

# Teloscope

LIFELONG LEARNING  
2015 SUMMER QUARTER

## SEEKING

ACTIVE SENIORS,

RETIREES,

SEMI-RETIREES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.



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## More to experience this Summer

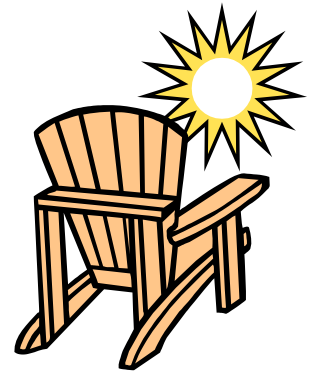
The warm sunny skies and less frantic pace of summer offer the perfect atmosphere for new experiences. As students in the Bellevue College TELOS program, you can investigate new topics, open yourself to stimulating ideas and information while enjoying the warm social environment with others who also seek lifetime learning.

Many different worlds are waiting for you at TELOS this summer quarter. Some scheduled lectures will expose you to classical philosophies and relate them to current times. Other courses provide an exciting opportunity to

share your opinions and discuss new ideas with other students. Still other classes will enhance your skills and artistic abilities.

Arts and Literature: Introductions to drawing and two levels of watercolor, creative writing, modern Italian literature, poetry and designs of William Blake, 'Turn of the Century' Art, arts and the community identity

History: A continuation of the study of Russian History, the impacts of World War I, the Supreme Court and civil rights, the non-violence of Mahatma Gandhi



Ideas and Philosophy: Contemporary ethics, comparative religion, Views of the News, TED Talks, Readers' Theater

Technology: Computer basics, 'Big Data'

Activities: Feldenkries: Moving with Ease

## Visual or Hearing Impaired?

Please contact Bellevue College Disability Resource Center (DRC) or go online to submit an intake form. Once the intake form is completed the DRC Staff will contact you to set up an appointment. During the appointment the DRC staff will make sure they understand your needs and determine what kind of accommodations are needed.

Once you have completed the above process, a letter will be sent out to your instructor identifying your accommodations. The DRC will then supply you the tools needed to accommodate you. If you do not complete the form to register, accommodations cannot be set up for you.

Anyone requesting accommodations due to a disability can call or email the DRC:

Voice: 425-564-2498

TTY: 425-564-4110

Email address:

[drc@bellevuecollege.edu](mailto:drc@bellevuecollege.edu)

Web address:

<http://www.bellevuecollege.edu/drc/>

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# Moving without pain goal of new class

By Penny Rathbun



Photo by Penny Rathbun

Irene Pasternack will be teaching Feldenkrais: Moving with Ease for TELOS this summer. Here she poses with her "assistant" Goldie, named for the gold thread that helps keep her assistant upright.

Irene Pasternack asks questions that are hard to answer.

For example, she'll tell you to look over your shoulder and then ask you what the back of your head is doing. Few people can answer

that.

Pasternack is the instructor of a new class offered in the summer 2015 quarter. *Feldenkrais: Moving with Ease* will be held in the activity room at the Bellevue North campus.

Feldenkrais rhymes with paradise. It refers to a method of movement developed by Moshe Feldenkrais. "Feldenkrais practitioners are taught to feel subtle differences in movement," said Pasternack. "Learning to move differently is a paradigm shift for most people."

The former technical writer grew up in Long Island, New York and came here with her parents when she was 15. She fell in love with the area and when she graduated from college she came back. She first encountered Feldenkrais movement after a back injury when nothing else helped

the pain. "I felt like I was a back injury with an Irene attached," she said. She credits Feldenkrais for her recovery.

She has an energy and passion for her subject that is easily conveyed to her students. She said anyone can take her class whether they use a wheelchair, walker or cane or are active athletes. "It's gentle, slow, neuro-movement. People typically leave feeling calm and relaxed," she said.

Pasternack said students should wear loose, comfortable clothing for the class. "It's the lazy person's exercise," she said.

## Adios TELOS

By Penny Rathbun

TELOS is so much more than an organization for senior citizens who still like to hang out on a college campus. For a number of TELOS students, me included, it has opened up a whole new vista of life that makes it worth getting up in the morning. It turns out that all that advice from people with degrees in gerontology about how the elderly should avoid becoming isolated are right.

TELOS is one of the best ways I've found to avoid isolation and contribute to the organization by helping with the TELOscope for over a year.

I shall very much miss being a TELOS student and instructor. Yes, I am moving back to Frisco, Texas for various tedious reasons. There is a similar program in that area, but not nearly as well-developed and cool as TELOS is.

From the first class I took in the winter of 2013, I have enjoyed the TELOS program. And I've had the opportunity to teach a class on a college campus in a subject I love, something I never thought I'd find myself doing. I thought I knew all about readers' theatre, but I think I've learned much more than my

students have.

If you are new to TELOS do not hesitate to take more classes and get involved with the organization. I will miss TELOS, the Bellevue North campus and all of the friends I have made here.

There are many seniors, boomers, older adults and "wrinklies" that are desperate to learn about readers' theatre in Texas.

So think of me as I bring the TELOS message to the life-long learners in Texas. Bye y'all!

## TELOS at Overlake Senior Fair

By Penny Rathbun

TELOS student Bill Greaver sits at the TELOS booth at the Overlake Senior Fair held at the Westminster Chapel in Bellevue on May 17. He and other TELOS Student Organization volunteers talked about the TELOS program and the benefit and fun of classes to hundreds of show attendees.



Photo by Penny Rathbun

# One of Many Benefits of TSO Membership

**TSO** stands for the “TELOS Student Organization” and is made up of the students who take TELOS courses. All TELOS students are automatically members of the TSO but vary in their level of activity and participation. The two main functions of TSO are to provide assistance to the TELOS program and to offer the TELOS students opportunities to interact with one another. These opportunities include classes, meetings and a number of

special events / parties.

One of the many benefits of being on the TSO mailing list is the opportunity to register early for special programs and events like Coffee & Wisdom, tours of BAM and the Bellevue College Planetarium. If seats remain, reservations will open to general members of TSO and the public approximately one week after those on the mailing list have received

notice. These events are very popular and many “sell out” quickly. Don’t miss these opportunities. Either complete a membership form (available at the front desk of the North Campus building) or send an email to [info.telosso@gmail.com](mailto:info.telosso@gmail.com) giving your permission\* to be added to the list.

\*The Family Educational Rights and Privacy Act (FERPA) dictates that the TSO may not use your e-mail address without your permission.

## A closer look at TELOS staff

By Mona Zimmerman [TSO President 2014-2015]

Recently, I had the privilege of interviewing the TELOS Program Manager, Angela Young, who celebrated her one year anniversary at the end of April. As President of TSO, I also worked with her frequently, so I perhaps know her better than most. In her short 16-hour-a-week schedule, Angela accomplishes much including recruiting many new classes and instructors. In past issues of the TELOScope she has been featured where her professional qualifications were detailed.

But what about other sides of her? She has a wonderful sense of humor, which she uses regularly to cope with her position and her family life. She has 3 boys, or should I say young men, one in college, who are quite active. A good deal of her time is spent attending their activities and events with her husband.

At home, Angela likes to garden and cook. She enjoys being as self-sufficient as possible, growing her own food. But because they live in an area of King County where bears are a concern, she is experimenting with container gardening. She likes Mexican food, but her favorite dishes don’t sound very Mexican: Pho and Pad Thai noodles. In her spare time, her other activities include playing racquetball and volley ball.

Where does Angela get her passion for TELOS? She has a background in human resources and she volunteered working with seniors in New Mexico. Her joy is being able to create an environment for seniors to feel good, learn and contribute. Congratulations to Angela on all that she has accomplished in this first year. We look forward to even more success in the future.

## TELOSian in the Hall\*

By Penny Rathbun

\* Our version of “Man on the street” interviews.

The question for this issue is: *What is your favorite observation or piece of advice to share with others regarding TELOS or life in general?*

**\*Dell Greening** of Kenmore said she has been taking TELOS classes for more than 20 years. “I think that people should keep busy for one thing. It keeps your mind active,” she said. “I like to keep busy. I’m 93 and I figure as long as I keep busy I can keep on going.”

**\*Jan Drummond** of Redmond is not currently taking a TELOS class, but she is taking a Bellevue College Continuing Education French class. “If you’re thinking about taking a class, you should try it,” Drummond said. “Come see the school and go ahead and give it a whirl. The price is affordable.”

**\*Thomas Willett** of Bellevue said that the class he is taking on social media has broadened his scope. He said, “Find

things you enjoy and do them, but make sure you do them.” He also said TELOS helps you get out into the community and find new interests. Willett’s sister, **Mary Willett-Grabowski** of Mill Creek agreed that TELOS is a great way to expand your horizons.

**\*Sue Bradley** of Bellevue said, “Look through the catalog with an open mind about doing things you might not have pictured yourself doing before.”



# *Plan a great summer with TELOS Summer Classes! Preview what you can learn*

Bellevue College Continuing Education TELOS Program presents a **Summer Course Preview** where you can learn about classes designed to enrich your life. Short presentations about classes will begin at 1:00 pm and in-person conversations with instructors will be available afterwards.

Join us to hear overviews of many classes that are offered for the 2015 Winter Quarter:

**Literature**    **Current Events**    **Science**    **Philosophy**  
**History**      **Ideas**                    **Arts**      **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, June 5—1:00pm to 3:00pm**

Bellevue College North Campus — Room #1125

14673 NE 29th Place, Bellevue

### Bellevue College TELOS Program

TELOS Program  
Bellevue College  
3000 Landerholm Circle SE  
Bellevue, Washington 98007-6484

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