### In the ICL News:

**Curriculum Committee:** The Committee met on Tuesday morning and is exploring a variety of options for members this Fall. They will share more after the Board meets in June and Willamette shares its plans for the Fall semester and ICL.

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### Public Health Advisory Board meets May 21

**What:** A public meeting of the Public Health Advisory Board.

**Agenda:** Approve April meeting minutes; discuss COVID-19 response; discuss upcoming timelines for accountability metrics report and funding formula development; and review priorities for the Preventive Health and Health Services Block Grant.

**When:** **May 21, 2-3:30 p.m.** The meeting is open to the public. A public comment period will be held at the end of the meeting.

**Where:** Zoom meeting at <https://zoom.us/j/730818593>, meeting ID: 730 818 593. The meeting is also available by conference call at 669-900-6833, meeting ID: 730 818 593.

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### “Lost and Found... in a world that’s gone viral” by member, Daniel Schaffer



For many of us, the “added time,” brought on by the coronavirus, has provided an opportunity to reach out to old friends and colleagues long separated by time and space. That’s certainly been true in my case, where the pandemic’s reach has spurred a continual stream of emails from people I’ve been in contact with only sporadically since moving back to the

states nearly a decade ago. Virtually all the messages begin with a simple salutation – “how are you doing?” Virtually all end with a simple wish – “be well, be safe.”

There’s Raniero and Adelaide, friends from Trieste, Italy, who were planning to marry in Portugal, in May. The arrangements were all set. And then they weren’t – upended by the coronavirus. They live in a 750-square foot apartment in the center of the city. Except for long hours spent on a tiny balcony, they have left the interior of their home just once a week for groceries and other essentials. Confinement in close quarters has defined their daily lives for more than two months.

### Missing ICL Friends?

Join us for...

- Virtual **Happy Hour** on Fridays at 4:30PM.

[Zoom in here](#)

- Virtual **Coffee Breaks** on Tuesdays at 10 AM (9:30 on 5/19)

[Zoom in here](#)

### Zoom Help:

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

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### 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!

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

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[AARP shares 10 myths about COVID-19](#)

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

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There's Gisela, a self-taught, multilingual editor, who has retired to a farm in Cividale del Friuli, in northern Italy, where she cares for chickens and goats and tends to a large vegetable patch and fruit orchard. She's managed to create a safe haven for herself. What was intended to be a lifestyle choice has become an alluring source of survival and vitality in this unusual time. Over the past two months, she's ventured beyond her property boundaries just once.

There's Moneef Z'oubi as well, with whom I've collaborated on several writing projects. He's emailed to let me know that he and his family are doing fine despite being unexpectedly separated. Since mid-March, he's been living as a single parent with his younger son in Amman, Jordan. Meanwhile, his older son and daughter, university students in England, continue to reside there, and his wife, a visiting professor in Qatar, finds herself stranded, awaiting for flights to resume.

And there's more... messages from Vickie in Germany, Mohamed in Sudan, and Concetta, Robbie, and Susan in Italy. The latter is an American expatriate who has resided in Italy for decades. She's recently purchased a second home in eastern Oregon and has emailed to ask how her "newly re-adopted" country is doing in this time of trouble.

And then there's Sandra, a graphic artist from Trieste, with whom I worked closely for many years. She sent a message with a photo attachment glimpsing at the neighborhood where I once lived. In the foreground are her husband and two daughters – all adorned with surgical masks, now required attire in Italy. The message is clear. Much has changed since I left, but the neighborhood where I once lived endures. And, yes, this too: Friendships created over a lifetime may be stretched and frayed by distance and time, but they never really disappear.

I just hope it won't take another pandemic to re-learn what I should have known all along.

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**[The Oregon Historical Society - a treasure trove](#)**

The Oregon Historical Society is dedicated to making Oregon's long, rich history visible and accessible to all. For more than a century, we have served as the state's collective memory, gathering and preserving a vast collection of artifacts, photographs, films, manuscripts, books, and oral histories. We exist because history is powerful, and because a history as deep and rich as Oregon's cannot be contained within a single story or point of view.

The [Library Online Catalog](#) is the main entry point to library holdings. [Archives West](#) has Finding Aids for archival collections from the OHS and other institutions in the region. [OHS Digital Collections](#) is the library's new site for direct access to digitized and digital materials.

The Library is also home to the OHS [Digital History Projects](#).

- [Search the Catalog](#)
- [What's Available Online](#)

**[WU Stream](#)**



**Featured Video**

Learn how Willamette is supporting students and faculty through the COVID-19 crisis with [Provost Carol Long](#).  
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**[WU Stream Video Archive](#)**

**More to Watch**

- [Willamette YouTube Channel](#)
- [Music Department Livestream Channel](#)
- [Willamette Athletics Videos](#)
- [Bearcat Network Livestream Channel](#)

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**[The Documentary Podcast \(BBC\)](#)**

**[Remote Tourism](#)**

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**FREE Audible Stories.**

Designed primarily for children, Audible Stories have offered hundreds of free stories read to you with choices in several languages. [Check them out](#) or share with the grandchildren.

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When opportunity knocks, don't be the person who says, "Can you get that?"

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## Oregon Historical Society Asks Oregonians to Share Their Personal Reflections during Pandemic

“How do we stay connected and rooted in the community while practicing social distancing? What is the role of cultural institutions during this unprecedented time? Like many museums and attractions that have closed in response to the COVID-19 virus, the Oregon Historical Society (OHS) will be largely moving online, sharing Oregon history virtually through our digital platforms. At the same time, as a repository of Oregon’s history, OHS has a responsibility to record this moment for future generations – a moment that practically no one on earth has experienced in their lifetime.”

ICL members have a wealth of stories to tell. We hear some of them in class every semester, and they’re always impressive. Everyone has a story to tell. Here’s an opportunity to preserve your stories and share them with others.

[Share Your Story](#) ← start here

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## Salem Public Library: [LIVE DIGITAL READERS ADVISORY](#)

Need help finding an excellent next book to download? A team of SPL librarians are available at your fingertips on [Facebook](#) or by [email](#).

Send us the titles of 2-3 books you have recently enjoyed and we will reply with 1-3 recommendations from our [cloudLibrary](#) and [Libby](#) downloadable systems. We'll make sure at least 1 is available to borrow immediately!

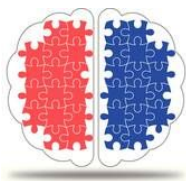
Find us on Facebook [@spl.oregon](#) or send us an email: [library@cityofsalem.net](mailto:library@cityofsalem.net)

Our librarians also teamed up for weekly live Digital Readers Advisory sessions on Facebook, inviting people to give us 2-3 books they have loved recently and responding with 3-4 recommendations available to download through cloudLibrary and Libby with the promise (which we have kept) that at least 1 title would be available RIGHT NOW to download.

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## Brain Health Tip: Grab a Jigsaw Puzzle

Jigsaw Puzzles are resurging in popularity – especially during the shelter-in-place order. But, as we prepare to enter Phase One and leave our homes, keep the puzzles handy. A jigsaw puzzle requires your full attention and the benefits are magical.



Because puzzling exercises both the left and right sides of your brain, your problem-solving skills and attention are increased. Your short-term memory is improved because puzzling reinforces connections between brain cells. Focusing on a single image for a period of time produces a meditative-like state that helps reduce stress and relieve anxiety.

Studies show that jigsaw and crossword puzzlers tend to live longer and are less likely to develop Alzheimer’s, memory loss or dementia. Neurological studies published in the JAMA of Neurology (8.18) showed that elderly people who did puzzles regularly had brain scans comparable to 25-year-olds.

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## This Time in ICL History - 2013

Hardin King met with Deborah Dancik, the University Librarian, and also with Marlene Moore. The result was to initiate a new policy for ICL effective Fall 2013. ICL members would have their Willamette IDs coded to enable them to open the Hatfield Library doors using the swipe card readers when the library was closed to the general public.

Since then, ICL members have had the same status as Willamette students and faculty in the use of the library, and are considered part of the academic community of Willamette University.

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## [SPL cloudLibrary](#):

The Salem Public Library’s e-book and e-audiobook platform, just for Salem patrons and Overdrive users. This means reduced wait times for popular titles and more current selections. You can read or listen to e-books and e-audiobooks on the go, at home, or at the library.

**Libby:** Borrow and read ebooks and audiobooks from your local public library for free!

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## Member Recommendations:

**Paul:** [OPB-Follow the Water](#) airs Thursday, May 28, 9PM and again, Saturday, May 30, 1AM.

**Jeanette:** [Broken Places](#) airs Wednesday, May 20, 1AM.

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## Questions?

**Send us a message at [ICL Digest](#).**

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[Newsletter Archives](#)