



Institute for Continued Learning Digest

Welcome to the 11th Edition of the ICL Senioritis

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Editors: GwenEllyn Anderson and Dave MacMillan

Words from Waller:

A regular email to the Willamette Community from Willamette President Steve Thorsett with his reflections on important university issues, news, and events. This one ends with this message: "This week, the focus should be on those most in fear and pain, and I ask you all to be there for each other as we all work through strong emotions and difficult conversations. And then, in the year ahead, let us redouble our commitment to the values expressed in our motto: Non nobis solum [not for ourselves alone]" *Read this and previous emails from President Thorsett [here](#).*

In the ICL News:

Willamette University remains closed during the summer and on-campus events are suspended. Today@Willamette will continue to publish on weekdays to provide flexibility for important updates, developments and news concerning Willamette's response to the COVID-19 epidemic.

Tech Tip: FREE ONLINE COURSES!

[edX.ORG](https://www.edx.org): is a massive open online course (MOOC) provider. It hosts online university-level courses in a wide range of disciplines to a worldwide student body, including some courses at no charge. It also conducts research into learning based on how people use its platform. edX is a nonprofit organization and runs on the free Open edX open-source software platform.[3]

The Massachusetts Institute of Technology and Harvard University created edX in May 2012.

Access 2500+ Online Courses from 140 Institutions, including MIT, Harvard, UC Berkeley, and many more. - [Wikipedia](#)

Popular Subjects:

- **Computer Science:** Azure, Blockchain, C Programming, Devops, Django, Full Stack Development, Html, Java, Javascript, Python
- **Language:** Chinese English, ESL, Grammar, Italian, Japanese, Mandarin, Sign Language, Spanish, Writing
- **Data Science:** Artificial Intelligence, Big Data, Cloud Computing, Computer Programming, Data Analysis, Data Mining, Machine Learning, Power Bi, Python, Quantum Computing
- **Business & Management:** Business Administration, Business Analysis, Corporate Finance, Economics, Entrepreneurship, Finance, Financial Literacy, Leadership, Project Management, Statistics

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 *Just for fun, wear a hat!* [Zoom in here](#)

[Zoom Help](#) - Find tips, FAQ, and other resources available on the ICL Website.

[Cruise In Cinema at Oregon Gardens](#)

June 4, 5 and 6 at 7:00 PM

The purpose of [TV Worth Watching](#) is to ferret out and celebrate what's good about TV. The bad stuff, certainly, is easy enough to find. Trustworthy, informed recommendations about the best of what's out there.

Worth Repeating

[19th Annual Ashland Independent Film Festival](#) - [May 22 - June 14]
Celebrating the diversity of human experience through the

- **Engineering:** Aerospace, Biomedical, Chemical, Civil, Computer, Electrical, Industrial, Mechanical, Software, Structural
- **Humanities:** Art, Child Development, Epidemics Fashion, History, Human Anatomy, Literature, Psychology, Public Speaking, Shakespeare

iTunes U: Free Education Courses. Use iTunes U to view or download educational materials, including free lectures, videos, books, and other resources on thousands of subjects. On tablets, smartphones, and other mobile devices, the optimal way to access iTunes U content is through a mobile app.

Go to the App Store for Apple devices and download iTunes U. There are several apps that enable Android devices to access iTunes U content, including Tunesviewer (open-source app for Linux and Android). Or Access iTunes U on Windows ([installation instructions](#)).

The Great Courses Plus: [Watch free for a month](#). Listen or watch on your TV, laptop, tablet, and smartphone.

Stanford Online

Your hub for all the online offerings from Stanford University, Stanford Online offers self-paced and session based courses. While Coursera features some courses from Stanford, many classes are only available via other hosts. Some courses require iTunes, but most are completed in your web browser.

Harvard Extension

Like Stanford Online, Harvard Extension features free online education courses from Harvard only. This is another excellent source for top notch course material, though the course variety is less rich than multi-school sites.

Additionally, Harvard Extension allows you to search for courses by professional certificate. This makes it much easier if your online education goal includes certification.

25 Killer Sites For Free Online Education - *check here for more*

Travel Salem has been working on three new exciting initiatives that we wanted to share with you.

Salem & Mid-Willamette Valley Anthem video

As a small token of our appreciation and tribute to Salem residents and businesses who are demonstrating their indomitable spirit and strength, we would like to share this special Salem & Mid-Willamette Valley Anthem video with you and your neighborhood members. You can watch the video here:

<https://www.travelsalem.com/videos/mid-willamette-valley/regional-tribute-video>

art of independent film—enriching, educating and inspiring audiences of all ages. Five days of the highest quality independent film in this historic town the Washington Post called "a dream you'll never want to leave."

Live Feed Websites

Go on an African Safari, watch an active volcano, explore a tropical reef and more. While you're waiting to travel to these places, take sensational virtual tours in real time.

COVID-19 Dashboard - by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University (JHU)

When Will Coronavirus Peak and End?

An [analysis of the virus](#) by State from the University of Washington's Institute for Health Metrics and Evaluation in Seattle. "By forecasting the hospital demand and death rates, researchers were able to predict peak outbreak of COVID-19 by state if social distancing is maintained."

- What causes infections to peak?
- When will it peak in each State?
- How long will it last?
- Take a free COVID assessment

Avoid COVID-19 Scams

Hackers and scammers are taking advantage of the virus and isolation to bilk consumers. Keep yourself and finances safe. The [FCC suggests these precautions](#).

COVID-19 resident survey

We really need and welcome your input to ensure we are promoting our community in an authentic manner that meets the expectations of our residents. With that in mind, we created a COVID-19 resident survey, which gauges Salem’s sentiment toward welcoming visitors back to the region. We would appreciate it if you could pass this survey on to your neighborhood members. You can see the survey here:

<https://www.surveymonkey.com/r/8BDQ63P>.

Best Practice Guidelines

Finally, we want to reassure you that Salem’s tourism businesses are working hard to keep you safe and healthy. [Attached](#) are guidelines by sector that demonstrate the great care our local businesses are taking as they prepare to reopen. We want to reassure our community that the tourism industry is leading the way in best practices to keep consumers safe. These guidelines comply with the Oregon Health Authority’s social distancing guidelines and include specific procedures for employees and business owners. Feel free to share this information as well.”

Brain Health Tip:

Gardening lowers stress and reduces high blood pressure. Whether you can grow plants indoors or can get outside to plant, many studies show the benefits of gardening. In general, gardening boosts serotonin in the brain – a chemical that increases calmness linked to reducing depression. The contact with certain bacteria in soil also triggers the release of serotonin.



Plants help purify the air and even the moderate physical exercise associated with gardening can help reduce the risk of heart attack and stroke as much as 30% for people over 60 (Ekblom Bak, 2013). Gardening has been shown to increase a person’s dexterity, problem-solving, endurance, patience and sensory awareness. These help reduce the risk of dementia by as much as 36% (Simons, Simons, McCallum and Friedland, 2006).

For outdoor gardens, use potted plants or raised beds to prevent back strain. While, being outdoors brings light units into the brain that increase your vitamin D levels – another way to reduce the risk of heart disease – if you don’t have the space for a full garden outside, grow a few flowers or herbs in small pots or jars on your window sill. The benefits of watching your garden grow are the same. It doesn’t take much to get the satisfaction of growing a garden and the gains for your brain are worth it.

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

Humor:

A woman on the phone to her friend:

I feel like my body has gotten totally out of shape, so I got my doctor’s permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors.

I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.



America Survives!

This month in American history:

- The American Civil War ended, June 1865
- Senator Joseph McCarthy declares communists are in the CIA, June 1954
- Senator Robert F. Kennedy is assassinated, June 1968
- AIDS Epidemic officially begins, June 1981

[Newsletter Archives](#)