



# Institute for Continued Learning Digest

Welcome to the 56th Edition of the ICL Senioritis

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## ICL Update: **HAPPY EARTH DAY - APRIL 22, 2021!**

- **End of Year Coffee!** Tomorrow, April 22nd at 10:00 AM on Zoom
- **Last Day!** There's only 1 more class day: **Tuesday, April 27th**
- **End of the Year Survey.** A link to the survey will be sent out soon to get your feedback about your experiences with Zoom and ICL this past year.

## Board Meeting Report (from 4/15/2021):

- **Constitution update:** Due to inconsistencies in the published Constitution, the Board has decided to scrap the one just voted on by members and to start the process over again. Stay tuned!
- The next board meeting is scheduled for **June 8th** at 10:00 AM (Zoom)
- **Opening Day** for the Fall Semester will be **September 7th**

## Salem Public Library: Waiting a long time for your books and other items on hold?

Here are some tips to help you set up your hold list for success:

1. When choosing items to put on hold, aim for those currently on the shelf at Salem at Broadway or the West Salem Branch. Our shared Chemeketa Cooperative Regional Library System (CCRLS) courier is still limited by COVID-19 restrictions. It can be a long wait for items from other libraries. Get tips for finding items that are available now: <http://bit.ly/Available-Items>
2. Review your holds list and delete any that you no longer need or that are coming from another CCRLS library and may not arrive in time. This will open up your list to place holds on items that are available at Salem at Broadway or the West Salem Branch. Get tips for reviewing your holds list: <http://bit.ly/holds-status>

Want some help finding items that will meet your needs? Consider our new Book Match service (<https://bit.ly/BookMatchSPL>), powered by SPL's team of librarians or reach out to library staff for help: 503-588-6315 or [library@cityofsalem.net](mailto:library@cityofsalem.net)

## Brain fog: how trauma, uncertainty and isolation have affected our minds and memory

*The Guardian:* After a year of lockdown, many of us are finding it hard to think clearly, or remember what happened when. Neuroscientists and behavioural experts explain why.



## The Spring 2021 Schedule is posted online:

- Link to **ZOOM** classes. This is the same link each week.
- on the [Google Calendar](#)
- the [full online version](#)
- and the [Schedule Reports](#)
- **Recorded Classes!** More recordings are available in the [password protected area](#) for members only. Others are not available at all without permission from the presenter.

## 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.

## Show us your mask! [Send us a photo of your favorite COVID mask. Senioritis.](#)

Book of Interest after Jinx's presentation on blue: "**A Natural History of Color - The Science Behind What We Wee and How We See It**" by Rob DeSalle & Hans Bachor.

Knowing what must be done does away with fear.  
- Rosa Parks

Before the pandemic, psychoanalyst Josh Cohen's patients might come into his consulting room, lie down on the couch and talk about the traffic or the weather, or the rude person on the tube. Now they appear on his computer screen and tell him about brain fog. They talk with urgency of feeling unable to concentrate in meetings, to read, to follow intricately plotted television programmes. "There's this sense of debilitation, of losing ordinary facility with everyday life; a forgetfulness and a kind of deskilling," says Cohen, author of the self-help book *How to Live. What to Do*. Although restrictions are now easing across the UK, with greater freedom to circulate and socialise, he says lockdown for many of us has been "a contraction of life, and an almost parallel contraction of mental capacity". This dulled, useless state of mind – epitomised by the act of going into a room and then forgetting why we are there – is so boring, so lifeless. But researchers believe it is far more interesting than it feels: even that this common experience can be explained by cutting-edge neuroscience theories, and that studying it could further scientific understanding of the brain and how it changes. I ask Jon Simons, professor of cognitive neuroscience at the University of Cambridge, could it really be something "sciencey"? "Yes, it's definitely something sciencey – and it's helpful to understand that this feeling isn't unusual or weird," he says. "There isn't something wrong with us. It's a completely normal reaction to this quite traumatic experience we've collectively had over the last 12 months or so." [...continue reading...](#)

[Learn more about Oregon's new stop as yield law](#)

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**A word to know:**

**Absquatulate**

(ab-SKWACH-ə-late). verb  
Origin: American English, 1830s

1. To flee
2. To take off with somebody or something

"When the back porch light turned on, the sneaky raccoons absquatulated."  
"Keep an eye out on the train for pickpockets trying to absquatulate with your wallet."

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**About Absquatulate**

This verb is a pure Americanism. The slang term was created in the 1800s as a combination of "abscond," "squat," and "perambulate." When you break it down, you'll see that someone is picking up and running away quickly with their loot.

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**Did you Know?**

Many English words are inspired by Latin, but Americans also love to make up their own concoctions. A trend in the 1800s involving creating classical-sounding words inspired "absquatulate," but also the verbs "bloviate" (to speak long-windedly and pompously) and "discombobulate" (to confuse).

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**PHOTOS: New YMCA**

building foundation in place  
Statesman Journal

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## [IRS - GET MY PAYMENT](#)

### Third Round of Economic Impact Payments Status Available

If you still haven't received your third round of Economic Impact Payments, you can find out when it is scheduled to be sent, or when and how it was sent with the **Get My Payment** application. **Get My Payment** updates once a day, usually overnight.

The third round of Economic Impact Payments are being sent in phases. If you haven't received one yet, it doesn't mean you won't.

Each week we're sending the third payments to eligible individuals as we continue to process tax returns. Payments are sent by direct deposit or mailed as a check or debit card.

The IRS is working with federal agencies to get updated information for recipients to ensure we are sending automatic payments to as many people as possible. More information about when these payments will be made is provided in the news release issued on March 30, 2021.

[...continue reading and to find out the status of your payment \(requires SSN, birth date, address, zip code\)](#)

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## Local and Virtual Events! \*\*\* New Feature \*\*\*

[\(click on links to find out more information about these upcoming events\)](#)

- [Deadline to vote on Salem Reads book: Today! April 21st](#)
- [Earth Day Concert Hour with David Roth](#)  
Thursday, April 22, 2021 | 7:30 PM
- [Alzheimer's Education Sessions](#)
  - 6-7 p.m. Thursday, April 22 | On Zoom
  - 6-7 p.m. Thursday, April 29 | On Zoom
- [Virtual: Asian and Pacific Islander Day at the Capitol](#)  
Saturday, April 24, 2021 | 10:00 AM | *Online Event*
- [Gaiety Hollow Open Gardens](#)  
April 24th, from 10:00 AM – 1:00 PM
- [Salem Photo Walk at Bush Park:](#)  
Sponsored by Focal Point Photography (Dallas): Sunday, April 25 | 3:00 PM to 5:00 PM
- [Exploring Together: Generational Differences - Part 1: Economic Alternations](#)  
6-7 p.m. Tuesday, April 27 | On Zoom
- [Hatfield Lecture Series tickets on sale now!](#)  
Jon Meacham: Tuesday, May 11, 2021 at 7pm
- [Hallie Ford Museum of Art Upcoming Exhibition: Tangent: Senior Studio Art Majors 2021](#)  
April 17 – May 15, 2021 | Melvin Henderson-Rubio Gallery
- [Mid-Valley Travel Club: May 13, 2021 | 7:00 PM](#)

## [TED TALK: The beautiful, mysterious science of how you hear with Jim Hudspeth](#)

Have you ever wondered how your ears work? In this delightful and fascinating talk, biophysicist Jim Hudspeth demonstrates the wonderfully simple yet astonishingly powerful mechanics of hair cells, the microscopic powerhouses that make hearing possible -- and explains how, when it's really quiet, your ears will begin to beam out a spectrum of sounds unique to you.

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## [RAGGEDY ANN HOUSE:](#)

A tiny bungalow formerly perched above Ashland's Lithia Park is called the Raggedy Ann House because author and illustrator Johnny B. Gruelle lived there in the 1920s after he had created the collectible, red-headed rag doll and a series of books about her adventures. It was hauled 100 feet down the road Sunday in a scrambled effort to preserve the home.

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If you used one of these:



Stay at home! You are in the high risk group.

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

[Newsletter Archives](#)