

July 2024 – August 2024



# University Without Walls

LIFELONG LEARNING FOR  
AN ENGAGED COMMUNITY



## Topics

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

## For registration or information,

Call 1-877-819-9147  
E-mail [uww@dorotusa.org](mailto:uww@dorotusa.org)  
Visit our website  
[www.dorotusa.org/uww](http://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](mailto: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 programs. Donations may be made online at [dorotusa.org/donate](http://dorotusa.org/donate), 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](mailto:uww@dorotusa.org) visit our website at [www.DOROTUSA.org/UWW](http://www.DOROTUSA.org/UWW)  
All program times reflect Eastern Standard Time (EST)

# News, Politics & Our Society

## Current Events (Staff Connected)

**Section A: 8 Mondays at 11am July 8 – August 26**

**Section B: 8 Wednesdays at 11am July 10 – August 28**

*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 9 – August 27**

**Section B: 8 Wednesdays at 3pm July 10 – August 28**

*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 is getting extremely close! Can our leaders in Washington put aside the deep divisions and meet these challenges?

## The Evolution of Women's Rights (Staff Connected)

**8 Tuesdays at 11am July 9 – August 27**

*Judy Lass, MA, DOROT Volunteer*

We will consider the evolution of women's roles in America, through an investigation of significant women in the women's rights movement and the effects of their efforts. Covering the late 18th century inception to the 20th century, we will discuss the work of women including Sojourner Truth, Elizabeth Cady Stanton, Susan B. Anthony, Ida B. Wells, Jane Addams, Margaret Sanger, Betty Friedan, and Shirley Chisholm.

## The Barbara and Bentley Kassal Foundation

### Museum Discussions

#### One Giant Leap: The Story of Apollo (Dial in)

**1 Monday at 3pm July 8**

*James Tardiff, The Intrepid Sea, Air & Space Museum*

On July 20, 1969, over half a billion people were glued to television sets all around the world as astronauts Neil Armstrong and Edwin "Buzz" Aldrin became the first humans to land on the moon. This completed the challenge set forth by President John F. Kennedy just eight years before of landing a man on the moon by the end of the 1960's. Many consider this the most significant achievement in the history of mankind. How did we get there?

## Highlights of the American Museum of Natural History (Staff Connected)

### 3 Wednesdays July 10 – July 24 at 2pm

*Joseph Ades, DOROT & American Museum of Natural History volunteer*

Working from photos of the exhibits, we will explore and discuss highlights of this iconic museum, incorporating museum history, scientific concepts, and learning about how selected exhibits are constructed. Materials will be mailed before the program.

## How Big Is Space? (Dial in)

### 1 Monday at 4pm August 5

*James Tardiff, The Intrepid Sea, Air & Space Museum*

In 1990 NASA launched the Hubble Space Telescope to answer this and many other questions. In this presentation we will talk about how they did in answering that question and try to come to our own conclusions by using common means of transportation to reach cosmic destinations. We will also take a look at some VERY big numbers! So how big is space? Join us to find out.

## Memories from the Borscht Belt (Staff Connected)

### Section A: 1 Monday at 4pm August 5

### Section B: 1 Monday at 4pm August 19

*Dr. Peter Chester, Board Treasurer and Resident Borscht Belt Expert*

**Participants can register for one section, the presentation will be the same on each date.**

The Borscht Belt Museum is dedicated to preserving the legacy of the Catskills resort era, and celebrating its history as a refuge from bigotry, the cradle of stand-up comedy and a cultural catalyst that changed America. Join Dr. Peter Chester in reminiscing about the legacy of the borscht belt. Materials will be sent before the program.

## By Way Of: Material and Motion in the Guggenheim Collection (Staff Connected)

### 2 Thursdays at 11am August 8 -15

*Karen Bergman, Educator, Solomon R. Guggenheim Museum*

How has artistry evolved beyond traditional art making methods outside the studio's boundaries? This exhibition examines how contemporary artists enacted new ideas formed by the social and historical contexts of their time and pushed the boundaries of art practice and materials. Join us in exploring and interpreting a suite of works from the museum's permanent collection, including major artists from the Arte Povera movement of the 1960s and '70s along with artists working today. Materials will be mailed before the program.

## Health & Wellness

### What Every Senior Should Know About First Aid (Staff Connected)

#### 1 Monday at 2pm, July 8

*Beth Ann Ditkoff, MD, Medical Author*

Do you know how to manage common home health problems, like cuts, burns or nosebleeds? What should you stock in your first aid kit? In this one session class, we will discuss techniques every senior should know to deal with common minor home mishaps and how to recognize more serious injuries that require medical attention.

## Mind-Body Tricks for Reducing Stress (Staff Connected)

### 3 Thursdays at 10am July 11 – July 25

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

Join Vicki this summer to discuss and practice strategies that will help reduce your stress! Using tools from the "The ABC Mind-Body System: Alignment, Breathing, Centering," this group will work on techniques and mental attitudes needed to keep you feeling safe and relaxed in your own space.

## Sounds of Yoga (Staff Connected)

### 3 Fridays at 10am July 12 – July 26

*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 19, August 2, August 16, August 30

*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.

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

### 3 Fridays at 10am August 2 – August 16

*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.

## Jewish Interests

### Exploring the Life and Times of Rabbi Jesus (Staff Connected)

#### 8 Mondays at 10am July 8 – August 26

*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.**

We will study the historical, political, economic, and religious life in ancient Israel during the time in which Rabbi Jesus lived and served the ancient Jewish community. Discuss the sacrificial system, the religious sects, and the concepts of atonement and remission of sin, along with the concepts of grace, redemption and suffering. How did the life and teachings of a popular and charismatic Jewish teacher evolve into a new faith of Christianity?

## Living with the Torah (Staff Connected)

**7 Tuesdays 1pm July 9 – August 27** (No session August 13)

*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.

## Angels in Jewish Life and Jewish History (Staff Connected)

**8 Wednesdays at 10am July 10 – August 28**

*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.**

In this class, we will study Jewish history from the perspective of angelology. Were angels always a part of Judaism? Where do angels' stories appear in our Bible and in our literature? Who are Judaism's most famous angels and how did they serve us? Join us as we explore these questions and many more!

## Jewish Mysticism (Staff Connected)

**8 Thursdays at 1pm July 11 – August 29**

*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.

## Yiddish Art Songs: Then & Now (Staff Connected)

**2 Fridays at 1pm July 12 – July 19**

*Rabbi Ada Luisa Sinacore, MA, DOROT Pastoral Intern*

From classic folk songs to musical theatre hits, Yiddish music is an artform that has characterized over two centuries of Jewish lived experience. Taught by our Pastoral Intern, Rabbi Luisa Sinacore, this class will explore history and culture through the lens of song. Come prepared to listen, sing, and share favorite Yiddish melodies. All are welcome.

## Talmud Treasures (Staff Connected)

**3 Wednesday at 1pm August 7 – August 21**

*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.

# Literature & Storytelling

## Welcoming Summer with Poetry (Staff Connected)

**1 Tuesday at 4pm July 16**

*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.

## Short Story Discussion Group with NYPL (Dial In)

**Section A: 1 Wednesday July 31 at 12pm**

**Section B: 1 Wednesday August 28 at 12pm**

*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 summer themed short story will be mailed or emailed before the program.

## Book Discussion Group with NYPL: Silas Marner by George Elliot (Dial In)

**1 Friday at 1pm July 26**

*Daria Lindsay, St. Agnes Library*

Join us for this month's book discussion group on this heartwarming classic. When Silas Marner, a gentle linen weaver, is wrongly accused of a crime that was really committed by his best friend, he exiles himself to a rustic village. In his new environment, Marner becomes a lonely recluse, until one day when an abandoned child appears outside of his isolated cottage. Through his unconditional love and care for this child, Marner finds redemption in this somber yet hopeful story. Book will be mailed prior to the program.

## Book Discussion Group with NYPL: Brave New World by Aldous Huxley (Dial In)

**1 Friday at 1pm August 23**

*Daria Lindsay, St. Agnes Library*

This month join us as we read the classic dystopian novel Brave New World. Set in the year 2540 CE, the story examines a futuristic society where citizens are engineered in artificial wombs and born into a social hierarchy based on intelligence. One man's disapproval of his society's methods risks his life and place in the "World State" altogether. Written in 1931, Huxley took inspiration from the rise of technology, science, and totalitarianism to imagine a future where nobody has free choice. Book will be mailed prior to the program.

## Music & Performing Arts

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

**4 Mondays at 12pm July 8 – July 29**

*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.

### Intro to Jazz - The First 50 Years (Dial In)

**6 Wednesdays at 1pm July 10 – August 14**

*Evan Arntzen, Clarinetist, Saxophonist, Vocalist, Educator*

Explore the course of jazz history with expert musician and educator, Evan Arntzen. The course features guided listening and discussions on recordings of this quintessentially American art form from approximately its first 50 years. Those who have taken the class before can expect different musical selections!

## The Corner of Casablanca and Sunset Boulevard (Staff Connected)

**8 Fridays at 11am July 12 – August 30**

*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!

## The Mid-Century Movie Theater (Staff Connected)

**3 Mondays at 3pm July 15 – July 29**

*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! Materials will be mailed before the program.

## A Journey Through Operas of Mozart (Dial in)

**3 Tuesdays at 10am July 23 – August 6**

*Djordje Nestic, Lecturer at SUNY Purchase and Manhattan School of Music*

We will explore the fun and wit of Mozart and how he explored, criticized, and understood the class divisions in society. We will mostly look at the operas written by Mozart, with a glance at his other theatrical works as well. Come ready to listen, learn, and share.

## The Plays of Arthur Miller (Staff Connected)

**3 Mondays at 3pm August 5 – August 19**

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

Calling all thespians! This summer we're taking a deep dive into three Arthur Miller plays, all seminal 20th century masterpieces of timeless significance. In this program we'll analyze and discuss Death of a Salesman, The Crucible, and A View From the Bridge. This course is ideal for theatre-goers, art appreciators, literature lovers, and anyone else who'd like to join for a breakdown of the playwright who helped build the foundation of modern American theatre.



## Discussion Groups

### Control Your Clutter, Control Your Life (Staff Connected)

**7 Thursdays at 2pm July 11 – August 22**

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

Come discuss ways to create a more organized space and life. Want less in your life and enjoy more. Develop an action plan to make new changes and find greater serenity in your home! Learn from others and gain new insights.

### Creativity: Imagination & Insight (Staff Connected)

**7 Thursdays at 3pm July 11 – August 22**

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

Join this group to explore your creativity! We will discuss ways to develop greater awareness and appreciation in your daily life. See the world with greater spirit and zest!

### Coffee and Connect: Summer Stories (Dial-In)

**3 Thursdays at 12pm July 25 – August 8**

*Amy Wald, DOROT Staff*

Think back to summers past- what memories arise? What smells, tastes and sounds remind you of summer? Join the journey of answering these questions and more at Coffee and Connect! Grab a beverage or snack of your choice and get ready to share meaningful stories of summers past, 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. All are welcome!

## Support Groups

### Bereavement Support Group (Dial In)

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

**8 Tuesdays at 5pm July 9 – August 27**

**Section B (Loss of partner): 8 Thursdays at 6pm July 11 – August 29**

*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.









# 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

The Miriam and Arthur Diamond Charitable Trust

The Barbara and Bentley Kassal Foundation  
Alice Lawrence Foundation

The Fay J. Lindner Foundation

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Sunshine Foundation

Michael Tuch Foundation

US Department of Health and Human Services — Administration on Aging (AOA), New York State Office for the Aging, Westchester County Department of Senior Programs and Service

The Ullendorff Memorial Foundation

Bikur Cholim Chesed Organization

Brooklyn Museum

Family Eldercare

New York Public Library

New York City Department of the Aging

Pace Women's Justice Center The Solomon R.

Guggenheim Museum

The Museum of Natural History

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:

Belle Fliederbaum

Claire Jacobs

Ruth Novick

## Community Partners

24/6 A Jewish Theater Company

# 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](http://Covia.org)

**Lifetime Connections Without Walls** (888) 500-6472 • [familyeldercare.org](http://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](mailto:info@dorotusa.org).



# University Without Walls

LIFELONG LEARNING FOR AN ENGAGED COMMUNITY



171 West 85th Street  
New York, NY 10024  
212.769.2850  
[www.dorotusa.org](http://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.

### Support Program Launched for NYC Seniors with Vision Loss

Are you or is someone you know suffering with partial vision or sight loss? The Rutgers-based Eye2Eye Peer Support Program has launched a new initiative, Eye2Eye Seniors, for people aged 60 plus living in New York City's five boroughs. Eye2Eye is a phone-based service which is both confidential and free, that provides support for people of all ages around the country, with support from trained peer support specialists who are also blind or visually impaired. To learn more, call (833) 932-3931. Be sure to leave your name and number, and expect a call back with more information, including how to participate.

### 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](mailto:dorotprograms@dorotusa.org).

### DOROT in Queens

DOROT has expanded to Queens! We 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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