



## Looking Forward Our Way

[www.lookingforwardourway.com](http://www.lookingforwardourway.com)

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### GUEST CONTACT INFORMATION

**Guests:** Dana Viglietta, Executive Director of Engagement, Otterbein University & Kevin Byrd, member of the Otterbein Lifelong Learning Community  
**Title:** Inside Otterbein University's Lifelong Learning Community

### EDUCATIONAL RESOURCES FOR OLDER ADULTS

Otterbein University's Senior College <https://www.otterbein.edu/registrar/senior-college-courses/> & Lifelong Learning Community <https://www.otterbein.edu/alumni/lhc/>

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>

Ohio Wesleyan University, Lifelong Learning Institute <https://www.owu.edu/about/offices-services-directory/lifelong-learning-institute-at-owu/>

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>

Peggy R. McConnell Arts Center of Worthington, Lifelong Learning Institute <https://www.mcconnellarts.org/classes/lifelong-learning-institute/>

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.

### CENTRAL OHIO RESOURCES FOR OLDER ADULTS

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

The Greater Columbus Network of Villages

<http://coaaa.org/cms/resources/aging-in-place/villages?highlight=WyJ2aWxsYWdlcyJd>

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)

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>

## OHIO RESOURCES FOR OLDER ADULTS

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/>

## NATIONAL RESOURCES FOR OLDER ADULTS

National Association of Agencies on Aging (find your own local Agency 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 ON AGING

Jo Ann Jenkins, CEO of AARP

*Disrupt Aging: A Bold New Path To Living* (2016)

Rosanne M. Leipzig, M.D., Ph.D., Professor and Vice Chair Emeritus, Brookdale Department 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 (Los Angeles Times, Philadelphia Inquirer, San Jose Mercury News) Pulitzer Prize Finalist

*Independence Day: What I learned about retirement from some who've done it and some who never will* (2022)