



Teloscope

VOLUME 1, ISSUE 1

LIFELONG LEARNING
2014 SPRING QUARTER

SEEKING

ACTIVE SENIORS,

RETIREES,

SEMI-RETIREES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.



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TELOS Offers Growth for Spring Quarter

Even with the occasional snowstorm dropping enough “white stuff” to make the winter sports crowd happier, our thoughts are beginning to turn to Spring. This will be made a little easier with the upcoming TELOS Spring Quarter Open House on March 14th. This is your opportunity to learn about TELOS classes that will be available for Spring Quarter at the Bellevue College North Campus (classes starting the week of April 7, 2014).

This quarter, TELOS students will be able to select from a wide ranging list of topics in the more than 40 different classes that are being offered. Regardless of interests and preferred subjects, this quarter’s class list includes something for everyone.

Creative writing topics are well represented with classes on how you can be good at writing creatively (poetry, fiction and non-fiction included),

writing your own biography and how to get your story published. As always, *historical topics* are popular whether they study the Constitution or the great game of baseball. Other classes offer opportunities to learn



about *technologies* being developed for tomorrow as well as hands-on training to make you a better user of technology today.

Classes offered on the creative arts *study films* and offer students the chance to try out their thespian skills in *radio theater*. To keep us all on our toes both literally and figuratively (*Health and Wellness*) there are classes in Tai Chi, Qigong (chi-gong) and discussing “Ideas Worth Spreading.” *Science class* topics range from the expansive (geology) to the miniscule (germs).

As you can see in the article below, TELOS students are drawn to the classes each quarter for the selection of topics that are available and the people they can meet—both students and instructors. This will be again be true for Spring Quarter when the opportunity to grow from new knowledge and new friendships is the best part of the harvest.

Students get more than lessons from TELOS

For this issue of the newsletter TELOS students and an instructor answered the question – What is your favorite thing about TELOS?

Sheri Sorensen of Kirkland said that her favorite thing about TELOS is the **diversity of classes**. “TELOS is open to new learning with classes such as Tai Chi, Spanish and how to be happy,” Sorensen said.

Mircia Shuelke of Bellevue likes the **choices of classes**. “I’m new to this,” she said. “I’m testing more classes. I have lots of interests.”

Dee Koger of Bellevue has been involved with TELOS in various ways for 15 years. She is now a student and moderates one of the Views of the News classes. She also serves on the TELOS Student Organization

board. “My favorite thing about TELOS is the **variety of classes**,” she said. “I like the variety of classes and the interesting people you meet. I’ve met many interesting people in TELOS I would not otherwise have met.”

Charlie Lyter travels from West Seattle to attend TELOS classes. His favorite thing about TELOS is the **people**.

(Cont’d on p.3)

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TELOS Class Profile: Read Everything Into It

By Penny Rathbun



Photo by Michael Rathbun
Instructor and class members pose for a group photo after the performance of the Read Everything Into It class last November. Students performed scripts from old radio serials, commercials and poetry.

Readers theatre is a low impact way of performing theatre. No memorization, costumes or stage movements are necessary.

Read Everything Into It shows how to read scenes and get them ready for a performance. Students play different characters using primarily the voice to portray them. Without the encumbrance of memorization students will get to play many different characters that would not be possible in a

typical community theatre setting. Scripts from old radio serials, plays and poetry are used for the actual performance. Students invite friends and family for the performance which is held on a Saturday afternoon.

The TELOS Theatre of the Mind held its first performance last November. The first Read Everything Into It class performed an episode from the Jack Benny show, a few poems and a sketch from a 1968 Johnny Carson TV show.

Class size is limited to 12 so that every class member gets a chance to perform. Participation in the actual performance is not required. Students are welcome to take the class just for the fun of reading scripts with other actors, but why go to all that effort without creating the final product?

The class, not offered in the spring quarter, will return in the fall.

“My passion is to find creative ways to serve the growing population of people over 55 who seek a college-level educational experience.”

TELOS gets new Program Manager

Continuing Education would like to welcome instructor Linda Roddis as the new Program Manager of TELOS. Linda assumed the role in October 2013 after the retirement of long-time Director William Stephens. Linda will be responsible for guiding all elements of the TELOS program and will continue to teach her

popular technology classes.

As an instructor, Linda developed an in-depth understanding of TELOS, which she brings to her new position.

“My passion is to find creative ways to serve the growing population of people over 55 who seek a college-level educational experience,” Linda explained.

“Linda brings master’s-level education and exceptional experience as a community leader,” noted Executive Director of Programs Radhika Seshan.



For Your Information

By Linda Alatraste

How the Affordable Care Act Helps Seniors (Part I)

The Affordable Care Act (ACA), signed into law on March 23, 2010, aims to provide greater access to health care coverage, improve the quality of services delivered and reduce the rate of increase in health spending. Under the ACA, Medicare benefits will be expanding. Medicare beneficiaries will save on average \$4,200 over the next 10 years, due to lower

drug costs, free preventive services and reductions in the growth of health spending. Private Medicare Advantage (MA) plans are not going away either!

Preventive Services: Medicare beneficiaries are eligible to receive many preventive services with no out-of-pocket costs including flu shots, tobacco use cessation counseling, as well as no-cost screenings for cancer, diabetes and other chronic diseases. Seniors can also get a free annual wellness visit so they can talk to their doctor about any health concerns.

The MEDCIARE PART B premium and deductible will NOT increase in 2014!

In reference to lower-cost prescription drugs, for the Medicare Part D prescription drug program, Medicare beneficiaries who fall into the coverage GAP known as the ‘donut hole’, automatically receive a discount on prescription drugs. In 2013 Medicare beneficiaries in the donut hole will receive a 52.5% discount on brand name drugs and a 21% discount on generic drugs. In 2020, the donut hole will be closed.

TELOS Instructor Profile: Barrie Hughlock

By Penny Rathbun



Barrie Hughlock teaches *The Evolution of Existence* at TELOS

Photo by Penny Rathbun

Barrie Hughlock has definite ideas about what people need to know to be functioning citizens of the world. Fortunately for TELOS students he is teaching those ideas in his class *The Evolution of Existence*. He took a year to design the course. His students are not expected to have a background in science or math. They just have to know what an onion looks like.

"This course isn't about any particular science," he said. "It starts with the big picture. It looks like an onion, starting with the universe. Peel away a layer to look at the stars and planets. Then the evolution of the earth itself and then the course looks at life on planet earth, then the evolution of humans."

From there the course includes the new science of consciousness and biological engineering. "Synthetic biology" is the term Hughlock calls that particular layer of the scientific onion.

"I want to give people a sense of how it all fits together," he said. "This isn't for science majors. I want to teach it to everyone else. A good citizen should

understand these things," he said. Along with his ideas about how the application of science can solve mankind's major problems, Hughlock communicates his sense of wonder about the universe with a contagious spark of enthusiasm.

He holds a Ph.D in physics from Brown University. He has also taught at Brown, the State University of New York at Old Westbury and North Seattle Community College. He also worked at Boeing for 19 years.

"This course gives students the core, accepted consensus of the scientific view. They'll learn a lot and it will astound them," Hughlock said.

More than lessons from TELOS (Cont'd)

(Charlie Lyter) *"They're the kind of people I like. I used to go to the University of Washington access program. In TELOS I found the students have more to add in class discussions that the 19-year-olds don't have," he said. Lyter has been taking TELOS classes for the better part of a decade.*

Tema Nesoff also commutes from Seattle to attend TELOS classes. "I like the **TELOS teachers**," she said. *"I think the teaching staff is professional and very knowledgeable."*

She has been a TELOS student for two years.

Sandy Heidergoth has been taking TELOS classes for about three years. *"I like the **nice variety of subjects**," she said. "I like the enthusiasm of the teachers for their subjects. They're up there because they want to be. The teachers go above and beyond in their subjects."*

Ellen Berg is a sociologist and a TELOS instructor. During the winter 2014 quarter she is teaching Our

Puritan Past Put to Good Use. She said, *"I like the necessity and freedom of TELOS to keep **teaching different topics** because your students don't graduate the way they do in a college."*

Bonnie Reinhardtsen enjoys the **intellectual freedom** of TELOS. *"I like to talk about books and ideas and this is a place where I can do that," she said. Reinhardtsen is also a member of the TELOS book club.*

TELOS students and teachers come from all walks of life. They will encourage you to open a door and take a class.

From the Program Manager's Desk

By Linda Roddis, M.Div. Program Manager TELOS

Pure Wisdom! Senior Citizens take classes because they want to learn! Often their motivation to attend classes at Bellevue College is not to earn a degree or gain access into employment but rather to learn more about "The History of Baseball," "George Eliot's Middlemarch." Or they want to learn how to write their memoirs, how to awaken the artist within through watercolor or how to use their smart phone. This desire to

learn brings an excitement to every class and reveals itself in what I refer to as; "Signs of the Senior Student." Here is a list of the "signs" in TELOS classes:

- Over 90% of the students show up for class early and stay late.
- When asked to read a particular book by an author, before the next class many will have read all of that authors work in a week.

- Class discussions are lively and filled with expert opinions, knowledge based comments and amazing wisdom.

So... if you are a "senior" and want to learn with a group of folks who love to learn then come join us, take a class and join in the lively discussion. And who knows, you may make a new friend or two.

OPEN HOUSE
for Spring Classes
 Discover what you want to learn!



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

Join us to hear overviews of many classes that are offered for the 2014 Spring Quarter:

- Literature
- Current Events
- Geology
- Theater
- History
- Technology
- T'ai Chi
- Science
- Film Studies
- Creative Writing
- And *many* more.....

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.

Friday, March 14, 2014—1:00pm to 3:00pm

Bellevue College North Campus — Room #1125
 14673 NE 29th Place, Bellevue

Bellevue College TELOS Program

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