



Institute for Continued Learning Digest

Welcome to the 84th Edition of the ICL Senioritis

Vol. 84, November 3, 2021

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:



Please join us for the “**Autumn Colors**” Coffee Zoom Event on Thursday, **November 4th** (tomorrow!) at **10:00 AM**. [ZOOM](#)

- **Zoom Recordings from Fall 2021 Classes are online!** Zoom recordings of the current semester are now posted online. Several of you have inquired about this. Not all presentations are there, depending on permissions from the presenters. On the ICL Website, goto “[More about ICL](#)” (found on the red dot menu in the upper right); under the Members section, click on “Members Area (password protected)”; enter the user name and password; click on the red dot menu in upper right and select Class Recordings; The “All Recordings” link is on that page.
- **Proof of Vaccination form in exchange for Compass Card:**
 - Wednesday, **November 3rd** from 2:00-5:00 PM
 - Thursday, **November 4th** from 2:00-5:00 PM
 - WHERE: Bush Pasture Park North parking lot (along Mission Street)
 - Please print your name in the top right of the page.

[Fill out form online, then print, sign, and bring with you](#)

- **Volunteer Opportunity! Help Needed!** With the return to Kaneko Auditorium next semester, we are looking for one or two members to video the class presentations. The recordings are done using Capital Community Media (CCM) cameras and other equipment, and they broadcast the presentations on cable TV (Ch. 21) and elsewhere. In the past David and Narlene Craig and George Adkins have faithfully performed this task, and we are grateful for their work 🙌. George is willing to continue in this role and help train the new people. Contact [Dave MacMillan](#) if you are interested in finding out more.

Willamette University Update:

Updated Visitor and Spectator Policies

The following outlines our updated visitor and spectator policy:

- All campus visitors are required to show proof of vaccination to attend on-campus events. This includes: attendees at all indoor athletic competitions in addition to entry to all football, lacrosse, and soccer competitions, visitors to the Hallie Ford Museum, theatre performances, concerts, and other events held on campus or sponsored by Willamette faculty, staff, or students involving off-campus guests. Campus event organizers are required to check vaccination status of event guests.
- Negative tests are not accepted in lieu of proof of vaccination.
- A visitor is defined as an individual who is not a Willamette or CST student, faculty member, staff member, volunteer, contractor, or vendor approved to be present on campus at this time.
- All visitors, regardless of vaccination status, are required to wear a mask while on campus. Exceptions to this requirement may be made for guest speakers or lecturers whose vaccination status has been affirmed by the university host.

Handy Links:

- Link to [ZOOM](#) classes, Board meetings, Coffees, Happy Hour etc.
- [Calendar](#): Classes, etc.
- [Schedule Reports](#)
- [Recorded Classes!](#) More recordings are available in the [password protected area](#) for members only. Others are not available at all without permission from the presenter.
- [Zoom Help](#) - Find tips, FAQ, and other resources available on the Website

Missing ICL Friends?

Join us for...

- [Virtual Happy Hour](#) on Fridays at 4:30 PM.
- [ICL Wine Club](#). Every third Monday at 4:30 PM.

Quote: Samuel Butler, novelist

"It's only natural that a person becomes quieter as they grow older. They've got more to keep quiet about." (*thanks, Soveig!*)

Not everything that is faced can be changed, but nothing can be changed until it is faced.
James Baldwin

[25 Stunning Photos of the Most Colorful Places on Earth](#)

[6 Historical Preservation Sites to Explore in the U.S.](#)

Book: Tightrope - Americans Reaching for Hope

by Nicholas D. Kristof and Sheryl WuDunn

Event Policies: Please review the [Event Guidelines](#) located on Willamette's COVID information page.

[Willamette University Fall Dance Concert](#)

November 10 – 19, 2021

Wed – Sat at 7:30 pm | 2 pm matinee on Sunday, Nov. 14

Cher Anabo, Artistic Director & Choreographer

Music composed & performed by Mike Nord

A seven-part odyssey of the home & the homeless, conceived by

Cher Anabo, becomes a kaleidoscope of sensorial crosstalk through movement and music that transcends us to the heart of a social crisis.

This unique experience features music composed LIVE and ONSTAGE by Willamette's own musical powerhouse, Mike Nord. [For tickets](#)



[Salem CityClub presents, Phil Keisling \(former OR. Secretary of State\): Demographic Changes and their Impact on Oregon's Political Future](#)

Friday, November 5, 2021 | Noon program | via Zoom Webinar

Ask Phil Keisling, one of Oregon's most noted political analysts, to describe his state and its citizens and he will chronicle a vastly different place than it was a quarter century ago.

According to Keisling, "Oregon and its citizens themselves are much different. We're older, far more diverse, and more politically polarized and fractured than ever before."

Reflecting on these new realities and drawing on more than four decades' of experience in journalism, elected politics, the private sector, and higher education, Keisling will speak on Oregon's demographic changes and their impact on our political future at Salem City Club's **November 5** fall meeting. Keisling will also explore ways we might transcend such differences and help forge a renewed sense of our common identity as Oregonians.

Keisling, a Yale graduate in American Studies, retired from his most recent job, as director of the Center for Public Service in the Mark O. Hatfield School of Government at Portland State University in 2019. He has devoted much of his time since to his volunteer work as founder and chair of the National Vote at Home Institute (www.voteathome.org).

[Registration](#) (Members are free | Non-Member – \$5.00)

Family Caregiver Seminar - 2021 Medicaid

Monica Pacheco, attorney at Douglas, Conroyd, Gibb & Pacheco

November 15, 2021 | 2:00 PM – 4:00 PM

Do you have questions concerning Medicaid? Join us at Center50+ as attorney Monica Pacheco explains what you need to know about Medicaid and steps to take. The presenter graduated from Willamette University College of Law and is a partner at Douglas, Conroyd, Gibb & Pacheco, P.C. Ms. Pacheco's practice concentrates on estate planning and elder law, particularly as it relates to Medicaid, VA, and disability (SNT) planning. She

Movie: [Judgement at Nuremberg \(1961\)](#)

In 1948, an American court in occupied Germany tries four Nazis judged for war crimes.

All-Star Cast: Spencer Tracy, Burt Lancaster, Richard Widmark, Marlene Dietrich, Maximilian Schell, Judy Garland, Montgomery Clift, William Shatner

Oregon connection: In 1947, James T. Brand, 31st Chief Justice of the Oregon Supreme Court, was appointed to the third in a set of twelve trials collectively known as the Subsequent Nuremberg Trials.

[\[Wikipedia\]](#)

Available at WU Hatfield Library using your Compass Card

English author E.M. Forster predicted the internet in his 1909 story "The Machine Stops." In the story, he describes a world where people spend their entire lives inside "the Machine" where they electronically communicate, access entertainment, and shop.

Check out world-record human mattress [domino chain](#).

Scroll down to see the video. 1,200 mattresses beat the Guinness World Record of 1,150.

Giant African owl spotted for the [first time in 150 years](#)

[NPR has a short \(13 min.\) video on skimpflation...](#)

which is the reduction in service and is now happening in a wide variety of businesses (Thanks, Wayne!)

A quarter of the bones in our body are located in our feet. They help us to stand upright, walk, run, jump, dance, and so much more. The feet are essential to our body's structure

speaks regularly on the matters related to Protecting Assets for Disabled Individuals (SNT's), Medicaid planning, VA Aid and Attendance pension, and other elder law issues to various forums in the community.

To register for this *free* seminar, email Connect50plus@cityofsalem.net.

Location: Center50+ at 2615 Portland Rd NE, Salem and on Zoom.

Phone: 503-588-6303 Email: Connect50plus@cityofsalem.net

November is National Hospice & Palliative Care Month

[Free Webinar Series Offers Topics to Stay Safe at Home as You Age](#)

You are invited to a fall webinar series, Untangling the Challenges of Aging, focusing on the theme of "Staying Safe at Home." The series is online, free to all attendees, and features expert speakers on each topic. You can register for one or all sessions by clicking here.

Sessions Available:

- November 3, 2021 | 12:00 – 1:00 pm | **Staying Safe in Your Own Home as You Age**
- November 10, 2021 | 12:00 – 1:00 pm | **Options for Senior Living Communities: How to Choose**
- November 17, 2021 | 12:00 – 1:00 pm | **Medicare & Medicaid: Who Pays for What?**

Please contact Melissa Lindley with any questions at melissal@wvh.org or 503.588.3600.

Learn More About Leaving a Legacy

Planning ahead also means thinking about the wishes you have after your life ends. Sign up for our FREE monthly Planned Giving E-newsletter to learn about the tax benefits of charitable gift planning, gift options and leaving a legacy while providing for your family. Read about how others made an impact through acts of giving. Go to wvhlegacy.org to learn more and sign up. For a free estate planning guide, contact Theresa Hart at donorservices@wvh.org.

Make a Difference with an IRA Rollover Gift

If you are over age 70 ½, the Federal government permits you to rollover up to \$100,000 from your IRA to a charity without being taxed.

To learn more about how you can make an IRA Rollover Gift, please contact your financial advisor or go to charitable giving at wvhlegacy.org.

Donate Every Time You Shop

Do you shop at Amazon? If you start your purchase through the charitable giving link below, you can help hospice patients without spending an additional cent.

When you shop for holiday gifts or everyday purchases at smile.amazon.com/ch/93-0738493, AmazonSmile will donate a portion of your purchase cost to Willamette Valley Hospice. It all adds up to help!

Local and Virtual Events!

- [32nd Annual Salem Peace Lecture: Featuring Winona LaDuke](#) "Indigenous Strategies to Address Climate Change" Wednesday, **November 10**, 2021 | 6:30 PM – 7:30 PM | on [Zoom](#)
- The Unitarian Universalist Congregation of Salem presents 2021-2022 [Celebrating Diversity Music Concerts](#). Next show: Friday, **November 12**: Son Huitzilín

and function, which is partially why our feet house a quarter of the bones in our entire body. Each foot has 26 bones (52 total) of the 206 bones in an adult human. The foot is also made up of 107 ligaments and 19 muscles each.

A couple years ago, a granddaughter was giving her grandmother's eulogy at the funeral home. She shared that before she would take naps at her grandmother's house, her grandmother would warm a blanket in the dryer, and as the granddaughter laid down, the grandma would drape the warm blanket over her.
- Caleb Wilde

A Word to Know: Lightsome

(LIHYT-səm) adjective

Middle English, 14th century

1. Merry and carefree.
2. Gracefully nimble.

"Maryann had a lightsome spirit that drew people to her."

"All the dancers in the American Ballet Theatre company are lightsome in their movements."

To wear your heart on your sleeve is to be honest and open about your feelings. The phrase is generally believed to have originated in the Middle Ages. It was the custom then for jousting knights to wear some sort of insignia on their arm that indicated the ladies for whom they were hoping to triumph, thus proclaiming their love to the world.

Questions?
Send us a message at
ICL Digest

Newsletter Archives