

July 2023 - August 2023



University Without Walls

**LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY**



Topics

News, Politics & Our Society • Museum Discussions
Health & Wellness • Conversations & More
Literature & Storytelling • Jewish Interests
Music & Performing Arts • Other Topics • Support Groups

For registration or information,

Call 1-877-819-9147
E-mail uww@dorotusa.org
Visit our website
www.dorotusa.org/uww

GET CONNECTED FROM YOUR OWN PHONE



Since 1976, DOROT has been an innovative leader in the fields of aging services and volunteerism. DOROT alleviates social isolation among older adults and provides services to help them live independently as valued members of the community. We serve the Jewish and wider community, **bringing the generations together** in a mutually beneficial partnership of older adults, volunteers and professionals.

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What is University Without Walls?

Just for older adults and exclusively over the telephone! Experience the joys and benefits of community and lifelong learning as we explore art and culture, discuss news, share memories, practice new skills and get important information from the comfort of home. Support groups are also available, connecting peers with the same life situations. Other UWW programs may be offered in Russian.

For programs in Russian, please call 917-441-5061

All the University Without Walls programs in this catalog are exclusively over the telephone. If you prefer to attend a DOROT program via Zoom, please email dorotprograms@dorotusa.org for other program options.

Connecting to Your UWW Teleconference Program

University Without Walls programs are all 50 minutes. Programming is offered in two different formats: Dial-In and Staff Connected. The format will be noted next to the times and dates of each program.

Dial In programs: You will call a phone number and dial a “Meeting ID” to join your program. The number and Meeting ID are given when you register. If you need a toll-free number to access your program, please request one from a UWW Staff Member.

Staff Connected programs: DOROT staff will call and connect you approximately 15 minutes before the program. You will be on hold until the program begins.

There are no fees to enroll or participate.

A suggested contribution of \$5 per session is welcomed and helps us continue to provide quality programs. Donations can be made online, by phone, or by mailing a check payable to DOROT to 171 West 85th Street, New York, NY 10024. We appreciate your support.

To register or get additional information, call 877-819-9147, E-mail uww@dorotusa.org
visit our website at www.DOROTUSA.org/UWW

News, Politics & Our Society

Current Events (Staff Connected)

Section A: 9 Mondays at 11am July 3 – August 28

Section B: 9 Wednesdays at 11am July 5 – August 30

Tom Kertes, Retired Newspaper Columnist and Film Critic

Please note you may only register for either The Current Political Scene OR Current Events.

Many of us feel we are living through fascinating, controversial, and, yes, sometimes even perilous times, both in the US. and worldwide. Join us to discuss where we are, how we got here, what we can do about it, and where all this might lead in the future.

The Current Political Scene (Staff Connected)

Section A: 8 Tuesdays at 3pm July 11 – August 29

Section B: 9 Wednesdays at 3pm July 5 – August 30

Charles Perkins, Historian

Please note you may only register for either The Current Political Scene OR Current Events.

This year huge challenges at home and abroad await the President and Congress; how to raise the debt ceiling, addressing infrastructure needs, the war in Ukraine and pressure from an aggressive China. Can Washington overcome a climate of partisanship to make progress on these issues?

Presidential Administrations (Staff Connected)

7 Tuesdays at 11am July 11 – August 22

Judy Lass, MA, MS. ED, LMSW; DOROT Volunteer

The course will examine Republican and Democratic Administrations and compare and contrast their philosophies. Specific events and/or legislation will be covered as a basis for our discussions. The administrations will span 1788-1868 (no Johnson 1865). Administrations to be examined will be George Washington, John Adams, Thomas Jefferson, James Madison, James Monroe, Andrew Jackson, and Abraham Lincoln.

The Eighth Wonder of the World: The Brooklyn Bridge (Staff Connected)

1 Thursday at 2pm August 24

Jim Picnich, New York Historical Society

The first steel cable suspension bridge, the Brooklyn Bridge was hailed as “the eighth wonder of the world” when it opened in 1883. Hear the heroic and sometimes tragic stories of the men and women who made its construction possible, and how it helped transform New York. Material will be mailed before the program.

Museum Discussions

Gego: Measuring Infinity (Staff Connected)

1 Wednesday at 10am July 26

Ellen Edelman, Educator, Solomon R. Guggenheim Museum

“My work is based on doing. It starts from my hands, my eyes, and my emotions.” From the 1950’s through the early 1990’s, Gego (born Gertrud Goldschmidt) explored the infinite potential of the line. In sculptures, drawings, prints, assemblages, and installations, her lines are twisted, turned, pulled, and pushed. Investigating the relationship between line, space, and volume, Gego created some of the most radical, inventive sculptures of the 20th century. Materials will be mailed before the program.

Young Picasso in Paris (Staff Connected)

1 Wednesday August 2 at 10am

Ellen Edelman, Educator, Solomon R. Guggenheim Museum

Pablo Picasso first arrived in Paris from Barcelona in 1900, where he visited museums and galleries, and patronized bohemian cafes, raucous nightclubs, and sensational dancehalls. Coinciding with the 50th anniversary of the artist's death, this exhibition explores a critical juncture in Picasso's development. Highlighting a defining work, *Le Moulin de la Galette*, whose recent cleaning and conservation reveals brilliant color, brushwork, and a few surprises. Materials will be mailed before the program.

War and Baseball (Dial in)

1 Monday July 10 at 11am

James Tardiff, The Intrepid Sea, Air & Space Museum

"Baseball, you know it, you love it." Yes, it's had its fair share of controversies, its highs and lows, its innings and outs, but it still remains America's pastime. Let's take a brief look at the history of the game from the beginning through the lens of two world wars and the Korean and Vietnam conflicts. Materials will be mailed before the program.

Health and Wellness

Aging in Place Safely and Well (Staff Connected)

5 Tuesdays at 10am July 11 – August 8

C. Vicki Gold, PT, MA, Thera-Fitness, Inc

Learn techniques and strategies to make you and your home a place where you can live with decreased risk of falls and increased ability to maintain your functional independence. We will pull information from *Aging in Place Conversations: What Industry Experts Have to Say* by the National Aging in Place Council.

Sounds of Yoga (Dial In)

3 Fridays at 10am August 11 – August 25

Melissa Elstein, Esq.; RYT, Certified Yoga and Ballet Teacher; Tai Chi Easy™ Facilitator; Reiki Practitioner 3rd Degree

We will explore various sounding techniques helpful for moving energy in our bodies, focusing our minds, uplifting our spirits, and expanding our awareness. From the humming sound of the yogic bumblebee breathing practice, to the sounds of the 7 chakras (energy centers), and more, enjoy this harmonious exploration of yoga and sound. (Some gentle seated movement will be incorporated as well). All levels are welcome. Materials will be mailed before the program.

Self-Massage for Stress Relief and Relaxation (Staff Connected)

4 Fridays at 12pm July 7, July 21, August 4, August 18

Please note that this group meets bi-weekly.

Alix Keast, Asian Bodywork Therapist; Licensed Massage Therapist

In this class we will use breath, gentle stretching and self-acupressure to help bring us into a calmer and more centered place. These techniques are all based on Classical Chinese medicine, with beautiful imagery and powerful effects. Materials will be mailed before the program.

Streamline to Serenity (Staff Connected)

8 Mondays at 3pm July 3 – August 21

Kathleen Fiorito, Expert Home Organizer

Join us as we discuss how to streamline your lifestyle towards joy and serenity! From hoarding to getting backed up in piles of neglected tasks, we will feel supported as we discuss strategies to live our best lives! Materials will be mailed before the program.

Seated Qigong, Tai Chi Easy Arms, and Guided Meditation (Staff Connected)

4 Fridays at 10am July 7 – July 28

Melissa Elstein, Esq.; RYT, Certified Yoga and Ballet Teacher; Tai Chi Easy™ Facilitator; Reiki Practitioner 3rd Degree

Learn Chair Yoga warmups, seated Tai Chi Easy™, and Qigong arm movements to increase your chi (life-force), strengthen your muscles and focus your mind. Combined with guided relaxation visualizations and meditation, you can also feel a greater sense of calm. Each session includes a short group discussion based on written materials mailed before the program.

Navigating Medicare (Staff Connected)

1 Wednesday at 1pm, August 9

Dr. Gil Kunken, HIICAP Medicare Consultant, New York City Department for the Aging

Get the latest information on changes to Medicare. Discussion will reflect new premiums, plan choices, and protections. Take this opportunity to get your Medicare questions answered.

Social Isolation in Older Adults (Staff Connected)

1 Monday July 10th at 1pm

Beth Ann Ditkoff, MD, Medical Author

The US Surgeon General, Dr. Vivek Murthy, recently released an advisory addressing the “epidemic of loneliness and isolation.” In this one-part course, learn about the different types of loneliness and its mental/physical consequences. We will also discuss different strategies to combat a lack of social connection.

Conversations & More

How Travel Experiences Shape Us (Dial in)

1 Wednesday July 19 at 1:00pm

Santosh Nair, DOROT Volunteer

Come together to discuss travel experiences across the United States and the world. We will talk about all aspects of travel, including unique locations, histories, cultures, cuisines, and people.

Across the Miles (Dial in)

1 Wednesday at 3:30pm July 26

Without Walls Staff Throughout North America

Join us across the miles as the Without Networks comes together to share stories and talk about life in our different locations throughout the United States and Canada.

Podcast Club (Dial in)

2 Tuesdays at 2:00pm August 8 & August 29

University Without Walls Staff

Are you an avid podcast listener or interested in learning more about podcasts? Join us to listen to popular public radio podcasts, engage in discussion and more.

Literature & Storytelling

Short Story Discussion Group with NYPL (Dial In)

Section A: 1 Wednesday July 26th at 12pm

Section B: 1 Wednesday August 30th at 12pm

Lily Weber, Senior Librarian, Adult Services, New York Public Library

Come enjoy a lively discussion of classic and new short stories and explore your opinions on literature. The summer themed short story will be mailed or emailed before the program.

An Overview of Services from the Andrew Heiskell Library: From Free Audiobooks to Dial-Up News (Staff Connected)

1 Friday July 14 at 1pm

Jill Rothstein, NYPL Andrew Heiskell Braille and Talking Book Library

Do you have trouble reading standard print? Learn about the free talking books program which provides talking book players, talking books, audio magazines, and more, mailed to your door, downloadable from a computer or available on an app, along with accessible programming and braille.

Book Discussion Group with St. Agnes Library: I'm Glad My Mom Died by Jennette McCurdy (Staff Connected)

1 Friday July 21 at 1pm

Daria Lindsay & Tami Chen, NYPL St. Agnes Library

A heartbreaking and hilarious memoir by iCarly and Sam & Cat star Jennette McCurdy about her struggles as a former child actor—including eating disorders, addiction, and a complicated relationship with her overbearing mother—and how she retook control of her life.

Book Discussion Group with St. Agnes Library: The Library Book by Susan Orlean (Staff Connected)

1 Friday August 18 at 1pm

Daria Lindsay & Tami Chen, NYPL St. Agnes Library

With her signature wit, insight, compassion and talent for deep research, she investigates the legendary Los Angeles Public Library fire to showcase the larger, crucial role that libraries play in our lives, and reveals how these buildings provide much more than just books and are needed now more than ever.

Life Story Club (Dial In)

8 Mondays at 4pm July 10 – August 28

Linnea Guerin, Life Story Club

Who is your biggest inspiration? What makes you feel fully alive? Answer these questions and more in our Life Story Club! Exchange meaningful life stories with other participants and make some new friends in the process. The facilitator will come prepared to each session with two engaging and unique prompt questions to facilitate conversation and connection.

The Pearls of Wisdom Present... (Staff Connected)

2 Wednesdays at 4pm July 12 & August 16

DOROT Pearls of Wisdom

The Pearls of Wisdom are a touring ensemble of elder storytellers, who present rich stories that illuminate their individual pasts and, in turn, our collective histories. Join us as the Pearls share different personal stories and afterwards open the floor for discussion and questions.

Welcoming Summer with Poetry (Staff Connected)

1 Thursday at 4pm July 13

Dr. Lynne Rosenthal, Professor of English and Literature & Certified Poetry Therapist

Join Lynne to welcome summer by reading and writing poetry that focuses on the season and brings its spirit right to your doorstep. Summer themed poems will be mailed or emailed before the program.

Jewish Interests

All programs below are offered to the Jewish and wider community.

No knowledge of Judaism required. All are welcome.

Desert Wandering: Exploring the Book of Exodus (Dial In)

9 Mondays at 10am July 3 – August 28

Rabbi Debra Smith, Spiritual Leader; Educator; CSW; Life Cycle Officiant; Rabbi, Congregation Or Ha Lev

We will discuss the development of the Israelites from the time of their desert wandering after leaving slavery in Egypt, until they entered the Promised Land. What leaders emerged from among their ranks? What struggles of faith and what challenges did they face on their journey? What opportunities for spiritual growth presented themselves? Join us and study the trials, tribulations and adventures of the book of Exodus and learn how we became “the people of Israel.”

Living with the Torah (Staff Connected)

8 Tuesdays 1pm July 11 – August 29

Lee Slavutin, MD, CLU

The Alter Rebbe, Rabbi Schneur Zalman of Liadi, teaches us to live with the Parsha of the Torah. Each week we can be inspired to change our lives from the powerful lessons in the Torah portion. Let's come together for this exciting journey.

Meet King David: Shepard, Soldier, Friend, Lover, Poet and King (Dial In)

9 Wednesdays at 10am July 5 – August 30

Rabbi Deba Smith, Spiritual Leader; Educator; CSW; Life Cycle Officiant; Rabbi, Congregation Or Ha Lev

King David is a legendary figure in Jewish history. Join us as we explore David's life from his youth through his last years. We will learn about and discuss many aspects of his life as a shepherd who defeated the mighty Goliath, his friendship with Jonathan, his years as a public leader, and ultimately as king of the Israelites. We will also enjoy and discuss some of the 150 Psalms attributed to King David.

Jewish Mysticism (Staff Connected)

7 Thursdays at 1pm July 13 – August 31 (no session July 27)

Lee Slavutin, MD, CLU

The Tanya provides a spiritual roadmap to Jewish mysticism with an emphasis on applying the lessons to our daily service to G-d and our relationships with family and friends. Let's explore the Tanya together, one of the truly great treasures of Jewish heritage.

A Tour of Jewish Berlin: From the Early Settlers to its Heyday (Dial In)

1 Monday at 1pm July 17

Olga Bokhonovskaya, MBA

Who were the first Jewish settlers in Berlin and when was the community established? What made the Jews of Berlin different? Learn about the Jewish Reform movement during this new program offering. Virtually stroll around Berlin's oldest neighborhood where the first Jews settled and visit the City Center that was once dominated by the city's Jews. You'll go to the oldest Jewish cemetery and marvel at the New Berlin Synagogue. Walking in the footsteps of the Jewish intellectuals and merchants you will uncover the Golden Age of the Berlin's Jewry. Olga, your guide, is a native of Odessa in the Ukraine. Materials will be mailed before the program.

Nachmanides Letter on Humility (Staff Connected)

1 Monday at 1pm July 24

Lee Slavutin, MD, CLU

Ramban wrote a letter to his son in 1267 to inspire him to act with humility. This letter is read and studied all over the world to refine a person's character. What is so special about this letter is that it teaches us how to change our behavior – the approach is very practical and understandable. We will review the key points in one class and perhaps you will be inspired to study the letter in depth and apply it in everyday life.

Guide for the Perplexed – Maimonides – Rambam (Staff Connected)

2 Mondays at 1pm August 14 – August 21

Lee Slavutin, MD, CLU

Let us consider how the great Maimonides address these questions – How can we know G-d? What can we know about Creation? What is Divine Providence? What are the reasons behind the Mitzvot? How does a person achieve perfection?

Music & Performing Arts

The Corner of Casablanca and Sunset Boulevard (Staff Connected)

8 Fridays at 11am July 7 – August 25

Tom Kertes, Retired Newspaper Columnist and Film Critic

Let's meet there and talk about the greatest movies in Hollywood history – the stars, directors, screenplays, and the fascinating stories behind the often-tumultuous process of creation. What goes into making a classic Hollywood movie? Why do these films still speak to us today, perhaps with more urgency than ever before? In short- everything you wanted to know about movies but were afraid to ask!

Great Women Instrumentalists of Jazz (Dial In)

4 Tuesdays at 12pm July 11 – August 1

Evan Arntzen, Clarinetist, Saxophonist, Vocalist / Educator

Join musician and educator, Evan Arntzen, as he takes you on a survey of some of jazz's greatest unsung (and sung) heroines, including Lil Hardin, Valaida Snow, Mary Lou Williams, Jutta Hipp, and many others. This course covers the time period from the beginnings of recorded jazz, with the final session dedicated to presenting a few of the best female jazz instrumentalists playing today.

The Shows of Stephen Sondheim (Staff Connected)

4 Fridays at 1pm, July 7- July 28

Bobby Barksdale, Manhattan School of Music Graduate Student

Join Bobby to explore the enchanting world of Stephen Sondheim, a leading figure in American musical theatre. Delve into Sondheim's oeuvre chronologically, highlighting his work as a composer and lyricist. Expect to gain an in-depth understanding of Sondheim's artistic evolution and his significant contribution to Broadway. Appreciate the depth, wit, and emotional complexity in Sondheim's work and engage in stimulating discussions about his musicals.

Improvisation Workshop (Dial In)

3 Thursdays at 2pm July 6 – July 20

Elana Fishbein, Educator and Performer, Magnet Theater, MA Educational Theatre

Improvisation is all about using our imagination to collaborate and make something up on the spot. In this highly participatory workshop, we'll do exercises that tap into creativity, mental flexibility, and fun. Come to laugh and foster connection and joy!

24/6: A Jewish Theater Company's Telephone Plays (Staff Connected)

5 Mondays at 12pm July 3 – July 31

Yoni Oppenheim, Artistic Director, 24/6: A Jewish Theater Company

Come enjoy a short one-person, uplifting and comedic play followed by a conversation with 24/6's Artistic Director.

Hard Bop Classics (Dial In)

4 Tuesdays at 12pm August 8 – August 29

Evan Arntzen, Clarinetist, Saxophonist, Vocalist | Educator

Join esteemed clarinetist and saxophonist Evan Arntzen for a deep dive into Hard Bop, a genre of jazz both soulful and sophisticated that had its heyday from roughly the mid-1950's to the mid-1960's. This class will feature historical background, discussion, and guided listening to such greats as Horace Silver, Sonny Rollins, and Art Blakey.

A Journey Through Operas of Mozart (Staff Connected)

5 Wednesdays at 12pm July 12 – August 9

Djordje Nesic, Lecturer at SUNY Purchase and Manhattan School of Music

We will explore the fun and wit of Mozart and his librettists, and how they explored, criticized and understood the class divisions in society. We will mostly look at operas written by Mozart and his most well-known librettist Lorenzo da Ponte, with a glance at Mozart's other theatrical works as well. Some listening assignments prior to each session will be recommended.

Recalling the Golden Era of Broadway (Staff Connected)

1 Thursday at 12pm July 13

*David Rothenberg, Radio Host; Retired Founder and Executive Director of the Fortune Society;
Retired Theater Person*

Join us for a discussion with David Rothenberg, host of WBAI radio show, "Any Saturday," to recall the golden era of Broadway. Prepare to hear stories of David's time as a Broadway producer and press agent and come prepared to share your own Broadway memories.

Other Topics

Coping with Change: Facing the Future with Confidence (Staff Connected)

9 Thursdays at 10am July 6 – August 31

Constance Gemson, LMSW; Social Work Consultant, Author, Workshop Leader

Explore the positive and negative aspects of change. Assess your own personal style of managing new events and understanding uncertainty. Create new strategies and understand new ideas from others.

Resiliency: Bouncing Back After Hard Times (Staff Connected)

9 Thursdays at 11am July 6 – August 31

Constance Gemson, LMSW; Social Work Consultant, Author, Workshop Leader

Evaluate strategies that enhance your ability to deal with setbacks. Learn how to interpret events differently and gain new strength and courage. This interactive class will encourage you to develop tenacity when facing emotional challenges. Discover quotes of promise and possibilities.

Exploring Accessible Technology with the Heiskell Library (Staff Connected)

1 Wednesday August 2 at 11am

Chancey Fleet, NYPL Andrew Heiskell Braille and Talking Book Library

Are you curious about all the ways accessible technology can help you make the most of the world if you have declining vision or a disability? Find out about the technology that our library offers, free tech coaching to build your skills, and helpful apps for reading, traveling, independent living, and fun.

Family Loans with Pace Women's Justice Center (Staff Connected)

1 Tuesday August 1 at 11am

Roberta Goodman, Esq. and Susan Carroll, Esq from the Pace Women's Justice Center, Elder Justice Unit

Join attorneys Susan Carroll and Roberta Goodman to explore the benefits and pitfalls of family loans. Learn how doing a favor can complicate your credit rating.

The 4 Steps to Upgrade Your Motivation (Dial in)

2 Wednesdays at 2pm July 5 – July 12

Janice Hermalyn, MS, BS; DOROT Volunteer

Motivation comes from the inside. Explore your motivation strategies and live a more fulfilled life. We will talk about the use of 4 practical tools for motivating yourself. There will be time for discussion and reflection.

Wow Network Panel (Staff Connected)

1 Wednesday at 3pm August 23

Without Walls Staff Throughout North America

Join staff from the Without Walls Network to hear about what is being offered over the phone around North America and how you can get connected!

Support Groups

In-Sight Program for the Visually Impaired (Staff Connected)

8 Tuesdays at 4pm July 11 – August 29

Carole Yablonowitz, Group Discussion Leader

Share feelings, concerns and practical solutions. Exchange resources and explore the challenges arising from the loss of vision.

Bereavement Support Group (Dial In)

Section A (Loss of parent, partner, grandchild): 8 Tuesdays at 5pm July 11 – August 29

Section B (Loss of partner): 9 Thursdays at 6pm July 6 – August 31

Randi Cohen, MA, ACSW, LCSW

Come together in a safe, caring environment for former caregivers who have suffered the loss of a loved one and are seeking a supportive place to grieve and heal.

Connect Through Tech /University Without Walls Staff

DOROT's Connect Through Tech (CTT) department leverages technology to provide programs to older adults which support social connections and help them access the resources and information they need to live independently in an increasingly digital world. University Without Walls is one of the programs in the Connect Through Tech department.

Melissa Esparza

Program Administrator, University Without Walls

Zoya Stein

Program Assistant, University Without Walls

Jennifer Tyler

Program Assistant, University Without Walls

Amy Wald

Program Director, Connect through Tech

Lily Sokobin

Program Administrator, University Without Walls

Anna Cash

Program Coordinator, University Without Walls

Community Guidelines

DOROT's University Without Walls programs welcome older adults from diverse backgrounds and locations. To foster an inclusive and mutually beneficial experience for all, we ask participants to abide by the program's guidelines. For questions about these guidelines, please call (877) 819-9147.

At all times

- All communication with staff, volunteers, facilitators, and participants is to be respectful in tone, volume, language and subject matter.
- DOROT will not share your personal information with anyone without your consent.

Registration

- Before calling to register, select all the program titles you want and ensure they work for your schedule.
- Keep your catalog and write down your program dates for future reference.
- STAFF CONNECTED SESSIONS: You will receive a call 15 minutes before the program time to connect you. Please wait patiently.
- DIAL IN SESSIONS: Please call into the program 5 minutes before the program begins, or on the hour. The facilitator must be on the line before participants can connect. If you call before they do, you will receive a message saying ""The meeting has not started, please wait or try again later".. If this happens, hang up and call again 5 minutes later.
- If you will not be able to join the call, please contact UWW staff before your program begins.

During the program

- Introduce yourself by your first name each time you speak
- Ensure a quiet environment by muting your phone when listening, refraining from other conversations or answering other calls, and turning off radios and televisions. Any of these distractions could result in being disconnected by staff.
- Wait for a fellow participant to finish their comment before beginning yours.
- Keep your comments relevant to the topic at hand and use language that is civil to people of differing opinions and experiences.
- Respect that it is the facilitator's responsibility to manage the conversation, including redirection.
- STAFF CONNECTED SESSIONS: If you miss the connecting call or get disconnected, you can call DOROT to be reconnected, but we may not be able to do so.
- DIAL IN SESSIONS: If you get disconnected, you can reconnect yourself by following the same steps as you did to connect the at the beginning of the session.

Thank you and we hope you enjoy University Without Walls!

Thank you

With gratitude, we acknowledge the following foundations, corporations, agencies and individuals that recently have contributed generously to DOROT's University Without Walls programming:

University Without Walls Endowments

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Community Partners

24/6 A Jewish Theater Company
 American Bone Health
 Andrew Heiskell Library Braille
 and Talking Book Library, NYPL
 Bikur Cholim Chesed

Organization
 The Brooklyn Museum
 Chai Mitzvah
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 Heights and Hills
 Intrepid Sea, Air & Space
 Museum
 The Lighthouse Guild
 Manhattan School of Music
 New York Public Library
 Pace Women's Justice Center
 The Solomon R. Guggenheim
 Museum
 The Whitney Museum of
 American Art
 NYC Department of Aging, HIICAP

Remembrance

We remember the following
 individuals who touched the
 lives of DOROT's teleconference
 community:

Michael Greene
 Barry Kolevzon

Additional Without Walls Programs

DOROT is part of the international Without Walls Network of programs providing older adults with the opportunity to participate in activities and classes over the phone. Older adults across the United States are welcome to join the programs listed below. For more information, please contact each program directly:

Front Porch - Well Connected (877) 797-7299 • Covia.org

Lifetime Connections Without Walls (888) 500-6472 • familyeldercare.org

Share Your Thoughts

Many participants phone and write to staff to describe in detail how they have benefited from UWW. Participants regularly note their enjoyment of new friendships, intellectual stimulation and learning new information. They report decreased feelings of social isolation and appreciate sharing their experiences with others who face similar challenges. Some participants share ideas on how to improve the program or their experiences. We welcome you to write to us and share your thoughts at info@dorotusa.org



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171 West 85th Street
New York, NY 10024
212.769.2850
www.dorotusa.org

"I love it! There is nothing like it."