



Institute for Continued Learning Digest

Welcome to the 16th Edition of the ICL Senioritis

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In the ICL News:

ICL is going to Zoom meetings this Fall - Come on along!

Dave and GwenEllyn are offering tutorials to help you learn how to get started (it's easy and we'll help!)

- Video tutorial - [How to Join a Zoom meeting](#)
- [Handout explanations](#)

Try it out. We're offering practice sessions throughout the summer and again on September 1 and 3 before the beginning of the Fall ICL semester. And, if you start now, you can join us for Coffee Breaks on Tuesday mornings and Happy Hours on Friday evenings, too.



Watch the video, click on the link below on the date that works for you and let us help! We'll be scheduling one-on-one practice sessions to get you up and ready. Watch for the schedule next week. In the meantime, if you have any questions, email: gwenellyn@gmail.com or dmacmill@willamette.edu

Take the ICL Member Survey - Please Help!



You will be receiving a request to complete a quick survey about our Fall ICL schedule and plans. The Board and Curriculum Committee, under the leadership of Judy Gram and Dru Johnson, are putting together a series of presentations for the coming Fall via Zoom. However, they need your responses to seven simple questions about your interest and ability to join a presentation via Zoom. Please complete the 7-question survey and help them as they plan for the future of ICL.

[Science Pub Corvallis/Oregon State University](#)

Race and Politics: Reflections on a movement and an election

Speaker: Christopher Stout, School of Public Policy, Oregon State University

This discussion will focus on how Black Lives Matter as a movement arose, its historical antecedents and political ramifications. Christopher Stout will consider why there was a large lull in racial movements in the United States between the Civil Rights Movement and Black Lives Matter, how Black Lives Matter has reshaped American Politics and how the movement is likely to influence the upcoming presidential election.

Christopher Stout is an associate professor in the School of Public Policy at Oregon State University and the author of Bringing Race Back In: Black Politicians, Deracialization, and Voting Behavior in the Age of Obama and

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

[Zoom in here](#)

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

Uncomfortable Conversations with a Black Man - [Episode 1](#)

Emmanuel Acho sits down to have an "uncomfortable conversation" with white America, in order to educate and inform on racism, system racism, social injustice, rioting & the hurt African Americans are feeling today.

AARP's Live Q&A about COVID-19

This live Q&A event will address some of the most frequently asked questions we've received from previous town hall attendees over the course of the coronavirus pandemic.

Thursday - July 9 at 10AM PST (1PM EST)

To register and receive a reminder email, please [click here](#).

Call 855-274-9507 toll-free to submit a question and [click here to listen to the live event](#).

The Case for Identity Politics: Polarization, Demographic Change, and Racial Appeals. He teaches courses on the American political system and presidential and congressional politics.

Make sure to secure your tickets for Science Pub Corvallis as we frequently have maximum capacity attendance. Please read the specifics below.

Register for the July 13, 2020 science pub [here](https://beav.es/4yS) (https://beav.es/4yS). Reminders and a link to the event will be sent via email.

- This is a free event, but registration is recommended.
- Available on a first-come, first serve basis at the link above or by calling 541-737-4717.
- Advanced registration recommended to guarantee a ticket/seat.
- Register for the [Science Pub listserv at Science Pub Corvallis Email List](#) or 541-737-4717.

Monday, July 13, 2020 - 6 p.m. | Virtual Event

Instructions to access the event will be sent to those that RSVP

Podcasts of previous Corvallis Science Pub events are available at <http://communications.oregonstate.edu/podcast>.

Tech Tips:

The National Council for Aging Care reminds us that getting comfortable with the internet and communicating using it help keep you in touch with others and can help you feel more connected to your world – especially during the pandemic. Some advantages are getting items delivered directly to your door, using apps to track your diet, the calories you burn while exercising, reminders to take your meds, getting better deals on items you buy, etc.

You aren't going to break the system. If you have problems, reach out and ask for help. And, in many cases you can find an answer with a simple Google search. Take your time, give yourself grace, grab your positive attitude and explore!

Brain Tip: New Routines are Already Old - Change 'em up!

Old routines have changed and we have been creating new ones around the limitations of COVID-19.

Our usual forms of casually disrupting our routines by running into friends, adding another place to stop on our errands, etc. have been removed as we become very deliberate about any time away from our homes – if we have the opportunity to leave at all! This form of isolation is different than most of us have ever experienced before. “We are being asked to forgo social contact and cognitive stimulation, which is a double burden for our brain health, “ says Dr. Henry Mahncke, a research neuroscientist. The continued uncertainty, the barrage of negative news and the constancy of this tension leads to additional stress on the brain, which leads to anxiety and depression.

You've read about the function of the amygdala and emotions and how important it is for the prefrontal cortex to weigh in and balance the emotion's fight-flight response. Too much of this makes our stress hormone cortisol rise. It is imperative that we 'hijack' the amygdala's

SCAM Alerts - For updates on current scams, visit [AARP's Fraud Watch Network](#) - including how scammers are using COVID-19 to scam you and how to avoid them.

***What to Watch:**

Salem Cinema

[Click here to donate](#) any amount to keep Salem Cinema alive through this crisis.

Need a visual break? Try [wonderstruck.tv](#) - a free BBC program of short, nature-related videos.

Or, relax with sounds from the [library of soundscapes](#).

Feel good [animal cartoons](#) in response to the pandemic. Illustrator Jang shares her 'heart-warming comics' to brighten your day.

[The Peacock Clock](#) is a large automaton featuring three life-sized mechanical birds. It was manufactured by the entrepreneur James Cox in the 2nd half of the 18th century and through the influence of Grigory Potemkin it was acquired by Catherine the Great in 1781. Today it is a prominent exhibit in the collections of the Hermitage Museum in Saint Petersburg. The clock is also shown daily on the Russian TV channel Russia-K. (Wikipedia)

No need to go to Broadway or pay those \$\$\$\$ prices.

Hamilton... Broadway show on Disney + for \$6.99 a month. You can cancel at any time.

The show is available now. Great price!

response and take a news break, add something to our routines to stimulate the cognitive parts of our brains and to change up the routines on occasion – much like we would do normally.

- ❖ Turn ordinary activities into brain-stimulating activities. Watch for something new on your walks, walk around your home and identify something that starts with each letter of the alphabet, grab crayons and color while you watch your favorite tv shows...
- ❖ Learn something new or pick up that hobby you left behind a while ago.
- ❖ Challenging the brain is one of the healthiest things you can do to maintain its strength.
- ❖ Train your brain with word games or Sudoku puzzles. These kinds of challenges help maintain the brain's plasticity as we age.
- ❖ Take a media break. Plain and simple. Remove any exposure to news for a day. You'll be able to catch up without skipping a beat.
- ❖ Eat healthy. This is a no-brainer (no pun intended). The healthier we care for our bodies, the healthier our brains will be, too. And, that will affect our mood.

“Without the new learning and social interaction that go along with ordinary life outside of the house, the brain doesn't get the input it needs to stay sharp and healthy.” Take care and keep in touch.



Photographer Daniel Biber captures one in a million photos and doesn't realize it until he gets home.

Japanese Wisdom:

If it's not yours, don't take it.
 If it's not right, don't do it.
 If it's not true, don't say it.
 If you don't know, shut up.



[Powell's Books Virtual Events](#) - Powells wants to replicate their usual discussion with authors and is offering them virtually during the pandemic. There are several each week through July, so check them out!

Oregon Covered Bridges:

Wanting to get out of the house, explore where you live, and practice social distancing during the COVID-19 pandemic? Pick an area on the map and go explore the covered bridges in Oregon. There are between 51 and 55, depending on how “bridge” is defined. They extend from Portland to near Ashland. Only 1 is east of the Cascades (Bend).

- [Map](#)
- [Covered Bridge Society of Oregon](#)
- [Oregon Covered Bridges](#) (website)
- [List of covered bridges in Oregon](#) (Wikipedia)

Questions?
Send us a message at
ICL Digest

[Newsletter Archives](#)