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HEAD OF DOROT RECOGNIZED AS “WHOLE HEALTH HERO”

Empire BlueCross BlueShield and Crain’s New York Business recognize exceptional New York leaders who have made a distinguished impact towards the wellness of New Yorkers

New York, NY (November 10, 2022) – [DOROT](#), the Upper West Side nonprofit dedicated to addressing the challenges of an aging population, announced today its executive director, Mark Meridy, was [selected](#) as one of 25 recipients of the 2022 Empire “Whole Health Heroes” Award. For the third year in a row, the accomplishments of exemplary New Yorkers who stepped up the challenges of the pandemic and its aftermath are being honored. As the recovery builds strength, they continue to show their deep commitment to improving the health and well-being of all New Yorkers. The recognition program is a partnership between Empire BlueCross BlueShield and the *Crain’s New York Business* Content Studio.

“Social isolation and loneliness in older adults are serious public health risks that were only exacerbated by the pandemic,” said **Mark Meridy, Executive Director, DOROT**. “The work we do is critically important when it comes to improving the health of older New Yorkers and I am so appreciative to be included in this class of honorees. Our innovative programs bring the generations together and establish meaningful connections between adults and teens, building greater understanding and empathy towards one another.”

Empire established the “Whole Health Heroes” Awards in 2020 as part of its goal to improve the health of every single New Yorker. Meridy was recognized for running a nonprofit organization that delivers direct assistance to vulnerable older adults.

Some of DOROT’s signature programs include GENUine Connections™, which brings adults and teens together virtually to engage in creative activities and discussions, forming bonds that bridge their age differences and Package Delivery, where volunteers deliver packages of needed supplies and make warm connections with seniors at different points throughout the year.

When the world shut down due to the ongoing COVID-19 pandemic, DOROT’s virtual programming became a source of inspiration and virtual connection for seniors throughout the U.S. The organization now engages with more than 6,000 older adults from 37 states.

Meridy has served as the co-chair of the UJA Federation of New York’s Roundtable on Aging and is a member of the Community Advisory Board of the Center on Aging & Behavioral Research at Weill

Cornell Medicine. He is a member of the American Society on Aging and the Gerontological Society of America.

About DOROT

[DOROT](#), a nonprofit social services organization in New York City and Westchester, 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.