



Institute for Continued Learning Digest

Welcome to the 118th Edition of the ICL Senioritis

Vol. 118, July 6, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- The fall schedule is filling up! You can see what's coming up using the interactive [Schedule Report](#). Check back for more as they get added. *Note the tabs at the bottom that provide different views and formats of the data.*



Salem Art Fair & Festival

73rd Annual Salem Art Fair & Festival

July 15–17, 2022 | Bush's Pasture Park • Salem

We have an exciting new footprint! Artist booths, the main stage, and food courts can all be found in the meadow, along High Street.

This layout is bigger and better than ever! It'll be easier to catch a show during the day with the new stage location—and you'll be closer to the food and beverage courts. We're confident that everyone will have a great time!

[SEE THE NEW LAYOUT](#) (Note: The area shown is the large grassy area with no trees on the west side of the Bush Park, along High Street. High St. is along the top of the map, but not shown; Bush St and the Rose Garden would be off the map to the right.)

New Stage Location

To minimize disruption in the neighborhood, we've consulted with our neighbors, their association, and the City regarding showtimes and the orientation of the stage.

We're also adding a picket-style fence perimeter around most of the Art Fair's footprint, especially along High Street. There will be a few areas that have 6' fencing.

How these changes impact exhibiting artists at the Art Fair

We've had to move the artists booths and stage from their traditional locations in the trees to the meadow area of the park. We also have to limit vehicle traffic to the paved areas in order to avoid further compacting the soil in the park—beyond what the foot traffic will do. We know that this may be inconvenient or challenging for some of our artists, and we are doing everything possible to help with load-in and load-out.

[Artists by Medium](#) [Main Stage Schedule](#) [Family Stage Schedule](#)

[The Tradition Returns: Art Fair Spring Plant Sale 2022](#)

Friday and Saturday, **July 15-16**, 2022 | 10:00 AM – 7:00 PM
Sunday, **July 17**, 2022 | Sun: 10:00 AM – 3:00 PM

We are excited to announce the return of our annual Spring plant sale to benefit Bush's Pasture Park.

Annuals & Perennials • Vegetable Starts • Herbs • Garden Art • Pollinator Plants

Handy Links:

- [Link to ZOOM](#) for Board meetings, Happy Hour, etc.
- [Calendar](#): Classes, etc.
- [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.
- [Zoom Help](#) - Find tips, FAQ, and other resources available on the Website

Missing ICL Friends?

Join us for...

- [Virtual Happy Hour](#) on Fridays at 4:30 PM.
- [Lunch on Thursdays: Taproot at the Mill \(Willamette Heritage Center\)](#) about 11:30 AM
- [Oregon COVID-19 Update](#)
- [By OR. Health Authority](#)
- [CDC COVID Data Tracker](#)
- [Statesman Journal COVID reports](#)

Good News article:

An off-duty firefighter saves a 3-year-old from a burning Brooklyn home. ([More](#))

[July 4th photos from across the US.](#)

[July 4th - This Day in History: Continental Congress adopts the Declaration of Independence](#)

In Philadelphia, Pennsylvania, the Continental Congress adopts the Declaration of Independence, which proclaims the independence of the United States of

[The City of Salem has a New Website!](#)

They've launched a new website offering features informed by best practices, user community feedback and use patterns. While you can connect in all the ways listed below, our website is our central communication tool.

"We invite you to explore the new website and discover all the services, programs, and new initiatives the City of Salem offers," says Kristin Retherford, Interim City Manager. <https://www.cityofsalem.net/home>

The address hasn't changed. It's still <https://www.cityofsalem.net>. The website offers new features and functions designed to better address the needs of our community, including:

- Easier access through side menu navigation
- Prominent, home page buttons linking to our website's most popular pages
- Translation into dozens of languages
- An "I want to..." menu that makes it easier to find frequently used pages
- Flexible and responsive design, including better mobile device presentation
- Improved accessibility for screen readers
- Integrated social media feeds and video content
- Searchable, sortable, and easily navigated event calendar
- A new "Shaping Salem's Future" section that offers information about our many projects and planning efforts in one convenient location

We hope you find our website helpful and easy to use. We invite you to share your thoughts on the new website through the "Give Website Feedback" link found at the bottom of all web pages.

[Learn more about the new website...](#)

Salem Art Association (SAA): Bush's Pasture Park's Oregon White Oak Legacy

July 1 – August 27, 2022 | Bush Barn Art Center | Camas Gallery

Reception **July 8, 2022** | 5:30 P.M. – 7:30 P.M.

If you haven't seen this exhibit yet, you still have time. It is very impressive and pairs Willamette's [Oregon White Oak Salvage Project](#) with the art work of [Carolyn Lehl](#).

Related Resources:

- [Backyard Habitat Certification Program](#): Plant Roots, Create a Habitat, Transform the World... One Yard at a Time
- [The Oak Accord](#): How Oregon landowners are protecting threatened white oak habitat
- [Conserving Oregon White Oak in Urban and Suburban Landscapes](#) (PDF)
- [Friends of Trees](#): Let's plant trees together!
- [Cities4Forests](#): Every city, and our collective future, depends on healthy forests around the world. It is time for cities and their residents to join the global effort to conserve and restore forests — both inside and outside of city boundaries.
- [City of Salem Community Forestry Strategic Plan](#) (PDF)
- [City of Salem Parks Finder](#) (interactive)

Tech Tip: Take Your Pill Reminder app!

Consider adding [Pill Reminder](#) by Medisafe to your phone. This app will help you remember to take your medicine. It is ranked #1 by pharmacists and physicians.

America from Great Britain and its king.

The declaration came 442 days after the first volleys of the American Revolution were fired at Lexington and Concord in Massachusetts and marked an ideological expansion of the conflict that would eventually encourage France's intervention on behalf of the Patriots. [More..](#)

[When Salem Public Library Visited Marion Polk Food Share \(YouTube\)](#)

[From the Buyers' Desk: Summer 2022](#)

When it comes to forthcoming books, the Powell's Book Buying team are the ones to look to for recommendations. They know what they're talking about, and they were kind enough to put together this list of 21 books they can't wait to read this summer (and one coming out this fall that they really can't wait for), with topics that range from "the California Vivian Maier" to engineered environments to the Children of God cult to magic tutorships to Norwegian fairy tales. Take our word for it: you'll want to trust their recommendations and put in your preorders now.

Newsletter Repeat:

[These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch](#)

Experience the best museums - from London to Seoul - from the comfort of your own home.

[MIT Living Wage Calculator](#)

Families and individuals working in low-wage jobs make insufficient income to

Change and the Brain

When your routines change, it is a challenge for the brain. We're hardwired to resist change. Routines are safe and we know what to expect. But, the amygdala can interpret the change as threatening (even mildly), and this resistance manifests itself in the fight/flight response; we want to refuse to change or avoid it, put it off and pretend that it really isn't necessary or consider it someone else's fault.

Much like Kubler-Ross' stages of loss, we may need to go through stages towards accepting the change. Denial is common and a way to avoid facing the need to change. When it becomes apparent or imperative that the change be made, we may just get angry – asking why and just being generally upset. Bargaining is a way we try to negotiate the change within ourselves. "If only" allows us to vent and at the same time, ease into the possibilities within the change. This can sometimes lead to small levels of depression when we realize that it will take time and we become clear that the change is inevitable. Accepting the change is the healthiest stage because we relax and engage in the change – even if slightly – and gain the benefits of embracing the change.

Studies show that change is actually good for the brain. It can improve both physical and mental health. In fact, we change and adapt every day – we step around a puddle, we hurry to cross at the lights, we change our minds about what to buy or eat, etc. These changes are made in the prefrontal cortex and the more you use it for decision-making, the healthier it will be.

Though change is naturally more difficult as we age, it's beneficial to our cognitive health to stimulate and encourage it. And the more you stretch your brain beyond its comfort, the more it will be receptive to other types of change. So, on a regular basis, change up your routines – take a different route or walk, try a new food or recipe, shop at a different store, say 'yes' to something you would normally not agree to, or 'no' to something you regularly accept. See where your changeup takes you and enjoy the journey.

Reduction, Recycling & Garbage

Need a Hand with Recycling? We've got you covered! [Recycle Guide](#)

Styrofoam Recycling is currently OPEN (closed on major Holiday's) ! at [Fresh Start Market & Espresso](#) (on Center Street NE). We are open for drive through pick up and composters are still available!

- **Oregon Country Fair:** Veneta, OR | **July 8, 9 & 10, 2022** | 11:00 am - 7:00 pm
- **Salem Art Fair is Back!**: **July 15 – 17, 2022**; *Note: this year the Art Fair is free to Salem Art Association members.*
- **Englewood Forest Festival:** Saturday, **Aug. 13th** | 10:00 AM to 4:00 PM Free! Art vendors, 6 hours of music, family-friendly workshops, food trucks
- **Reminder!** The ICL Picnic is on **August 25...** stay tuned.
- **Hallie Ford Museum of Art Exhibition:** [April Waters: Water-Ice-Sky, Antarctica](#) - **May 7 - August 13** | Study Gallery and Print Study Center
- **Second annual Oregon Senior Games will be held August 11-14 and 18-21.** Athletes of all skill levels age 50 and better are welcome in multiple events at the event hosted in Corvallis. <https://oregonseniorgames.com/>
- **Camerata Musica Salem:** Free Chamber Music Concerts at the Unitarian Universalist (UU) church unless specified, 5090 Center Street (Center Street and Cordon Road NE).

meet minimum standards given the local cost of living. We developed a living wage calculator to estimate the cost of living in your community or region based on typical expenses. The tool helps individuals, communities, and employers determine a local wage rate that allows residents to meet minimum standards of living.

[Oregon fights 'biblical' swarms of insects](#)

Mormon crickets have been ravaging crops in U.S. West

[Confronting Poverty](#)

Tools for Understanding Economic Hardship and Risk - including an [Interactive Poverty Risk Calculator](#)

My advice to other disabled people would be, concentrate on things your disability doesn't prevent you doing well, and don't regret the things it interferes with. Don't be disabled in spirit, as well as physically.
- Stephen Hawking

Word to Know: Chautauqua (shə-TOK-wə) noun

Iroquoian, late 19th century

1. (North American) An institution that provided popular adult education courses and entertainment in the late 19th and early 20th centuries.

"Elena wanted to visit a chautauqua community during her vacation."

"Leilani was instrumental in establishing her community's first chautauqua."

Questions?
Send a message at
ICL Digest

[Newsletter Archives](#)