

September 2024 – December 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 • 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.

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, 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
All program times reflect Eastern Standard Time (EST)

News, Politics & Our Society

Current Events (Staff Connected)

Section A: 12 Mondays at 11am September 16 – December 9 (No session November 25)

Section B: 12 Wednesdays at 11am September 18 – December 11 (No session November 27)

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: 10 Tuesdays at 3pm September 24 – December 3 (No session November 26)

Section B: 10 Wednesdays at 3pm September 18 – December 18

(No session October 2, October 16, October 23, November 27)

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?

Presidential Administrations Similarities and Differences (Staff Connected)

10 Tuesdays at 11am October 1 – December 3

Judy Lass, MA, DOROT Volunteer

The course will examine five consecutive Republican and Democratic Administrations, comparing and contrasting their philosophies. Specific events and/or legislation will be discussed as a basis for our discussions. The administrations will span from 1789(90)-1869(70), examining George Washington, John Adams, Thomas Jefferson, James Madison, James Monroe, Andrew Jackson, Abraham Lincoln, and Andrew Johnson.

Remembering our Veterans: 'Every Day is Memorial Day'

1 Monday November 11 at 2pm

Bob Abate, World War II Interviewer, DOROT Volunteer

Bob Abate has spent much of the past 20 years interviewing dozens of Lower Hudson Valley residents who fought in World War II, collecting their oral histories on more than 200 hours of tape recordings and hundreds of pages of transcripts. Join Bob to hear a few of these amazing stories and why he believes every day is Memorial Day.

The Barbara and Bentley Kassal Foundation

Museum Discussions

Jenny Holzer: Light Line (Staff Connected)

1 Tuesday at 10am October 22

Ellen Edelman, Educator, Solomon R. Guggenheim Museum

Jenny Holzer is a conceptual artist. The written word is her medium. For almost 5 decades, she has been presenting text in public places. On street posters, park benches, LED signs, facades of buildings, T-shirts and riverbanks. Asking us to collectively mediate on the sorrows, tragedies, joys, and absurdities of our time. Urging us to question the passive reception of information. Let's explore Holzer's retrospective which is spiraling up the museum's iconic ramp until September 29, 2024. Materials will be mailed before the program.

One Hundred Famous Views of Edo (Staff Connected)

1 Tuesday at 2pm November 5

Jackie Friedman, The Brooklyn Museum

Examine the world of Japanese printmaking and the bustling world of Edo's (today's Tokyo) memorable and poetic landscapes of the renowned artist Hiroshige. Our conversation will include the historical background, social milieu of the city, and a discussion of the printmaking techniques used. Materials will be sent before the program.

A Tour of the Galaxy (Dial In)

3 Mondays at 4pm November 11, December 2 and December 16

James Tardiff, The Intrepid Sea, Air & Space Museum

Fly with us as we take a tour of the galaxy we call home. Learn some amazing facts and hear about the mysteries that still intrigue us about our home Milky Way, which was once thought of as the entire universe! Now we know it is only one of perhaps 2 trillion galaxies! Materials will be sent prior to the program.

Spotlight on Sculpture in the Guggenheim Collection (Staff Connected)

3 Tuesdays at 10 am December 3 – December 17

Ellen Edelman, Educator, Solomon R. Guggenheim Museum

Alberto Giacometti says, "The object of art is not to reproduce reality, but to create a reality of the same intensity." Let's explore over 100 years of sculpture, from the early 20th century through the present, including works by Degas, Maillol, Giacometti, Bourgeois, Calder, Chamberlain and Serra. Each artist redefining, transforming, and expanding the nature of sculpture. Each artist embracing new forms, new methods, and new materials. Each artist posing the question, "What is sculpture?" Materials will be mailed before the program.

Health & Wellness

Why Hearing Matters: An Introduction to Managing Hearing Loss (Staff Connected)

1 Thursday at 3pm, September 19

Nicole Genser, 4th Year Resident, Center for Hearing and Communication

Why is hearing so important for your health? Join representatives from the Center for Hearing and Communication to discuss signs of hearing loss and steps for addressing it. Learn what to expect from a hearing test, what you should look for in an audiologist, and practical communication tips for one-on-one and group conversations!

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

4 Fridays at 10am September 20 – November 1 (No session October 4, 18, 25)

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.

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

5 Fridays at 12pm October 11, November 1, November 15, December 6, December 20

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.

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

1 Monday at 1pm, November 4

Beth Ann Ditkoff, MD, Medical Author, DOROT Volunteer

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)

4 Tuesdays at 10am November 5 – November 26

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

Join Vicki 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. Materials will be mailed before the program.

Sounds of Yoga (Staff Connected)

4 Fridays at 10am November 15 – December 13 (No session November 29)

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.

Jewish Interests

Judaism's Hidden Communities: Exploring Unique Cultures (Staff Connected)

12 Mondays at 10am September 16 – December 9 (No session November 25)

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 history, lifestyles, customs and religious practices of some of Judaism's most isolated diaspora communities. We will also explore their culinary traditions and most popular dishes. Some of the groups we will discuss are the Jews of India, Uganda, Morocco, Ukraine, Mexico, and Jews on the Silk Road.

Living with the Torah (Staff Connected)

10 Tuesdays 1pm September 17 – November 19

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 Judaism's Prophets: Who They Are, Their Teachings and Their Stories (Staff Connected)

12 Wednesdays at 10am September 18 – December 11 (No session November 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 prophets spoke for God and delivered God's message to the Jewish people. We will learn about the personal lives of many of the Jewish prophets, along with the difficult messages they transmitted to the Jewish people. We will also study the folklore and stories around these colorful individuals.

Jewish Mysticism (Staff Connected)

10 Thursdays at 1pm September 19 – December 19

(No session on October 3, October 17, October 24, and November 28)

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.

Talmud Treasures (Staff Connected)

4 Mondays at 1pm November 25 – December 16

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

Short Story Discussion Group with NYPL (Dial In)

Section A: 1 Wednesday October 30 at 12pm

Section B: 1 Wednesday December 4 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. Short story will be mailed or emailed before the program.

Book Discussion Group with NYPL: The Obsession by Nora Roberts (Dial In)

1 Friday at 1pm November 15

Daria Lindsay, St. Agnes Library

Join us to discuss this suspenseful thriller that begins with a young girl, Naomi Bowes, discovering the dark truth about her father. The novel follows Naomi on her journey trying to escape her past. Naomi is now a successful photographer living with a new last name in a town miles away from her old life, but the sins of her father continue to haunt. Book will be mailed prior to the program.

Book Discussion Group with NYPL: The Outsiders by S.E. Hinton (Dial In)

1 Friday at 2pm December 20

Daria Lindsay, St. Agnes Library

Join us for a discussion on the coming-of-age classic, *The Outsiders* by S.E. Hinton. Published in 1967, the book describes conflict between two rival gangs divided by their socioeconomic status: the working class "Greasers" and the upper-middle-class "Socs." We will discuss themes of class struggle, teenage rebellion, and morality. Book will be mailed prior to the program.

Music & Performing Arts

The Plays of Arthur Miller (Staff Connected)

4 Mondays at 1pm September 16 – October 7

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

Calling all thespians! This fall 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*, *All My Sons*, 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.

Jazz Piano Styles (Dial In)

4 Thursdays at 1pm September 19 – October 31

(No session October 3, October 17, October 24)

Evan Arntzen, Clarinetist, Saxophonist, Vocalist, Educator

There are many instruments commonly used in jazz, but the piano is one of the only ones with an array of sub-genres all its own. Let expert musician and educator, Evan Arntzen, take you on a guided listening tour of some of jazz's most popular styles that are particular to the 88 keys, such as ragtime, Harlem stride and boogie woogie.

The Corner of Casablanca and Sunset Boulevard (Staff Connected)

10 Fridays at 11am September 20 – December 20

(No session October 4, October 18, October 25, November 29)

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!

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

5 Mondays at 12pm September 30 – October 28

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.

The Plays that Shaped the 20th Century (Staff Connected)

4 Mondays at 1pm November 4 – November 25

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

Here's a course for the theater lover in all of us! Come enjoy the exploration of a diverse collection of four timeless plays that shaped the theatrical landscape of the 1900's. Together we will dive into analysis and discussion of *The Children's Hour* by Lillian Hellman, *Death of a Salesman* by Arthur Miller, *The Glass Menagerie* by Tennessee Williams, and *Who's Afraid of Virginia Woolf* by Edward Albee.

Swingin' the Blues (Dial In)

4 Thursdays at 1pm November 14 – December 12 *(No session November 28)*

Evan Arntzen, Clarinetist, Saxophonist, Vocalist, Educator

The blues is a thread that binds together the fabric of jazz. Join expert musician and educator, Evan Arntzen, for a tour through some of the finest recorded examples of this indispensable element of jazz music, from the work of such masters as Jelly Roll Morton, Charlie Parker, Jimmy Smith and Ma Rainey.

Discussion Groups

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

10 Wednesdays at 1pm September 18 – December 4

(No session October 2 and November 27)

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

Explore how change begins with endings. Learn how to deal with uncertainty and feel more secure during difficult times. Understand the value of a resilient attitude! Join in for an active discussion.

Friendship: Creating Connections and Community (Staff Connected)

10 Wednesdays at 2pm September 18 – December 4

(No session October 2 and November 27)

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

Discover the importance of close ties and how to find new sources of people. Value continuity and create realistic expectations. Come prepared to participate and engage!

Across the Miles (Dial in)

1 Wednesday at 3:30pm September 25

Without Walls Staff Throughout North America

Join us as the Without Networks comes together to share stories and talk about life in our different locations throughout the United States and Canada. Meet peers from near and far!

Journaling & Self-Care (Dial-In)

3 Mondays at 1pm October 7 – October 28 *(No session October 14)*

Ms. JoAnne McMahon, Fordham University MSW Intern

Journaling about your self-care activities can be valuable. We will discuss what you currently do for self-care activities, such as reading, walking, crossword/puzzle books, and meditation. We will also explore how journaling can help you maintain a self-care routine.

Other Topics

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

1 Tuesday at 2pm September 24

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.

TV Trivia! (Dial-In)

3 Mondays at 12pm November 4 – November 25 *(No session November 11)*

Ms. Laura Sutter, Fordham MSW Intern

Enjoying classic TV shows and new favorites can be fun to share with others. We will talk about old and new TV shows and prepare together Trivia game questions for enjoyment and discussion.

Support Groups

Bereavement Support Group (Dial In)

Section A (Loss of parent, partner, grandchild): 12 Tuesdays at 5pm September 17 – December 10 (No session November 26)

Section B (Loss of partner): 12 Thursdays at 6pm September 19 – December 19
(No session October 3 and November 28)

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.

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

Section A: 12 Tuesdays at 4pm September 17 – December 10
(No session November 26)

Section B: 10 Thursdays at 4pm September 19 – December 19
(No session October 3, October 17, October 24, November 28)

Valerie Ward, Licensed Clinical Social Worker

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

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

Community Partners

24/6 A Jewish Theater Company

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:

Barbara Adin

Sheila Bellin

Ramon Couzon

Annette Kallet

Barbara Richer

Rhoda Spiegelman

Shirley Young

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.



University Without Walls

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.

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.