



TELOScope

LIFELONG LEARNING
2018 SUMMER QUARTER

SEEKING

ACTIVE SENIORS,

RETIREES,

SEMI-RETIREES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.

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TELOS Fun in the Summer Sun

Nothing seems better than enjoying the summer season in the Pacific Northwest! Perhaps this is because sunny days are a welcome break from the darker, rainy days of other seasons. But, summer is also the perfect time to join with friends in new experiences available at Bellevue College's TELOS program of lifelong learning.

The relaxed mood of the season perfectly matches the atmosphere you will find in summer classes at TELOS. The atmosphere is intellectually stimulating and supportive. Classes are small and informal. Students and faculty interact as peers, making learning a creative exchange of ideas.



This summer, classes start the first week of July and are offered on weekdays at each of three class times (10:00 to 11:30 a.m., 12:00 noon to 1:30 p.m., 2:00 to 3:30 p.m.) Some of the topics being offered this quarter include ...

Stage and Screen – Acting for Anyone, Sinatra: The Man, Music, Myth & Legend, History of Animation, How'd They Do That?, The Great Japanese Film Directors, BritCom Goes to the Movies, 1939: Hollywood's

Greatest Year, The Scandalous Plays of Ibsen

Current Events and Science - Views of the News, Modern Threats: Nuclear Weapons, *The New Yorker* Discussion Group, What's So Scary About AI?, Science and the Citizen

Arts and Creativity – Creative Writing, Plein Air Drawing, Plein Watercolor, Gentle Yoga, Improving Balance Using Ballet Basics

History and Culture – Stories from the Eastside's Past, Russian History: Part A, Modern China: An Insider's Perspective, Art and the Holocaust

Course information and registration opportunities will be available online beginning in mid-May.

To register for TELOS classes ...



- Online Registration at Bellevue College Continuing Education website (for detailed class information)
- Phone-In Registration by calling 425-564-2263. Please have your Visa or MasterCard number and expiration date, and course item number to register.
- In Person Registration North Campus, 14673 NE 29th Place, Bellevue, WA 98007

For further information on registering, see a step by step description at <https://studentweb.bellevuecollege.edu/telos-tso/registering-online/>

Seminar on “Aging Issues”



On March 27th a full room of TELOSians welcomed Kelly Green, LICSW and Martha Bacon, LICSW from Evergreen Health Geriatric Care to present Aging Issues: Care Options and Family Conflict. Care Options included a discussion of the role of Social Workers and Senior Care Options regarding whether to stay in home or find a facility/ community that suits one’s specific needs at an affordable cost. Pre-planning can be critical because rates for facilities are currently running from \$3500 per month to more than \$18000 per month. There are “community realtors” available to help find placements. To start your search go to Aging Life Care Association at www.aginglifecare.org. It may

take longer than a year to find the right facility with a vacancy so searching prior to need may be necessary.

The time when care option decisions are needed may be difficult to determine and might result in family conflict. Understanding all parties on how to care for a family member (including that member’s input) may be challenging to achieve due to the varying perspectives of the problem. Some information is available at www.caregiver.org. It may even become necessary to find outside help to get family members to an agreement. Social workers, ministers, private case managers, physicians and discharge planners in hospitals may be resources. More information on family conflict resolution can be found at www.caregiver.org/carejourney at the Family Caregiver Alliance.

Bellevue College changes for TELOS

Some TELOS students may not be aware that their Bellevue College email sign-in (which is used for Office 365 & Microsoft products as well as various student discounts) may no longer function. After much searching about, I found that mine did not work because it failed to meet the *now changed* requisites for email passwords at the College. Who knew?

Making the fix for the password is quite simple...*provided* one has access to the *SID* (your College enrollee number) and your student *PIN* number for Bellevue College- as well as the patience to complete the procedure itself! My experience was that the new password became immediately active and functional, and I was able to complete the transactions I had desired.

The student password is useful with a bevy of discounts available to BC students, from the **Wall St Journal** at \$50 for one year delivered, or **Apple Computers** discounted up to \$300, or **Microsoft** student software including **Office 365** at no charge. Many other products also participate in student discount programs.

So, if your BC login fails, do go to the update password site and make the changes suggested!

Ron Lebeiko

TELOScope is
brought to you by
the TELOS Student
Organization (TSO)
<http://tso-telos.org>



Vote NOW in the TSO election

Did you know that every TELOS student is automatically a member of the TSO (TELOS Student Organization)? The TSO is currently electing new council members and officers for the 2018/2019 term.

Here is what you need to know about the Election (Information about the election can also be found on the TSO website tso-telos.org):

- **May 14-17 TSO election between classes at 11:30am-12:00pm and 1:30pm-2:00pm.**
- May 16, 2018 Prospective officers will attend the TSO Council Meeting at 3:30 at North Bellevue College.
- July 1, 2018 New Council year begins.

2018 Overlake Active Senior Fair Follow-up

To all Senior Fair Volunteers, a very hardy **Thank You**. It only works because of you.

This was my fourth year of heading up the TELOS table at the Senior Fair. This year's Fair was a very special one to me and to many of those who volunteered. At the other three Fairs, I was helped by our wonderful friend Kathy Shoemaker who left us November 18, 2018. To honor her, I had a small toast after setting up the table and before the Fair started. What was to follow later that day may be called whatever your beliefs consider it.

One of the six new volunteers, Lisa Nguyen, showed up for her 2-3 PM shift. Because I had never met her before, I asked how she found out about TELOS. She told the story of attending an event in downtown Seattle two years before where she met Kathy. Enough said. Kathy, one of the greatest ambassadors of TELOS, had bagged yet another convert. So, Kathy was with us in spirit in the form of Lisa. What a wonderful way to celebrate what Kathy meant to us all.

This is what TELOS is all about. *Learning and Lasting Friendships*. Long Live TELOS! Thank you, all Volunteers,

Bill Greaver

Suggested books for summer reading



Give Work by Leila Janah (Delia Segovia)

Leonardo Da Vinci by Walter Isaacson (Dee Koger)

Dark Blood by Ian Rankin (Mary Lou Hunt)

Astoria by Peter Stark (Don Long)

It's Even Worse Than It Was by Thomas Mann (Kate Endicott)

The Quartet – 2nd American Revolution by Joseph Ellis (Paul Leiba)

After You by Jojo Moyes (Nancy Rogers)

The Woman Who Smashed Codes by Jason Fagone (Carolyn Coe)

The Storm Before the Storm by Mike Duncan (Sandi Medendorp)

60 years of conservation in Washington



On March 2nd, those who attended the TSO sponsored seminar regarding the Nature Conservancy's role in Washington gained an important understanding of the toxic challenge of storm-water runoff and urban growth in the Puget Sound ecosystem. Most of us are aware of the negative impact of pollution on the quality of life in the Northwest. Therefore, it was encouraging to hear of the success of programs such as City Habitats created by TNC and its partners which creates nature-based solutions to the obstacles our urban communities face. The seminar speakers from TNC, Hannah Kett and Camilo McConnell, showed examples where the addition of rain gardens, bioswales and improvements to urban tree cover have had positive impacts on the area's water and air quality. For further information about this program, go to www.CityHabitats.org.

Discounts Available to TELOSians

Easy as pie – two discount cards most TELOSians should take the time to obtain:

Bellevue College Student ID card at Room C106 PALS Center on main campus. Just show up with your Student Identification Number and a photo ID – your photo is taken and you walk out with an ID card that entitles you to discounts at 58 retailers including 10% at McDonalds, reduced admissions at movies, museums, Woodland Park Zoo, Best Buy, Microsoft Store for Education, wireless services, *New York Times* (50% of subscription), Qdoba, Subway and Burger King. Check out the list at <https://www.bellevuecollege.edu/pals/id-card-discounts/>.

Seattle-King County Gold Card available at North Bellevue Community Center, 4063 – 148th Ave NE, Bellevue. That is right around the corner from North Campus on 148th. (I warned them that lots of us may show up asking for cards!) To see discounts with this card, go to www.seattle.gov and review the 32 PAGES of discount locations including auto repair, beauty shops, computer services, legal assistance, museums (Seattle Pinball Museum?), plumbers, Seattle Aquarium (free entrance! – go take the grandkids), swimming pools, reduced WA State Fish and Game Wildlife Licensing, restaurants (Applebee's, Arbys, Taco Bell, to name a few), AMC and Regal Theatres, rental cars, WHEW! (Note: these discounts can also be viewed on the TSO website (<https://studentweb.bellevuecollege.edu/teios-tso/discounts-for-seniors/>) along with many other discounts for cultural and recreational activities.)



TELOS

SAVE THE DATES!

New TSO Club: **Memoir Club** meeting at 10:30 a.m. first Friday of every month at the North Campus. Come to find out how to write memoirs, talk about memoirs, listen to memoirs.

Bi-Annual Business Meeting and Summer Picnic

Saturday, August 18 | 11:30a.m.-1:30p.m.



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