

December 2022 - March 2023



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
Conversations & More • 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	2-3
Museum Discussions	3
Health & Wellness	3-5
Jewish Interests	5-6
Literature & Storytelling	7-8
Music & Performing Arts	8-9
Conversations & More	9
Other Topics	9-10
Support Groups	10-11
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.

There are no fees to enroll or participate.

A suggested contribution of \$5 per session is welcomed and helps us continue to provide quality programs. Donations can be made online, 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

News, Politics & Our Society

Current Events (Staff Connected)

Section A: 10 Mondays at 11am December 19 – March 6

(no session December 26, January 2, January 16, February 20. Make up sessions December 29 & January 19)

Section B: 12 Wednesdays at 11am December 21 – March 8

Tom Kertes, Retired Newspaper Columnist and Film Critic

Please note you may only register for 1 section of 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 U.S. 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: 12 Tuesdays at 3pm December 20 – March 7

Section B: 12 Wednesdays at 3pm December 21 – March 8

Charles Perkins, Historian Please note you may only register for 1 section of either The Current Political Scene OR Current Events.

Now that we have the results of the midterm elections, join us to discuss what comes next with the new House and Senate, as well as the results of the ballot proposals. We will also discuss the Supreme Court's upcoming verdict on Affirmative Action, and any early contenders for a 2024 presidential bid.

Philosophy & Religions of the People's Republic of China, the Republic of India and Japan (Staff Connected)

10 Tuesdays at 11am December 20 - March 7

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

An introduction to Asian philosophies and religions of the People's Republic of China, India, and Japan. We will also discuss the historic period of origin, tenets and works and their significance in the political and cultural development of the countries.

An Exploration of the Historic Henry Street Settlement (Staff Connected)

1 Monday at 4pm January 23

Katie Vogel, Lower East Side Jewish Conservancy

At the turn of the 20th century, there were few protections or safety nets for the most vulnerable. The Henry Street Settlement was established to provide affordable health care and a wide range of social services to the Lower East Side's majority immigrant community. It was – and remains – a place where New Yorkers could turn for help. We will learn about its founder, Lillian Wald, and her numerous social reform accomplishments which include creating New York City's school lunch program, Seward Park, the first municipally built playground in the US, and her role in the founding of the NAACP. Materials will be mailed before the program.

Mapping Native American History (Dial In)

1 Wednesday at 1pm January 18

Jeremy Dennis, Shinnecock Tribal Member & Artist

Join us to discuss Jeremy's landscape photography project titled 'On This Site - Indigenous Long Island' which involves the mapping of sacred, historical, and archaeological Indigenous sites throughout Long Island, New York. Dennis will also share selections from his portraiture work as it relates to themes of representation. Jeremy Dennis (b. 1990) is a contemporary fine art photographer and a tribal member of the Shinnecock Indian Nation in Southampton, NY. In his work, he explores indigenous identity, culture, and assimilation. Materials will be mailed before the program

Museum Discussions

Stories From Pearl Harbor (Dial In)

1 Monday at 12pm December 19

James Tardiff, The Intrepid Sea, Air & Space Museum

December 7, 1941 – A date that will live in infamy! Learn about this fateful day not through the eyes of historians, but through the lens of some of the people who lived through it.

Alex Katz: Gathering (Staff Connected)

1 Monday at 10am January 30

Ellen Edelman -- Gallery Educator, Solomon R. Guggenheim Museum

"I'm trying to get into where the jazz musicians are, capturing the immediate present." —Alex Katz. Explore the current exhibition of eight decades of Katz's work, documenting social gatherings of artists, poets, and dancers... gatherings of family... gatherings of light and brilliant color. A record of "quick things passing" in paintings, sketches, collages, drawings, and freestanding cutouts. Materials will be mailed before the program.

No Existe Un Mundo Poshuracán: Puerto Rican Art in the Wake of Hurricane Maria (Staff Connected)

3 Thursdays at 10am February 9 – February 23

Linda Sweet, The Whitney Museum of American Art

The exhibition is organized to coincide with the fifth anniversary of Hurricane Maria—a category 5 storm that hit Puerto Rico on September 20, 2017. The exhibition explores how artists have responded to the transformative years since that event by bringing together more than fifty artworks made over the last five years by an intergenerational group of more than fifteen artists from Puerto Rico and the diaspora. No existe un mundo poshuracán—a verse borrowed from Puerto Rican poet Raquel Salas Rivera—is the first scholarly exhibition focused on Puerto Rican art to be organized by a large U.S. Museum in nearly half a century. Materials will be mailed before the program.

Health and Wellness

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

5 Fridays at 10am December 23 – January 20

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)

4 Fridays at 12pm January 6, January 20, February 10 & February 24

Alix Keast, Asian Bodywork Therapist; Licensed Massage Therapist

In this class we will use the 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.

Common Neurological Issues in Older Adults: Strokes and Dizziness (Staff Connected)

1 Monday at 1pm January 9

Jackie Friedman, Clinical Professor, Department of Neurology New York University School of Medicine

Join us as we discuss how doctors evaluate the symptoms, come up with a diagnosis, consider causes, and choose different treatments for strokes and dizziness.

Navigating Medicare (Dial In)

1 Monday at 2pm January 9

Eric Hausman, HHCAP Outreach Volunteer Manager, 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.

Streamline to Serenity (Staff Connected)

6 Mondays at 3pm January 23 – March 6 (no session February 20)

Kathleen Fiorito, Expert Home Organizer

Join us as we discuss how to streamline your lifestyle towards joy and serenity! From hoarding to getting backed up in piles of neglected tasks, we will feel supported as we discuss strategies to live our best lives!

The ABCs of Mind-Body Fitness and Well-Being (Staff Connected)

6 Tuesdays at 10am January 24 – February 28

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

Learn how and why to integrate a simple, ABC (Alignment – Breathing - Centering) system into your everyday activities. Practice techniques and strategies to decrease stress, increase energy, improve function and make those everyday activities safer and more efficient. A supportive, straight-back chair recommended. Materials will be mailed before the program.

Sounds of Yoga (Dial In)

5 Fridays at 10am January 27 – February 24

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.

Preventing Falls in Older Adults (Staff Connected)

1 Monday at 1pm January 30

Beth Ann Ditkoff, MD, Medical Author

Did you know that one out of four older adults will fall each year in the U.S.? This one-session course will help to identify your risk factors for falling and discuss things that you can do to prevent falls, including a home fall prevention checklist.

Common Neurological Issues in Older Adults: Tremors and Neuropathy (Staff Connected)

1 Monday at 1pm February 6

Jackie Friedman, Clinical Professor, Department of Neurology New York University School of Medicine

Join us as we discuss how doctors evaluate the symptoms, come up with a diagnosis, consider causes, and choose different treatments for tremors and neuropathy.

Living Better with Low Vision (Staff Connected)

1 Tuesday at 1pm February 21

Maggie Walters & Lisa Beth Miller, Outreach & Support Programs, Lighthouse Guild

Learn from Lighthouse Guild professionals about aging and vision and eye conditions that affect older adults (including glaucoma, diabetic eye disease, macular degeneration and cataracts). We will also learn about low vision rehabilitation, devices to help you adjust and make the most of your vision in daily activities, and how to get connected with vision and health services.

Jewish Interests

All programs below are offered to the Jewish and wider community.

No knowledge of Judaism required. All are welcome.

The Eye of the Beholder PART 2 (Dial in)

8 Mondays at 10am December 19 – March 6

(There is no session December 26, January 2, January 16, February 20)

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

Judaism has many symbols, words and names that define us as a people. We will explore the history, significance and changing associations of many popular and obscure important symbols and their places in our lives throughout the ages. Some symbols include trees, masks, zodiac, the rainbow, the ladder and many more. You do NOT need to have taken part 1 to take this class.

Angels and Demons in Judaism (Dial in)

12 Wednesdays at 10am December 21 – March 8

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

We will explore the historical, sociological and spiritual significance of angels and demons in Judaism and throughout Jewish history. We will hear angel and demon stories from Jewish folklore and Torah. Finally, we will study various superstitions and customs surrounding angels and demons throughout Jewish history.

Living with Torah (Staff Connected)

8 Tuesdays 1pm December 20 – February 7

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.

Jewish Mysticism (Staff Connected)

8 Thursdays at 1pm December 22 – February 9

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 God and our relationships with family and friends. Let's explore the Tanya together, one of the truly great treasures of Jewish heritage.

Welcoming Shabbat (Staff Connected)

3 Fridays at 11am December 23, January 27 & February 24

Jack Sherratt, DOROT Pastoral Intern

We will come together monthly to welcome in the warmth and beauty of Shabbat through song and words of Torah. Let's celebrate together!

An Exploration of Odessa – The City of Dreams (Staff Connected)

1 Tuesday at 2pm January 31

Olga Bokhonovskaya, Odessa Local, Lower East Side Jewish Conservancy

Odessa is the third most populous city and municipality in Ukraine, and a major seaport and transportation hub located in the south-west of the country. Founded in 1794 on the Black Sea coastline, which at that time belonged to the Russian Empire, it became the third largest Jewish city in the world in the early 1900's. Olga will discuss what attracted Jews from different parts of Eastern and Central Europe, and who these early Jewish Settlers were, as well as why Odessa was called the "star in exile" for a Russian Jew.

Nachmanides Letter on Humility (Staff Connected)

1 Monday at 1pm February 13

Lee Slavutin, MD, CLU

Ramban wrote a letter to his son in 1267 to inspire him to act with humility. This letter is read and studied all over the world to refine a person's character. What is so special about this letter is that teaches us how to change our behavior – the approach is very practical and understandable. We will review the key points in one class and perhaps you will be inspired to study the letter in depth and apply it in everyday life.

Guide the Perplexed – Maimonides – Rambam (Staff Connected)

2 Mondays at 1pm February 27 – March 6

Lee Slavutin, MD, CLU

Let us consider how the great Maimonides address these questions – How can we know G-d? What can we know about Creation? What is Divine Providence? What are the reasons behind the Mitzvot? How does a person achieve perfection?

Literature & Storytelling

Life Story Club (Dial In)

6 Thursdays at 12pm December 22 – January 26

Linnea Guerin, Life Story Club

Who is your biggest inspiration? What makes you feel fully alive? Answer these questions and more in our Life Story Club! Exchange meaningful life stories with other participants and make some new friends in the process. The facilitator will come prepared to each session with two engaging and unique prompt questions to facilitate conversation and connection.

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

4 Thursdays at 3pm December 22, January 12, February 9 & March 9

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 different personal stories and afterwards open the floor for discussion and questions.

Short Story Discussion Group with NYPL (Dial In)

Section A: 1 Wednesday at 12pm December 28

Section B: 1 Monday at 12pm January 30

Section C: 1 Wednesday at 12pm February 22

Taylor 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.

Hebrew Poetry Written by Women (19th-20th Centuries) (Dial In)

6 Wednesdays at 12pm January 11 – February 15

Arielle Stein, Rabbinical Student, Hebrew Union College

This course will focus on Hebrew poetry written by women in the 19th and 20th centuries. All texts will be provided in Hebrew, transliteration and English translation. No knowledge of Hebrew is required for the course. We will read the poetry, discuss its content and meaning and consider what was poignant to these writers. Materials will be mailed before the program.

The Story of Us: A Storytelling and Reminiscence Workshop (Staff Connected)

6 Fridays at 11am January 13 – February 17

Laurence Checler & Grace Schiraldi, Teaching Artists & Founders of Acting Our Age

“The Story of Us” where participants will express themselves creatively through imaginative poetry creation, reminiscence and storytelling, using sensory object exploration, music and movement. Materials will be mailed before the program.

Novel Discussion Group with NYPL: The Candy House by Jennifer Egan (Staff Connected)

1 Friday at 1pm January 27

Ashely Gonzalez & Elizabeth Salerno, New York Public Library

Told through lives of multiple characters, this electrifying, deeply moving novel, spanning 10 years, follows “Own Your Unconscious,” a new technology that allows access to every memory you’ve ever had, and to share every memory in exchange for access to the memories of others. Book will be mailed before the program.

Novel Discussion Group with NYPL: Book Lovers by Emily Henry (Staff Connected)

1 Friday at 1pm February 24

Ashely Gonzalez & Elizabeth Salerno, New York Public Library

Agreeing to a holiday escape to the country, literary agent Nora keeps running into a bookish, hardheaded, arrogant editor she knows from Manhattan, and wishes she didn't, even as she discovers they have more in common than previously thought. Book will be mailed before the program.

Music & Performing Arts

The World of Webber (Staff Connected)

4 Tuesdays at 1pm December 20 – January 10

Bobby Barksdale, Manhattan School of Music Graduate Student

In honor of Broadway's longest-running hit show coming to a close, join Bobby to learn about the life and works of one of musical theatre's greatest artists, Andrew Lloyd Webber.

Intro to Jazz II (Dial In)

6 Tuesdays at 2pm December 20 – January 24

Evan Arntzen, Clarinetist, Saxophonist, Vocalist / Educator

Explore the course of jazz history with clarinetist/saxophonist, Evan Arntzen. A continuation of Intro to Jazz 1, this course features guided listening and discussions on recordings of this quintessentially American art form from the mid-1950s until now.

The Corner of Casablanca and Sunset Boulevard (Staff Connected)

Section A: 6 Fridays at 11am December 23 – January 27

Section B: 6 Fridays at 11am February 3 – March 10

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!

Theater2You – Part II (Dial In)

3 Fridays at 1pm December 30 - January 13

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 with which to play a specific character as we read a play together. We will be continuing to use the script from the fall University Without Walls Semester, but newcomers are welcome to join.

Tenor Sax Titans (Dial In)

4 Tuesdays at 2pm January 31 – February 21

Evan Arntzen, Clarinetist, Saxophonist, Vocalist / Educator

One of the most popular instruments in jazz to this day, the tenor saxophone is capable of producing both ferocious roars and caressing coos. Join jazz reed-man Evan Arntzen for a survey of the sounds and stories of some of the best tenor saxophonists on wax, such as Lester Young, John Coltrane and Stan Getz.

Improvisation Workshop (Dial In)

6 Tuesdays at 12pm January 10 – February 14

Elana Fishbein, Educator and Performer, Magnet Theater, MA Educational Theatre

Improvisation is all about using our imagination to collaborate and make something up on the spot. In this highly participatory workshop, we'll do exercises that tap into creativity, mental flexibility, and fun. Come to laugh and foster connection and joy!

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

3 Tuesdays at 2pm February 21 – March 7

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.

Conversations & More

There's No Business Like Show Business (Dial In)

4 Thursdays at 2pm January 26 – February 16

Kirsten Wyatt, DOROT MSW Intern

Are you passionate about Broadway musicals? Do the names Gershwin, Berlin, Porter and Sondheim send a tingle down your spine? Join us to share stories about your favorite shows and performances from the greatest Broadway musicals past and present.

Psycholinguistics: How Language Affects How We Think and See the World (Staff Connected)

4 Mondays at 2pm January 23 – February 13

Emily Hauser, DOROT MSW Intern

Does thought drive language? Or does language drive thought? We will discuss this ongoing debate that has inspired linguists for centuries. What can we learn about our own language through psycholinguistics?

Other Topics

Creativity: Imagination & Insight (Staff Connected)

10 Tuesdays at 10am December 20 – February 21

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

This interactive discussion will focus on how to develop, encourage and expand your own imagination. Explore your sense of power and possibilities. Find out new sources of inspiration and new alternatives. Create new wonder.

Going Solo: How to Value Your Time Alone (Staff Connected)

10 Tuesdays at 11am December 20 – February 21

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

This optimistic workshop will encourage you to find the time by yourself as rewarding. Discover how time alone can be enriching and learn how quiet time may produce serenity. Discover how to widen your social circle and develop viable alternatives.

Can I Become a Better Listener? (Dial In)

2 Mondays at 11am January 23 – January 30

Janice Hermalyn, MS, BS; DOROT Volunteer

This program will provide hands on practice to become a better listener. We will discuss techniques and methods of cultivating your listening skills throughout your life.

Avoiding the Pitfalls of Online Dating (Dial In)

1 Thursday at 11am January 26

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

Join the attorneys of Pace Women's Justice Center to discuss how we can navigate online dating relationships, and the ways to avoid any pitfalls and challenges that you may encounter. We will also discuss general online scams to avoid and tips on staying safe.

Six Steps to Refine your Communication Skills (Dial In)

2 Wednesdays at 2pm February 8 – February 15

Janice Hermalyn, MS, BS; DOROT Volunteer

Explore and practice internal and interpersonal communication skills, while also discussing how to connect with one another for a better life.

All About DOROT! (Staff Connected)

1 Thursday at 3pm February 23

Reed Stewart, DOROT MSW Intern

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

Daily Tips for Vision Loss (Staff Connected)

8 Mondays at 4pm December 19 – March 6

(no session December 26, January 2, January 16, February 20)

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)

10 Tuesdays at 4pm December 20 – March 7 (no session January 10 & January 17)

Carole Yablonowitz, Group Discussion Leader

Share feelings, concerns and practical solutions. Exchange resources and explore the challenges arising from the loss of vision.

Connect Through Tech /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

Zoya Stein

Program Assistant, University Without Walls

Jennifer Tyler

Client Support, University Without Walls

Carissa Davies

Program Coordinator, University Without Walls

Lily Sokobin

Program Assistant, University Without Walls

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:

University Without Walls Endowments

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Community Partners

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 American Bone Health
 Bikur Cholim Chesed
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The Brooklyn Museum
 Chai Mitzvah
 Covia - Well Connected
 Heights and Hills
 Intrepid Sea, Air & Space
 Museum
 The Lighthouse Guild
 Manhattan School of Music
 New York Public Library
 Pace Women's Justice Center
 The Solomon R. Guggenheim
 Museum
 The Whitney Museum of
 American Art

Remembrance

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

Patricia Logan
 Emil Schoen
 Stuart Eisler

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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www.dorotusa.org

"I love it! There is nothing like it."