

THE OHIO STATE UNIVERSITY AT LIMA

# Lifelong Learning INSTITUTE



## Featured Courses for spring 2024

Dive into books, visit faraway places and meet interesting people, learn more about the inner workings of the Lima Fire Department, get a handle on medications and immunizations, explore possible selves, get to know your neighbors in nature and so much more



THE OHIO STATE  
UNIVERSITY

LIMA

Classes are held on the Ohio State Lima campus  
Student Services Center, Room 120A

*Sponsored by the Road Scholar Institute and  
The Ohio State University at Lima*

# About Lifelong Learning

## AT OHIO STATE LIMA

The Lifelong Learning Institute (LLI) at The Ohio State University at Lima is a program of the Road Scholar Institute and offers classes for mature adults on four Tuesdays and Thursdays in April and October each year. LLI is an independent volunteer organization sponsored by Ohio State Lima since 1991.

Individual classes last one and one half hours and meet at the same time each week. You may sign up for as many or as few classes as you wish. Since classroom size is limited, please register early for the courses you plan to attend.

LLI contributes a portion of the tuition you pay to the Lifelong Learning Institute Scholarship Fund for nontraditional students at Ohio State Lima.



Review the courses and register online at [go.osu.edu/llispring2024](https://go.osu.edu/llispring2024) or complete and return the registration form on page 7. We can now take credit card payments online.

**COSTS** | Registration fee of \$40 whether you register for one course or six courses.

**REGISTRATION DEADLINE** | March 29, 2024. Registrations are accepted on a first-come, first-served basis to a maximum of 50 persons per class.

**REFUNDS** | You may receive a refund (minus a \$5 processing fee) if you withdraw at least 48 hours before the programs are scheduled to begin.

**PARKING** | Parking is available around the Student Services Building and in lots C and D.

**CLASSROOM** | Room 120A, Student Services Center, No. 1 on map.

**LUNCH** | At local restaurants or bring your own.

**QUESTIONS** | Call 567-242-7274 or visit our website at [go.osu.edu/OhioStateLimaLLI](https://go.osu.edu/OhioStateLimaLLI).

## Lifelong Learning Institute Administration

The Ohio State University  
at Lima

### LLI Officers

President

Chuck Oatman

Vice President

Kathryn Herman

Secretary

Sharon Irving

Treasurer

Judy Gilbert

### Committees

#### Curriculum

David S. Adams

William Angel

Judy Crawford

Anne Edwards

Kathy Fought

Judy Gilbert

Susan Hubbell

Bob Mix

Dow Wagner

#### Finance

Judy Gilbert

#### Nominating

Dow Wagner

#### Hospitality

Bonnie Oatman, *chair*

Linda Reif

Kathryn Herman

Kathy Fought

Lois McKnight

## 10:00-11:30 a.m.

April 2: **Antarctica: Adventure to the 7th Continent** with Don and Brenda Groman, who will talk about their once-in-a-lifetime 2023 adventure to the southernmost place in the world.

April 9: **Leslie Peltier, Seeker of the Stars** with Bob Ebbeskotte, who discusses the Delphos native that Harvard University Observatory named “The World’s Greatest Non-Professional Astronomer.”

April 16: **Poland Revisited** with traveling nurse practitioner Sandy Altenbach, who took part in a Road Scholar outing in Poland and visited and photographed areas of the country in which she had previously served as a “Project Hope” nurse.

April 23: **Guided Tour of the Lima Firefighters Memorial and Museum** with Lima Fire Chief Andy Heffner. Note that this tour is off campus at **108 S. Shawnee St.** at the corner of Elm and Shawnee next to the #5 Fire Station. There is a picnic area nearby so if the weather is nice bring your lunch for a nice break before heading to Ohio State Lima for afternoon classes.



## 1:00-2:30 p.m.

April 2 and 23: **Cooking for One** with Brian Keegan, wine steward and bar manager at Old City Prime American Steakhouse. Explore some of the complications of cooking for 1-2 people and learn some ways to expand your repertoire.

April 9: **Postcards from the Past** with Judge Richard Warren, who will share his collection of historic postcards from the 1800s and in Lima’s past.

April 16: **Banning Books** with Liz Muether and Morgan Paul, library directors from Mercer County, who will talk about the banning of books in present times.

## 2:45-4:15 p.m.

April 2 and 16: **A History of Not Knowing** with art professor and gallery curator Ian Breidenbach, who recounts how a form of radical openness to possibility has

led to more than a decade of commitment to providing access to contemporary art and artists in rural communities.

April 9: **Seeing Things as I Do** with longtime local broadcaster Bob Ulm, who will demonstrate the Braille and computer technology he uses each day and discuss the challenges of navigating a mostly-sighted world and his career in broadcasting and as a past local government official.

April 23: **Making the Medieval Book** with English Professor Dr. Zach Hines, a scholar of premodern reading and writing, who will lead a discussion about the relationship between medieval literary texts and material forms in which they have survived – specifically, handwritten parchment manuscripts and early printed books.

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## THURSDAYS | APRIL 4, 11, 18, 25

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### 10:00-11:30 a.m.

April 4: **Medications for Seniors – Interactions, Side Effects, Effects as We Get Older** with Internal Medicine Pharmacist Amanda Arkenberg, who will discuss how medication processing and effects change as part of the aging process, including different side effects and interactions to be aware of. Feel free to bring a list or a bag of your prescription medications. We will have break out time available with pharmacists to answer some of your questions.



April 11: **Diabetes** with Norman Moser, DO, who will discuss diabetes mellitus and differentiate insulin requiring versus non-insulin requiring. We will discuss current diagnostic trends as well as treatment trends.

April 18: **Immunizations: History, Progress and Current Recommendations** with Amanda Arkenberg, who will explore the history of vaccine development and technology, starting from the late 18th-century to modern-day advancements. We will highlight the current recommended vaccines, with a focus on more recently approved vaccines including RSV, pneumonia and COVID-19.

April 25: **Hypertension** with Dr. Moser, who will discuss current guidelines in the assessment of blood pressure and the current treatment guidelines in the treatment of blood pressure.

## 1:00-2:30 p.m.

April 4: **The Story of Self-Revision** with Psychology Professor Dr. Patrick Carroll, who will discuss his work on how and when people abandon or embrace dreams (possible selves) in response to social feedback. Then, we will transition to review more recent work on the consequences of those changes in possible selves for broader changes in self-doubt, self-esteem and well-being.

April 11: **Lima Fire Chief Andy Heffner** talks about the fire department structure, equipment and manpower.

April 18: **Stories of the History of Lima** with Allen County Museum Docent Mark Billingsly.

April 25: **Dispatching and Emergency Situations** with Chief Heffner, who discusses how the team is dispatched to an emergency and more about emergency situations.

## 2:45-4:15 p.m.



April 4: **Frogs and Toads 101** with Johnny Appleseed Metropolitan Park District Naturalist Dan Hodges, who helps us get to know the frogs and toads of Allen County and their natural history.

April 11: **What to Plant in the Spring and Designing with Spring Flowers** with horticulturalist and flower designer Joe Warnement.

April 18: **Fireflies 101** with Dan Hodges, who explores the depth, diversity and even drama of

these flashy critters.

April 25: **Looking Forward to the Presidential Election 2024 – What Can We Expect?** with Dr. William Angel, associate professor emeritus in political science at Ohio State Lima.

# LLI Registration Form

Registration Deadline: **March 29, 2024**

You can now register and pay online at [go.osu.edu/llispring2024](https://go.osu.edu/llispring2024) or make checks payable to **The Ohio State University** and mail to

The Ohio State University at Lima  
Office of Continuing Education  
4240 Campus Drive, PS 208  
Lima, OH 45804

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Telephone \_\_\_\_\_

Email \_\_\_\_\_

May we correspond with you and confirm your registration by email?  
\_\_\_\_\_ Yes \_\_\_\_\_ No

I would like to enroll in the following time slots:

## TUESDAYS (CIRCLE THE DATES YOU PLAN TO ATTEND)

\_\_\_ 10:00-11:30 a.m. **APRIL 2, 9, 16, 23**

\_\_\_ 1:00-2:30 p.m. **APRIL 2, 9, 16, 23**

\_\_\_ 2:45-4:15 p.m. **APRIL 2, 9, 16, 23**

## THURSDAYS (CIRCLE THE DATES YOU PLAN TO ATTEND)

\_\_\_ 10:00-11:30 a.m. **APRIL 4, 11, 18, 25**

\_\_\_ 1:00-2:30 p.m. **APRIL 4, 11, 18, 25**

\_\_\_ 2:45-4:15 p.m. **APRIL 4, 11, 18, 25**



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