

THE OHIO STATE UNIVERSITY AT LIMA

# Lifelong Learning INSTITUTE



## Featured Courses for autumn 2025

Are Ohio girls OK?  
Cybersecurity and you  
Hiking's Triple Crown  
Things you should do before you die  
Speakeasies of Allen County



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/llifall2025](https://go.osu.edu/llifall2025) or complete and return the registration form on page 11. We can now take credit card payments online.

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

**REGISTRATION DEADLINE** | September 26, 2025. 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

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

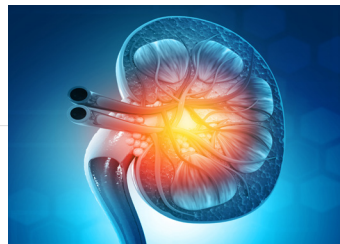
**10:00 to 11:30 a.m.**

October 7

## **What is normal kidney function and how do I preserve it?**

Learn how the kidneys filter the blood and manage anemia, bone metabolism and electrolytes.

Dr. Normon O. Moser practiced critical care nephrology in Lima and now teaches medical students. He has talked with LLI about diabetes, hypertension and chronic kidney disease.



October 14

## **Medications, including generics**

What happens to a pill after you swallow it? How are drugs metabolized? How are drugs eliminated from the body? Why do some pills never dissolve? Why do some drugs work longer than others? How do I store medicine?

Amanda Arkenberg, PharmD, RPh, is an internal medicine pharmacist working with St. Rita's Internal Medicine Residency Program and Diabetes Education Clinic. She loves teaching and learning about pharmacology – how medications interact with and affect the body. Dr. Normon O. Moser practiced critical care nephrology in Lima

October 21

## **Speakeasies and the Prohibition era**

Learn more about Allen County's speakeasies and the drama of the prohibition and the 1930's.

Karlyn Lauer began volunteering as a docent at the Allen County Museum in 2013. She enjoys reading and studying history with a particular interest in helping people understand the people involved in history.

October 28

## **Are Ohio girls OK?**

According to the Ohio: State of the Girl Report, while Ohio girls show resilience, they are facing significant challenges in areas like mental health, physical well-being, and academic success. Studies indicate high rates of depression, suicidal ideation, and self-harm among girls, with some reporting feeling hopeless daily. Learn more about how Ohio Girls are doing and what we can do as a community to change these statistics.

Tiffany Hallman, a lifelong Cincinnati resident, is the chief development and marketing officer for the Girl Scouts of Western Ohio. A University of Tennessee alumna, she is deeply involved in her community, having been executive director for the March of Dimes and having served on multiple local boards and school organizations.

**1:00 to 2:30 p.m.**

October 7

## **Dementia Friends**

Dementia Friends is a global, call-to-action movement developed by the Alzheimer's Society in the United Kingdom and now underway in the United States. The goal is to help everyone in a community understand how dementia impacts individuals and families, and things we can each do to make a difference in the lives of those affected. We will cover the basics of dementia including common types, signs and symptoms, communication tips, community resources and more. An emphasis on positive messaging and dementia stigma reduction is a key part of this program, designed to reach audiences in all community sectors.

Samantha Kerner has been with Trilogy Health Services for the last 9 years, including 6 years at Springview Manor, as director of sales. She is an active volunteer for the Alzheimer's Association.

October 14

## **Acupuncture and stress management**

Learn more about acupuncture and stress management with Christian Totty, LAc, LOAM Acupuncture and Herbal Medicine.

October 21

## **Drumming around the world**

Sarah Waters tells stories of her musical travels throughout the world from Africa, China, Europe and the US and Caribbean. She will show videos of her lessons with musicians and discuss the cultural significance of drums. She will bring several instruments for class participants to play. There is nothing like the feeling of hitting a drum, playing rhythms with others and feeling free to express the inexpressible through the power of music.

Dr. Sarah Waters is an associate professor of music at Ohio Northern University and is director of its annual Summer Music Camp. She is a native of Lima and has a Bachelor of Music Education from ONU, a Master of Music from Western Michigan University and a Doctor of Musical Arts from The Ohio State University.

October 28

## **Preventative footcare for the silent and Baby Boomer generations**

The human foot becomes more fragile as one progresses through the “golden years.” This session focuses on discussion and tips for preventative foot care as well as some suggestions for managing pedal manifestations in chronic disease states such as diabetes and peripheral vascular disease.

Dennis E Morris, DPM, is a native of Elida. He practiced podiatric medicine and surgery in Lima for 25 years. Dr. Morris served as physician advisor for case management for eight years before becoming VPMA/CMO at Lima Memorial Health System in 2019 and retired in 2023.

**2:45 to 4:15 p.m.**

October 7

## **Equestrian Therapy**



The Equestrian Therapy Program will share their mission. Learn the different equine-facilitated activities and therapies provided as well as volunteer opportunities.

Michele Andrews-Sabol, executive director, has been with the program for 24 years. She is a graduate of The Ohio State University and is a

lifelong equestrian. Sonya Carver is the volunteer coordinator and a PATH International-certified Equine Specialist in Mental Health and Learning and is currently seeking her certified therapeutic riding Instructor endorsement as an instructor-in-training. Allison Griesdorn is a clinical social worker at the program, where she primarily practices equine assisted psychotherapy and offers clients an experiential, non-traditional approach to therapy in a unique and supportive setting. Allison works with children, adults, families, and groups to address a wide range of mental health needs. Nadene Goecke is a certified therapeutic riding instructor through PATH International.

October 14

## **Cyber Security for You – Security Awareness**

Presentation is based on Ohio State's Cybersecurity for You security awareness training and will highlight useful skills and best practices to live a safer digital life. Some skills and topics covered will include how to identify tactics used by cyber criminals in scams, learning the importance of multi-factor authentication and how to use it, and general best practices for staying safe in the online world.

Levi Blank is a senior systems specialist in the Office of Technology and Digital Innovation at The Ohio State University.

October 21

## **Missionary work in Nigeria – Developing a written language**

Why Bible translation? Language once used to scatter people is now being used to gather them. What is the essence of the task of Bible translation? What is the state of Bible translation (statistically) in the world? How was and is Bible translation being done, using the Gokana language project in Nigeria as an example? Bring your questions.

Michael A. Nicol was born in Marysville, where he attended St. John's Church and School. He enrolled in the pre-ministerial program at Lutheran College, Ann Arbor, and earned a BA in classical languages.

October 28

## **The Gokana people of Nigeria**

A glimpse into the culture and daily lives of the Gokana people in Nigeria. What was it like for Michael Nicol and his family learning from them, living among them and working with them?

**10:00 to 11:30 a.m.**

October 9

## Acupuncture



Acupuncture is the art and science of administering thin, sterile needles at specific points and regions of the body to elicit a healing response. Its elegant simplicity has garnered much attention over the past few decades as “alternative” and “complimentary” modalities have become increasingly more popular. What if acupuncture played a much deeper role in the

evolution of health and human history? We will explore the early development of acupuncture, its connection with geomancy, and how this tiny but mighty medicine can change the world. Participants will also have an opportunity to experience acupuncture first hand.

Christian Totty is the founder of LOAM Acupuncture and Herbal Medicine.

October 16

## The Lincoln Highway

Ever wonder why the Lincoln Highway was built here, why it was named after Lincoln and other interesting facts? Find out these and many more things about this important road.

Mike Buettner is a surveyor and member of the Western Chapter of the Lincoln Highway Association. He is an author and a historian.

October 23

## Mayor Sharetta Smith with updates on changes in Lima

With the influence of Mayor Smith’s collaborative leadership style, Lima has experienced a renewed focus on neighborhood and downtown revitalization, youth development and improvement of government operations as well as



strengthened relationships with public and private partners that have been a catalyst for development.

October 30

## **Belated National Fossil Day Celebration**

Introduction to fossils and notable Ohio fossils.

Dr. Mark Kleffner is the associate dean and professor of Earth Science at The Ohio State University at Lima.

**1:00 to 2:30 p.m.**

October 9

## **Crime Victim Services**

Amy W. Baliff, executive director of Crime Victims Services, talks about the organization's programming in Allen and Putnam counties.

October 16

## **Navajo traditions and the pow wow**

Sheryl Begay was born and raised on a Navajo Reservation in Arizona. She is returning to give us more information about the Navajo Nation and their traditions. She will also tell us what the Pow Wow is and explain its meanings.

October 23

## **Today's dentistry**

Dr. Gary Brunk discusses treating dental disease with the assistance of high-tech tools.

October 30

## **Missionary dentistry**

Missionary dentistry ... the success and the failures.

Dr. Gary Brunk attended Wittenberg University and obtained his DDS Degree from Ohio State in 1975. He was in private practice until 2020 and is now with Blanford Dental Associates. Teaching appointments include L.D. Pankey Institute as a teaching assistant the NYU Langone Hospital as associate director AEGD residency program.

**2:45 to 4:15 p.m.**

October 9

## **Get there or die trying – hiking 8,000 Miles in one year**

In 2021, Brandon Weiss became only the 13th person to ever achieve a grueling challenge in the hiking world known as the Calendar Year Triple Crown. This journey involves hiking over 8,000 miles on the Appalachian Trail, Pacific Crest Trail and Continental Divide Trail, with the caveat of completing all three in one year. Come listen to Brandon share stories from his year of adventures and hear about the wisdom he learned along the way.

October 16

## **The Lima Locomotive Works**

Learn about the history of the railroad in the Allen County area.

Wayne York is a lifelong area railroad enthusiast and preservationist who has long been involved with Lima's Lincoln Park Railroad Exhibit and the Fort Wayne Railroad Historical Society which has restored and operates Lima built steam locomotive no. 765.

October 23

## **Things you should know before you die**

Demi Burden and Bob Laman will share important information about the funeral business.

Demi Burden is a lifelong resident of Allen County. She graduated from Ohio State and Cincinnati Mortuary College and has been with Chiles-Laman Funeral Home for six years as advanced funeral planner. Bob Laman has also called Allen County home for his entire life. He attended Northwestern Business College and has been with Chiles-Laman since 1971.

October 30

## **Mammals of Ohio**

Dr. Ryan Norris, associate professor of Evolution, Ecology and Organismal Biology at Ohio State Lima, gives an overview of the mammals in Ohio.

# LLI Registration Form

Registration Deadline: **September 26, 2025**

You can now register and pay online at [go.osu.edu/llifall2025](https://go.osu.edu/llifall2025) 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 course(s):

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

\_\_\_\_\_ 10:00-11:30 a.m. **OCTOBER 7, 14, 21, 28**

\_\_\_\_\_ 1:00-2:30 p.m. **OCTOBER 7, 14, 21, 28**

\_\_\_\_\_ 2:45-4:15 p.m. **OCTOBER 7, 14, 21, 28**

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

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

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

\_\_\_\_\_ 2:45-4:15 p.m. **OCTOBER 9, 16, 23, 30**



THE OHIO STATE UNIVERSITY

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Office of Continuing Education  
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Lima, OH 45804