



# Institute for Continued Learning Digest

## Welcome to the 13th Edition of the ICL Senioritis

Vol. 13 June 17, 2020

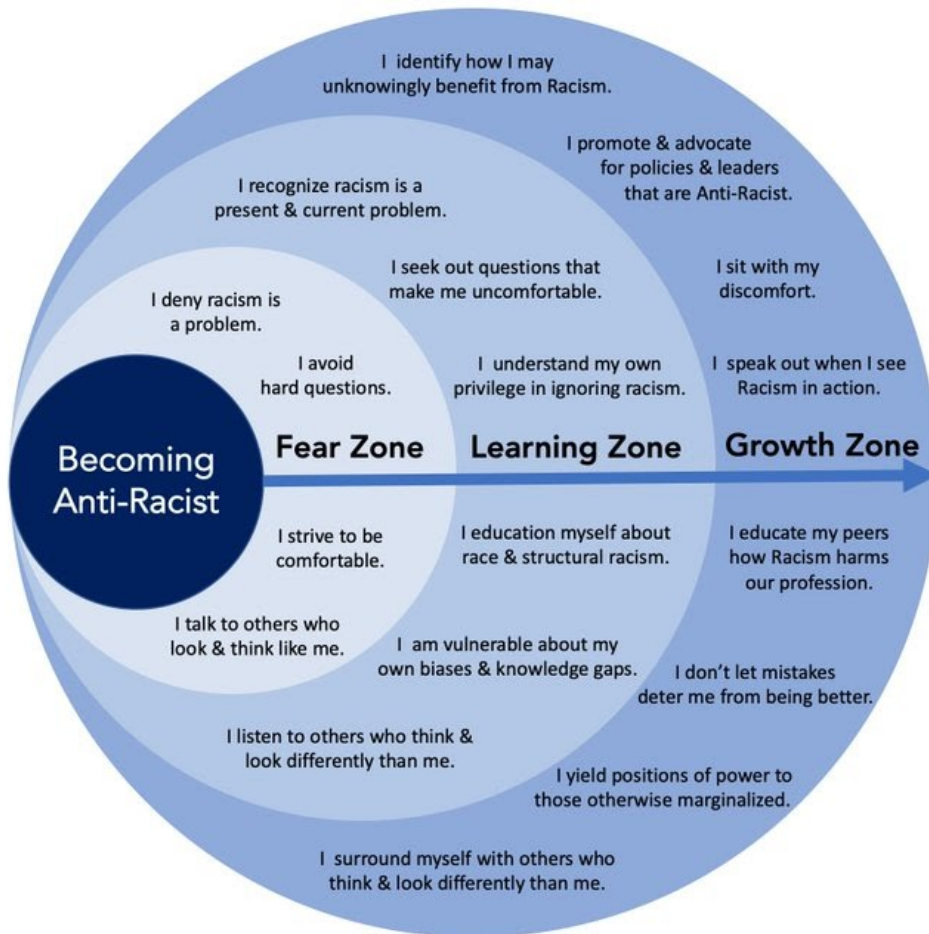
Editors: GwenEllyn Anderson and Dave MacMillan

### WU Updates:

Willamette University has received the finalized [OHA](#) (OR. Health Authority) and [HECC](#) (Higher Education Coordinating Commission) guidelines for the months ahead, which call for campus space and buildings to be open only for official college or university business and should not be open to the general public. Because of the above guidelines, along with other limitations under which the university will operate this Fall (including social distancing, no indoor groups more than 50, required masks, and enhanced cleaning), the university will not be able to welcome ICL back to campus for in-person meetings this Fall.

Goudy will also be closed to the public in order to provide adequate spacing for recommended health protocols for student food service. They will be welcoming undergraduate and graduate students back on campus, but it will certainly not be a “business as usual” semester.

**ICL will continue to offer programs!** More information will be available after next week’s Board Meeting. [WU COVID-19 Latest Updates](#)



### Missing ICL Friends?

Join us for...

- Virtual **Happy Hour** on Fridays at 4:30PM. [Zoom in here](#)
- Virtual **Coffee Breaks** on Tuesdays at 10 AM *Just for fun, wear a hat!* [Zoom in here](#)

[Zoom Help](#) - Find tips, FAQ, and other resources available on the ICL Website.

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### [AFI Docs Film Festival](#)

June 17-21 - The best seat is in your house! [Watch trailer](#)

This year’s diverse features section is a collection of original, enlightening and daring explorations of the people and world around us – many screening here for the first time.

Go on a binge or take it one episode at a time, these multi-part documentaries take a deeper dive into political action in the U.S.–then and now.

Chart was adapted by Andrew M. Ibrahim MD, MSc from “Who Do I Want to Be During COVID-19” chart (original author unknown) with some ideas pulled from Ibram X. Kendi’s work.

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## Oregon Attorney General announces newest scam - falsely filing for unemployment benefits

The Office of the Oregon Attorney General released a warning to all Oregonians that scammers are filing claims for unemployment benefits using the names and personal information of people who have not filed claims. Victims usually become aware of the fraud when they are contacted by the Oregon Employment Department (OED) when the claim is denied.

Should the scammer succeed but the benefits are sent to you instead of their impostor account, you may begin to receive phone calls, texts, or emails from the scammer purporting to be the OED and try to get the money.

The AG's Office recommends:

- 1) Reporting the fraud to the Employment Department at [www.workinginoregon.org](http://www.workinginoregon.org)
- 2) Reporting the fraud to your employer.
- 3) Reporting the fraud to the Federal Trade Commission

This is an excellent reminder to check your credit reports often. Visit [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com).

Find more information from the AG's Office about these scams which have increased during the pandemic: [www.oregonconsumer.gov/COVID-19](http://www.oregonconsumer.gov/COVID-19).

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## "I wonder if the birds know" by Betty Lee (Kasoff)

*I wonder if the birds know  
That this week two black men were murdered  
For the simple "crimes" of broken tail lights  
And trying to scrape a meager living out of selling CDs*

*I wonder if the birds know  
That their politeness and civility were rewarded  
With a death sentence  
A man in blue serving as sole witness  
Judge, jury and executioner*

*I wonder if they heard the calm gentle voice of an unheeded witness  
Cell phone on  
Exposing the deadly rantings of the "officer"  
For all the world to see  
We recoil in horror and deep sadness*

*I wonder if they heard the anxious voice of the little girl  
As she tried to comfort her mother  
Handcuffed in the back seat of a police car  
For the crime of prayer and utter despair*

*How strange  
The music of the birds continues  
As they go about the task of building their nests  
And searching for sustenance  
Crows and sparrows, robins and hummingbirds, jays and geese  
Each with their own song*

*I wonder if the birds know.*

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## [Save the Post Office Day of Action](#)

On June 23, postal workers across the country will join together to send our senators and members of Congress a clear message: **Save Our Post Office.**

[APWU](#) local and state unions are organizing events across the country to support a petition delivery on Capitol Hill in Washington, DC. Find out how you can help save the public Postal Service from its COVID-19 financial crisis.

[#SaveThePostOffice](#)

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## COVID updates by email:

Our new alert system will send you a short email if the risk assessment for the state or county selected increases or decreases in severity.

### Sign Up Here:

[covidactnow.org/alert\\_signup](http://covidactnow.org/alert_signup)

Or you can go to [Covid Act Now](#), scroll down, and fill in the states or counties for which you want to be alerted.

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## [Global Deaths Due to Various Causes and COVID-19 in 2020](#)

(scroll down and click play) - This is a dynamic graph showing the progression of deaths globally caused by 18 diseases, including COVID-19. [More Info](#) about the chart.

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## Museum of Underwater Art

Jason deCaires Taylor is the World's leading underwater sculptor. He has created an exhibit in the [Great Barrier Reef's underwater museum](#). He hopes his projects will help create an awareness of our relationship to the environment and that "more

## Tech Tip: Use Magnifier with your iPhone or iPad

Ever had trouble reading a menu or label on something? Most iPhones and iPads have a built-in magnifier that may need to be set up, but then is quick and easy to access and allows you to zoom into objects near you.

### Settings:

- On your iPhone or iPad, go to Settings > Accessibility.(or Settings > General > Accessibility)
- Turn on the switch for the Magnifier if not already on.

### To use:

- On an iPhone X and later, or iPad with Face ID: Triple-click the Side button. Then drag the slider to adjust the magnification level. To close Magnifier, swipe up from the bottom of your screen.
- On an iPhone 8 and earlier, and iPad models with a Home button, triple-click the Home button (the round button below the screen). Then drag the slider to adjust the magnification level. To close Magnifier, press the Home button.

### To save the magnified image:

- To freeze a specific frame, tap the freeze frame button (the large round button like a shutter button on a camera) .
- To adjust the magnification, drag the slider.
- If you need more light, tap the lightning bolt.
- Tap the screen to focus on the image.
- To save the image, touch and hold the image, then tap Save Image.
- To unfreeze the frame, tap the freeze frame button again.

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## Brain Health Tip: The Power of Releasing a Deep Breath

Taking a deep breath, holding it and releasing it slowly is the quickest and most efficient way to reduce anxiety. Our brains are designed to help us learn through fear. When we hold our breath, our brain creates a chemical that puts us on alert. “We get revved up [anxious] when the newer parts of our brain, the thinking and planning parts of the brain, don’t have accurate information” and the worry loops start spinning. [Dr. Judson Brewer, Brown University] Emotions keep the anxiety alive, so when we release a deep breath, the brain creates a counter chemical that allows the prefrontal cortex – the planning, decision-making, problem-solving part of the brain – to weigh back in and calm the emotions with reason and what is true: All is well in this moment.

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**Humor:** For all of the bread-makers out there as a result of COVID...  
by Kevin Ahren, retired Biochemistry professor at OSU.

The baker of bread has conceded  
His need for a loan’s now receded.

It seems that this guy  
Is a whiz on the fly  
At raising some dough when it’s kneaded.

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Listen to Portland musician, Michael Allen Harrison’s, Anti-Anxiety Covid Music - Day 92: [Baking Day](#)

tourists will see our natural wonders as breathing ecosystems.”

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## Thirteen virtual beautiful train rides:

If you’re feeling the need to get away while staying in place, hop aboard these [virtual train rides](#) from all over the world. (Don’t lean out too far on the Durango Trip!)

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**Documentaries** are surging in popularity during the shelter-in-place. This is a list of the [top document- taries of 2020](#) to date and why. Many are already available for viewing.

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## OMSI Science Pub

Tuesday, June 23 - 6:30PM  
[Tipping Points](#) and why they are important.

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## Senior Citizen Texting Codes:

- ATD-At The Doctors
- BFF-Best Friend Fell
- BTW-Bring The Wheelchair
- BYOT-Bring Your Own Teeth
- FWIW-Forgot Where I Was
- GGPBL-Gotta Go Pacemaker Battery Low
- GHA-Got Heartburn Again
- IMMO-Is My Hearing-Aid On
- LMDO-Laughing My Dentures Out
- OMMR-On My Massage Recliner
- OMSG-Oh My! Sorry, Gas
- ROFLACGU-Rolling On Floor Laughing and Can’t Get Up
- TTYL-Talk To You Louder
- Inter Lingo, Acronyms, Jargon and Text Message Shorthand

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## Questions?

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

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[Newsletter Archives](#)