

LivelyU

LIFELONG LEARNING ACADEMY

WOOD COUNTY
COMMITTEE

ON
Ageing

BGSU | **OPTIMAL AGING**
INSTITUTE
BOWLING GREEN STATE UNIVERSITY

FALL 2022
SEPTEMBER—
NOVEMBER

LivelyU

LIFELONG LEARNING ACADEMY

WHAT IS LIVELYU?

The LivelyU Lifelong Learning Academy is a platform of programming offered through the Wood County Committee on Aging, Inc. (WCCOA) in partnership with the Bowling Green State University (BGSU) Optimal Aging Institute. The Academy is designed to enhance our Senior Center programming with opportunities for lifelong learning. Academy courses focus on education, engagement and life enrichment and are facilitated by volunteer instructors with a passion for their chosen subjects! Our courses are intended to be enjoyable and stimulating for all participants and include opportunities for social interaction.

ANNUAL MEMBERSHIP FEE

To take part in LivelyU courses, an annual tuition fee of \$20 is required. This tuition payment will give you access to any courses offered for the calendar year. Cash or check payments are accepted and can be made payable to: **Wood County Committee on Aging, Inc.** These payments can be mailed to: **140 S. Grove Street, Bowling Green, OH 43402** or dropped off at any Senior Center in Wood County.

If you are interested in joining the LivelyU Lifelong Learning Academy, but do not have the resources to do so, the **WCCOA Program & Service Scholarship Fund** can assist you! Complete an application form 30 days prior to the semester to be considered for a scholarship.

HOW TO REGISTER

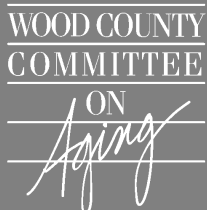
Registration for each course can be completed by contacting the WCCOA Programs Department by phone at **419.353.5661** or **800.367.4935** or by emailing **programs@wccoa.net**

Please note that paying the \$20 tuition does not register you for the courses you wish to attend. **Registration is required** in addition to paying the \$20 tuition.

COMMITTEE MEMBERS & HOW TO BECOME A VOLUNTEER

LivelyU course work has been developed by the following committee members: Danielle Brogley, David Drain, Carol Kinsey, Dianne Klein, Vivian Miller, Eric Myers and Lynn Ritter.

If you would like to share your life skills with others and volunteer as one of our instructors, course managers, or curriculum committee members, please call us at **419.353.5661** or **800.367.4935** or email **programs@wccoa.net**



Wood County Committee on Aging, Inc.

140 S. Grove Street,
Bowling Green Ohio 43402

Phone: 419.353.5661 or 800.367.4935

Email: programs@wccoa.net

Website: www.wccoa.net

FALL SEMESTER 2022

COURSE OFFERINGS

ASTRONOMY: EXPLORING TIME AND SPACE

Science

Thursdays, September 1, 8, 15, 22, and 29

2:00 p.m.— 3:30 p.m.

LOCATION: Bowling Green State University Planetarium, Near the corner of N. College and E. Merry St.,
See the campus map at <https://map.bgsu.edu/?id=652#!ct/>

INSTRUCTOR: *Dr. Dale Smith, Physics and Astronomy Professor, Planetarium Director at BGSU*

ADDITIONAL COURSE FEE: None

Operated by the Department of Physics and Astronomy in the College of Arts and Sciences at Bowling Green State University (BGSU), the University Planetarium is a "theatre of the Universe. It can surround you with an accurate image of the sparkling night sky." Please join Dr. Dale Smith, Professor and Planetarium Director at BGSU, as he takes you through five planetarium shows covering a variety of topics delivered through live interactive presentations, followed by questions and discussion. ***Please note that participants must provide their own transportation to the Planetarium. Carpooling is encouraged.***

ADVENTURES IN SPANISH LITERATURE

Language

Tuesdays, September 6, 13, 20, 27, October 4, 11, 18, 25, & November 1 1:00 p.m.—2:00 p.m.

LOCATION: Wood County Senior Center
140 S. Grove Street, Bowling Green

INSTRUCTOR: *Liliana G Rossi, PhD, Spanish Literature, Spanish Teacher, Paralegal (Immigration)*

ADDITIONAL COURSE FEE: None

?Habla Española? Want to practice your skills? This course is for you! We will read and discuss original short stories written in Spanish by famous Hispanic authors. The stories will be simple but authentic and a great way to use your language skills. This course will be **conducted in Spanish.**

September 6, 13 & 20: "Casa en Mango Street" by Sandra Cisneros

The House on Mango Street is the remarkable story of Esperanza Cordero, a young Latina girl growing up in Chicago, inventing for herself who and what she will become. Told in a series of vignettes- sometimes heartbreaking, sometimes deeply joyous- Sandra Cisneros' masterpiece is a classic story of childhood and self-discovery.

September 27, October 4 & 11: "La Conciencia" by Ana Maria Matute

This novel reflects on the life of a homeless man who takes advantage of people by holding power over them by saying he will share their deepest secrets.

October 18, 25 & November 1: "Lo mas olvidado del olvido" by Isabel Allende

This short story tells the story of the friendship of two people who met in France after having escaped the Civil War in Chile.

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FALL SEMESTER 2022

COURSE OFFERINGS

DIE POST: BOWLING GREEN'S GERMAN NEWSPAPER

History

Wednesday, September 7, October 5, November 2

2:00 p.m. - 3:00 p.m.

LOCATION: Wood County Senior Center, 140 South Grove St., Bowling Green

INSTRUCTOR: Geoff Howes

Additional Course Fee: None

"Die Post": Bowling Green's German Newspaper (1889). Geoff Howes, a retired BGSU German professor, has translated six months of local news and advertising in "Die Post" ("The Post"), a German-language newspaper published in 1889 in Bowling Green. Together we will read about Bowling Green and Wood County through the eyes of the editor Herr Dammann, who was hoping to unite the German speakers of Wood County and promote awareness of their German identity. This was the era of flourishing agriculture, the oil boom, the growing glass industry, and the expansion of the railroads, and Dammann describes local characters, achievements and tragedies, cooperation and competition, and the lively political scene. Copies provided as digital PDF files.

BINDER OF A LIFETIME

Well-Being

Friday, September 9

10:00 a.m. - 2:00 p.m.

LOCATION: Wood County Senior Center

140 S. Grove Street, Bowling Green

INSTRUCTORS: *Steve Long, Memory Missionary*

ADDITIONAL COURSE FEE: \$10.00 all supplies included * Lunch on own: Senior Center lunch \$2

What is a Binder of a Lifetime, you ask? It's a systematic, phased approach to assembling important thoughts and information all in one place, providing peace of mind for you; opportunities for meaningful conversations with friends and family NOW; comfort to friends & family members now and in the future. Binder of a Lifetime workshops give you "peace of mind," allowing you to start or enhance comprehensive information gathering (history, household information, health care decisions, end-of-life wishes, reflections, key details, etc.) about you and your household.

Sections of the binder include:

About me; Key Information; Spiritual; Reflections; Things; Pictures; Wills/POAs; and At the End.

Why do this now? Can it ever be too early to make the lives of our loved ones easier? We never really know when we won't have time or energy for such projects.

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FALL SEMESTER 2022

COURSE OFFERINGS

TOLEDO MUSEUM OF ART GALLERY GROUP

Arts

Wednesdays, September 14, October 12 & November 9

2:00 p.m. - 3:00 p.m.

LOCATION: Toledo Museum of Art
2445 Monroe Street, Toledo

DOCENTS: *Dianne Klein, Michael Coomes and other TMA docents*

ADDITIONAL COURSE FEE: None

Meet us at the Toledo Museum of Art (TMA) for this monthly group! As an art education institution, TMA strives to provide access to works of art in the Museum and information about them. The Museum's Gallery Group program provides an opportunity for art lovers to gather regularly to explore interesting themes in the TMA collection. Led by a docent guide, Gallery Groups provide an enriching way to either experience the Museum with friends and colleagues or make new friends while exploring art.

Please note that participants must provide their own transportation to the Museum. Carpooling is encouraged.

VOLUNTEERING WITH A PURPOSE

Well-being

Tuesdays, September 15, October 20, November 10

10:00 a.m. - 11:00 a.m.

LOCATION: Wood County Senior Center
140 S. Grove Street, Bowling Green

INSTRUCTORS: **Session 1: Meredith Wagoner, Volunteer Coordinator, Area Office on Aging**

Session 2: Service Groups: Kiwanis representative; Portage Lions Club representative; Exchange Club representative; Rotary Club representative

Session 3: Non-Profits: Larry Swaisgood, Habitat for Humanity; Elizabeth Johnson-Walsh, Cocoon Shelter; Staff member from WCCOA

ADDITIONAL COURSE FEE: None

One of the better-known benefits of volunteering is the impact on the community. Unpaid volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills. This series will focus on the purpose behind volunteering, how to pick the best organization for your interests and it will allow you to discover opportunities that are available in your communities.

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FALL SEMESTER 2022

COURSE OFFERINGS

CALLIGRAPHY

Arts

Tuesdays, September 20, 27, October 4, 11, 18, 25 (6 weeks)

2:00 p.m.- 3:00 p.m.

LOCATION: Wood County Senior Center
140 S. Grove Street, Bowling Green

INSTRUCTOR: *Jacqueline Metz*

ADDITIONAL COURSE FEE: \$20.00 * all supplies provided

Have you ever commented on someone's beautiful handwriting? Now is your chance to learn how to create this style of writing called calligraphy. Each class is designed to teach you the basics of different types of modern calligraphy, including the ever-popular modern brush technique.

Address those Christmas cards, wedding invitations and, create gifts for your family and friends with that beautiful penmanship that you have always admired! In addition to expert instruction you'll also receive supplies and other take homes items to help you continue your lettering journey far beyond our time together.

Be prepared to spend some time on your own practicing these various techniques. Basic supplies will be provided the first day of class: practice sheets and felt calligraphy markers. You are encouraged to bring your favorite quote, verses or inspiring words to complete as a project by the end of the session.

THE JUSTICE SYSTEM: COUNTY COURTS

GOVERNMENT

Wednesday, September 21, October 19, November 9

2:00 p.m.- 3:00 p.m.

LOCATION: Wood County Senior Center
140 S. Grove Street, Bowling Green

INSTRUCTORS: *Judge David Woessner, Judge Molly Mack, Judge Matthew Reger*

ADDITIONAL COURSE FEE: None

County courts are, by far, the most commonly used courts in our justice system. Cases filed in local courts outnumber those filed in federal court by a factor of over two hundred. Few litigants who receive local-court judgments appeal the matter further. We know astonishingly little about them. This series will share a behind the scenes look at the workings of our county courts and will provide a better understanding of our legal system.

Synopsis continued on page 7.

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COURSE OFFERINGS

THE JUSTICE SYSTEM: COUNTY COURTS

GOVERNMENT

Session One: Judge David Woessner: Probate and Juvenile courts can impact nearly every facet of our lives – from birth to death (and even before and beyond). Referred to typically as the “quiet courts” little is regularly heard about them. Judge Woessner will provide a lively overview of the many topics which both courts deal with on an every day basis.

Session Two: Judge Molly Mack While most people think of criminal cases when they think of the court system, common pleas courts also resolve conflicts between two or more individuals or institutions on a daily basis. The Wood County Common Pleas Court handles civil cases involving contracts, personal injury, foreclosures, as well as countless other civil injuries. Judge Molly Mack will provide a lively discussion of the civil litigation process from the filing of a complaint through appeal, including the mechanics of the civil litigation.

Session Three: Judge Matthew Reger The Criminal Justice System in the United States is the most prominent when people think of courts. It is the one that, many times, has the most drama, controversy, and Constitutional implications. But what really happens in the criminal justice system – from the point of being charged to either an acquittal or conviction and sentence – and how does that impact every citizen? Judge Reger will provide a broad based, engaging, and thoughtful presentation on the criminal justice system, its procedures, and a few great stories along the way. Participants will walk away from this presentation with a better understanding of the American criminal justice system and a unique perspective from someone with over 25 years of experience.

CREATIVE WRITING: POETRY

Arts

Tuesdays, September 27, October 4, 11, 18, 25 & November 1 (6 weeks)

3:00 p.m.- 4:30 p.m.

LOCATION: Wood County Senior Center

140 S. Grove Street, Bowling Green

INSTRUCTOR: *Joseph Elia, Student, English Department, BGSU*

ADDITIONAL COURSE FEE: None

Poetry is an answer in a world full of unanswerable questions. Whether you consider yourself a lover of poetry, an emerging writer, or a seasoned poet, taking a poetry class or workshop is the perfect way to develop your voice, learn more about the craft, and find inspiration. We will practice the artistic expression of thoughts through the creation of poetry in both the open form and familiar classical forms such as sonnets and haiku, while also learning about the elements of poetry and some of the lesser-known types of poems.

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FALL SEMESTER 2022

COURSE OFFERINGS

NUTRITION, YOUR KITCHEN AND MORE

Well-being

Thursdays, September 29, October 6, 13

4:00 p.m.- 5:00 p.m.

LOCATION: Wood County Senior Center

140 S. Grove Street, Bowling Green

INSTRUCTOR: *Laura Brubaker is Assistant Clinical Professor in the College of Health and Human Services at BGSU, has her master's in Food and Nutrition, is a Registered Dietician Nutritionist, and is a Licensed Dietitian. She is also Director of the Internship Program in the Dietetics Program.*

ADDITIONAL COURSE FEE: None

This series will cover nutritional tips, cooking recommendations for smaller portions, exposure to new healthy eating plans, and opportunities to learn new ways to prepare and enjoy a variety of foods.

Session One: Kitchen Gadgets Join the Bowling Green State University Dietetic Interns to learn about the newest kitchen gadgets. What works, what does not, and what is a must have in your own kitchen.

Session Two: Cooking for One Do you live alone or mainly just cook for yourself? Join the Bowling Green State University Dietetic Interns to learn about essential items to buy at the grocery store, healthy items to prepare for yourself, and the benefits of cooking for one.

Session Three: How Does Your Diet Measure Compared to the Mediterranean Diet? Join the Bowling Green State University Dietetic Interns to learn about ways that your food habits already align with the Mediterranean Diet. Session will discuss Mediterranean Diet basics, food, and lifestyle habits to continue, and tips for ways to make small switches to improve food choices.

TURKEY: A TRAVELOGUE

GEOGRAPHY

Tuesday, October 4

2:00 p.m.- 3:00 p.m. Zoom option

LOCATION: Wood County Senior Center

140 S. Grove Street, Bowling Green

INSTRUCTOR: *Nurdan Kalayci, Native of Turkey*

ADDITIONAL COURSE FEE: None

Each year, tens of millions of tourists travel to Turkey, making it one of the most popular tourist destinations in the world. It is not difficult to see why Turkey is so popular among tourists. Because the land borders on both the Black Sea as well as the Mediterranean, the country is home to some of the most spectacular beaches in the world. But tourists don't just come for the beaches. Turkey also has a highly varied landscape, including mountains and woodlands. For the nature lover, Turkey is a very attractive destination. Furthermore, the country has a very rich cultural background, and historical locations that stretch back to antiquity. Nurdan will share its rich cultural history and explore the landscapes with you.

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FALL SEMESTER 2022

COURSE OFFERINGS

"You're Not Alone": Breaking the Taboo of Incontinence

Well-being

Wednesday, October 12, October 19, October 26

10:30 a.m. – 11:30 a.m. Zoom option

LOCATION: Wood County Senior Center

140 S. Grove Street, Bowling Green

INSTRUCTOR: *Angie Williams, BGSU alum and VP of Marketing at Principle Business Enterprises (PBE).*

Demonstrated through Angie's work and investment in older adults, the mission of PBE is to "improve the human condition and elevate our customers' quality of life." With a background in management consulting, Angie's goal is to help reframe the stigmas tied to incontinence by creating awareness around the prevalence and solutions that can make a material difference in the lives of wearers and their care providers.

ADDITIONAL COURSE FEE: None

Part I: The Basics – Many think this topic is one that is inappropriate and too private to discuss, but statistics reveal just how common incontinence is across the world; "1 in 6 adults" experience incontinence. This first session in the three-part series begins with a basic guide to incontinence, including: What is incontinence? How common is incontinence? The causes and conditions of incontinence, and more.

Part II: Treatment Options – "Urinary incontinence... is a condition that is a result of another disease, condition, disorder or age-related body change" with nearly 44 percent of adults experiencing this in older adulthood. In Part II of this course, treatment options will be discussed, including pelvic floor exercises, medications, and surgeries or procedures.

Part III: Living with Incontinence – It is most important to get back your "freedom and confidence" when living with incontinence or caring for someone experiencing incontinence. In the third part of this series, services to live with this condition and various products will be discussed.

Nova Scotia: A Travelogue

Geography

Tuesday, October 18

2:00 p.m.- 3:00 p.m. Zoom option

LOCATION: Wood County Senior Center

140 S. Grove Street, Bowling Green

INSTRUCTOR: *Peggy Ingraham*

ADDITIONAL COURSE FEE: None

The Canadian province of Nova Scotia is host to thousands of pine trees, wonderful autumn tree colors, together with charmingly unspoiled traditional fishing villages and attractive towns. This one-time course will have you exploring the origin of the province, the quaint villages, touring the lighthouses and historical sites. A discussion of its culture and history will be shared. Peggy, is a native of Nova Scotia who is excited to share

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FALL SEMESTER 2022

COURSE OFFERINGS

Interview Techniques: Creating Life Stories

Literature

Tuesday, October 25

3:00 p.m.- 5:00 p.m.

Tuesday, November 8

3:00 p.m.- 4:00 p.m.

LOCATION: Wood County Senior Center

140 S. Grove Street, Bowling Green

INSTRUCTOR: *Eric Myers, EdD., Instructor Emeritus BGSU*

ADDITIONAL COURSE FEE: None

This cross-generational series will allow selected freshman and sophomore students from Bowling Green State University enrolled in the EDFI 2980-School, Society and Cultural Diversity to be paired with Older Adults enrolled in this LivelyU class. The students practice interviewing techniques and will interview the Older adults, asking questions about their lives, educational experiences and personal history. The interviews will be reciprocal as the Older Adults will also be able to ask the students questions about their lives. This is an excellent way to have your life history recorded, to meet new people and perhaps make a new friend.

AUSTRIA: A TRAVELOGUE

GEOGRAPHY

Tuesday, November 1

2:00 p.m.- 3:00 p.m. Zoom Option

LOCATION: Wood County Senior Center

140 S. Grove Street, Bowling Green

INSTRUCTOR: *Valerie Boeckel, Native of Austria*

ADDITIONAL COURSE FEE: None

From Arnold Schwarzenegger to Christoph Waltz, from Wiener Schnitzel to Red Bull, from Mozart to Falco, from mountains to lakes. Austria with its 9 million inhabitants represents people, food, culture and nature in a unique way. Austria is 60 percent covered by the Alps, where people enjoy hiking in summer and skiing in winter. Culture lovers will find their way to the cities, where they can follow in the footsteps of Mozart (1756-1791) in Salzburg or the Habsburgs (1278-1918) in Vienna. Austria is part of the European Union and although it is a small country compared to its neighbors France or Germany (ten times larger), its economy is stable and thriving, its social system is one of the best in the world and education is almost free. Austrians are generally relaxed, sociable people who love nature as much as a good cup of coffee in a café. Fun fact: Almost no one in Austria has ever seen "The Sound of Music".

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FALL SEMESTER 2022

COURSE OFFERINGS

WHEN PERRYSBURG WAS A COUNTY SEAT

History

Thursday, November 3

2:00 p.m.- 3:00 p.m. Zoom option

LOCATION: Wood County Senior Center

140 S. Grove Street, Bowling Green

INSTRUCTOR: *Richard Baranowski, Local History Librarian, Way Public Library*

ADDITIONAL COURSE FEE: None

Wood County was established on February 12, 1820, following a treaty and land purchase from local Indian tribes. The county was named for Captain Eleazer D. Wood, the engineer for General William Henry Harrison's army, who built Fort Meigs in the War of 1812. Perrysburg was the first county seat, and remained the county seat until 1870, when it was moved to Bowling Green. Mr. Baranowski has authored articles on a variety of subject in history, library science, and of popular interest. During this one-time presentation, he will be covering how Perrysburg became the county seat, the years they held it and the circumstances under which they lost it.



The LivelyU Lifelong Learning Committee would like to formally thank all of the instructors for their willingness to share their time and knowledge with the participants during their course time. A most gracious thank you is also extended to the participants for their interest in actively learning and growing through these course offerings. We are cordially inviting each member of the LivelyU Lifelong Learning Academy (instructors and participants) to a end of the year reception on:

*Monday, November 14
3:30 to 4:30 p.m.
Wood County Senior Center
140 South Grove St., Bowling Green*

R.S.V.P. to the Programs Department at the Wood County Committee on Aging.
Call 419.353.5661 or email programs@wcco.net

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WOOD COUNTY
COMMITTEE



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To contact WCCOA: wccoa@wccoa.net
To register for programs & events: programs@wccoa.net

We're on the Web!

www.wccoa.net



FACEBOOK

www.facebook.com/wccoa



LOGSPOT

woodcountycommitteeonaging.blogspot.com/



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