

# LivelyU

LIFELONG LEARNING ACADEMY

WOOD COUNTY  
COMMITTEE

ON  
*Ageing*

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

SUMMER  
2022  
JUNE—AUGUST

# 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@wcco.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, Carol Kinsey, Dianne Klein, Liz Lauck, 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@wcco.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@wcco.net](mailto:programs@wcco.net)

Website: [www.wcco.net](http://www.wcco.net)

# SUMMER SEMESTER 2022

## COURSE OFFERINGS

### TOLEDO MUSEUM OF ART GALLERY GROUP

Arts

**Wednesdays, June 8, July 13, & August 17**

**2:00—3:00 p.m.**

**LOCATION:** Toledo Museum of Art  
2445 Monroe Street, Toledo

**DOCENTS:** *Dianne Klein & Michael Coomes*

**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 endeavors to educate and inspire by reaching out to our community. 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!***

### ADVENTURES IN THE SPANISH LANGUAGE

Language

**Tuesdays, June 14 & 28, July 12 & 26, August 9 & 23**

**10:00—11:00 a.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

This course will introduce the basic Spanish language and the cultures of the Spanish-speaking world. No previous knowledge of the language is required. The lessons begin with the building blocks including the alphabet and the proper pronunciation of consonants and vowels.

This course will also teach basic vocabulary and expressions in order to convey simple communication tasks such as: introduction to others, exchanging personal information, identifying topics of interests, asking and answering basic questions, expressing likes and dislikes, and conversational everyday topics. Participants will be given time to carry on these simple conversations in every class to practice their skills.

Hispanic culture will be included in the form of trivia games assigned each class. ***For those interested in further culture education, see the "Spanish Film Review" course on page 6.***

**Each week, the class will have a new focus:**

**June 14:** Spain

**July 26:** Peru

**June 28:** Argentina

**August 9:** Cuba

**July 12:** Mexico

**August 23:** World Cup

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# SUMMER SEMESTER 2022

## COURSE OFFERINGS

### MENTAL HEALTH & WELL-BEING: TIPS & TOOLS

*Well-Being*

**Wednesdays, June 15, 22 & 29**

**10:00—11:00 a.m.**

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

**INSTRUCTORS:** *Karyn Smith, BA, MPH, Health Educator, Wellness Connection, BGSU*  
*Ashley Hartman, MPH, CHES®, OCPC, Health Educator, Mental Health, BGSU*  
*Courtney Rice, MSW, LSW, Manager of Community Education & Marketing, NAMI Wood County*

**ADDITIONAL COURSE FEE:** None

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. This series will introduce participants to mental health and wellness, common mental illnesses (e.g., depression, anxiety), and how to detect mental health concerns in loved ones, such as children and/or grandchildren. Additionally, participants will gain an understanding of best-practices in supporting loved ones who may be experiencing a mental health concern, including communication and engagement, what to say and what not to say. Finally, this series will leave participants with a 'toolkit' to work through mental health concerns they and their loved ones are experiencing. This 3-part course will include discussions, activities, and break out groups to discuss mental health and mental wellness, including: mental wellness detection tips, communication and engagement strategies, breathing exercises and community resources.

### BASEBALL: THE GOOD, THE BAD, & THE UGLY

*History*

**Wednesdays, June 15 & 29, July 13 & 27, August 10**

**2:00—3:00 p.m.\***

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

\*Some class times vary.

**INSTRUCTOR:** *Dave Horger, Retired Bowling Green Radio Personality*

**ADDITIONAL COURSE FEE:** \$13 (Includes Mud Hens game ticket for August 10)

“Baseball, it is said, is only a game. True. And the Grand Canyon is only a hole in Arizona.” - *George Will*  
During this course we will discuss many aspects of America’s favorite pastime, and will end with a trip to a Mud Hens game on August 10. Ticket cost is included in the additional course fee listed above.

**June 15:** Ty Cobb: A blatant racist and the meanest man to ever play the game? New evidence suggests otherwise.

**June 29:** Over one hundred years of the home run: From the dead ball era of Gavvy Cravath to steroid era of Barry Bonds.

**July 13:** Baseball on the radio, the perfect marriage: From Graham McNamee to Vin Scully, we’ll tune in to a few of the all time great baseball broadcasters.

**July 27:** Is baseball still the national pastime? Many would say “no”, but attendance figures, past and present, paint an interesting picture.

—**TRIP— August 10\*:** Mud Hens Game v. Omaha: The game starts at 7:05 p.m. ***Please note that participants must provide their own transportation to the game. Carpooling is encouraged!***

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# SUMMER SEMESTER 2022

## COURSE OFFERINGS

### SPANISH FILM CULTURE REVIEW

Culture

Thursdays, June 16 & 30, July 14 & 28, August 11 & 25

10:00 a.m.—12:30 p.m.\*

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

\*Class times vary based on film length.

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

**ADDITIONAL COURSE FEE:** None

A film will be shown during each class to cover Spanish culture and traditions. We will begin with a brief discussion before viewing, and will leave time for follow-up questions and discussion after. **For those interested in further language education, see the “Adventures in the Spanish Language” course on page 3.**

**June 16:** “Man of La Mancha” (1972): The funny story of mad but kind and chivalrous elderly nobleman Don Quixote who, aided by his squire Sancho Panza, fights windmills that are seen as dragons to save prostitute Dulcinea who is seen as a noblewoman. **Run time:** 2 hours and 12 minutes\*

**June 30:** “Spanglish” (2004): A woman and her daughter emigrate from Mexico for a better life in America, where they start working for a family where the patriarch is a newly celebrated chef with an insecure wife. **Run time:** 2 hours and 11 minutes\*

**July 14:** “Fools Rush In” (1997): After a one night stand with Alex, Isabel realizes that she is pregnant and they decide to get married. However, along with the marriage comes compromise of one's own cultural traditions. **Run time:** 1 hour and 49 minutes\*

**July 28:** “Stand and Deliver” (1988): The story of Jaime Escalante, a high school teacher who successfully inspired his dropout-prone students to learn calculus. **Run time:** 1 hour and 43 minutes\*

**August 11:** “Don Juan DeMarco” (1994): A psychiatrist must cure a young patient that presents himself as Don Juan, the greatest lover in the world. **Run time:** 1 hour and 37 minutes\*

**August 25:** “2010 FIFA World Cup South Africa: Spain—The Champion’s Story” (2010): Spain arrived as reigning European champions, sporting a gaudy world ranking and undoubtedly one of the favorites to lift the trophy. Their quest began with a stutter, though, as they fell to Switzerland 1-0 in their opening match in Durban. To the relief of Spanish supporters everywhere, the ship was quickly righted. This is their story. **Run time:** 1 hour and 13 minutes\*

### John Dillinger Slept Here: Gangsters In Wood County

History

Thursday, July 21

2:00—3:00 p.m.

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

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

**ADDITIONAL COURSE FEE:** None

Mr. Baranowski has authored articles on a variety of subjects in history, library science, and of popular interest. During this one-time presentation, he will be covering gangsters that made an impact on Wood County, including two infamous outlaws Pretty Boy Floyd and John Dillinger.

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# SUMMER SEMESTER 2022

## COURSE OFFERINGS

### Bhutan & Nepal: A Travelogue

*Geography*

**Wednesday, June 22**

**2:00—3:00 p.m.**

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

**INSTRUCTOR:** *Joseph Jacoby, Professor Emeritus of Sociology, BGSU*

**ADDITIONAL COURSE FEE:** None

Bhutan and Nepal are small, independent countries located south of Tibet and north of India. Though they are in close proximity and encompass parts of the Himalayan Mountains, the two countries have different cultures, governmental systems and dominant religions. This course will include views of the cities, rural areas, and mountains of both countries, and a discussion of their different cultures and histories.

### LOCAL TALES

*History*

**Tuesdays, June 28, July 19 & August 16**

**2:00—3:00 p.m.**

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

**INSTRUCTORS:** *Dr. Earl Wm. Campbell Jr., MD, Emeritus Professor of Medicine, University of Toledo*

**ADDITIONAL COURSE FEE:** None

#### **June 28: World Famous Goiter Hospital in Perrysburg**

Dr. John Rheinfrank was the founder of the world famous Rheinfrank Thyroid Hospital. Northwest Ohio was once known as the “Goiter Belt” for the predominance of goiter, an abnormal enlargement of the thyroid gland. Rheinfrank’s research discovered that Northwest Ohioans lacked iodine in their food, which led to “goiter.” Rheinfrank was more than a small town physician. He attended medical school with the Mayo brothers (Mayo Clinic). The “Goiter” Hospital put Perrysburg on the map, and people with this condition traveled from all over to seek help.

#### **July 19: Edwin Lincoln Mosely: Naturalist, Scientist, Educator, and First Science Department Chair at BGSU**

He is recognized for the discovery of the cause of milk sickness; his thorough studies of the flora of the Sandusky area and the Oak Openings west of Toledo; his mapping of the pre-glacial river channels in Sandusky Bay and Erie County; his accurate long-range weather forecasts; and his innovative teaching methods. Learn more about this famous Wood County person.

#### **August 16: Louis Bromfield: The Man Behind the Farm**

Novelist, short story writer, political writer, playwright, scriptwriter, essayist, journalist, soldier, innovative farmer, nature writer and conservationist: Louis Bromfield was all of these, and more. Awarded the Pulitzer Prize for fiction in 1927 (*Early Autumn*), the O Henry Memorial Short Story Award in 1927 (*The Scarlet*) and 1928 (*The Skeleton at the Feast*), and membership in America's National Institute of Arts and Letters (1928), he wrote prolifically. He received the Audubon Medal for leadership in conservation farming in 1952. In 1980 he was posthumously elected to the Ohio Agricultural Hall of Fame and in 1996 (the centennial of his birth) a bust of Louis Bromfield was placed in the lobby of the Ohio Department of Agriculture's new headquarters in Reynoldsburg, Ohio. This session will cover his legendary life.

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# SUMMER SEMESTER 2022

## COURSE OFFERINGS

### RESTORATIVE FARMING

*Nature/Agriculture*

**Thursdays, June 23 & 30**

**4:30 p.m.—6:30 p.m.**

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

\*Some class times vary.

**INSTRUCTOR:** *Liz Mathiesen, Student, BGSU*

**ADDITIONAL COURSE FEE:** None

**June 23\*:** **Restorative Farming** \* *One hour presentation*

This session will provide you with an introduction to the background and fundamental concepts of restorative farming to include: a review on how food in America is typically produced—in essence, monoculture and factory farms—and the ecological consequences of such systems; and how permaculture design and more naturalistic community agriculture initiatives can aid in restoring that ecological damage.

*\*One hour presentation.*

**June 30:** **“The Biggest Little Farm” (2018) — Documentary Viewing** \* *1 hour 30 mins. of viewing*

A testament to the immense complexity of nature, “The Biggest Little Farm” follows two dreamers and a dog on an odyssey to bring harmony to both their lives and the land. When the barking of their beloved dog Todd leads to an eviction notice from their tiny LA apartment, John and Molly Chester make a choice that takes them out of the city and onto 200 acres in the foothills of Ventura County, naively endeavoring to build one of the most diverse farms of its kind in complete coexistence with nature. The land they've chosen, however, is utterly depleted of nutrients and suffering from a brutal drought. The film chronicles eight years of daunting work as they attempt to create the utopia they seek.

### CREATIVE WRITING: FICTION

*Arts*

**Tuesdays, July 26—August 30**

**3:00—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

This course will focus on developing the basic elements of good fiction such as story form and structure, character development, world building/setting, point of view, and dialogue. Through the use of exercises and prompts based in the literary realism, sci-fi/fantasy, horror, and romance genres, you will fine-tune your skills as a writer and improve your ability to revise your own work. This course hopes to establish a community of writers who will share their work and offer support and suggestions to members of the group.

**July 26:** Intro to terms, concepts and genres

**August 2:** Discovering plot development using Literary Realism and Horror

**August 9:** Developing good characters through Science Fiction/Fantasy and Romance

**August 16:** How to build a world for your fictional works

**August 23:** Developing good dialogue through Romance and Literary Realism

**August 30:** Opening paragraphs – write and share the opening paragraph of a story/novel

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To register for programs & events: [programs@wccoa.net](mailto:programs@wccoa.net)



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