



Institute for Continued Learning Digest

Welcome to the 46th Edition of the ICL Senioritis

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Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

Class Schedule Change Next Week:

February 16th and 18th have been switched to accommodate Dr. Catalina de Onis. However Dr. Onis has canceled the Thursday, Feb. 18th presentation, titled "Energy Islands: Metaphors of Power, Extractivism, and Justice in Puerto Rico". The [ICL Board meeting](#), regularly scheduled for the 3rd Thursday, will still be on Tuesday, **Feb. 16th** at 10 AM. The Feb. 18th presentations TBA.

[When and Where Can Older Oregonians Get the COVID-19 Vaccine? From the Oregon Health Authority](#)

Vaccines opened to Oregonians 80 and older on Feb. 8 as part of Group 2 of the state's Phase 1B vaccine rollout. The state will next make vaccines available to people 75 and over on Feb. 15, people 70 and over on Feb. 22 and people 65 and over on March 1. [...more...](#)

Salem Fairgrounds is the local site, and there are plans for some Albertson's and Costcos to open drive-up clinics for vaccinations. And, as more vaccines become available, some doctors offices, clinics and pharmacies will offer the shots. Check their websites for updates.

Have a question about the COVID-19 vaccine?

Check out the website above.
 Text ORCOVID to 898211 to get text/SMS updates (English and Spanish only)
 Email ORCOVID@211info.org (All languages)

If you can't find the answer on the website, by text, or by email:
 Call 211 or 1-866-698-6155 from 6 a.m. – 7 p.m. daily, including holidays. Please be aware that wait times may be long due to high call volumes. There is an option to get a call back rather than wait on hold. (Languages spoken: English and Spanish. Free interpretation available for all other languages.)
 TTY: Dial 711 and call 1-866-698-6155

Brain Tip: Your Brain in Love - Happy Valentine's Day!

Talk about love and we think about our heart, but your brain is the real center of love. It merely takes thinking about someone or something you care about to trigger a dopamine release. Dopamine is the 'feel good' neurotransmitter in your brain. It's the chemical messenger between neurons and in love, does it race!



The Spring 2021 Schedule is posted online:

- Link to [ZOOM](#) classes. This is the same link each week.
- on the [Google Calendar](#)
- the [full online version](#)
- and the [Schedule Reports](#)
- [Recorded Presentations!](#)

Missing ICL Friends?

Join us for...

- [Virtual Happy Hour](#) on Fridays at 4:30PM.
- [Wine Club](#): 3rd Mon. 4:30p
- [Zoom Help](#) - FAQs, etc.

[Salem on the Edge Art Gallery Presents "Erotica: An Exhibition to Arouse"](#)

Feb. 3 - 26, 2021 - a juried art show featuring stimulating work from Oregon artists, including ICL member, Deanna White!
[156 Liberty ST NE, Salem, OR](#)

AFI'S 100 YEARS — 10TH ANNIVERSARY EDITION [The 100 Greatest American Films Of All Time \(from 2007\)](#)

Note the 2 buttons at the top: [List View](#) and [Expanded View](#).

Try them both. The list is interactive, so you can check off the ones you've seen.

There's also a button on the right to download the [PDF](#) files so you can print it and check them off.

More: [See all of AFI's lists](#)

It's what makes you excited to think about them and to feel eager and excited to see your loved ones. When you do, more dopamine is released as a reward and you can feel almost euphoric depending on your level of anticipation.

Oxytocin also boosts feelings of attachment, safety and trust. This is why you feel relaxed and comfortable among those you love. Oxytocin is called 'the love hormone' because it gets released with loving touch, kisses and sex. It strengthens the bond and you want to maintain that feeling so you become more attached to the person you're with. Lasting love like this is also associated with less stress and a heartier immune system. It can even help us recover faster from illness. We're designed to love and loving helps us live longer. So go ahead and keep falling in love - or as the folksinger, David Roth suggests - "rise in love." And send a valentine to someone to boost the health of your brain and body (and theirs, too.)

For Ann - a poem by Karen Trucke

A little bird softly came
and with quiet inquiry
approached. Taking her
in, offering meager
helping words with
gentle guidance I
shared kindness and
help. But too soon she
took flight on her own.
Soaring higher and
grander than I ever could.
Always seeing when
I needed support, she
sent knowledgeable
words to lift me up.
She is a foundation
that is far-reaching
and her sweeping
presence will fly high
always.

I wrote this little poem because Ann Bowden was very special to me. On the first day Ann came to ICL, I was standing in line to obtain my parking pass and Ann came up beside me and quietly asked what we were doing and where to go. I explained of course and guided her to where we were meeting sat with her to welcome her and introduced her to a few people. Suddenly there she was helping to head up the Curriculum Committee and more. But from the start she always sent me a kind note when I spoke or wrote to the group or if something was presented in the group that she knew I would take offense with. Such a kind special person. - Karen

Six steps you can take to prevent a fall

Many people think falls are a normal part of aging. The truth is, they're not. Most falls are preventable — and you have the power to reduce your risk. How? Exercising, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

According to the National Council on Aging, one in four Americans aged 65+ falls each year. An older adult is seen every 11 seconds in emergency departments across the country for a fall-related injury. And the fallout from taking a tumble can be serious: Falls are the leading cause of fatal injury among older adults.

Nine Things to Know about Mardi Gras

Fun Fact:

The dryness of airplane cabins is what leads foods to taste differently during a flight — it causes your senses of smell and taste to deteriorate, leading salty and sweet flavors to not taste as good as they would on the ground.

**Pare down to the essence, but don't remove the poetry.
- Leonard Koren**

What do you think is the most beautiful sounding word in the English language?

No longer a contest, poets and writers used to weigh in on their favorites. Words like *grace* and *justice* were eliminated because of the hard g and j sounds. But, perennial favorites were *lullaby*, *gossamer*, *luminous* and *velvet* - probably because of the images they evoked along with their sound. So what favorite words and their sounds come to your mind?

SciCheck Video: Don't Confuse the Virus with the Disease By FactCheck.org

In this video, available in English and Spanish, we explain the distinction between virus and disease: The virus SARS-CoV-2 can lead to illness with the disease COVID-19.

So what can you do to keep steady on your feet and stay out of the hospital from fall-related injuries?

1. **Find a good balance and exercise program.** Staying physically active will help you stay independent, as your strength and range of motion benefit from regular movement. Whatever program you choose, look to build balance, strength and flexibility. Pick a program you like and take a friend. It is never too late to get more active; every little bit helps.
2. **Talk to your health care provider.** Ask your doctor to assess your risk for falling. Share your history of recent falls — and be sure to note any symptoms of concern, such as dizzy spells, blurred vision or muscle weakness.
3. **Review your medications with your doctor or pharmacist.** Make sure side effects are not increasing your risk of falling. Medications affect people differently; some can make you dizzy or sleepy. Take your medications only as prescribed and contact your doctor or pharmacist immediately if you experience any concerning side effects.
4. **Check your vision and hearing every year.** Your eyes and ears are critical to keeping you on your feet. Annual eye and hearing exams can help keep you steady, and if your vision has changed, make sure to update your eyewear with a new prescription. People who have vision problems are twice as likely to fall as those without vision impairment.
5. **Keep your home safe.** More than half of all falls take place at home. Some things you can do to reduce your risk of falling include removing tripping hazards such as rugs with upturned corners or small furniture, increasing lighting, placing treads on stairs, and installing grab bars in problem places such as showers and tubs.
6. **Get support.** Fall prevention is a team effort. Talk to your family members and enlist their help in taking simple steps to stay safe, whether it's getting you to your doctor's appointments or helping you "fall-proof" your home.

Courtesy of [Providence Health Assurance - Newsletter](#)

Tech Tip: Terminology - Web Browser

A web browser - or simply browser - is an application that helps you find websites on the World Wide Web (the www in a website address). When you type in what you are looking for, the browser searches and finds the website or websites that match your search. Some common browsers are Google Chrome, Apple Safari and Mozilla Firefox.

Some websites display better in one browser than another because of the way they are coded. So if you have problems with a display, try your search using a different browser.

Humor: Now That I'm Older... (part 2)

- A thief broke into my house last night. He started searching for money so I got up and searched with him.
- Just remember, once you're over the hill you begin to pick up speed.
- Having plans sounds like a good idea until you have to put on clothes and leave the house.
- It's weird being the same age as old people.

A Word to Know: redivivus

(red-ə-VI-vus) adjective
Origin: Latin, late 16th century
1. Come back to life; reborn.

"The reenactor was so good at his role that critics said he was George Washington redivivus."

"After a long night's sleep, a hot shower, and a cup of coffee, I feel redivivus."

And, as we are reminded by Ken Ash's presentation recently: Dr. Frankenstein's redivivus creation.

'Smallest reptile on earth' discovered in Madagascar

Scientists believe they may have discovered the smallest reptile on earth - a chameleon subspecies that is the size of a seed.

Escaping The Nazis For A Life In Portland

- [OPB Think Out Loud interview with Amelie Diamant Holmstrom](#)
- She is also mentioned in a Ken Burns documentary, [Defying the Nazis: The Sharps' War](#) (2016) with Tom Hanks

This week in US history:

Feb 10, 1960: Jack Paar walked off the set of the Tonight Show to protest censorship.

Feb 11, 1916: Emma Goldman was jailed for advocating birth control.

Feb 13, 1958: Ford introduced the Thunderbird (T-Bird)

Feb 17, 1925: The New Yorker magazine debuted

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