



Institute for Continued Learning Digest

Welcome to the 142nd Edition of the ICL Senioritis

Vol. 142, December 21, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- **From the Senioritis Editors:** We changed our minds about skipping this week's newsletter. There's just too much information to share! Maybe take a break next week... we'll see.
- Anyone wanting to borrow a copy of the book that ICL is reading for Spring semester - "**All That She Carried**" by Tiya Miles - can email [Becky Miller-Moe](mailto:Becky.Miller-Moe@gmail.com) at rmillermoe@gmail.com. Please email Becky again when you're finished reading so that she can pass it on.
- **Board Meeting Report (Dec. 15, 2022):**
 - Starting next year, the board will meet virtually on the first Monday of the month at 10:00 AM via Zoom. All members are welcome to join the board meetings except for meetings held for the specific purpose of considering personnel matters.
 - The board appointed **Monica Gillooly** to fill the position of Curriculum Co-Director, a board position. Monica is a new member this year, but has enthusiastically stepped forward to fill this important position. Thank you, Monica!
- **Share your favorite books of 2022!** Did you read a book - or books - you think other ICL members would enjoy? Submit your top 1 to 3 titles to Dave. We'll try to compile the list in a future newsletter.
- Join us for **Happy Hour** every Friday at 4:30 PM on [Zoom](#)

Hallie Ford Museum of Art: [Adventures Away! See where your HFMA membership card can take you \(and three friends\)!](#)

The PAMA Reciprocal Membership Program

Starting in 2023, members of the Hallie Ford Museum of Art (at all levels) have access to the Portland Attractions Marketing Alliance (PAMA) reciprocal membership program.

From January through December 2023, your HFMA membership is your passport to free admission for you and up to three guests (of any age) to each month's featured attraction(s).

This reciprocal admission program was created as a way to show appreciation for each attraction's loyal members as well as a way to highlight the important role that cultural attractions play in our communities.

How it works: When visiting the monthly highlighted attraction(s), be ready to show your current Hallie Ford Museum of Art membership card and your photo ID.

[JOIN TODAY!](#)

Aging in the Northwest

The process of aging can be different for everyone, but there are some common challenges and opportunities that people may face as they grow older in this region.

One challenge that people may face as they age in the Northwest is a lack of access to healthcare and social support. Some rural areas in the region may have limited access to medical facilities and services, which can make it difficult

Handy Links:

- [Link to ZOOM](#) for Board meetings, Happy Hour, etc.
- [Calendar](#): Classes, etc.
- [Schedule Reports](#)
- [Recorded Classes!](#)
- [More recordings](#) are available to members (password protected)
- [Zoom Help](#) - Find tips, FAQ, and other resources available on the Website
- [ICL Virtual Happy Hour on Fridays at 4:30 PM.](#)
- [Oregon COVID-19 Update](#)
- [By OR. Health Authority](#)
- [CDC COVID Data Tracker](#)
- [Statesman Journal COVID reports](#)
- [Find COVID19 Vaccines](#)
- [WU: Tips for navigating cold and flu season](#)

[Willamette University Events Calendar](#)

[70 Funny Family Christmas Photos to Get in the Holiday Mood](#)

People will be able to order 4 more free at-home coronavirus tests to be mailed to them. The tests will begin to ship starting the week of Dec. 19 and can be ordered via [COVIDTests.gov](https://www.covidtests.gov) or by calling 1-800-232-0233 (TTY 1-888-720-7489) between 8 a.m. and midnight EST.

[Discover Loved Ones and Relatives Lost in the Holocaust](#)

From Numbers to Names provides a new way to explore Holocaust photo and video archives through AI.

for older individuals to receive the care they need. Additionally, the cost of healthcare in the region can be high, which can be a burden for older individuals on fixed incomes.

Another challenge that people may face as they age in the Northwest is the changing weather and seasons. The region is known for its rainy and cloudy winters, which can be difficult for older individuals to endure. The summer months can also be hot and dry, which can be challenging for older individuals who may be more sensitive to extreme temperatures.

Despite these challenges, the Northwest also offers many opportunities for older individuals. The region is known for its natural beauty, with a variety of outdoor recreational activities available, including hiking, fishing, and skiing. The region also has a thriving cultural scene, with a variety of art galleries, museums, and performance venues. Additionally, the Northwest is home to many universities and colleges, which can provide opportunities for **lifelong learning** and social engagement for older individuals.

Overall, aging in the Northwest can be a rewarding experience, but it can also present challenges. It is important for older individuals to be aware of these challenges and to take steps to address them, such as staying active, staying connected to friends and family, and accessing available resources and support.

[ChatGPT: Optimizing Language Models for Dialogue](#)

We've trained a model called **ChatGPT** which interacts in a conversational way. The dialogue format makes it possible for ChatGPT to answer followup questions, admit its mistakes, challenge incorrect premises, and reject inappropriate requests. ChatGPT is a sibling model to InstructGPT, which is trained to follow an instruction in a prompt and provide a detailed response.

NOTE: The article above, "Aging in the Northwest" was written by the Artificial Intelligence app, ChatGPT.

Updated slang words to know...

Lit – something that is very good, exciting or enjoyable. If you like it, just say 'Lit'. We would have said 'cool'.

Salty – describes someone who is angry or upset about something minor. We would have said "ticked off".

Ghosting – this is the practice of cutting communication with someone – usually on social media. We might have "given someone the cold shoulder".

Fire – something that is extremely cool, like a party or an event. We would have said 'groovy'.

Flex – to show off. It comes from the expression "weird flex but OK", meant in response to someone bragging about something questionable or unusual.

So go ahead and flex. You're so lit!

[DREAM ANATOMY](#)

People have studied and speculated about the inner workings of the body for millennia, but there had been few efforts to illustrate the body's interior before the 15th century. The advent of the printing press and subsequent print technologies influenced the burgeoning science of anatomy and helped inspire new visualizations of the body that were as breathtaking and imaginative as they were detailed and informative. In the years since then, anatomical imagery has become more realistic and served as a lens through which we

We're helping to identify faces in collections from the late-1800s into the post-war period.

[Statesman Journal: VIDEO: How has school discipline changed?](#)

Student behavioral issues have increased in Salem-Keizer since returning from COVID-19 closures. Yet discipline measures like suspensions are down.

[U.S. armed forces members band together to celebrate Hanukkah through song](#)

[The ancient Romans thought eating butter was barbaric.](#)

Romans took issue with butter because they used it for treating burns and thus thought of it as a medicinal salve, not a food. The Greeks also considered the dairy product uncivilized, and "butter eater" was among the most cutting insults of the day.

[10 Amazing Facts You Might Not Know About "Seinfeld"](#)

For a show about nothing, it sure was something. Here are 10 things to know about the groundbreaking sitcom.

[An old phone placed in an Olympia park is a tool for grieving, hope](#)

[Can AI Write Authentic Poetry?](#)

Cognitive psychologist and poet Keith Holyoak explores whether artificial intelligence could ever achieve poetic authenticity.

[8 Illuminating Festivals of Light Around the World](#)

conceptualize our inner reality, as well as society, culture, and the human condition. [Dream Anatomy](#), an online exhibition from the National Library of Medicine, shows off a selection of extraordinary anatomical illustrations from 1500 to the present

Over-the-Counter Hearing Aids

Hearing aids are now available to purchase over the counter in the US for people 18 years or older with mild to moderate hearing loss. A federal law, first passed in 2017, went into effect on October 17, 2022, allowing high-quality hearing aids to be purchased at pharmacies and retail stores without the need for a prescription, medical exam, or professional fitting.

The over-the-counter hearing aids will be air conduction aids—worn inside or behind the ear while moving sound down the ear canal and have sound limits to help reduce further hearing loss.

An estimated 37.5 million Americans older than 18 have some level of hearing loss, and 28.8 million could benefit from hearing aids. Hearing aids traditionally cost \$1K to \$4K per ear and are not typically covered by Medicare or insurance—the over-the-counter hearing aids are expected to be available at a fraction of the cost. **Disclaimer:** *This is informational, not a recommendation.*

The Brain and a Smile

A global collaborative study led by Stanford University research scientist Nicholas Coles has provided more evidence for the “facial feedback hypothesis,” which theorizes that a smile can indeed improve your mood — even when you’re not feeling so cheery. (Coles 2022) The theory popularized the idea that simply holding a pen between your teeth without letting your lips touch it would activate the smile muscles and send positive signals to your brain. It took a hit in 2016 when different laboratories could not replicate the study, but three years later, a meta-analysis of more than 100 published studies found that is, indeed, an effect after all.

Coles organized the Many Smiles Collaboration in an effort to put the questions to rest. Nearly 4,000 volunteers from 19 countries tried the pen-in-mouth method, mimicked the facial expressions of smiling actors and just moved the corners of their lips towards their ears and raised their cheeks – using only the muscles in their face. They then rated their happiness while looking at images of puppies, kittens, flowers and fireworks. The pen-in-mouth made a small difference in brain response, but was not as effective as the other techniques – creating smiles by imitation or with facial muscles. The latter two methods matched the effect of looking at the happy photos. Although the results were small, they demonstrated “a significant boost in positive emotions after a purposefully posed smile.”

Stress Has a Smell and Dogs Can Detect It

If you’ve insisted your canine companion can tell when you’re upset, even without any external indication of your emotions, you now have some more science to back it up. A new study suggests that dogs can pick up on human stress by using the strongest tool they have - [their sense of smell](#).

The research may have useful implications for training service animals. Canines who assist people with PTSD (Post Traumatic Stress Disorder) are typically taught to look for physical signs, such as crouching down or self-injurious behaviors, but the new evidence could offer additional cues.

Local and Virtual Events!

- **SALEM [TUBA HOLIDAY](#): Saturday, December 24, 2022 | 12:00 PM | Historic Elsinore Theatre (170 High St SE, Salem)**

[OpenSecrets](#)

Nonpartisan, independent and nonprofit, OpenSecrets is the nation's premier research group tracking money in U.S. politics and its effect on elections and public policy. Our mission is to track the flow of money in American politics and provide the data and analysis to strengthen democracy.

Anyone can write a letter to Santa.

His official address is:
123 Elf Road, North Pole,
88888.

Whether or not enlightenment is possible at the moment of death, the practices that prepare one for this possibility also bring one closer to the bone of life.

~ Joan Halifax

Word to Know:

Animalcule

(an-ə-MAL-kyool) noun
Latin, late 16th century
1: A microscopic animal.

[Classic Aphorisms From the Good Old Days](#)

You know what they say: “If it ain’t broke, don’t fix it.”

That timeless expression is an example of an aphorism — a catchy and often wry observation that has some genuine truth to it. Whether you call them sayings, adages, mottos, or catchphrases, here are a few more classic expressions to return to your repertoire.

Questions?

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

[Newsletter Archives](#)