



Institute for Continued Learning Digest

Welcome to the 21th Edition of the ICL Senioritis

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ICL Updates:

Dates to remember:

- **Board Meeting:** August 18, 2020, 10:00 AM - 12:00 PM (note that the Coffee Break will be from 9 AM to 10 AM on that day). [Zoom link](#) (Meeting ID: 938 9845 5534)
- **Introduction to Zoom:** September 1st and 3rd at 10:00 AM
- **First day of classes:** September 8th from 10:00 AM to 12:00 PM via Zoom. Members, members on leave, and the top of the Waiting List will receive the invitation by email.

Willamette News: Hallie Ford Museum of Art to reopen August 20 with new exhibitions and works on view

After being closed for just over 5 months, the [Hallie Ford Museum of Art](#) plans to reopen its doors on Thursday, August 20 with new exhibitions, hours of operation, and safety measures.

Working with recommendations outlined by the Oregon Health Authority and the Centers for Disease Control, as well as Willamette University, the museum has introduced modifications and new visitor guidelines to promote the safety of visitors, the Willamette University community, and staff. New hours of operation will be Tuesday through Saturday from noon to 5 p.m. With federal and state guidelines constantly evolving, the museum recommends visiting willamette.edu/go/hfma for the most recent information and visitor guidelines.

The reopening features three [new exhibitions](#). "[Clifford Gleason: The Promise of Paint](#)" represents the first major retrospective of this talented and underrecognized Oregon artist and traces his career from the 1930s to the last months of his difficult life in 1978. "[Bonnie Hull: Memory as Myth](#)" features mixed media work spanning 50 years by this Salem, Oregon artist who explores how memories intertwine with art. "[Brenda P and Prints from the Permanent Collection](#)" is a small exhibition that highlights the museum's works by prominent 20th-century Black artists in combination with a spectacular loan of Barkley Hendricks' powerful "Brenda P" This loan has been made possible through the Art Bridges foundation which lends outstanding examples of American art to museums across the country.

In addition, a reinstallation of the Carl Hall Gallery, organized by Jonathan Bucci, curator of collections and exhibitions and Elizabeth Garrison, curator of education, showcases new and never before seen works of art. This reinstallation provides the museum with an opportunity to share art that captures the rich and varied expressions that have taken place during the past century, which has been marked by rapid changes in the art world, the Northwest, and its landscape. The

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 [Zoom in here](#)

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

One-on-One Zoom Practice Sessions Still available:

Link to the [Sign-Up Sheet Here](#).

If these times do not work for you, [contact us](#) and we can set up a time that works for you.

The Fall 2020 Schedule is posted online:

- on the [Google Calendar](#)
- the [full online version](#)
- and the [Schedule Reports](#), also found online.

These presentations will all be online via ZOOM. You will receive an invitation for the classes.

[Uncomfortable Conversations with a Black Man - Episode 7:](#)

It's time to talk about race & religion. Carl Lentz, lead pastor of Hillsong East Coast, sits down with Emmanuel Acho to have an uncomfortable conversation about the role religion plays in fueling and/or killing racism.

gallery is named for Carl Hall (1922-1996), who taught at Willamette University for nearly 40 years and painted a luminous record of his response to the region.

Director John Olbrantz says, “We are excited to welcome you back to the Hallie Ford Museum of Art after being closed for over five months. While we will look very different as we move forward in this era of COVID-19, we look forward to sharing our permanent collection and special exhibitions with you in a safe, inclusive, and welcoming environment.”

Origins of State Names



Every state in America has its own unique culture, flavor, and quirks – including their names. State pride is alive and well from Alabama to Wyoming, but do you know the story of how your state got its name? While the name etymology for some states is a bit muddled, in general, a good number are derived from Native American tribes and languages, such as Algonquin, Sioux, and Iroquois. Others are nods to the origins of the European settlers who claimed patches of America for their own. Here’s a guide to where all 50 state names came from – and what they mean!

Find the answers here: [Origins of State Names](#)

Creative alternatives to in-person gatherings

Oregon’s current statewide ban on indoor social get-togethers of more than 10 people includes gatherings such as dinner parties, birthday parties, potlucks and book clubs. (In counties approved for Phase 1 or 2 of reopening, bars and restaurants are already limited to serving 10 people per party.)

The ban is for any indoor social gathering that includes people who don’t live with you. We know it can be hard not gathering with your friends and family in the ways you’re used to. But with some creative thinking, you can still host indoor get-togethers that are fun and safe.

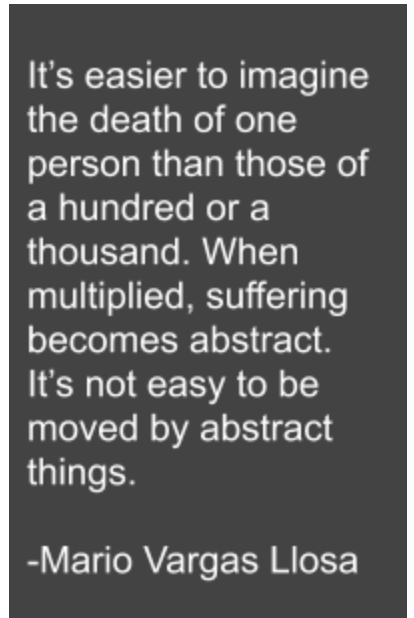
[21-Day Racial Equity Habit Building Challenge](#) ©

For 21 days, do one action to further your understanding of power, privilege, supremacy, oppression, and equity.

Plan includes suggestions for readings, podcasts, videos, observations, and ways to form and deepen community connections. *Read more and see suggestions at the link above.*

YouTube: [Beethoven Piano Concerto no 3 1st Movement - Isata Kanneh-Mason](#)

(Recording of Facebook Live)



From the ‘Do Not Try This at Home’ file...

Money laundering is not a good idea – Just ask a South Korean who put banknotes in a washing machine to remove possible traces of the coronavirus. The result was damaged, mutilated and even some burnt bills. The damage was considerable and, although the bank could replace the damaged bills,

Here are some options you can try for any social events you have in mind:

- Drive-through celebrations for [birthdays](#), [showers](#) and other milestones
- Multiplayer features on your computer, gaming console or favorite online game to [host a game night with friends](#)
- Host watch parties with your friends using your streaming video app of choice
- Videoconferencing such as Skype, Zoom, FaceTime, Google Hangouts for all types of informal get-togethers, including cooking parties, [dinner parties](#), [book clubs](#) and more.

Safe alternatives for in-person events

 <p>Drive-through celebrations for birthdays, showers and other milestones</p>	 <p>Multiplayer features on your computer, gaming console or favorite online game to host a game night with friends</p>
 <p>Host watch or listening parties with your friends using your streaming app of choice</p>	 <p>Videoconferencing such as Skype, Zoom and FaceTime for all types of informal get-togethers, including cooking parties, dinner parties and book clubs</p>

For more information visit healthoregon.org/coronavirus or call 211



Tech & Brain Tip: The Value of Video Games for Seniors

Video and computer games are common among the youth but did you know they can benefit seniors, too? Scientists from Poland found that all of their subjects — whose age groups were between 65 and 75 years — were able to expand their attention, improve their memory, and increase their sequencing abilities after completing a series of video games. Virtual recreational programs are another feature of technology which teaches you how to dance or do yoga or aerobics all of which are beneficial to your physical well-being and consequently, your brain health, too!

there were many that were so seriously ruined that they couldn't be claimed and it wasn't clear how much money had tried to be cleaned.

By the way – don't microwave your money, either. The same bank said that another person tried this and it crinkles the bills up into a solid wad.



ZOOMLET Productions!

While all in-person performances are suspended until further notice, San Francisco Playhouse is offering twice-weekly online productions to their audience.

Each Monday at 7:00 PM PST, be a fly on the wall for their new live streaming short-play table read series and each Thursday at 7:00 PM PST for live streaming conversations with your favorite playwrights.

[Register for FREE upcoming live events.](#)

10 Best and Easiest Video Game for People Over 55:

Whether you want to get started or expand your gaming, [check out this site for ideas.](#)

Questions?
Send us a message at **ICL Digest**

[Newsletter Archives](#)