

March 2024 – May 2024



University Without Walls

LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY



Topics

News, Politics & Our Society • Museum Discussions
Health & Wellness • 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.

Catalog Sections

News, Politics & Our Society	2
Museum Discussions	3
Health & Wellness	3-4
Literature & Storytelling	5-6
Jewish Interests	6-7
Music & Performing Arts	7-8
Discussion Groups	9
Other Topics	10
Support Groups	10
Program Etiquette	13
Thank You	14

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.

Supporting DOROT We are proud to offer all DOROT programs free of charge. Please consider supporting DOROT to help us continue to provide quality programming. Donations may be made online at dorotusa.org/donate, by phone, or by mail using the envelope enclosed in this brochure.

To register or get additional information, call 877-819-9147, E-mail uww@dorotusa.org
visit our website at www.DOROTUSA.org/UWW
All program times reflect Eastern Standard Time (EST)

Current Events (Staff Connected)

Section A: 10 Mondays at 11am March 25 – June 10 (No class on April 29 or May 27)

Section B: 10 Wednesdays at 11am March 27 – June 5 (No class April 24)

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: 9 Tuesdays at 3pm March 26 – June 4 (No class April 23 and April 30)

Section B: 10 Wednesdays at 3pm March 27 – June 5 (No class April 24)

Charles Perkins, Historian

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

This year huge challenges await, at home and abroad; Congress funding (or defunding) the government, two wars that threaten global stability, an immigration overload, and of course a presidential election. Can our leaders in Washington put aside the deep divisions and meet these challenges?

People's Republic of China (Staff Connected)

10 Tuesdays at 11am March 26 – June 11 (No class April 23 and April 30)

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

Join us to get an introduction to the People's Republic of China. Learn about factors including the significance of geography in a country with an emphasis on the cultural, economic, and political evolution of China from the early dynastic period to the present. Discuss international relations and how they are treated as factors contributing to the successes and failures of China's current system. Materials will be mailed before the program.

First Jewish Americans: Freedom and Culture in the New World with New York Historical Society (Staff Connected)

1 Thursday at 2pm April 25

Beth Skobel, Docent, New York Historical Society

How did Jewish settlers come to inhabit – and change- the New World? Follow the trajectory of a people forced from their homes in Europe, South America, and the Caribbean, to their controversial arrival in New Amsterdam in 1654 to the political freedoms they gained. Join us for this historical deep dive in a presentation from the New York Historical Society. Materials will be mailed before the program.

3 Museum Discussions

Native Americans in American Art (Staff Connected)

1 Tuesday at 2pm April 9

Jackie Friedman, The Brooklyn Museum

Join us for a presentation about different ways Native Americans portrayed their culture through art, as well as how they were portrayed by others, using examples of various mediums and art forms. Materials will be mailed before the program.

Identity – From the Personal to the National (Dial In)

2 Thursdays at 3pm May 2 – May 9

Elizabeth Crowell, The Brooklyn Museum

Through a variety of objects from the early 20th century to the present, we will examine how our identity and culture is artistically captured. Explore art across various mediums (cotton, photographs, paintings and sculpture) that express and reflect identity. Materials will be mailed before the program.

When Modern Was Contemporary (Staff Connected)

4 Wednesday at 10am May 1 – May 22

Ellen Edelman, Educator, Solomon R. Guggenheim Museum

The early 20th century was a time of great social, artistic, and technological change. The automobile, airplane, radio, and motion pictures were altering perceptions of time and space. Artists asked, “How do I depict the modern world?” Picasso, Braque, Chagall, Modigliani, and Brancusi responded by challenging conventions and forging revolutionary styles and radical innovations that reflected the upheavals of their time. Materials will be mailed before the program.

The Whitney Biennial (Staff Connected)

3 Thursday at 11am May 23 – June 6

Linda Sweet, The Whitney Museum of American Art

If you want to know what today’s artists are thinking and doing, join Linda in this 3-part program discussing the eighty-first installment of the Whitney Biennial. This latest chapter of the exhibition—Whitney Biennial 2024: Even Better Than the Real Thing—includes seventy-one visionary artists and collectives whose work interprets our current circumstances and is sure to tell stories, spark discussion, and comment on issues across a variety of media and disciplines. Materials will be mailed before the program.

Health & Wellness

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

6 Fridays at 12pm March 29, April 12, April 26, May 10, May 24, June 7

Alix Keast, Asian Bodywork Therapist; Licensed Massage Therapist

Please note that this group meets bi-weekly.

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.

Sounds of Yoga (Staff Connected)

6 Fridays at 10am March 29 – May 3

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.

How to Age Safely, Wisely, and Well: Using the ABC System (Staff Connected)

5 Thursdays at 10am May 2 – May 30

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

Vicki presents "The ABC Mind-Body System: Alignment, Breathing, Centering." Its strategies and techniques will help you develop the physical fitness, balance, stress-reduction, and mental attitudes needed to keep you safe from falls and maintain your functional independence. Factors related to "aging in place" will also be discussed. Resources will be sent before the program.

Navigating Medicare (Staff Connected)

1 Wednesday at 1pm May 8

Dr. Gil Kunken, HHCAP 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 Thursday at 2pm May 9

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.

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

6 Fridays at 10am May 10 – June 14

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.

Literature & Storytelling

Book Discussion Group with NYPL: *All Quiet on the Western Front* by Erich Maria Remarque (Dial In)

1 Friday at 1pm April 26

Daria Lindsay & Tami Chen, St. Agnes Library

This month join us as we read what is considered by many to be the greatest war novel of all time. Written by German author Erich Maria Remarque and published in 1929, the book is an account of a young man's experiences in battle during World War I. The story describes the horrible reality and disappointment of a soldier's life in the trenches. From the nationalism that convinced young men to enlist to the detachment from civilian life upon return, this novel depicts the lives of so many during the first world war. Book will be mailed prior to the program.

Short Story Discussion Group with NYPL (Dial In)

Section A: 1 Wednesday at 12pm March 27

Section B: 1 Wednesday at 12pm May 1

Section C: 1 Wednesday at 12pm May 29

Lillian 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 short story will be mailed or emailed before the program.

The Healing Power of Poetry: Addressing Grief (Dial In)

2 Thursday at 4pm April 4 and May 2 (*sessions are once a month*)

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

Grief is an inner response to any important loss, but poetry offers an important way for us to heal. Join Lynne in using words, images, sounds and rhythms to process feelings of grief and loss. In this two-part workshop, we will read and discuss selected poems and respond to them with our own writing as we begin to move forward together on the journey towards healing. Materials will be sent before the program.

Reflections on Stonewall: 1970s to Now (Staff Connected)

1 Wednesday May 22 at 2pm

Karla Jay, Author, Editor, Translator, Distinguished Professor of English, Women's and Gender Studies, and Queer Studies at Pace University

June marks the 55th anniversary of the Stonewall Uprising. To honor this important milestone, Karla Jay, who witnessed some of the events at the Stonewall and who was in the first Pride march in Los Angeles, will reflect on the political and social vision of the activists of the Gay Liberation Front and other organizations. Participants will be encouraged to contribute their own memories of the early 70s and to reflect on the current backlash against the LGBTQA+ communities today.

Book Discussion Group with NYPL: *Animal Farm* by George Orwell (Dial In)

1 Friday at 1pm May 24

Daria Lindsay & Tami Chen, St. Agnes Library

Join Daria and Tami for a conversation about the classic story by George Orwell, *Animal Farm*. In this book, a farm is taken over by its mistreated and overworked animals with the goal of creating a paradise of equality. When the pigs on the farm become power hungry, the rebellion against tyranny transforms into a situation even worse than before. The satirical writing style and strong metaphors in this book make it the timeless cautionary tale that it is today. Book will be mailed prior to the program.

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

1 Friday at 3pm June 14

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 a story in honor of the upcoming holiday of Juneteenth, commemorating the end of slavery in the United States.

Jewish Interests

Stewards of the Land: Judaism, the Environment, and the Land of Israel (Dial In)

10 Mondays at 10am March 25 – June 10 (No class on April 29 and May 27)

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

Due to popular demand, you may only register for one class facilitated by Debra Smith.

Judaism's deep connection to the environment and Israel's deep connection to the Land have Biblical roots. We will examine and discuss a wide variety of ancient, traditional, and contemporary texts, poems and song lyrics that explore our relationship to the environment and the Land of Israel.

Living with the Torah (Staff Connected)

10 Tuesdays 1pm March 26 – June 11 (No class April 23 and April 30)

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.

Significant Leaders in the Bible...and Their Followers (Dial In)

10 Wednesdays at 10am March 27 – June 5 (No class April 24)

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

Due to popular demand, you may only register for one class facilitated by Debra Smith.

Judaism has had many leaders throughout our history. Through text study and folk stories (Midrash) we will explore the qualities of a good leader and common flaws exhibited by leaders and the impact these leaders have had on their followers. Some leaders to be studied include Moses, King David, King Solomon, Abraham, Jacob, Deborah, Esther, and Jethro.

Jewish Mysticism (Staff Connected)

11 Thursdays at 1pm March 28 – June 6

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.

The Evolution of the Seder Plate: The Visualization of Tzedek (Staff Connected)

2 Wednesdays at 2pm April 10 - April 17

Luisa Sinacore, MA, DOROT Pastoral Intern

Take a dive into the material culture of Passover with DOROT's Pastoral Intern, Luisa Sinacore. In this course, Luisa will share texts and images of seder plates throughout history. What does this ritual item have to teach about Jewish values? No prior knowledge required. All are welcome. Materials will be sent before the program.

Talmud Treasures (Staff Connected)

4 Wednesday at 1pm May 15 – June 5

Lee Slavutin, MD, CLU

The Talmud is filled with beautiful stories and powerful life lessons, articulated by our Sages and recorded over several hundred years. We will select several passages to learn together and extract lessons that we can apply to our lives.

Music & Performing Arts

Film and Music (Dial In)

4 Thursdays at 2pm March 28 – April 18

Jenny Yi, Student Instructor at the Manhattan School of Music

Join Jenny to learn all about film scoring! Get a crash course on how film scores and soundtracks are created. We will discuss the most important aspects of the creative process when it comes to putting together a film's soundtrack.

The Mid-Century Movie Theater (Staff Connected)

3 Mondays at 2pm April 1 – April 15

Talbot Hall, Screenwriter and Director, Steven and Alexandra Cohen Fellow of the USC School of Cinematic Arts

The Graduate, Jaws, and The Godfather. What do these three wildly different film masterpieces have in common? They were all products of the wacky, psychedelic, groundbreaking cinematic bell jar that was the 1960's and 1970's of American Film. Let's go behind the scenes of "New Hollywood" together in the Mid-Century Movie Theater!

The Music of Louis Armstrong (Dial In)

4 Thursdays at 12pm April 4 –April 25

Evan Arntzen, Clarinetist, Saxophonist, Vocalist, Educator

Let expert musician and educator, Evan Arntzen, guide you through the musical development of one of the most influential people of the 20th century, Louis Armstrong. We will cover everything from his days as a boy in New Orleans, to his groundbreaking work in Chicago and New York in the 1920s, to traveling the world with big bands, and finally to achieving his status as a legend of American music and ambassador to the world.

The Corner of Casablanca and Sunset Boulevard (Staff Connected)

10 Fridays at 11am April 5 – June 7

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!

Songbirds & Crooners (Dial In)

4 Thursdays at 12pm May 2 – May 23

Evan Arntzen, Clarinetist, Saxophonist, Vocalist, Educator

Join Jazz reed-man Evan Arntzen for a listening and appreciation course dedicated to great jazz vocalists such as Bessie Smith, Ella Fitzgerald, Billie Holiday, Frank Sinatra, and Nat "King" Cole, as well as some lesser-known greats you may have never heard of. Learn about the history of each of these individuals and discuss as a group what makes them masters of song-delivery.

Theater2You (Dial In)

3 Fridays at 2pm May 3 – May 24 (No session May 17)

Lauren Koralnik, Theater2You

Do you love theater? Have you always wanted to participate in a theater group with fellow drama enthusiasts? Theater2You is the perfect program for you! In this program, each participant will be sent a script and will be assigned a specific character as we read a play together. Materials will be sent before the program.

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

4 Mondays at 12pm May 6 – June 3 (No session May 27)

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.

Discussion Groups

Oasis Spaces: Home Organizing Solutions (Staff Connected)

4 Mondays at 3pm March 25 – April 15

Kathleen Fiorito, Expert Home Organizer

Do you struggle with clutter and keeping your home organized? Not sure how to begin to approach the piles of neglected tasks? Join this series to learn strategies to organize your home and share your progress as you streamline your lifestyle towards joy and serenity. Materials will be mailed before the program.

Reflect, Recall, and Re-Start: How to Manage Stress (Staff Connected)

10 Tuesdays at 10am March 26 – June 11 (No class April 23 and April 30)

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

This interactive class will encourage you to develop a more serene and optimistic life. Discover how to deal with stress in a more realistic manner through specific strategies that may provide calmness and serenity. Share your ideas with others.

Friendship: Creating Connection and Community (Staff Connected)

10 Tuesdays at 11am March 26 – June 11 (No class April 23 and April 30)

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

Explore options for widening your circle of new connections. Find opportunities for meeting new people and cultivating long-time friendships. Expand your views and share your insights to encourage a lively discussion!

Coffee and Connect: Major Milestones (Staff Connected)

4 Thursdays at 2pm March 28 – April 18

Stephanie Hertz, DOROT Social Work Intern

What were the most joyous times of your life? What were your biggest personal and professional accomplishments? Join the journey of answering these questions and more at Coffee and Connect: Major Milestones edition! Get ready to share meaningful stories, connect with other participants, and build community along the way. The facilitator will come to each session with a topic and a few engaging questions for you and the group to reflect on major milestones in your life. All are welcome!

Across the Miles (Dial-In)

1 Wednesday at 3:30pm May 29

Without Walls Staff Throughout North America

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

Other Topics

"Scams, Shams, and Schemes: Protecting Your Identity" with the Pace Women's Justice Center (Staff Connected)

1 Thursday at 11am April 11

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

Join Pace Women's Justice Center Attorneys, Susan Carroll and Roberta Goodman to discuss and learn about common scams and protecting your identity!

All About DOROT (Staff Connected)

1 Friday April 19 at 1pm

DOROT Staff Members

Would you like to learn more about DOROT's mission and programs? Interested in finding out what else DOROT has to offer? Join us as we discuss DOROT's in-person programs as well as those you can enjoy from home!

Support Groups

Bereavement Support Group (Dial In)

Section A (Loss of parent, partner, grandchild):

10 Tuesdays at 5pm March 26 – June 18 (No session April 23, April 30, and June 11)

2 Make up sessions on Thursdays April 25 and May 2

Section B (Loss of partner):

12 Thursdays at 6pm March 28 – June 20 (No session June 13)

Randi Cohen, MA, ACSW, Licensed Clinical Social Worker

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.

Daily Tips for Vision Loss (Staff Connected)

9 Mondays at 4pm March 25 – June 10 (No session April 22, April 29, May 27)

Mindy Jacobson, Cantor & Group Discussion Leader

Join a weekly discussion group to learn coping techniques such as how to get your mail read, identify products in your cabinet and maintain your balance. Bring your questions, and we'll all share our wisdom!

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

Section A (Continuing group): 9 Tuesdays at 4pm March 26 – June 4

(No session April 23 and April 30)

Section B (Group for new members): 10 Thursdays at 4pm March 28 – May 30

Valerie Ward, Licensed Clinical Social Worker

Join Valerie to share feelings, concerns and practical solutions to vision loss. Exchange resources, explore challenges and triumphs and connect with your peers.

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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

Lily Sokobin

Program Coordinator, University Without Walls

Jennifer Tyler

Program Administrator, University Without Walls

Amy Wald

Program Director, Connect through Tech

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:

Contributors

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Michael Tuch Foundation
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The Ullendorff Memorial Foundation

Community Partners

24/6 A Jewish Theater Company
Bikur Cholim Chesed Organization
Brooklyn Museum
Family Eldercare

Heights and Hills
New York Public Library
New York Historical Society
New York City Department of the Aging
Pace Women's Justice Center
The Solomon R. Guggenheim Museum
The Whitney Museum of American Art
Well Connected-Front Porch

Remembrance

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

Celicia Amerling Kaps
Frances Gan Taylor
Doris Heckerling
Frieda Hyman
Ruth Lasky
Helen Schmitz
Rena Strauch
Rita Greenstein

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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LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY



171 West 85th Street
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212.769.2850
www.dorotusa.org

Program Updates

Accessible Registration

Did you know that the University Without Walls can provide accessible registration for those with Vision Loss? If you would like the brochure to be read to you, reach out to us via phone or email and we will ensure you receive this service moving forward.

Caring Calls

Interested in making a new friend over the phone? Join Caring Calls! Connect with an adult volunteer weekly for a 20-30-minute friendly chat to socialize and talk about common interests. Matches are for 8 weeks but often last longer. If you're interested, please call 212-769-2850.

Onsite and Special Programs

Did you know that DOROT offers programs on ZOOM and in-person? Discover wellness classes, creative arts workshops, talks, concerts, films, and aging well programs that provide opportunities for learning, discovery and exchange. Learn more here: <https://dorot.trumba.com/> or email dorotprograms@dorotusa.org.

DOROT in Queens

DOROT has expanded to Queens! We have begun to offer programs directly and through local partners about and of special interest to Queens residents. Be on the lookout for additional information and please feel free to share it with friends and family in Queens.

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