



# TELOScope

LIFELONG LEARNING  
2016 FALL QUARTER

## SEEKING

ACTIVE SENIORS,

RETIREES,

SEMI-RETIREES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.

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## Fall: A new season for new views



Autumn in the northwest offers many ways to enrich life for active seniors. A good way to enhance a customary view of life is to gather new experiences and establish new friendships. The life-long learning classes available at the TELOS program of Continuing Education at Bellevue College offer just such opportunities.

Interested students can choose from almost 50 different classes this quarter covering a wide range of topics and learning opportunities. Some

courses offer information in a traditional lecture format while others encourage interactive learning through lively class discussions. These non-graded, non-credit classes are taught in a relaxed atmosphere with an emphasis on learning, growth and fun--not performance.

Some of the topics that will be offered include ...

**Culture and Politics** — an Insider's Perspective of Pakistan / Culture, Ecology and Crisis / Making Sense of Israel / Rome, the Eternal City / the Search for US Presidential Leadership / Beyond the 2016 Election / Social Connections

**Interactive and Discussion Classes** – Views of the News / Great Decisions / "Ideas Worth Spreading" / T'ai Chi / Better Balance

**History** – Not Your Average Civil War Class / The Art and Architecture of Ancient Egypt / Russian History / Medieval Britain / A Swift Survey of Ancient History and Mythology / Evolution of Clothing

**Arts** – Introduction to Drawing / Watercolor / Block Printing / Renaissance Art / Contemporary Art in Post Colonial India / From Cubism to Surrealism

**Literature** - The Wives and Warrior Women of Shakespeare / Shakespeare's Cross-Dressing Girls / Creative Writing / The Life and Opinions of Tristram Shandy / Shakespeare in the 21<sup>st</sup> Century

**Science** – Primates / Geology of National Parks / What's All the Heat About Climate Change? / Space, the Final Frontier

**Theater and the Movies** – Dance on Stage and Film / The Hollywood Musical / The History of Television / Screwball Comedies of the '30s and '40s

**Religion** – The Future of Islam / Spirituality / Language of Mythology

**Technology** – Windows 10 / Microsoft Word for the Home User

See page 4 for details about your opportunity to learn more about TELOS classes at the

**Fall Open House on  
Thursday, September 8, 2016**



## Guest Column: A reflection on aging

By Ellen Berg



*Modern old age is something new under the sun!* Thanks to modern medicine and modern pensions, we live long lives and can afford to retire. Experts call this a new stage of life, which brings challenges, as well as blessings.

One challenge is that just when you have your life all together, things fall apart. This happens in

various ways: boredom sets in, a hip gives out, money issues crop up, children urge you to move closer, a spouse dies – and unexpectedly you have to pull things together in a new way. Two innovative programs which help people do this are lifetime learning centers and elder villages, which I will talk about in this issue of TELOScope and the next.

Lifetime learning centers first developed in 1962 at The New School for Social Research, were taken to scale by Elderhostel from 1988 to 2002, and were further supported by the Osher foundation from 2002 to the present.

TELOS is, of course, our Eastside lifetime learning center. The founders of TELOS were trained in a holistic and optimistic approach to aging which is reflected in this 1979 description of the kind of community they were aiming for: “TELOS people are older adults who want to enjoy the best of life, including: intellectual stimulation, being involved with people and programs, making friends, and cultivating an awareness of their own inner selves as they grow and change with the on-going years.” (paraphrased)

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## TELOS popularity continues to grow

Attendance at TELOS classes continues to grow. The Summer Quarter showed an enrollment of 381 students compared to 360 in the summer of 2015. The variety of courses offered may be part of the reason for that increase. There was one more class

offered in 2016 (23-22). About 25% of the students took more than one class.

This trend looks likely to continue. Students will be able to sign up for their choice of almost 50 different TELOS classes in the Fall quarter this year.

## More free TELOS/TSO seminars available

The TELOS program offers more than just the variety of 8-week classes each quarter. Another benefit is the offering of a range of free individual seminars during the regular school term and also between quarters. During the Spring and Summer quarters this year such topics as the potential for telephone fraud, Feldenkrais body movement, birding, conservation, asteroids and cognitive archeology were presented. The popular “Coffee and Wisdom” seminars return in August. These sessions take place on the first Friday of most months.

Subjects being considered for future free seminars are Brain Attack—Reducing Your Risk of a Stroke, The New Cold War With Russia, ‘Selling’ the Constitution, and self-driving cars. Representatives from both major parties and a retired chief justice of the state supreme court may also headline sessions.

TSO members will receive email messages on registering for these sessions or they can check the TSO website at [www.tinyurl.com/telos-tso](http://www.tinyurl.com/telos-tso)

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## TELOS Staff Profile: Laurie Philips

Laurie Philips joins the TELOS staff with a quick smile and a commitment to lifelong learning. While she has been at TELOS for just a few months, she has already found much to like and appreciate.

She has an MBA from Ohio State and spent time working in marketing research. After living overseas for 13 years she came to this area looking for a new challenge. A teacher friend on the main campus of Bellevue College led to her seeing the advertisement for Program Assistant at the TELOS program. "I applied and got the job."

"I really like the instructors and the students," she said. "It's a powerful

thing to deal with lifelong learning. I really like the attitude of people who value education." She had high praise for the volunteers on the TSO Curriculum Committee.



One of her key functions is to solve the whole puzzle of putting each quarter together. Instructors,

rooms, subjects, days, possible venues and times all have to be melded together for a successful quarter. She also helps develop the course descriptions. With 1000 students now, the task becomes even more of a puzzle.

Lately she has been working on videotaping instructors to introduce their courses saying most of the ones who have done so have had their classes fill. Other changes are coming for the course preview sessions and possibly a change in location for some classes.

Perhaps in response to this challenge, Philips does not leave much to her memory but instead is a persistent note taker.

## A reflection on aging (cont'd)

In 1979 most people thought old age was a time when things fall apart – full stop. By contrast, our founders believed that modern old age can be “a rewarding, enriching, and enjoyable time of life,” and they designed a program which makes it so. Each of us can participate in TELOS in multiple ways, finding activities which structure our time, stimulate our minds, and

provide companionship – all of which help ground us when things fall apart and we must pull them together once again.

I look forward to writing about elder villages next time – and especially about the initiative a small group of TELOSians have taken to develop one in Bellevue!

## Suggested reading from new TSO Council members

Steve Denison: *Paradise Now: The Story of American Utopianism* by Chris Jennings

Diane Kester: *Fates and Furies* a novel by Lauren Geoff

Bryan Leyton: *Ghettoside* by Jill Leovy

Jordan McCabe: *Casual Vacation* by J.K. Rowling and the J.D. Robb detective series by Nora Roberts

Nellie Spruch: *Infidel* by Ayaan Hirsi Ali

Tom Westman: *Nanda Devi* by Willi Unsoeld



# Comments on TELOS/TSO seminars

**What do these all-too-familiar area codes have in common: 268, 284, 473, 649, 664, 767, 809, 849 and 876?**

**Answer: These are the area codes most frequently used by scammers**

Seniors are frequent targets of frauds and scams. On June 2, active TELOSian, Arnold Kern presented information on how to avoid such schemes. Arnold spoke on behalf of Fraud Watch Program, a joint effort of AARP and Microsoft. Arnold honed his awareness of such problems from growing up in Brooklyn and working in Seattle with banks and other businesses as a consultant. Check the AARP website for more information.

- Kathy Shoemaker

## Coffee & Wisdom: End of Life

I felt honored to attend the End of Life presentation at the May Coffee & Wisdom. In truth this should be a required seminar for all TELOS students. I personally lived through an End of Life occasion with a dearest friend. If we had not had all the family in total concert we could not have been able to say our goodbyes and be prepared to fulfill the wishes of our cherished loved one.

I found it interesting to observe the attendees as they took in the information that was so professionally and sensitively presented on this inescapable situation we will all face.

I trust all who attended took away as much as I did. This again proved the importance of the TELOS program.

- Bill Greaver



## SAVE THE DATE!

Greet the new season with  
**Fall TELOS Classes!**

Preview class topics

Bellevue College Continuing Education TELOS Program presents a **Fall Open House** where you can learn about classes designed to enrich your life:

Literature  
History

Current Events  
Ideas

Science  
Arts

Philosophy  
Creative Writing

TELOS provides a wide variety of cultural and academic enrichment classes designed to fit your lifestyle and interests. All classes are held weekday mornings or afternoons at the Bellevue College North Campus.

**Thursday, September 8 —1:00pm to 3:00pm**

Bellevue College North Campus — Room #1125

14673 NE 29th Place, Bellevue

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