

Dear Friends,



When I first came to DOROT more than a decade ago, our society viewed social isolation and loneliness as an unfortunate byproduct of growing old, while programs addressing the issue were seen as “nice” but not essential. That view has changed dramatically in the last few years.

First, the pandemic brought home to people of all ages what it means to be isolated. Then in May 2023, the U.S. Surgeon General issued a landmark report declaring an “epidemic of loneliness and isolation” in the United States, with severe consequences for individual and public health. Older adults have the highest rates of isolation of all age groups.

By issuing a national call-to-action to address the crisis, the Surgeon General elevated the healing effects of social connection and the critical impact of programs like DOROT’s.

For 47 years, DOROT has prevented and alleviated social isolation among older adults while fostering relationships across generations. Our programs empower older adults to stay active and socially connected, to retain the sense of purpose and belonging that all of us need to thrive. Our impact extends, as well, to the thousands of volunteers we engage, people of all ages who enrich the lives of others and are themselves deeply enriched by the connections they form.

In Fiscal Year 2023 (July 2022–June 2023), DOROT continued to expand, serving 5,835 older adults, a 65% increase compared to 3,533 in FY19 prior to the pandemic and three percent more than in FY22. This work included the efforts of 6,962 volunteers who, along with our staff and interns, assisted and interacted with DOROT seniors more than 90,000 times through our programs and activities. While the majority of DOROT constituents live in the New York metropolitan area, thanks to our expanded Zoom and teleconference programs, in FY23 we engaged seniors from 37 states, the District of Columbia, Canada, England, and Israel.

Over the last year, we reintroduced the in-person programming that is essential to our impact while maintaining the successful virtual program models developed in response to the pandemic.

Today, we offer a rich portfolio of lifelong learning, cultural and personal enrichment, health and wellness, support groups, and other programs, which older adults can enjoy in the format that suits them best: at DOROT, online or by phone, in their homes, or in the community.

In December 2022, DOROT’s Board approved a five-year Strategic Plan building upon what we learned from successfully meeting the challenges of the pandemic and capitalizing on the new opportunities that presented themselves. As a result, we have strived this year to broaden our reach and impact, heighten our visibility and influence, and expand the partnerships that can help advance these goals. We also identified certain programs for growth.

In FY23, DOROT shared its work at professional conferences and was recognized as a leader in aging by Crain’s New York Business and the Uptown Interagency Council on Aging. We shared our expertise through media coverage in outlets, such as NBC Nightly News, CBS Morning News, CNN, MSNBC, NPR, and The Kelly Clarkson Show. And in response to a request from the New York State Office for the Aging and the Association on Aging in New York, we developed a program for New York State modeled on one of DOROT’s signature initiatives, Friendly Visiting.

We have continued to cultivate partnerships with other organizations and to work with coalitions that serve older adults or address social isolation. In FY23, we deepened our involvement with Generations United, and we were invited to join experts and advocates working on Governor Hochul’s New York State Master Plan for Aging (MPA); Senator Gillibrand’s task force on the reauthorization of the Older Americans Act; and workgroups for the Coalition to End Social Isolation & Loneliness.

As always, our Board, donors, staff, and volunteers have played essential roles in making our dynamic programs and services possible. We deeply appreciate their work and support, which ensures we can further our impact.

Program Accomplishments

In July 2022, after nearly three years of a pandemic pause, the **Onsite and Special Programs** department reintroduced in-person group programs at DOROT with care and conscientiousness.



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Today, we offer a robust combination of in-person, virtual, onsite, and hybrid group programs. These programs create opportunities for older adults to build community, learn and form friendships over shared activities and topics, and develop support systems through group programs.

Offered in-person and over Zoom, **Aging Alone Together™ (AAT)** is a six-session program that provides a space for solo agers to share experiences, bond, and build community while gaining the support, resources, and information they need to take control of and plan for their needs and ensure that their aging and healthcare wishes are documented. In FY23, we engaged 312 older adults in nine six-session AAT workshop series.

To help older adults maintain their connections beyond the AAT workshops, DOROT hosted a monthly Zoom alumni meeting, and in August 2023, offered our first in-person alumni gathering. These attracted 119 participants in 13 alumni gatherings. We also offered a range of supplemental programs on the critical topic of Advance Care Planning, hosting 28 related programs that welcomed 657 attendees.

Since 1989, **University Without Walls (UWW)**, DOROT's signature teleconference program, has provided older adults with support, lifelong learning, and opportunities to connect. Through small classes, led by skilled facilitators over the phone, seniors learn about art and culture, practice new skills, share memories, and bond with other individuals from the comfort of their homes. This program also offers Russian University Without Walls for native Russian-language speakers. We offered 265 teleconference classes, engaging 364 older adults in 11,463 hours of life-enriching programming, and welcomed 102 new participants.

A vital component of our reintroduction of in-home visiting programs was the restart of our in-home psychosocial assessments for older adults interested in welcoming volunteers into their homes. DOROT social workers visited 410 seniors in Manhattan and Westchester to complete assessments and discuss their programmatic interests and supportive service needs.

One of our foundational programs, **Friendly Visiting**, offered in Manhattan and Westchester, provides ongoing and vital social engagement to older adults by connecting them with volunteers for weekly or monthly visits in the seniors' homes. Friendly Visiting closely aligns with the goals of the Surgeon General's

report by creating strong, long-term relationships that are mutually beneficial, where participants share lived experiences and perspectives that help both older adults and volunteers feel like active, valued contributors. Following a hiatus on creating new matches during the pandemic, DOROT social workers reinvigorated this program by establishing 69 new matches in Manhattan and 25 new matches in Westchester, bringing the total number of Friendly Visiting matches to 273. Our goal is to continue rebuilding this critical program to levels similar to prior to the pandemic.

The **Caring Calls** program, an initiative that began in response to New York City's COVID-19 lockdown, matches older adults with volunteers for regular phone conversations. Staff supported 325 matches, 164 of which have been active for over one year. Volunteers made 2,317 phone calls and participated in 1,104 hours of mutually enriching conversation with seniors.

Since 2019, DOROT's **Tech Coaching** program has trained volunteers to provide one-on-one Tech Coaching to late-tech adopters, helping them gain the knowledge, tools, and confidence to use technology and applications to enhance their lives. Being paired with a Tech Coach volunteer simultaneously allows seniors to form mutually beneficial intergenerational relationships.

In FY23, 77 volunteers conducted 708 Tech Coaching sessions with 148 seniors; 291 were in-home visits; 396 were remote; 21 sessions occurred during two onsite Tech Meet-Ups that offered seniors social opportunities. DOROT partners with Council Member Gale Brewer for her Older Adult Tech Clinics by deploying trained volunteers to assist more older adults in the community.

For over four decades, DOROT has helped seniors honor the memories of their departed loved ones through **Cemetery Visits**. We are fortunate and delighted to resume our pre-pandemic in-person model of this meaningful program, during which volunteers support older adults in visiting the cemetery of their choice and safely spending time at the gravesite. Our specially trained volunteers assisted with 61 cemetery visits, enabling 56 seniors to participate, including 30 seniors who were new to this program.

DOROT's **Holiday and Seasonal Package Delivery** program provides older adults with food, treats, and the opportunity to socialize and connect with caring volunteers in person or over

the phone. It also serves as an important touchpoint to ensure that seniors' needs are being identified and addressed. During these visits, seniors sometimes express an interest in programs or services, such as help with technology or the need for mobility devices; our volunteers are asked to share this information through feedback forms and to also report any concerns they may have from the visit. This information prompts DOROT social workers to conduct follow-up calls to provide support and/or direct seniors to additional DOROT programs or complimentary services through partnering organizations. DOROT conducted four package deliveries in FY23, serving 919 older adults ranging in age from 60 to 107 with an average age of 86 years old.

DOROT's **Response Team** volunteer corps supports older adults by fulfilling specific requests for assistance and providing company during birthdays, on cultural outings, or by phone. Older adults share their needs, and volunteers have the flexibility to sign up for activities that are in line with their skills, interests, and schedules. We are pleased to report that 124 Response Team volunteers brought birthday cheer and support to 691 seniors.

Kosher Meals at Home (KMH) delivers nutritious frozen kosher meals weekly on a short- and long-term basis as needed to home-based older adults who observe the laws of kashrut. We delivered 34,594 meals to 200 seniors. DOROT's two college interns call older adults weekly to ask which meals they have selected from the menu, become acquainted with them, and help them feel comfortable socializing and/or reporting an illness, health needs, or loss of a relative, friend, or partner. DOROT social workers assess participants annually, make referrals as necessary, and respond to seniors' needs with additional services and programs provided by DOROT or through our partners.

The **Intergenerational Program Engagement** department offered a range of exciting opportunities for schools, youth organizations, families, teens, and school-age children to connect with older adults through chess, canasta, discussions, knitting, art programming, Legacy Projects, and more. In FY23, 21 schools created programming in collaboration with DOROT, allowing us to engage 494 youths and 91 older adults; seven of these schools partnered with us for the first time.

In this pilot year of **GENuine Connections™**, our online community devoted to developing meaningful intergenerational connections between older adults and high school students, we held three semesters of weekly workshops that ran seven to eight weeks each, and one mini three-week semester in June, engaging

a total of 331 teens and 180 seniors. This program served as an entry point for new constituents; we welcomed 190 teens and 40 seniors who were new to DOROT.

DOROT's **Next Generation Teen Council**, consisting of high-school-age alumni of our internship program, engaged 40 youth volunteers and 26 seniors throughout the academic year. They hosted six events to build intergenerational connections, including a 9/11 memorial for older New Yorkers to share their experiences; a Thanksgiving gathering to share holiday traditions and stories; a board game event in the spring; and a picnic in Central Park.

Youth volunteers in our **School-Year Teen Internship** visit seniors in their homes and attend programmatic workshops onsite at DOROT's headquarters. This program engaged 106 teens and 57 older adult volunteers. For the first time since the pandemic, DOROT also welcomed seniors and teens back onsite for the Intergenerational Chess workshop.

Through a combination of in-person and remote programming, our **Summer Teen Internship** engaged 75 teens and 235 older adults in four distinct internships: two programs at our headquarters; one at the Shorefront Y in Brooklyn; and one at the Riverdale Y in the Bronx.

Undergraduate students in DOROT's **College Internship** program gained professional and leadership experience working with DOROT programs that foster meaningful social engagement and offer supportive services. We welcomed 17 interns in summer 2022 and 11 interns in fall 2022. Nearly all (95%) reported that they improved their communication skills; 85% gained professional skills and became better listeners; 89% strengthened/developed leadership skills; and 82% became better at taking initiative and increased their understanding of how intergenerational engagement can break down social barriers caused by ageism.

DOROT Westchester engaged 408 seniors in a range of services, including one-on-one visiting programs, such as Friendly Visiting, Telephone Friends, Response Team, and Package Delivery, and in-person group programs, such as intergenerational chess and a variety of community events now being regularly scheduled. We welcomed 138 new seniors, a sixfold increase from FY22. We also substantially increased the number of new volunteers and the overall Westchester volunteer corps. The Westchester volunteer corps grew from 388 volunteers compared to 201 in FY22.



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Looking Ahead

DOROT has provided older adults a sense of purpose and meaning for nearly five decades. We are grateful that our mission and expertise uniquely positioned us to be a reliable anchor of support and connection for thousands of older adults and volunteers during the pandemic and as social isolation increased. As we move through a world transformed by COVID-19, we are proud of our adaptations to our programs and services to best meet seniors' changing needs. We look forward to continuing to grow and adapt with seniors' best interests at the center of our work.

In FY24, DOROT will focus on the following goals to meet the needs of older adults: offering a combination of virtual and onsite programming; building resiliency through Person-Centered, Trauma-Informed care for all seniors; promoting intergenerational bonds between older adults and teens through GENUine Connections; implementing the next phase of our Strategic Plan; expanding the reach of Aging Alone Together; and increasing the agency's visibility as well as public awareness of social isolation.

With the wonderful support of our Board, donors, staff, and volunteers, DOROT is making a difference in the lives of thousands of older adults. We are deeply committed to these seniors and look forward to broadening and furthering our impact through engaging and innovative programming and services connecting older adults to resources and a caring, intergenerational community.

Sincerely,

Mark L. Meridy
Executive Director

DOROT

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 elders, volunteers and professionals. Our work provides an effective model for others.



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Extract from Audited Financial Statements

PUBLIC SUPPORT AND REVENUE

FY2023

July 1, 2022 – June 30, 2023

Private gifts and grants	\$ 5,407,698
Bequests and legacies	\$ 2,673,712
Government grants	\$ 276,828
UJA-Federation	\$ 398,596
Special events, net of direct expenses	\$ 596,951
Donated goods and services	\$ 164,719
Other income	\$ 63,694
Investment revenue, net	\$ 2,189,520
Total Public Support and Revenue	\$ 11,771,718

EXPENSES

Socialization services	\$ 3,430,056
Concrete services	\$ 1,346,434
Educational services	\$ 1,643,544
Community services	\$ 2,822,998
Management and general services.....	\$ 1,481,698
Fundraising	\$ 1,173,430
Total Expenses	\$ 11,898,160
Increase/Decrease in net assets	\$ (126,442)

The above information was extracted from DOROT's June 30, 2023 financial statements, which are audited by Baker Tilly Virchow Krause, LLP.

Readers of this statement may obtain a copy of DOROT's audited financial statements from DOROT.



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Statements of Financial Position

ASSETS AS OF JUNE 30, 2023

	2023	2022
Current Assets:		
Cash and cash equivalents	\$ 626,456	\$ 1,182,798
Investments, at fair value	\$ 17,126,844	\$ 16,758,789
Pledges and grants receivable	\$ 2,902,012	\$ 1,719,322
Accounts receivable	\$ 14,708	\$ 34,820
Prepaid expenses and deposits	\$ 229,738	\$ 147,211
Total Current Assets	\$ 20,899,758	\$ 19,842,940
Security Deposits	\$ 28,000	\$ 28,000
Pledges and Grants Receivable, net of current portion	\$ 503,276	\$ 901,964
Investments Restricted for Permanent Endowment	\$ 5,965,372	\$ 6,198,794
Rights-of-Use Assets, Operating Leases	\$ 1,325,475	\$ —
Property and Equipment, net	\$ 1,582,608	\$ 1,967,077
Total Assets	\$30,303,489	\$ 28,938,775

LIABILITIES AND NET ASSETS

Current Liabilities:

Accounts payable and accrued expenses	\$ 387,644	\$ 256,238
Accrued vacation pay	\$ 309,891	\$ 283,124
Current portion of charitable gift annuities and trusts	\$ 22,569	\$ 23,448
Current portion of operating lease liabilities	\$ 193,417	\$ —
Total Current Liabilities	\$ 913,521	\$ 562,810
Charitable Gift Annuities and Trusts, Long Term	\$ 62,545	\$ 66,680
Operating Lease Liabilities	\$ 1,198,700	\$ —
Total Liabilities	\$ 2,174,766	\$ 629,490

Net Assets:

Net Assets without Donor Restrictions	\$ 17,653,885	\$ 18,361,293
Net Assets with Donor Restrictions	\$ 10,474,838	\$ 9,947,992
Total Net Assets	\$ 28,128,723	\$ 28,309,285
Total Liabilities and Net Assets	\$30,303,489	\$ 28,938,775



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