



Institute for Continued Learning Digest

Welcome to the 41th Edition of the ICL Senioritis

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ICL Update:

HAPPY 2021!

The [Spring 2021 Schedule](#) is posted online!

The first day of classes is January 12, 2021 at 10 AM via Zoom.

Curriculum Committee Mtg.: January 14, 2021 at 1:00 PM:

On the agenda is a discussion of the Zoom Meeting Protocols as well as ideas for further presentations for the Spring 2021 semester. According to our ICL guidelines, any member may attend and speak, but only members of the Curriculum Committee have the privilege of voting.

Changes have been made to the online schedule. [‘Looks AWESOME!’](#)



[OREGON MOMENTS OF ZEN, Travel Oregon](#)

Does life feel overwhelming right now? With social distancing measures in place to slow the spread of COVID-19, we aren't recharging in Oregon's great outdoors like before.

Thankfully, we have a series of [Oregon Moment of Zen videos](#) to help you feel like you're outside. So sit back, relax and imagine yourself immersed in these very-Oregon scenes.

[80 Over 80](#)

Slate's list of the most influential Americans in their ninth decade (and beyond) By Molly Olmstead



Missing ICL Friends?

Join us for...

- [Virtual Happy Hour](#) on Fridays at 4:30PM.
- [Zoom Help](#) - Find tips, FAQ, and other resources available on the ICL Website.

The Spring 2021 Schedule is posted online:

- on the [Google Calendar](#)
- the [full online version](#)
- and the [Schedule Reports](#),

[Recorded Presentations!](#)

Link to [ZOOM](#) classes.

Oregon Senior communities are next in line to get COVID vaccine after hospital care workers. (OHA, 12.2020)

The [2020 Predictions BINGO cards](#):

Spoiler alert - no one predicted the pandemic.

Fun Fact: The month of January is named for Janus - Roman god of doorways and beginnings.

Powell's [books that 'got us through 2020'](#)

The books that brought us joy, hope and relief this past year.

[Powells.com interview:](#)

[Rumaan Alam](#), author of **'Leave the World Behind'**

Rumaan Alam loves pasta, and other things you'll only learn in a [Powells.com interview](#)

When Slate debuted a feature called “80 Over 80” more than a decade ago, we had two goals in mind: to poke fun at America’s obsession with early achievers (and the 30 Under 30 industrial complex) and point to the lasting influence of octogenarians on American society. In 2008, John Paul Stevens topped the inaugural list.

We brought the feature out of retirement this year because the power of the geriatric set—in politics, in Hollywood, in culture writ large—has never been clearer. America just elected its oldest president ever. Joe Biden, who bested one septuagenarian to win the primary and another to win the general election, will turn 80 before the midpoint of his term. The speaker of the House turned 80 this year. She’s joined by 11 other octogenarians in the House and seven in the Senate. Old money, in every sense, continues to have a disproportionate impact on the electoral process. But today’s most powerful 80-year-olds are everywhere—in the arts, business, academia, law, science, sports.

[Continue reading...](#)

**Salem City Club presents:
Oregon Courts – Front and Center - Providing Justice for All**

Zoom Webinar — Friday, January 8, 2021 Noon program

Members Free, Non-Members \$5

Speakers: (Featuring three women of Oregon’s Supreme Court)

Left to Right: Chief Justice Martha Walters, Justice Adrienne Nelson, and Justice Lynn Nakamoto



Courts often are the ‘forgotten’ branch of government, but lately courts have been in the news, with presidential appointments to the U.S. Supreme Court, calls for racial justice, and legal challenges to elections putting courts squarely back in the public eye.

Three justices from the Oregon Supreme Court – Chief Justice Martha Walters, Justice Lynn Nakamoto, and Justice Adrienne Nelson – all path-breakers in their own right, will be featured in a Salem City Club roundtable discussion January 8 on the challenges of operating courts and providing access to justice during a pandemic, progress on the Judicial Branch Strategic Campaign, and the Oregon courts’ efforts to promote equity, diversity, and inclusion in their work.

What to Expect

In response to the pandemic, Salem City Club plans to present all of the 2020-21 programs as Zoom webinars. In this format, audience members will enjoy the program in the comfort of their own home. You will be able to join the webinar on a computer or smart device to see the speaker and presentation. You can also join on the phone, but of course then you will only hear the presentation. Folks joining on the

The most popular [TED Talks from 2020](#).

Oregon State’s Extension Services [Gardening Calendar](#)
- for January 2021. Know what and when to plant, manage, monitor and maintain - indoors and outside.

It is strange and wonderful fact to be here, walking around in a body, to have a whole world within you and a world at your fingertips outside you.
- John O’Donohue

A Word to Know: Roister
[ROY-stər] verb
Origin: Latin, late 16th century
1. Enjoy oneself or celebrate in a noisy or boisterous way.
"Let’s get dressed up and roister in our living room this year."
"I plan to roister and party over Zoom with friends around the world."

A few days to celebrate this month:
● Jan. 4: Natl. Spaghetti Day
● Jan. 19: Natl. Popcorn Day
● Jan. 24: Natl. Compliment Day
● Jan. 25: Natl. Opposite Day
● Jan. 29: Natl. Puzzle Day!

[Newest orchid discovery](#) considered the ugliest flower in the world.

phone will not be able to ask questions.

The structure and presentations will be the same as our in-person meetings, including the question and answer period. To ask a question, those joining on a computer or smart device will have the option of typing in a question or asking the question live. Folks joining on the telephone will be able to "raise their hand" to ask a question live.

With the online format, you are required to register for each program. After registering, you will receive an email with instructions for joining the webinar. You will also receive reminders with the same information.

[Registration for January 8th](#)

This program is proudly sponsored by Collier Law.

BRAIN TIP (New Year's Resolution?): Stand up in 2021!

As we begin another year and continue to connect through Zoom and other social media forms, remember that sitting for any length of time is not in your favor and the statistics are striking. Sitting increases your chances of developing diabetes, cardiovascular disease and blood clots. Those who sit a lot are 54% more likely to have a heart attack. Men who sit more than six hours a day have a 20% higher mortality rate and women have a 40% higher mortality rate. (JAMA)

Exercise, alone, doesn't appear to counteract the effects of long hours of sitting. Standing up makes the difference. And, you actually burn more calories standing. Standing while working has been scientifically and anecdotally linked to alleviating back pain and other stress related injuries. (When you sit, you let the chair hold you up so you aren't using your back muscles in the same way you do when standing.)

Standing also appears to increase focus and alertness. People who use standing desks relate that they feel more creative and less fatigue because they are more likely to move while standing and are less likely to slouch.

Consider taking a break from your chair and completing that next task while standing. Challenge yourself to find new times when you could stand rather than sit to complete a project, read, watch tv or work online.

5 "Big Picture" Trends Being Accelerated by the Pandemic

As every email introduction has reminded us in 2020, we're living in "unprecedented times".

No doubt, even after a viable vaccine is released to the general public and things begin to return to some semblance of normalcy, there will be long lasting effects on society and the economy. It's been said that COVID-19 has hit fast forward on a number of trends, from e-commerce to workplace culture.

Today, we'll highlight five of these accelerating trends.

[Continue reading...](#)

Waste some time [creating your very own Blob Opera](#).

Drag the individual 'blobs' up and down the scale to hear them sing. You'll garner applause no matter what.

A [visual chart of how people](#) around the world spend their time.

While the title doesn't tell the whole story, as you plan your get-aways for the future, consider some of these

'[unusual](#)' [road trip sites](#), like the SPAM Museum in Minnesota and Ben & Jerry's Flavor Graveyard in Vermont.

A slide show of the [world's oddest photos from 2020...](#)

and there are many.

Bad puns and worse puns:

- *A boiled egg in the morning is hard to beat.*
- *The man who fell into an upholstery machine is fully recovered.*
- *He had a photographic memory that was never developed.*
- *Bakers trade bread recipes on a knead-to-know basis.*
- *When two egotists meet, it's an I for an I.*
- *A bicycle can't stand on its own because it is two tired.*
- *A chicken crossing the road is poultry in motion.*
- *A hangover is the wrath of grapes.*

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

[Newsletter Archives](#)