



TELOScope

LIFELONG LEARNING
2017 WINTER QUARTER

SEEKING

ACTIVE SENIORS,

RETIREES,

SEMI-RETIREES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.

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2017: A new year of opportunities

According to the online encyclopedia Wikipedia, it is improbable that any two snowflakes are alike due to the estimated 10^{19} (10 quintillion) water molecules which typically make up each lovely example of wintry art.

Just as snowflakes offer a variety of different artistic interpretations of water, the TELOS program at Bellevue College offers students many different opportunities to gain new knowledge and friendships in the approximately 50 classes that will be offered in Winter Quarter. (Classes start the first week of the new year.)

Those registering for TELOS courses will have many options from which to choose: classes on weekdays (Monday through Friday) at each of three class times (10:00 to 11:30am, 12:00noon to 1:30pm, 2:00 to 3:30pm.)

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

Literature - The Women of Will Shakespeare: Shrews and Spinsters / Shakespeare's Hamlet / The World of Sherlock Holmes / The Epic of

Gilgamesh / Creative Writing / Etymology: A Word Study / Thomas Mann's Buddenbrooks: The Decline of a Family

Interactive and Discussion Classes – Views of the News / Great Decisions / "Ideas Worth Spreading" / T'ai Chi / Better Balance / How Did the Floor Get So Far Away?



US History – The United States Comes of Age: 1865 – 1915 / 100 Years of National Park Service / The Home Front During WW II / Stories from the Eastside's Past / Steam Locomotives Come to America

Arts – Intro to Drawing and Drawing Continued / Intro to Watercolor / Buddhist Art of the Western Himalayas / Baroque Art

Cultural History - Russian History Part B / Making Sense of Israel Part C / Tudor Stuart England / The Evolution of Clothing Over Time: Part 2 / History Buffet

Politics and Civics – The Politics of Climate Change / The Next System: Democracy at the Crossroads / We Are the People – Ratification of the Constitution / Post Election Stock Taking

Ancient History – A Swift Survey of Greek History and Mythology / Egyptian Voices from the Past: A Day in the Life / Greatest Hits of Caesar

Science – Human Anatomy and Physiology / Geology of National Parks II / Astrobiology: Looking for Life in the Universe

Drama – American Comedy and Humor: From Radio to the Present / Storytelling through Scriptwriting / The Life and Films of Alfred Hitchcock

Technology – Digitize your Life / Computer Basics: Windows 10

See page 4 for details about your opportunity to learn more about TELOS classes at the **Winter Open House** on **Tuesday, December 6, 2016**



A reflection on aging—Part 2: Villages

By Ellen Berg

The Census Bureau reports that in 1980 there were 15,000 centenarians in the U.S., and in 2014 there were 72,000. That's a 44% rise! Unprecedented longevity is one of two defining hallmarks of modern old age; the second is that most people can afford some retirement years.

There are many descriptions of modern old age; one I like comes from the psychologist Mary Carlsen, who describes modern old age as "a set of wonderings."

I paraphrase:

We wonder about what comes next, about how long we will live; about whether we'll be vulnerable or strong when losses and changes come? We wonder about our life-style: should we push the limits or relax? We wonder where we should live ...

It is this last wondering I want to address. It comes up time and again: when we retire, are widowed, have a bout of illness,

become very, very old. Should I stay put or should I move? My arrangements work now, but will they in the future? One response to these vexing wonderings began in Boston in 2002 and is spreading across the country: the elder village.

These are not places you move to, but organizations you join; their mission is to help people age in their own neighborhoods and homes.

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"Thanks for the Memories!"

Walking the TELOS halls on Friday, October 7, you would have heard the voices of Bing Crosby and Bob Hope entertaining on radio and overseas during the war years. If you were lucky enough to be attending the October Coffee & Wisdom that day, you would have also learned many interesting details of the



lives of these early superstars. A lot of statistics and entertaining stories were presented by John Jensen who will be teaching a class on the "Home Front During WW II" at TELOS Winter Quarter. If the reaction in the C&W audience is any indication, it will be a very popular class.

More TELOS/TSO seminars available

TSO members again have a wide variety of seminars and events to attend from TELOS/TSO. During the summer and fall months, students had the opportunity to learn about the unequal burden of cancer, issues involved with self-driving cars, how to solve a real murder, how the Constitution was "sold," legal forums, Russians abroad, glaciers and climate change and fascinating facts about Bob Hope and Bing Crosby. Over 100 also attended the TSO Summer Picnic and Annual Meeting at the Bellevue Botanical Garden.

These opportunities to gather and learn continue in the final quarter of the year. Topics that are being considered include understanding

"healthcare quality" programs, military destroyers from A to Zumwalt, a political panel discussion among TELOS faculty members, "What is A-Fib?", Perspectives on Politics, Policies, Budgets and McCleary. In addition, a series of three seminars will be presented in December on "Syria and Arms Trade" with the outstanding Alessandro Regio (a fundraiser at \$15 per day). And mark your calendar for the **2016 TSO Holiday Party** on Thursday, December 8 (\$10 donation).

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

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Confessions of a recent retiree

By Sandi Medendorp

In 2016 as I reached the end of my career, the most frightening thing in the world was my ensuing retirement. I wondered how will I spend those long hours that had been devoted to work for over 35 years? I worried that TV and junk food would destroy my brain and body.

But then, Eureka, I found TELOS. I found people like me not ready to be consigned to the background of life. Here I have found folks ready to exercise their life experiences by teaching, speaking and becoming active in passionate pursuits of the arts, sciences and community discourse.

TELOS classes are held at a wonderful location, accessible from any direction. Parking is readily available with huge overflow lots at nearby hotels. The building is specifically designed for classes and study groups. Lately, my favorite groups are the book club and the movie club. They inspire me to read new books and stay current on the latest screen smash hits.

Seminars as one-time events (like the “Coffee & Wisdom” series) have informed me so personally and vividly on subjects like how to investigate a murder (from an actual case) and what are the real

concerns with driverless cars. Attending these seminars, I feel comfortable in a group of folks with open minds and lots of questions. The result is that I dig into subjects that I would not have otherwise investigated.

But the most rewarding aspect of TELOS is coming together with people in TSO (the TELOS Student Organization). We are all finding satisfaction in sharing passions and volunteering our important life skills to make this organization succeed. I have found community, fellowship and spirit at TELOS, healthy food for both the brain and body. Here, retirement is to be enjoyed not feared.

A reflection on aging—Part 2: Villages (cont'd from Pg 2)

Membership assures you of services (offered by staff, volunteers, or members) which help you age in place – transportation and home up-keep top the list. Membership also offers you opportunities for being part of a community in which elders are not invisible nor socially isolated. Community activities range from social events, cultural outings, and parties, to civic engagement and, of course, village governance responsibilities.

Villages are found in cities, suburbs, and rural areas across America – and one is coming to Bellevue! It was begun by TELOS students, and is called the **Eastside Neighbors Network**. They have periodic informational meetings at which all are welcome. Learn more about ENN at <http://eastsideneighborsnetwork.org/> Learn more about the village movement at: <https://www.google.com/#q=village+to+village+network>.

More suggested reading from TSO members



- Julie Levy: *The Women* by T.C. Boyle
- Sheri Yeats: *Truths and Untruths* by Paul McCloskey
- Christine Hoffman: *Wonder* by R. J. Palacio
- Charlie Lyter: *I Am the Word* by Paul Selig
- Debra Segovia: *The Tent* by Margaret Atwood
- Hjordis Foy: *KAR / Snow* by Orhan Pamuk
- Arnold Kern: *Tribes* by Seth Godin

Comments on TELOS/TSO seminars

Coffee & Wisdom: Brain Attack or Stroke

TELOS continued its informational series of Coffee & Wisdom with a session on Brain Attacks, better known as stroke. Dr. Abhineet Chowdhary, Neurosurgeon and Medical Director of the Overlake Neuroscience Institute spoke on the causes and treatment of this mostly preventable disease to some 50 attendees.

Dr. Chowdhary stressed that every 40 seconds someone suffers a stroke and the ailment is the number 4 leading cause of death in women and number 5 in men. He also said 80% of strokes can be prevented.

Stroke signs are described as sudden numbness, confusion, trouble seeing, dizziness and severe headaches. Dr. Chowdhary emphasized that the signs are sudden. To spot a stroke work F.A.S.T.-check the *Face* by asking a person to smile, *Arm* by asking the person to raise both arms, *Speech* by asking the person to speak a simple sentence, and *Time*-call 911 immediately.

In conclusion, the doctor said time is critical in these cases. The quicker treatment can be started, the more brain can be saved.

See something, say something

On Monday, Sept 19, TELOS students were offered an opportunity to solve a murder. Major Carl Kleinknecht, Bellevue Police Department, presented the case just as the events/clues were revealed.

It started with the 911 call identifying something suspicious occurring and a witness identification of a type of vehicle leaving the scene. He then described the weapon used and the capture of the perpetrator despite a preplanned alibi due to incriminating evidence found in both his home and car. At various points, students attending the session were asked to select the next step to pursue in the investigation. Per Major Kleinknecht, the case was solved due to a private citizen observing something unusual and notifying the authorities. TSO may be able to sponsor another case in the future, providing another lesson in crime fighting.

SAVE THE DATE!

Prepare to celebrate the
new year with new
TELOS Classes!



Bellevue College Continuing Education TELOS Program presents a **Winter Open House** where you can learn about classes that will be offered that are designed to enrich your life:

Literature
Ancient History

Current Events
New Ideas

Science
Arts

US History
Creative Writing

Politics / Civics
Cultural History

Tuesday, December 6 — 11:00am to 1:00pm

Bellevue College North Campus — Room #1125

14673 NE 29th Place, Bellevue

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