



Institute for Continued Learning Digest

Welcome to the 26th Edition of the ICL Senioritis

Vol. 26 September 16, 2020

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ICL Update:

Board Meeting tomorrow, Thursday, September 17, 2020 (*Note the new date: Third Thursday of the month*)

Time: 10:00 AM - 12:00 PM

Join Zoom Board Meeting:

<https://willametteuniversity.zoom.us/j/93898455534>

Meeting ID: 938 9845 5534

Dial up: 1-253-215-8782 When prompted enter the **Meeting ID:** 93898455534# (you must finish the entry by pressing the #)

The following commands can be entered using your phone's dial pad while in a Zoom meeting:

*6 - Toggle mute/unmute

*9 - Raise hand

*Please keep muted and use chat to pose questions - unless you are a board member. Raise hand (*9) if using a landline phone to ask a question.*

Willamette U. Update:

Due to the smoke and associated health hazards, classes last week and Monday took place remotely. One professor was heard commenting "I've never seen the student's faces before. Being on Zoom somehow seems more intimate than being in person with everyone spread out in a large room and wearing masks." 🤧

Oregon Department of Transportation: Go online to replace driver license, registration and proof of ownership

SALEM (Sept. 11, 2020) - The wildfires devastating Oregon are leaving many without essential documents such as a driver license, ID card or proof of vehicle ownership. Oregonians who need to replace damaged documents can go online to take care of most of these needs at DMV2U.Oregon.gov. If you are displaced because of a wildfire and need to update your mailing address, you also can do that online. Local DMV offices are open by appointment-only for limited transactions, so please use online or mail options to request replacement documents or license/ID cards.

- Update your mailing address: If you have a new mailing address or are having mail sent to a trusted family member or friend, use the online tool to let DMV know. This is important to do before ordering a replacement license/ID card.

Missing ICL Friends?

Join us for...

- Virtual **Happy Hour** on Fridays at 4:30PM. [Zoom in here](#)
- **Zoom Help** - Find tips, FAQ, and other resources available on the ICL Website.

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](#).

In Response to Dru's Book Recommendation: Who Moved My Cheese?

by Spencer Johnson
An [Italian bank accepts Parmigiano-Reggiano cheese](#) as collateral for loans, and currently holds as much as 17,000 tons of cheese.

Foresters Could Lead on Carbon Drawdown

Simple changes in management could double carbon stores in Pacific Northwest forests. This Sightline article focuses on **Sarah Deumling**, who has owned and managed Zena Forest—the largest remaining forest in Oregon's Willamette Valley—for nearly three

- Replace a license/ID card: Order a replacement license or ID card online through DMV2U. It will be mailed to the address on record, so be sure to update your mailing address if needed before ordering a replacement. The card will be printed with the photo on file.
- Get proof of vehicle ownership: Go to DMV2U to view vehicle information and order a replacement registration card.
- Reporting the loss of vehicle: You can notify DMV of the sale or total loss of a vehicle you own using our online form, or notify us by mail.
- Order a replacement title: Ordering a replacement title must be done by mail. A fillable form is available on the website to print and mail to DMV.

To complete most online transactions, you will need your driver license or ID card number, plus other information known only to you. If you do not know your card number, call DMV Customer Assistance at 503-945-5000 for help. DMV customer assistance phone lines are closed on Sept. 11 due to office closures in place because of wildfires and hazardous air quality.

If you are in a car or RV with expired registration tags, remember that there is an enforcement [moratorium](#) in place through the end of the year. On July 7, Governor Kate Brown signed into law Senate Bill 1601, which creates a moratorium on citations issued by law enforcement in Oregon for expired DMV credentials due to the COVID-19 pandemic and the subsequent reduction of DMV services effective between March 1, 2020 and Dec. 31, 2020.

You can learn more about how to replace DMV-issued documents on the [DMV wildfire resource page](#). For information about the current status of wildfire activity in the state, go to <https://wildfire.oregon.gov/>.

Oregon is experiencing unprecedented levels of smoke and the air is not safe to breathe. On Sunday, the Air Quality Index (AQI) posted a rating of 519 (where 500 is the highest level on the chart). While most fires are now contained, the changes in winds and geography can change the air quality levels and keep them unhealthy much longer.

Once again, while everyone is affected by the smoke, older people are more at risk together with anyone already experiencing asthma, COPD or a lung disease.

The following are recommendations from Dr. Joel Kaufman, internal medicine and air pollution expert at U of Washington:

- Avoid going outside and if you must go outside, definitely wear a mask that creates a tight seal over your nose and mouth. The average COVID mask won't work.
- Run your furnace fan – not the heat or the air conditioning - just the fan to keep good air circulating in your home and to prevent outside air from entering. Simmer a pot of sage, thyme, rosemary or a combination of these. They attach to smoke particles and pull them to the ground to help clean the air.

decades. *ICL had a field trip to the forest and their logging operation, led by Sarah, in October of 2014.*

[Burt Bacharach & Daniel Tashian: Tiny Desk \(Home\) Concert](#)

[The House of Mugs Collettsville, North Carolina](#)

A cabin completely covered in coffee mugs, where visitors are welcome to leave one of their own—if they can find an empty nail.

Life During COVID-19:

“For the moment, I can’t imagine flying anywhere.” Jim Brown at Happy Hour 8/28/2020

Fun Fact: Dachshunds were rebranded as "liberty pups" during WWII to distance them from their German roots.

- [Oregon Wildfire Resources](#)
- [Oregon Smoke Info](#)

Why It is Time to Redefine Old Age

Asking people what old age means, varies by the respondents, their ages and where they live. [Researchers suggest that it may be time to redefine old age](#) given how much longer we are living.

[Coronavirus Advice For Older Adults: Get Exercise, Have A Plan And Call Your Grandkids!](#)

We know the fundamental rules of social distancing at this point: stay home as much as possible, keep 6 feet of

- Avoid using gas-burning stoves, burning incense or candles
- Avoid pungent cleaning products until you can open windows and don't vacuum!
- Avoid outside exercising

Remember that the smoke situation may be short-lived, but it can have long-term effects on us unless we actively work to minimize it.

Get Your Flu Shot - An article and reminder from member, Karen Trucke

According to the CDC September and October are good times to get vaccinated (August is/was too early).

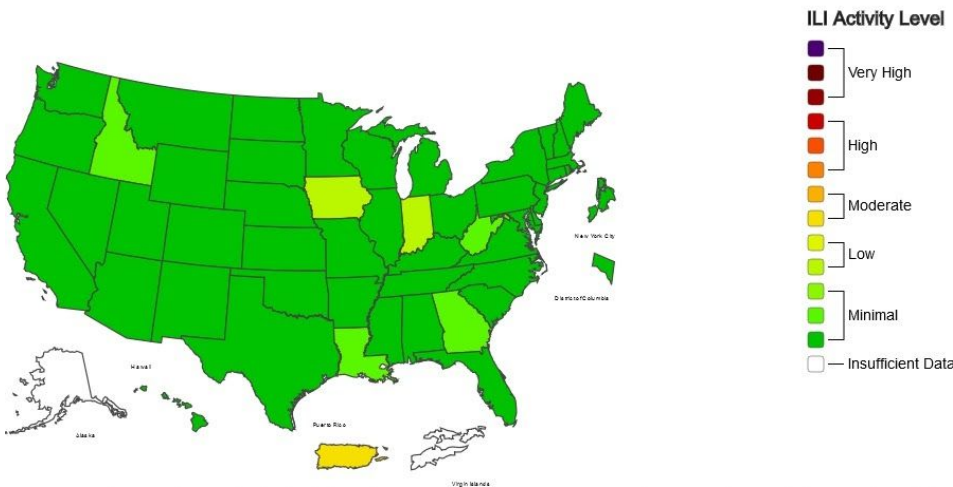
High-dose flu shot is recommended for people 65 years and older (that's most of us)

There are new kinds available (Perhaps your pharmacist, etc. can tell you about it but I plan on just taking what they are passing out).

- The first is a quadrivalent high-dose vaccine licensed for use in adults 65 years and older. This vaccine will replace the previously licensed trivalent high-dose vaccine.
- The second new vaccine that will be available is a quadrivalent adjuvanted vaccine licensed for use in adults 65 years and older.

Per their chart (also attached), flu activity was minimal in Oregon as of August 22nd. [Image: FLUVIEW interactive | Source: CDC]

A Weekly Influenza Surveillance Report Prepared by the Influenza Division
Influenza-Like Illness (ILI) Activity Level Indicator Determined by Data Reported to ILINet
2019-20 Influenza Season Week 34 ending Aug 22, 2020



This map uses the proportion of outpatient visits to healthcare providers for influenza-like illness to measure the ILI activity level within a state. It does not, however, measure the extent of geographic spread of flu within a state. Therefore, outbreaks occurring in a single city could cause a state to display high activity levels.

Data collected in ILINet may disproportionately represent certain populations within a state, and therefore may not accurately depict the full picture of influenza activity for the whole state.

Data displayed in this map are based on data collected in ILINet, whereas the State and Territorial flu activity map are based on reports from state and territorial epidemiologists. The data presented in this map is preliminary and may change as more data is received.

Differences in the data presented by CDC and state health departments likely represent differing levels of data completeness with data reported by the state likely being the more complete.

For the data download you can use Activity Level for the number and Activity Level Label for the text description.

distance from other people, and wash your hands frequently. But what specifically should older people be thinking about as the coronavirus pandemic continues to develop?

OPB "Weekend Edition" host John Notarianni talked with Dr. Elizabeth Eckstrom, chief of geriatrics at Oregon Health and Science University and co-director of OHSU's Health Aging Alliance. [More for audio and text](#)

Feeling the need to 'get out of Dodge'...or Salem?

These are the countries that are accepting American tourists right now: Aruba, French Polynesia, Cambodia, Turkey, St. Lucia, Dubai, Bermuda and Croatia.

Animal species so far with COVID-19:

lions, tigers, domestic cats, dogs, mink. The virus was passed along by infected owners, handlers, or farmhands. Although the virus originally came to humans from an animal, *very few* animals have been recorded having it, Natasha Daly reports for the latest *National Geographic* magazine.

If we're not reflecting on the impermanent nature of life, then there are a lot of unimportant things that seem important.
 -- Allison Choying Zangmo

Questions? Send us a message at [ICL Digest Newsletter Archives](#)