



Institute for Continued Learning Digest

Welcome to the 2nd Edition of the ICL Senioritis

Vol. 2 April 1, 2020

In the ICL News:

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

Board Meeting News: April 14 - 10:00 AM Meetings are open to members. Due to the virus we will not be meeting in person, but will be meeting via an online conferencing program (Zoom). Members may join the meeting using Zoom but may not vote. Questions are allowed by consent of the Executive Director. Directions to join the meeting will be sent out by email to members.

Phil Hanni Scholars 2020:

Alyson Budde

Title: Wonderland: reimagining creativity in elementary school

Sam Macdonald

Title: Gerry-meandering: Measuring Congressional District Compactness

Kathryn McConaughy

Title: Overcoming Conscience: How the NKVD Motivated Its Agents to Carry Out the Great Terror of 1936-1938

Margaret Murray

Title: The Law of Difference: United States Federal Law and Policy in the Production of Normative Gender Roles: 1990-2020

Naomi Rothenberg

Title: Migrant Justice at the Chilean Border: Discriminatory Practices and their Consequences on the Integration of Migrants

Isabel Solano

Title: Optimizing a Quadruplex Molecular Beacon with the Potential to Detect Cancer

Tech Tip: Preventing Malware

Viruses don't just affect humans. Viruses and malware are software that is intended to damage or disable computers and computer systems.

Here are some tips to actively prevent malware:

- Think before you click! If you receive an email from an unknown sender or a suspicious email from a known sender, do not open attachments, click on links or provide any information to the sender.
- When downloading or installing computer programs or software, ensure it is from a trusted source.

ICL Survey!

The Board is interested in checking in with members during this crisis. If you haven't already filled out the ICL Survey sent out in an email earlier this week, please click [here](#). Thank you!

Name this Newsletter!

Contributions so far:

- ICL Tickler
- ICL Digest
- The Senior Gazette
- The Continuity Times
- The Intelligent Inquirer
- ICL Senioritis
- Senioritis News
- Senioritis Times

We're looking for suggestions. Please [email](#) your ideas

Things to Do:

Artslandia Portland Happy

Hour - NW artists music online live

<https://artslandia.com/category/happy-hour/>

Looking for an outlet?

[Kanopy.com](https://www.kanopy.com/) - Stream thousands of films for free, thanks to the generous support of public libraries and universities.

- Install Antivirus/Malware Software (e.g. Nortons, McAfee)
- Keep Antivirus Software up-to-date.
- Run regularly scheduled scans with your Antivirus program.
- Keep your Operating System current. Note: It doesn't hurt to ask Google if the last OS is recommended to install. I just loaded the latest Mac OS and then found out it is slow and not recommended.
- Secure Your Network. Make sure your Wi-Fi is password protected
- Keep your personal information safe.
- Don't use open Wi-Fi (no password).
- BACKUP YOUR FILES! (I know, it's easier to say than to do.)
- Never use the same password for different accounts. And make them strong: mix of numbers, letters, and symbols; upper and lower case; avoid using dates and pet names as they might be easy to guess.

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

Brain Health Tip: Care for your emotions

People who are anxious, depressed, sleep-deprived, or exhausted tend to score poorly on cognitive function tests. Poor scores don't necessarily predict an increased risk of cognitive decline in old age, but good mental health and restful sleep are certainly important goals.

Tips for getting better sleep:

- Maintain a regular sleep schedule
- Exercise regularly, but not a lot before going to bed because high intensity exercise stimulates the brain
- Create a slow down, sleep preparation ritual. We have children say their prayers, and we read them bedtime stories. Adults benefit from the same types of rituals. These rituals signal the brain to slow down and prepare to rest.
- Avoid alcohol, tobacco and heavy meals 2-3 hours before sleeping. If you are hungry, try a light snack 45 minutes before bedtime.
- Set the stage. Turn off lights - especially televisions and computers. The lights on these screens are bright enough to penetrate your closed eyelids so your brain does not get the message to turn off and rest.

Remember that sleep is fundamental to all other brain and body functions so help your mental and physical health and get those Z-zzzzz!

Things to Know: Resources and CDC updates:

- [Centers for Disease Control and Prevention \(CDC\): Coronavirus \(COVID-19\)](#)
- [Oregon Health Authority | COVID-19 Updates](#)
- [Tracking the spread of the novel coronavirus \(interactive map-click Replay in lower left; scroll down for graphs and charts\)](#)

Netflix Series: Comedy (because we need to laugh)

- The Kominsky Method
- Grace and Frankie
- Atypical
- AnnE with an E

Books Well-Read & Recommended:

- [Downsizing the Family Home](#) - What to Save; What to Let Go by Marni Jameson
- [Sapiens](#) - A Brief History of Humankind by Yuval Harari

The Collegian

As of March 23, the Collegian is being published only online.

[Click here for the current copy.](#)

Meals on Wheels

Seniors need us now more than ever.

Donate to the Meals on Wheels COVID-19 Response Fund to get local programs the resources they desperately need.

Give now:

<http://bit.ly/COVID19ResponseFund>...

Learn more:

<http://mealsonwheelsamerica.org/COVID19>

[Newsletter Archives](#)

- <https://ncov2019.live/>
- [Coronavirus Map: Tracking the Global Outbreak](#)
- [COVID Near You](#) - Contribute your health status daily and help track the COVID-19 pandemic
- [COVID-19 Fraud! Report and find info here](#)
- [Coronavirus: Creativity, kindness and canals offer hope amid outbreak](#) - *Share your own stories of acts of kindness - because we're all in this together!*

Social distancing survival guide

What Shelter in Place means - From OPB: The order requires certain businesses to close and people to remain in their place of residences “to the maximum extent possible.” Under the governor’s order, people are required to stay home, except to meet essential needs like buying food, getting health care and caring for family members or “other vulnerable persons, pets or livestock.” When people do go out to perform or access these services, they should maintain 6-feet of space between themselves and others. COVID-19 is believed to spread through close contact between people and respiratory droplets created through coughing and sneezing.

Social and recreational gatherings of any size are not permitted, unless the 6-foot rule can be followed.

Can I go outside?

Yes. Now is the perfect time to catch up on yard work around the house.

In addition, the order says you can go outside with members of your household to do things like hike, bike, run and walk, as long as social distancing with other groups can be maintained.

But outdoor places where people gather – pools, skate parks, playgrounds and sports courts – are all closed. In addition the governor has ordered the closure of all campgrounds, private and public.

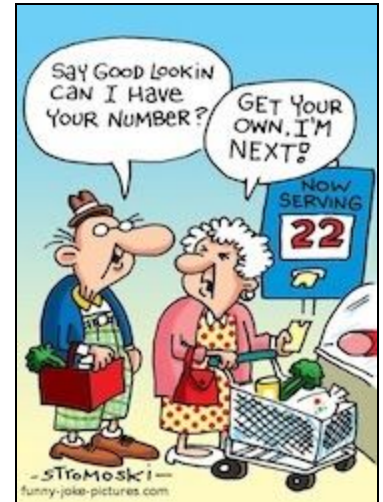
Restaurants can still offer take-out and delivery.

Take advantage of “senior hours” offered by some grocery stores and other services. There's also free online ordering and free delivery for seniors at some places (may be conditions, like a minimum purchase).

Beginning Wednesday, April 1, offices under the state executive branch will be closed to the “maximum extent possible.

Some of these offices will still provide services through appointments and others will remain open while enforcing the 6-foot social distancing rule. Look for information about specific closures online.

The order does not cover federal buildings, local government buildings and tribal government facilities, nor does it apply to Oregon’s courts or the Legislature. (At the time of publication)



Frequently Asked Questions

Is travel allowed?

No. Oregonians are instructed to “minimize” travel, except to access the essential services mentioned above.

Think of this as the ultimate stay-cation.

How is this all enforced?

People violating the order can be charged with [a Class C misdemeanor 401.990](#) – punishable by up to 30 days in jail and \$1,250 fine.

When will it end?

This is unknown. The governor’s order does not have an end date, but given the outlook for the spread of coronavirus in Oregon, the stay-at-home requirements could be in place for a few weeks at least.

