



Looking Forward Our Way

www.lookingforwardourway.com

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GUEST CONTACT INFORMATION

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<https://medicine.osu.edu/departments/office-of-geriatrics>
<https://wexnermedical.osu.edu/mental-behavioral/neuropsychology-clinic>
<https://medicine.osu.edu/departments/office-of-geriatrics/aging-connections>

March is national "Careers In Aging" Month. For more information go to

<https://www.geron.org/Career-Learning/Career-Development/Careers-in-Aging/Careers-in-Aging-March-2024>

CENTRAL OHIO RESOURCES

Age Friendly Columbus and Franklin County
Age Friendly Innovation Center, The Ohio State University College of Social Work
<https://agefriendlycolumbus.org/>

Central Ohio Area Agency on Aging (COAAA) <http://coaaa.org>
3776 South High Street; Columbus, OH 43207 614.645.7250 or 800.589.7277

Franklin County Office on Aging (FCOA) <https://officeonaging.org/default.aspx>
280 East Broad Street; Room 300; Columbus, OH 43215 614.525.6200 (Senior Options)

Greater Columbus Network of Villages
<http://coaaa.org/cms/resources/aging-in-place/villages?highlight=WyJ2aWxsYWdlcyJd>

Senior Services Roundtable
<https://www.facebook.com/SeniorRTColumbus/> and <https://www.linkedin.com/groups/4290687/>

Columbus Metropolitan Library computer courses <https://events.columbuslibrary.org/events>
LinkedIn Learning/Columbus Metro Library: <https://www.columbuslibrary.org/research>

EDUCATIONAL RESOURCES FOR OLDER ADULTS

The Ohio State University, Program 60 <https://program60.osu.edu/>
Columbus State Community College Good As Gold Program <https://www.csc.edu/services/student-forms/good-as-gold.shtml>
Otterbein University's Senior College <https://www.otterbein.edu/registrar/senior-college-courses/> or LifeLong Learning Community <https://www.otterbein.edu/alumni/lc/>
State of Ohio, Department of Higher Education: Lifelong Learning Programs and free course attendance throughout the state <https://highered.ohio.gov/students/adult-learners/lifelong-learning>

There are programs that support job training and skill building, such as the City Wide Training Programs sponsored by the City of Columbus <https://www.columbus.gov/hr/citywide-training/>
Columbus Public Library free access to LinkedIn Learning Courses <https://www.linkedin.com/learning-login/go/oh0057>
For those outside of Ohio, check your local libraries for online programs. Contact your local and/or state Department of Education, Adult Services for other programs. And don't forget to reach out to your local/county Job Center and local nonprofits for other ideas.

OHIO RESOURCES

Ohio Association of Area Agencies on Aging (o4a) <http://ohioaging.org/> To find an Area Agency on Aging in your Ohio county go to <http://ohioaging.org/area-agencies/>

Leading Age Ohio https://leadingageohio.org/aws/LAO/pt/sp/home_page

NATIONAL RESOURCES

American Association of Service Coordinators <https://www.servicecoordinator.org/>

National Association of Agencies on Aging (find local Agencies on Aging in any US state) <https://www.n4a.org/>

U. S. Housing and Urban Development (HUD) approved senior housing consultants (Ohio)
<https://apps.hud.gov/offices/hsg/sfh/hcc/hcs.cfm?webListAction=search&searchstate=OH>

BOOKS OF INTEREST

Louise Aronson, *Elderhood* (2021)

Danielle Arigoni, *Climate Resilience for an Aging Nation* (2023)

Tracey Gendron, *Ageism Unmasked: Exploring Age Bias and How to End It* (2022)

Jo Ann Jenkins, CEO of AARP, *Disrupt Aging: A Bold New Path To Living* (2016)

Rosanne M. Leipzig, M.D., Ph.D., Professor/Vice Chair Emeritus, Brookdale Dept. of Geriatrics and Palliative Medicine, Icahn School of Medicine at Mount Sinai, *Honest Aging: An Insider's Guide to the Second Half of Life* (2023)

Becca Levy, Ph. D., Professor of Epidemiology at the Yale School of Public Health and Professor of Psychology at Yale University, *Breaking the Age Code* (2022)

Steve Lopez, Journalist & Pulitzer Prize finalist, *Independence Day: What I learned about retirement from some who've done it and some who never will* (2022)

LOOKING FORWARD OUR WAY RELATED PODCASTS

<https://lookingforwardourway.com/lifecare-alliance-impact/>

<https://lookingforwardourway.com/nesterly-and-village-connections/>

<https://lookingforwardourway.com/ageism-in-the-job-market/>

<https://lookingforwardourway.com/aging-gracefully-insights-and-innovations-with-katie-white-from-coaaa/>

<https://lookingforwardourway.com/what-is-an-age-friendly-community/>

<https://lookingforwardourway.com/cindy-farson/>