



Institute for Continued Learning Digest

Welcome to the 120st Edition of the ICL Senioritis

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ICL Update:

- *Note: The newsletter may not come out on Wednesday morning as usual for the next 2 weeks due to editor travel plans.*
- Thank you to all of you who have replied to the email confirming your contact information! If you haven't, please look for an email with the subject "ICL Contact Information Verification...".

Dates to Remember:

- **ICL Board Meeting:** Thursday, **July 21st** at 1:30 PM via [Zoom](#). All members are welcome.
- The **ICL Picnic** is on **August 25** at **Minto Brown Island...** stay tuned.
- **1st Day of Classes: September 6, 2022** from 10:00 AM - 12:00 PM

[What doctors wish patients knew about decision fatigue](#)

By AMA Senior News Writer, Sara Berg, MS

Making decisions day in and day out—whether they are as easy picking a route home from work or as difficult as navigating a once-in-a-lifetime pandemic — can be exhausting and cause people to feel overwhelmed, anxious or stressed.

This is known as decision fatigue, which is a state of mental overload that can impede a person's ability to continue making decisions. You have probably experienced decision fatigue during the pandemic because it has added new layers of complexity to the daily choices we are confronted with.

The AMA's What Doctors Wish Patients Knew™ series provides physicians with a platform to share what they want patients to understand about today's health care headlines, especially throughout the COVID-19 pandemic.

For this installment, AMA member Lisa MacLean, MD, took the time to discuss what patients need to know about decision fatigue. Dr. MacLean is a psychiatrist and chief wellness officer at Henry Ford Health System, an AMA Health System Program member.

It's mental and emotional fatigue

Decision fatigue is "the idea that after making many decisions, your ability to make more and more decisions over the course of a day becomes worse," said Dr. MacLean, a psychiatrist. "The more decisions you have to make, the more fatigue you develop and the more difficult it can become."

"Every day, just in our personal lives, we are making a ton of decisions. And a lot of these decisions you are not consciously making," she said. For example, "you open the refrigerator door and sometimes the only thing that's in there is bagels and that's a pretty easy decision.

"But if there's a lot of different things in terms of ... what do I eat, what do I wear, what do I do with my day especially on a day off, that can create stress," Dr. MacLean added, noting that "by the time the average person goes to bed, they've made over 35,000 decisions and all of those decisions take time and energy, and certainly can deplete us."

Discover [what doctors wish patients knew about pandemic fatigue](#).

Life has gotten more contemplated

Handy Links:

- Link to [ZOOM](#) for Board meetings, 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.
- **Lunch on Thursdays: Taproot at the Mill** ([Willamette Heritage Center](#)) about 11:30 AM
- [Oregon COVID-19 Update](#)
- [By OR. Health Authority](#)
- [CDC COVID Data Tracker](#)
- [Statesman Journal COVID reports](#)

[Track Wildfires in the West \(NYT\)](#)

Good News article: [Family creates community garden in memory of their son.](#)

What is going on with Salem restaurants and Food Pods?

[Salem Eats](#) (Facebook) is a place where we find common ground in supporting local restaurants. Salem Eats is not monitored by restaurant owners therefore only positive reviews are welcome. Non-food-related comments will be removed. *You may*

While decision fatigue is not a new phenomenon, the COVID-19 pandemic has caused life to become “more complicated and we have to make more and more decisions in an ever-increasing complex health care environment,” said Dr. MacLean.

“The addition of the pandemic has only made things worse and added to moral distress, especially when caring for COVID patients during the peak of the pandemic,” she said, adding that decisions that stem from the pandemic extend to wearing a mask, getting vaccinated against COVID-19 and whether it is safe to travel.

“All of this adds to the burden of decision fatigue,” said Dr. MacLean.

Read about [what doctors wish patients knew about post-COVID anxiety](#).

[Continue reading...](#)

Hatfield Library News:

The University Libraries aspire to a number of goals as we develop services, collections, and library spaces. These goals include ensuring that you have access to high quality information as easily and efficiently as possible. Means of doing this include providing access to our catalog, online periodicals, and databases, or simply communicating when you have items waiting, and when we are open. It also includes sharing news like this blog entry. There are many ways to accomplish our goals; our web presence and using email are among the most prevalent methods we use.

Mobile Phone Interface

As smart phones and tablets have become more sophisticated and ubiquitous, we see that most individuals on campus own one or the other (or both).

A national trend shows that many users of these devices would prefer to use a downloaded App rather than view a website in a mobile browser to accomplish their transaction goals such as checking a bank balance or seeing if a requested book is ready to be picked up. While the University Libraries have long tried to make our websites accessible to smaller devices, we have decided to take the next step and roll out a Library App using **Ex Libris’ Library Mobile** service.

The app is available on iOS and Android devices and will allow you to choose your home library (Law, PNCA or **MOHL**). Access many of the resources and services including the catalog, hours open, read the blog, sign up for notifications, allow us to inform you of your account status, and much more.

On an Apple device go to the App Store and search for “Ex Libris”. **Ex Libris Library Mobile** app should come up. Android devices should work similarly.

You will need your Willamette account username and password to use the app.

7 Palindromes That Will Make Your Head Hurt

The next time you have to go to a boring event, challenge yourself to speak in palindromes! Palindromes are words or sentences that read the same backwards as they do forwards — a symmetrical collection of letters (excluding punctuation and spaces). Composing a palindrome is no easy feat — the longer, the harder. Here are a few prime examples that might hurt your brain, but they’ll win you big-time conversational points.

[need to join this Facebook page to see all the comments.](#)

Euro vs Dollar

The euro is now equal in value to the US dollar for the first time in 20 years, with the two currencies hitting parity this past week amid recession concerns fueled by continuing inflation and persistently high energy prices. The currency — shared by 19 member countries — has lost more than 10% of its value since the start of the year. The euro was last worth less than the US dollar in 2002 when the currency was still in its infancy.

[Astronomers discover star](#) with the fastest orbital period around a black hole; the star S4716 orbits Sagittarius A*, the black hole at the center of the Milky Way, at almost 5,000 miles per second.

[OPB: A classic American concession was first fried in Oregon: the corn dog](#)

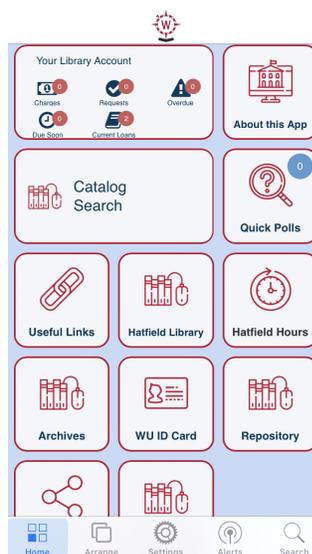
The yellow bananas

commercially available today are all clones of one type of banana — the Gros Michel. This makes every banana we eat genetically identical.

Did you know that even famous authors used pseudonyms?

Some believe that Shakespeare was a nom de plume and that his true identity has never been revealed. But for other well-known writers, we know who they are. Did you know these?

- The Brontë Sisters wrote as Currer, Ellis and Action Bell



Racecar (*One word, seven letters*)

We're starting off small. The classic, one-word palindrome is appreciated by NASCAR fans everywhere.

Dammit, I'm mad (*Three words, 11 letters*)

This is one of the internet's favorite palindromes. It's a pure expression of frustration, either backwards or forwards.

Never odd or even (*Four words, 14 letters*)

Another classic, but this palindrome just might send you down an existential tangent.

Satan, oscillate my metallic sonatas (*Five words, 31 letters*)

Just because it's the same forward and backward doesn't mean it has to make sense, as in this abstract request for the devil himself. Are metallic sonatas a metaphor? Is the speaker referring to the oscillations of the sonatas' soundwaves? We may never know.

Marge lets Norah see Sharon's telegram (*Six words, 31 letters*)

Did we miss this palindromic storyline on *The Simpsons*? Marge is betraying Sharon but letting Norah get in on all the gossip.

Doc, note: I dissent. A fast never prevents a fatness. I diet on cod. (*Fourteen words, 52 letters*)

This palindrome might be as indecipherable as the doc's handwriting. It's interesting dietary advice from a patient who has taken nutrition into their own hands.

Dennis, Nell, Edna, Leon, Nedra, Anita, Rolf, Nora, Alice, Carol, Leo, Jane, Reed, Dena, Dale, Basil, Rae, Penny, Lana, Dave, Denny, Lena, Ida, Bernadette, Ben, Ray, Lila, Nina, Jo, Ira, Mara, Sara, Mario, Jan, Ina, Lily, Arne, Bette, Dan, Reba, Diane, Lynn, Ed, Eva, Dana, Lynne, Pearl, Isabel, Ada, Ned, Dee, Rena, Joel, Lora, Cecil, Aaron, Flora, Tina, Arden, Noel, and Ellen sinned. (*Sixty-three words, 263 letters*)

Sounds like a good party! It might look like a simple list of people who have sinned, but it is indeed a palindrome.

What's a STROAD and Why Does It Matter?

"Stroad" is a word we coined in 2013 to explain those dangerous, multi-laned thoroughfares you encounter in nearly every city, town, and suburb in America. They're what happens when a street (a place where people interact with businesses and residences, and where wealth is produced) gets combined with a road (a high-speed route between productive places). [Continue reading...](#)

- Michael Chrichton wrote as John Lange
- Agatha Christie wrote as Mary Westmacott
- Charles Dickens wrote as Boz
- Mary Ann Evans wrote as George Elliott
- Stephen King wrote as Richard Bachman
- C.S. Lewis wrote as Clive Hamilton
- J.K. Rowling writes as Robert Galbraith
- Mark Twain wrote as Thomas Jefferson Snodgrass

[15 Stunning Photos that will Make You Want to Book a Trip to Italy](#)

[Browse the winners of the 2022 Audubon Photography Awards.](#)

There are victories of the soul and spirit. Sometimes, even if you lose, you win.
- Elie Wiesel

Word to Know: Smorzando

[smort-SAN-do] adverb
Italian, 18th century

1. (music, especially as a direction) in a way that dies away.
2. (adjective, of music) dying away.

"The cellist alternated between playing loudly and playing smorzando."

"One way for musicians to end a song is smorzando, as an alternative to a sudden stop."

[Eight Amazing Early Sports that are no longer played today.](#)

Questions?
Send a message at
ICL Digest

[Newsletter Archives](#)

- [Monmouth Music in the Park Series](#): Free concerts are offered every Wednesday (July and August) starting at 6:30 PM | **Main Street Park Amphitheater, Monmouth, OR**
- [Albany River Rhythms 2022](#): Most **Thursdays in July and August | starting at 7:00 PM | Monteith Riverpark** (489 Water Ave NW, Albany)
- [River's Edge Summer Series](#): Movies on Thursdays at 9:30 PM | Concerts on Fridays at 6:00 PM | Downtown **Independence Oregon | Riverview Park | Independence Amphitheater**
- **Englewood Forest Festival**: Saturday, **Aug. 13th | 10:00 AM to 4:00 PM** Free! Art vendors, 6 hours of music, family-friendly workshops, food trucks
- [Camerata Musica Salem](#): Free Chamber Music Concerts at the Salem Public Library, Loucks Auditorium (*Note venue has change back to SPL*)