



Institute for Continued Learning Digest

Welcome to the 1st Edition of the ICL Senioritis

Vol. 1 March 2020

In the ICL News:

Find Coronavirus, COVID-19, updates and resources at the Willamette U site: <https://willamette.edu/offices/wellness/coronavirus/index>

Track the virus spread using this website developed by a Junior in High School in Washington State: <https://ncov2019.live/data>

Elections and Voting The annual meeting is still on hold pending the status of the COVID-19 virus. If necessary, the Board will provide you with an online ballot or mail-in ballot. We'll update you as we get more information.

Next ICL Board Meeting April 14 - 10:00 AM (if interested in attending check with a board member for updates and the location or Zoom instructions for listening in remotely)

Get a Willamette network account:

Benefits:

- Log onto WiFi with all your devices while on campus
- Willamette email account
- A Google account that comes with cloud storage and all the Google Apps: Spreadsheets (Google Sheets), word processor (Google Docs), Google Calendar, Google Photos, presentation slides (Google Slides - like PowerPoint), etc.)

To Get an Account: Go to the WITS (Willamette Information Technology Services) office in Smullin Hall. They can get you set up there. Your email address will be the first letter of your first name followed by the first seven letters of your last name, followed by the “@” sign and “willamette.edu”. There are exceptions caused by things like common last names. *Note: During the limitations due to the coronavirus we're looking into the possibility of doing this by phone or other options.*

To get to your Google Drive using your WU account: Willamette U. uses Gmail for their mailing system (let sink in); they don't end in “@gmail.com”, but they are still Gmail accounts.

- [Go to docs.google.com]
- Log in (upper right) with your username (full WU email address) and password

Name this Newsletter!

We'd like to make this a more regular thing, so help us title it.

We're looking for suggestions. Please send your ideas to [Dave](#) or [GwenEllyn](#).

What's Happening? Out and About in Salem

- **Dancing with the Stars Salem** - originally scheduled for Saturday, March 14, now rescheduled for Saturday, May 9. [Elsinore Theater](#)
- **Wooden Shoe Tulip Festival** - Woodburn, March 20 - May 3
- **Women's Suffrage Tea** at [Deepwood](#), April 30
- **CANCELED Walking Group:** Tuesday, March 24

Keep Your Brain Active During the Break by GwenEllyn.

Human beings are social and need to be. It has long been proven that one of the factors in longevity includes socialization - not just for physical survival, but also for emotional and mental survival. Loneliness has been compared to be as deadly as smoking 15 cigarettes per day. (Scientific American)

Cabin fever is a message from your brain and body to get out and back into the company of others. So, when socialization is somewhat restricted, what can you do?

- **Get Physical - Move.** If you are confined to your home, you can still walk around. If you can get out further, do so. A walk outside helps even more because your eyes take in light units that help increase brain function, structure, cognition and these help you sleep better, too. Lack of movement also makes your body crave carbohydrates and calorie dense foods.
- **Keep Hydrated.** Hydration is essential for healthy brain function. Dehydration impairs short-term memory and recall.
- **Reach Out to Others.** Who could anticipate that the internet would be such an asset in these times? Email friends and family. Share important moments in your life or what has brought you happiness over the years. (Avoid 'ain't it awful' conversations that keep you in a negative thinking pattern.)
Even better, take time to write a note. This helps you think differently, slows your brain and calms you overall. A surprise card in the mail is a great gift to someone and can lift their spirits, as well.
- **Create a phone tree** so you can check on others in your family, your neighborhood, your church group, etc.
- **Make a Difference.** Clear your clutter and donate it to those in need. Not going out to eat? Buy a gift card to be used in the future or give it away. This helps local eateries and theaters now and you will have something to look forward to.
- **Write It Down.** Now is a great opportunity to take time to write notes or stories from your own life that you can share with others - especially any grandchildren in your life. When they know what you have done and how they are a part of that history, studies show it helps reduce depression and gives children a sense of purpose - a need to continue the legacy.
- **Don't Believe Everything You Think.** Isolation can breed isolated thinking, which leads to thinking you are right, so be in touch with others about your concerns, your thoughts and especially your discoveries.
You've been through enough to remember that this is a moment in history and it will pass. Keeping yourself healthy during this time includes keeping yourself mentally and socially healthy as well.

Feeling cooped up? Take a virtual tour of an [Art Museum](#). Or, take any of [450 Ivy League online courses for free!](#)

Senility Prayer

God grant me
the senility to
forget those
people I never
liked anyway,
the good
fortune to run
into those I do
like, and the
eyesight to tell
the difference.



Books Well-Read: What's on your list?

Let us know what you are reading while on break... In the meantime, these are the top best sellers at the moment:

Combined Print and Ebook Fiction:

- House of Earth and Blood by Sarah J. Maas
- Long Range by CJ Box
- The Numbers Game by Danielle Steel
- American Dirt by Jeanine Cummings
- Where the Crawdads Sing by Delia Owens

Combined Print and Ebook Non-Fiction:

- The Splendid and the Vile by Erik Larson
- The Mamba Mentality by Kobe Bryant
- Unknown Valor by Martha MacCallum
- Educated by Tara Westover
- The MAGA Doctrine by Charlie Kirk
