



# Institute for Continued Learning Digest

Welcome to the 3rd Edition of the ICL Senioritis

Vol. 3 April 8, 2020

## In the ICL News:

**Board Meeting News:** The next Board meeting is **Tuesday, April 14th** via Zoom conferencing software. All members will receive an email invitation to the meeting with a link to connect with Zoom. Yes, that means you can listen to and watch the Board Meeting. The email will contain a Meeting ID#. If all else fails, there are several phone numbers provided. Pick a number close to Salem, most likely San Jose. Use the Meeting ID # and password to connect to the meeting. You'll be able to speak and be heard as well as hear everyone else in the meeting. Only Board members can vote. There will be a trial run before the meeting. Stay tuned!

**What's going on at Willamette U.?** Willamette students have returned home with some exceptions. Students were not allowed back on campus after Spring Break without special permission. Professors are making every effort to continue courses online. WU has restricted access to the campus - even to professors. Sadly, the American Studies Program (TIUA) students have returned to Japan, having only been in Salem for a short time before things started shutting down.

It's not likely there will be a graduation - unless it is online. And that has not been determined. Plans are underway for a normal Fall semester, but it's hard to know if that will happen as planned.

Other than that, no one really knows what is going to happen.

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## Tech Tip: How to Get Started Listening to Podcasts

A podcast is a radio show on the Internet. It's that simple. However, Podcasts are not generally live - they're recorded so you can listen whenever you want - and also catch them on the radio. Most of your favorite radio programs (e.g. This American Life, Science Friday, Democracy Now!) and even some TV programs (e.g. 60 Minutes) are also available on Podcasts which makes it easy to go back and listen to shows you have missed.

Podcasts tend to be free and can be downloaded - so you don't need WiFi to listen when you step out of the house (but you might to download).

Most podcasts release new episodes once a week, but some offer episodes daily—it varies wildly. The format and topics are virtually unlimited.

I enjoy listening to podcasts while out walking. You might like to listen while cleaning the house, cooking, or to winding down before going to sleep.

## Ongoing ICL Survey!

We continue to be interested in your feedback and ideas. The survey remains in place and we ask that you keep sharing your ideas with us about how things are going for you and what you would like to see in the newsletter.

Please click [here](#). Thank you!  
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## Things to Do:

Keep up on daily advances and news about the virus with [Dr. Oz Updates](#).

**Artslandia Portland Happy Hour** - NW artists music online live:

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

## Looking for an outlet?

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

## Netflix Series: Comedy (because we need to laugh)

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

## Books Well-Read & Recommended:

- [Last Bus to Wisdom](#) (F) by Ivan Doig
- [The Brothers K](#) (F) by David James Duncan

**What Do I Need To Listen To Podcasts?**

Basically, all you need is a piece of software (app) you can use to subscribe to shows. Most people listen to podcasts on mobile devices (smart phones), because part of the point is listening on the go.

You don't actually need to install anything. Every iPhone comes with a Podcast app by default, and opening that is a great way to get started with podcasts. Android users can listen to podcasts using Google Play Music.

Also note that podcasts aren't just for phones. You can listen to podcasts using your Amazon Echo or Siri, for example. It will take a little setting up. On the desktop you can listen to podcasts using iTunes.

You have options, but don't let that overwhelm you. Just open whichever app you have on hand and start exploring.

**Recommended List (there are so many more!):**

<p><b><u>The Moth</u></b>: non-profit group based in NYC dedicated to the art and craft of storytelling.</p>	<p><b><u>This American Life</u></b>: American weekly radio program produced in collaboration with Chicago Public Media and hosted by Ira Glass</p>
<p><b><u>intelligence<sup>2</sup></u></b>: debates in the traditional Oxford style, with a audience (I'd like to see this format happen in ICL)</p>	<p><b><u>1A</u></b>: an American radio talk show produced by WAMU in Washington, D.C. and distributed nationally by NPR.</p>
<p><b><u>Hidden Brain</u></b>: Shankar Vedantam, American journalist, writer, and science correspondent for NPR, "reveals the unconscious patterns that drive human behavior, the biases that shape our choices, and the triggers that direct the course of our relationships."</p>	<p><b><u>Science Diction</u></b>: From the people who make <b><u>Science Friday</u></b> (another podcast); a bite-sized podcast about words - and the science stories behind them. Hosted by SciFri producer and self-proclaimed word nerd, Johanna Mayer.</p>
<p><b><u>Stuff You Missed in History Class</u></b>: just what the name implies...</p>	<p><b><u>Revisionist History</u></b>: hosted by author and essayist, Malcolm Gladwell,</p>

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

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**Brain Health Tip: Take a Shelter in Place Vacation**

If you've been inside for a long time – and we have been – it may be time to take a shelter-in-place vacation. Here are some ways to make that happen:

- **Eat like you're on vacation** – try something different or have a little splurge on something you rarely eat. Take time to set a formal table and dress up for the evening. Make it a dinner out while you're in.

- **The Great Believers** (F) by Rebecca Makkai
- **The Plague** (F) by Albert Camus: 1947 novel about a plague epidemic that ravages a quarantined city in Algeria.

**Free Book Resource:**

- **Project Gutenberg** - the world's great literature: free epub and Kindle eBooks, download them or read them online.

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**The Collegian**

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

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

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**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>

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**Humor:**

**Looking Good**

My face in the mirror isn't wrinkled or drawn.

My house isn't dirty.

The cobwebs are gone.

- **Order in.** Many restaurants are still making meals that you can order and have delivered. If they don't deliver, consider [GrubHub](#) or [Uber Eats](#).
- **Change the scenery** – move the furniture around a bit – put your favorite chair by the window for a regular view of the outdoors; arrange all of your plants together for an outdoor effect inside;
- **Take an art walk.** When was the last time you actually took time to examine and appreciate the art you have hanging in your home? Take a tour and imagine you are the curator telling visitors how, when and why you purchased or placed that particular piece of art where you did.
- **Take a tour of the city.** Go to [youtube.com](#) and type in city tours to find a healthy number of guided city tours.
- **Take a class.** Youtube.com has plenty of How To short videos lessons for cooking international foods, tasting wines and or cheeses, gardening, etc.
- If you have one – **sleep in a different bed.** Pretend you are in a hotel room, pack a little overnight case and extra pillows and towels on the bed. Don't forget a little chocolate on the pillow! If you don't have one, arrange your bed like a hotel room bed with extra pillows and a mint on them.
- **And just chill** – vacations are for relaxing, so take extra time with a book, watch a movie, explore something new.

You are on vacation after all – make it worth the trip!

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### Groceries and COVID-19

- Take advantage of shopping early hours for older people.
- Wear a mask or face covering when shopping.
- Use the wipes available to wipe your hands and cart before and after you shop.
- Maintain the 6-8 foot distance
- Use a credit or debit card to avoid handling bills or change. Use your own pen to sign receipts or better, use a virtual payment system like Apple Pay or PayPal.
- Wash hands after shopping
- Wash fresh foods when you get home – rinsing it under water will kill 90% of pesticides. It is not necessary to use soap or bleach or special rinse solutions. “There is no data to show that COVID-19 is spread through food,” says Dr. James E. Rogers, Director of Food Safety Research and Testing for Consumer Reports. The Food and Drug Administration agrees. If it helps you feel better, you can add a little vinegar or lemon juice to the water
- Then, wash your hands, counter tops and other surfaces you've touched after you wash and put away your food. (Remember the refrigerator handle, for example. And, if you've been driving, wipe that steering wheel.)

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[Newsletter Archives](#)

My garden looks lovely and so does my lawn.

I think I might never put my glasses back on.

Author Unknown.

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### COVID-19 Caution

If you get packages delivered from online or stores, it is recommended that you designate a space in your home as a 'quarantine room' where you can leave it for 3 days before opening and using it.

COVID becomes inactive on most surfaces after 3 days so this adds a layer of protection in addition to wiping it down.

If an extra room is not available, consider using the garage or mark a corner in any room as the quarantine space.

This does not include food deliveries, but do wash your hands and avoid touching your face after receiving or picking up takeout.

Video for cleaning foods during the pandemic:

[Cleaning Foods Now](#)