



EMPOWERED MINDS



Licking County Library

Licking County Library is pleased to announce its newest signature program series, *Empowered Minds*. Members of the community that are of retirement-age have the opportunity to attend exciting lifelong learning classes on a wide variety of topics: history, technology, science, writing, art, business, and so much more. *Empowered Minds* is supported by a sustaining gift from Robert Trimble Jr., a lifelong learner.

Initially, regularly scheduled classes will be conducted virtually through Zoom. From the comfort of your home, you will be able to attend live interactive sessions, connecting with instructors and fellow learners. New to Zoom? Library staff are available for one-on-one, in-person sessions to help get you ready for your favorite *Empowered Minds* class. Call our dedicated and friendly Techsperts with any Zoom questions, or reserve a personal training session, at 740.349.5509.

As 2021 progresses, our goal is for all classes to be conducted in-person at three of our Licking County Library locations: Downtown Newark, Hebron and Johnstown (Mary E. Babcock).

Wherever we meet, we hope you will join us as we embark on an enriching journey over this coming year...and beyond. Learning should be an ongoing endeavor in each of our lives, as we seek out new personal adventures and tap into our creativity. The Licking County Library team is committed to growing something special for the retirement-age citizens of Licking County, and we are honored to serve you and your unique lifelong learning goals.

Android 101 • March 9 • 1pm

Meet with Techsperts in our upcoming Zoom Virtual program on Android devices. They will introduce you to options common on many Android devices. Subjects include internal storage, battery usage, display options and online storage. *Techsperts classes are made possible in part by the Institute of Museum and Library Services and the State Library of Ohio.*

Plant This Not That • March 18 • 1pm

Using native plants in backyard landscaping is growing in popularity. Anne Balogh, Program Coordinator for the Licking Park District, covers what it takes to be considered a native plant and their benefits for people and nature. She showcases the wide variety of Ohio native plants available to gardeners, explores the latest research and discusses where you can find native plants for purchase.

Story Writing • March 18 • 4pm

Ever wonder if you can write or have a desire to write? You can do it—we all can do it! Learn a little about how to organize your thoughts and capture stories for family and friends to enjoy and pass down.

Melanie Garrabrant holds a Master of Arts in Writing and teaches college-level writing for Central Ohio Technical College (COTC) and Capital University. Melanie also belongs to a writing group through The Thurber House in Columbus.

Stress Management Works! • March 23 • 10am

What exactly is stress? How does it affect us physically and mentally? How do we deal with it? In partnership with the Central Ohio Professional Education Council, Megan Amaya discusses tools and skills to help reduce and prevent daily stress and anxiety. This interactive presentation includes a PowerPoint presentation, handouts and external resources.

Megan Amaya, PhD, is the Director of Health Promotion and Wellness at The Ohio State University. Previous to her current role at Ohio State, she worked as the wellness coordinator for the City of Dublin.

Birds of Central Ohio • April 6 • 7pm

Over 200 species of birds can be found in Central Ohio in a typical year. Some are year-round residents and others just pass through on their way to the Boreal Forests of Canada. Others fly across the Gulf of Mexico non-stop to have their babies in our backyards! Matt Valencic of the Audubon Society of Greater Cleveland provides a close up look at 100 of the most common residents, migrants and breeding birds of Central Ohio and shows us where and when to find them.

Matt is a member of The Audubon Society of Greater Cleveland with special interests in education, wild birds and habitat.

Cutting The Cord 101 • April 13 • 1pm

Using the internet to stream TV and movies has become very popular over the past several years. Join our Techsperts and learn the basics of streaming, what equipment is needed, what services are available and how to get local channels. *Techsperts classes are made possible in part by the Institute of Museum and Library Services and the State Library of Ohio.*

Buckeye Book Club • April 15 • 10am

In partnership with the Ohioana Library, the Buckeye Book Club explores fiction works by some of the best Ohio-based authors. Our April 2021 title is *Little Fires Everywhere* by Celeste Ng. *Little Fires Everywhere* explores the weight of secrets, the nature of art and identity, and the ferocious pull of motherhood—and the danger of believing that following the rules can avert disaster. Pick up a copy of the title at the Downtown Newark location or download a copy from the Ohio Digital Library.

The Pokagon Band of Potawatomi Indians and the Power of Black Ash Baskets • April 19 • 7pm

The history of the Pokagon Band of Potawatomi of Southwest Michigan is a tale of cultural innovation as well as the preservation of tradition. Professor John Low touches on the history of the Pokagon from pre-contact to the present, including the impact of the fur trade, U.S. government policies, and the band's federal recognition in 1994. He'll cover information on current Pokagon initiatives and activities. He also focuses on the black ash baskets of his community and the power of material culture.

Dr. John N. Low is an associate professor at The Ohio State University at Newark, a citizen of the Pokagon Band of Potawatomi, and an award-winning author.

Medicare and Social Security • April 22 • 10am

Have you ever wanted to know the best time to begin Social Security payments; how spousal benefits work; what is included in Medicare benefits or how to navigate the many available options? In partnership with the Central Ohio Professional Education Council, Jerry Snyder presents an overview and addresses frequently asked questions relating to Social Security, Medicare, Medicaid and Long Term Care.

Jerry Snyder graduated from Ohio University with a B.S. degree in communications and a Minor in Business Administration. He is the founder of Retirement Strategies, Ltd. and secretary of COPEC.

Register for these virtual *Empowered Minds* programs through our online events calendar at lickingcountylibrary.org