

March 2020 – June 2020



# University Without Walls

**LIFELONG LEARNING FOR  
AN ENGAGED COMMUNITY**



## Topics

Museum Discussions • Literature • Music/Performing Arts  
Health & Wellness • Know Your Rights • Jewish Interests  
News & Current Events • Other Topics • Support Groups

**For registration  
or information,**

Call 1-877-819-9147

[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: experience the joys and benefits of community and lifelong learning – all over the telephone! Together we explore art and culture, discuss current events, share memories, practice new skills and get important information from the comfort of home. Support groups are also available, where you can connect with peers in the same life situations. Other UWW programs may be offered in Russian, Spanish and Chinese.

See the list below to contact us about programming in languages other than English:

**Russian:** 917-441-5061

**Chinese:** 212-453-4542

**Spanish:** 917-441-5085

## How long is each session and how many programs can I register for?

Sessions are 50 minutes. Small groups make for a better experience so space is limited in each program. In order to give everyone an opportunity to register, there may be a limit to the number of programs you can join each semester. Waiting lists are always available

## Is there any cost to enroll or participate?

There are no fees to enroll or participate. A suggested contribution of \$5 per class 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  
or visit our website at [www.DOROTUSA.org/UWW](http://www.DOROTUSA.org/UWW)**

# Museum Discussions

## Generations: A Look at Modern Art through Relationships

**NEW**

**5 Fridays at 1 PM, March 27 – May 1** (*no session on April 10*)

*Jennifer Katanic, MoMA Educator, Museum of Modern Art*

MoMA has re-opened and returned to UWW! Our focus is on intergenerational relationships and conversations in modern art. Let's take a fresh look at our favorite artists with a twist. Each session pairs three well-known artists with newer painters and sculptors influenced by them. Monet, Picasso, Matisse, Frida Khalo, Chagall and others join Alma Thomas, Faith Ringgold, Brice Marden and many more.

## Ordinary Objects, Extraordinary Meaning

**1 Friday at 10 AM, March 27**

*Alison Tretter, Exhibition Developer, 9/11 Memorial and Museum*

A shoe, a bandana, a deck of cards. What stories can everyday objects tell us about a person or an event? Together we will discuss how the 9/11 Memorial Museum uses its collection to commemorate the lives of those lost in the terrorist attacks of 2001, and we will explore how we give emotional meaning and resonance to our own mementos. Materials will be mailed prior to the session. Materials will be mailed prior to the discussion.

## American Women in the Brooklyn Museum

**NEW**

**1 Monday at 12 PM, March 30**

*Jennifer DiMartino, ART Guide, Brooklyn Museum*

You will be introduced to works created by or portraying strong women in the Brooklyn Museum's collection. We will talk about how these women defied social constructs of their day, living their lives on their own terms. Materials will be mailed prior to the discussion.

## New York City in the Twentieth Century

**NEW**

**1 Monday at 2 PM, April 13**

*Jennifer DiMartino, Art Guide, Brooklyn Museum*

Throughout the 20th century, New York saw a rapid rise in urban development and a widening socio-economic divide between its inhabitants. Early on, a tale of two cities emerged and grew as the century moved on. Join us to explore artworks in the Brooklyn Museum's collection that can help illuminate these developments and inspire our conversation. Materials will be mailed prior to the discussion.

## A Dialogue between David and Wiley

**NEW**

**1 Monday at 11 AM, April 20**

*Vicki Horowitz, ART Guide, Brooklyn Museum*

Join us as we think about the biases of the art historical canon and all that it implies about power and privilege. Inspired by the Museum's upcoming exhibition *Jacques-Louis David Meets Kehinde Wiley*, our discussion will focus on these two painters, working two centuries apart. Jacques-Louis David was the official court painter for Napoleon and one of the most well-known painter of his era. Kehinde Wiley, an African American portrait painter recreated David's "Bonaparte Crossing the Alps" with key differences. Materials will be mailed prior to the first discussion.

**Making/Knowing: Craft in Art, 1950–2019****NEW****3 Tuesdays at 12 PM, April 21, May 26, and June 23***Floyd Sklaver, Educator, Whitney Museum of American Art*

Join this discussion on the power structures that determine fine art and craft. *The Making/Knowing: Craft in Art, 1950-2019*, a current exhibition, includes techniques ranging from weaving to sewing to pottery to beading. We will explore how artists use craft to rethink notions of fine art. Materials will be mailed prior to the first discussion.

**Piet Mondrian: Visible Ideals****NEW****4 Fridays at 12PM, May 1 – May 22***Karen Bergman, Access Programs Associate, The Solomon R. Guggenheim Museum*

Let's explore Piet Mondrian's artwork in the Guggenheim Collection. Spanning art movements and styles, the pieces we will examine are a window into his interests, studies, and ideals. We'll discuss the various aspects of his work and examine together what changed and what remained. Materials will be mailed prior to the discussion.

**A Journey Through the Cosmos: Exploring the Wonders of Space"****NEW****4 Fridays at 12 PM, June 5 - 26***Frantz Lucien, Ifetayo Abdus-Salam, Elisse Acevedo & Elysia Segal*

Intrepid Sea, Air &amp; Space Museum Complex

The Universe is filled with so much more than stars and planets! During our time together we will discuss the origins of Space, the process it took to look like it does today, and what it will look like millions of years from now. Materials will be mailed prior to the first discussion.

**Edith Halpert and the Rise of American Art****2 Tuesdays at 11 AM, May 5 -12***Liliane Yurkofsky, Docent, The Jewish Museum*

Learn about the life and legacy of Edith Halpert (1900–1970), the first significant female gallerist in the United States. We will explore how she propelled American art to the fore at a time when the European avant-garde still enthralled the world. Materials will be mailed prior to the first discussion.

**Revealed: The Hunt for Bin Laden****NEW****1 Friday at 11AM, May 8***Elizabeth Fischetti, Exhibitions Coordinator, 9/11 Memorial and Musuem*

Following his disappearance after the 9/11 attacks, the U.S. intelligence, law enforcement, and military communities began a long process of gathering and piecing together evidence of bin Laden's whereabouts. Join us to learn about the fascinating 10-year search for the founder and former leader of the terrorist group al-Qaeda, Osama bin Laden. Materials will be mailed prior to the session.

## Literature

**Novel Discussion: The Things they Carried by Tim O'Brien****NEW****1 Friday at 2 PM, March 27***Irfan Ali Community Outreach Coordinator, New York Public Library*

Let's discuss this collection of intertwined stories about a platoon of American soldiers fighting in Vietnam. The book will be mailed prior to the session.

## Short Story Discussion Group

**2 Tuesdays at 12 PM, March 10 and May 12**

*Michael Messina, Senior Librarian, Adult Services, New York Public Library*

Read and enjoy discussion on a different short story each month. Stories will be mailed to participants prior to the start of the sessions.

## Novel Discussion: *The Other Americans* by Laila Lalami

**NEW**

**1 Friday at 2 PM, May 8**

*Irfan Ali Community Outreach Coordinator, New York Public Library*

Together we will discuss this novel from a Pulitzer Prize finalist, which centers on the suspicious death of a Moroccan immigrant and ideas about race, religion and class in America. The book will be mailed prior to the session.

## Music/Performing Arts

### “A Show about Nothing”

**5 Thursdays at 3 PM, March 5 – April 2**

*Bill Siegler, Retired Broadcast & Cable TV Producer*

*Seinfeld* had enormous impact on the TV Sitcom. We'll explore the characters (Jerry, George, Elaine, Kramer, and others), the writing, the style and the "nutty" plot lines. Just how did they come up with those ideas? What influence did earlier shows (I Love Lucy, All in the Family, Dick Van Dyke, M\*A\*S\*H, etc.) have?

### All That Jazz

**4 Mondays at 3 PM, March 23 – April 13**

*TBA, Graduate Student, Manhattan School of Music*

Let's have a lively discussion as we listen to the great jazz legends and explore the history of jazz music.

### The Corner of Casablanca and Sunset Boulevard

**6 Mondays at 11 AM, April 13 – May 18**

*Tom Kertes, Retired Newspaper Columnist and Film Critic*

Let's meet there! These sessions will discuss the greatest movies in Hollywood history – the stars, directors, screenplays, and all of the fascinating stories behind the often tumultuous process of creation. What goes into making a classic Hollywood movie? What accounts for the fact that these films are still talking to us loud and clear today, perhaps with more urgency than ever before? In short, these sessions will be about "Everything You Always Wanted to Know about the Movies (but were Afraid to Ask)".

### The Pearls of Wisdom present, “The Worm Business”

**NEW**

**1 Wednesday at 3PM, April 22**

*Diana Yates, Storyteller*

The Pearls of Wisdom are a touring ensemble of elder storytellers. The Pearls present rich stories that illuminate their individual pasts and, in turn, our collective histories. Diana, like all Pearls, strives for her stories to bring sparks of recognition that will illuminate her audience's own personal histories. “The Worm Business” highlights her method of earning money as a child entrepreneur.

## Classic Musicals

**6 Thursdays at 2 PM, April 23 – June 4 (no session May 28)**

*Leo Schaff, Singer; Songwriter*

*Fiddler on The Roof, Music Man, and Fiorello.* Great stories, great songs. Let's enjoy the original Broadway cast recordings and discuss each show, share our memories, and appreciate the talent behind the words and music.

## Sing-Along Broadway

**6 Thursdays at 3 PM, April 23 – June 4 (no session May 28)**

*Leo Schaff, Singer; Songwriter*

Join your voice with others to sing along with some of Broadway's greatest hits. Listeners always welcome! We'll enjoy selections from *My Fair Lady, Finian's Rainbow, Guys and Dolls, Fiddler on The Roof.* As a "conference call chorus" we'll sing along with great recordings of such memorable tunes as "I Could Have Danced All Night", "The Rain in Spain", "Glocca Morra", "Luck Be A Lady", "Sunrise Sunset", "If I Were A Rich Man", etc.! Lyrics will be mailed prior to the start of the sessions.

## "Radio Theater" **NEW**

**3 Wednesdays at 2 PM, April 22 – May 6**

*Living Room Players, Actors Fund*

Harkening back to the days of the radio broadcast, The Living Room Players are a group of actors 65 plus, who enjoy performing from classic and original work for your listening pleasure. Post-performance discussion follows each performance.

## Play Reading Group **NEW**

**3 Thursdays at 1 PM, May 14 - 28**

*Traci DiGesù LMSW, Manager, Activities & Volunteer Programs, Actors Fund*

Come together to read one act plays and discuss their playwrights. Each play will be read aloud during the session, with call participants each playing a part! This interactive group will bring the words off the page, offering a unique view as we examine the work as both reader and player. Plays will be mailed prior to the start of the sessions.

# Health & Wellness

## Progressive Relaxation with Guided Imagery

**5 Mondays at 4 PM, March 9 – April 6**

*Linda Lee Davida, Holistic Health Counselor, Certified Private Meditation Instructor*

Through meditation and imagery, you can live a healthier and more meaningful life. Let's breathe, visualize and heal our minds, bodies and spirits.

## LGBT Health for Older Adults **NEW**

**1 Wednesday at 10 AM, March 11**

*Dr. Zachary Wikerd, Geriatrics Fellow at the Icahn School of Medicine at Mount Sinai*

You can get the access to the care and the resources you need for better health. Together we will discuss the unique challenges older adults in the LGBT community face when pursuing physical and mental healthcare and share useful information that will help you get what you need.

## Self-Massage for Stress Relief and Relaxation

**1 Friday at 12 PM, March 20**

*Alix Keast, Asian Bodywork Therapist; Licensed Massage Therapist*

We will learn a protocol of gentle stretches, acupuncture points you can gently stimulate, and breathing techniques we can use to help us feel more calm, relaxed, and open. Do all of the exercises or any part that are appealing.

## Seated Qigong, Tai Chi Easy Arms, and Guided Meditation

**9 Fridays at 10 AM, April 17 – June 26 (no session May 29, June 5)**

*Melissa Elstein, Esq.; RYT, Certified Yoga and Ballet Teacher; Tai Chi Easy™ Facilitator; Reiki Practitioner 3d Degree*

Gain calming and energizing benefits of Tai Chi while seated at home! Learn simple Tai Chi Easy™ and Qigong arm movements to increase our chi (life-force). Enjoy guided relaxation visualizations and meditation. Each session includes a short group discussion based on the written materials mailed prior to the first discussion.

## Brain Health: How to Maintain What You've Got

**1 Monday at 12 PM, April 27**

*Dr. Zaib Khan, Geriatrics Fellow, Icahn School of Medicine at Mount Sinai*

There are things you could be doing (or taking) to maintain your cognitive abilities. Let's discuss every-day strategies that may help you remain sharp as you age.

## Nutrition for Healthy Aging

**NEW**

**1 Friday at 11AM, May 22**

*Dr. Renata Scalabrin Reis, Geriatrics Fellow at the Icahn School of Medicine at Mount Sinai*

You can take a great first step toward good health by eating well. Together we will learn how your body's nutritional needs change as you age, what are the basics of a healthy diet for an older adult and other useful dietary information.

## What Does Your Gut Bacteria Say About You?

**NEW**

**2 Wednesdays at 12 PM, May 27 – June 3**

*Beth Ann Ditkoff, MD, Medical Author, Retired Surgeon*

Our microbiomes are unique groups of microorganisms like bacteria, viruses, and fungi that live inside our guts. Come learn how scientists are studying microbiomes and about the role they play in our health, particularly with diseases such as type 2 diabetes, heart disease and dementia.

# Know Your Rights

## Medicare 2020 Updates

**2 Thursdays at 2 PM, March 12 - 19**

*Michelle Berney, Benefits Outreach Consultant, NYC Department for the Aging*

Get the latest information on changes to Medicare. We will discuss the choices in Medicare, cost sharing, and protections, as well as programs to save on Medicare costs.

## There is Only One You: Protecting Yourself From Identity Theft

**NEW**
**1 Monday at 3 PM, March 16**

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

Join us to learn how to protect yourself online, adjust your privacy settings and recognize possible scams.

## Jewish Interests

### The Story of Noah - Part 2

**NEW**
**4 Mondays at 11 AM, March 2 – March 23**

*Ricki Saady, BA, Partners in Torah*

Life continued for Noah and his family in the aftermath of the flood. We will continue the discussion we began in Part 1 – newcomers welcome! Through Torah, commentary and stories, we will seek to understand the lessons of Noah's journey.

### The Reluctant Queen

**NEW**
**2 Mondays at 3 PM, March 2 – 9**

*Sandy Gruenberg, DOROT Volunteer*

Come and explore the Book of Esther and her part in the story of Purim. Is it a historical book? A farce? Can we find Esther's "photos" in art? Why is the holiday of Purim the only one to be celebrated after the coming of the Messiah? These and other interesting topics will fill our conversations before the holiday of Purim.

### Introduction to Jewish Mysticism

**4 Tuesdays at 1 PM, March 3 - 24**

*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. Join us on our journey through the Tanya, one of the truly great treasures of Jewish heritage.

### Haman's Revisionist Jewish History

**NEW**
**1 Wednesday at 10 AM, March 4**

*Rabbi Stephanie Dickstein, LMSW, Chaplain for Seniors at Home, Jewish Federation of Greater Metrowest, NJ*

Together we will explore an unusual text from the Midrash Rabbah Esther in which the Rabbis imagine Haman explaining his perspective on Jewish History.

### The Books of Ezra and Nehemiah

**NEW**
**10 Thursdays at 4 PM, March 26 – June 18 (no session April 9, 16, May 28)**

*Rabbi Isaac Mann, Professor of Rabbinics, Academy of Jewish Religion*

The Books of Ezra and Nehemiah focus on the history of the Jewish nation in the early post-Exilic period. We will consider the challenges to the Holy Land from Babylonia (echoed in modern day Israel) as well as the great contributions that Ezra and Nehemiah made in transforming the ancient Hebrew religion into the Judaism of today. This is a continuation of the conversation begun in the fall, but newcomers are welcomed!



## The History of the Jewish People: Ancient Israel to the late 1800s in America

**NEW**

**11 Mondays at 10 AM, March 9 – June 8 (no session April 13, May 11, May 25)**

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

Together we will share the journey of the Jewish people from ancient times to the late 1800s in America. How do our lives today compare with those of our ancestors? How did each generation adapt to the era and location in which they lived? How did the decisions of those who came before us impact and influence our lives today?

## Living with the Torah

**6 Tuesdays at 1 PM, March 31 – May 12 (no session April 28)**

*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. Join together on an exciting journey.

## Bityah: The Daughter of Pharaoh

**NEW**

**1 Wednesday at 10 AM, April 1**

*Rabbi Stephanie Dickstein, LMSW, Chaplain for Seniors at Home, Jewish Federation of Greater Metrowest, NJ*

Let's get to know the independent woman who was Moshe's step-mother. We will review the Biblical text and the legends the Rabbis told about her life and afterlife.

## The Secret to Humility – Ramban's Letter from the 13th Century

**1 Monday at 1 PM, April 13**

*Lee Slavutin, MD, CLU*

Ramban wrote a letter to his son in 1267 giving him a set of instructions for life. In particular, Ramban asked his son to speak gently to all people at all times. Why did Ramban emphasize gentle speech? Together we will explore this powerful letter.

## A Guide for the Perplexed – Rambam

**3 Mondays at 1 PM, May 4 - 18**

*Lee Slavutin, MD, CLU*

A Guide for the Perplexed addresses the most fundamental questions we face—what is the nature of God and what is our purpose in this life? Rambam weaves together faith and wisdom and inspires us to pursue a meaningful life.

## Dulcie of Worms: A Medieval Woman of Valor

**NEW**

**1 Tuesday at 10 AM, May 12**

*Rabbi Stephanie Dickstein, LMSW, Chaplain for Seniors at Home, Jewish Federation of Greater Metrowest, NJ*

We will be introduced to Dulcie, a Jewish German woman of the Medieval era, through the unique poem written by her husband, Rabbi Eleazar of Worms, himself an important medieval scholar. After she was murdered by the Crusaders, he recounted her daily activities using the model of Proverbs 31.

## Talmud Treasures: The Wisdom of Our Sages and Life's Lessons

**4 Tuesdays at 1 PM, May 19 – June 9**

*Lee Slavutin, MD, CLU*

Learn the wisdom of our Sages and how to apply it to your daily life. Each week we will examine the Torah portion and related Talmudic teachings and try to distill a few important practical lessons.

### Psalm 91: The Promise of Protection

**NEW**

**1 Friday at 11 AM, June 12**

*Rabbi Stephanie Dickstein, LMSW, Chaplain for Seniors at Home, Jewish Federation of Greater Metrowest, NJ*

Together we will read and enjoy this beautiful Psalm which addresses our fears and wish to be protected. We will also look at the varied places the poem appears in Jewish liturgy.

## Holiday Celebrations

### Welcoming Shabbat

**4 Fridays at 11 AM, March 6, April 3, May 1 and June 5**

*Ricki Saady, BA, Partners in Torah*

Welcome in the warmth and beauty of Shabbat through song and words of Torah with DOROT's pastoral intern. Let's celebrate together!

### Passover Seder

**Section A: 1 Monday, April 6 at 11 AM**

**Section B: 1 Monday, April 6 at 12 PM**

*Samuel Weiss, Pastoral Care Intern, DOROT*

*Jerry Hattem, Volunteer, DOROT*

Let come together to commemorate the Exodus from Egypt by having a traditional Seder over the telephone. We will celebrate with the telling of the Passover story and the singing of holiday songs.

## News and Current Events

### Everyone's Got an Opinion

**6 Mondays at 11 AM, March 2 – April 6**

*Tom Kertes, Retired Newspaper Columnist and Film Critic*

This series, with retired columnist and long-time progressive Democrat Tom Kertes, will explore progressive politics through newspaper editorials, columns, and letters to the editor from around the country. Our last discussion will discuss writing our own "letter to the editor," either real or imagined.

## The Current Political Scene

**Section A: 8 Tuesdays at 2 PM, March 3 – April 21**

**Section B: 8 Wednesdays at 2 PM, March 25 – May 20** (no session April 15)

*Charles Perkins, Historian and Former Educator*

Participants will be limited to either Section A or B

Please note you may only register for either The Current Political Scene OR Current Events (below)

In these discussions, we will track the early stages of the 2020 presidential and Congressional elections, as well as the ongoing struggle for power between the executive and legislative branches with the multiple investigations and court battles. We will also discuss how international events are impacting the American political landscape.

## Current Events

**6 Tuesdays at 11 AM, May 19 – June 23**

*Tom Kertes, Retired Newspaper Columnist and Film Critic*

Please note you may only register for either The Current Political Scene (above) OR Current Events

Many feel we are living through fascinating, controversial, and, yes, sometimes even perilous times, both in the U. S. and worldwide. If you agree, 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.

## News Articles Discussion Group with NYPL

**2 Thursdays at 1 PM, March 19, May 21**

*Andrew Fairweather, Information Assistant, New York Public Library*

Join us for our article discussion group where we will together analyze long-form articles covering topics ranging from culture, the arts, technology, and politics. Articles will be mailed prior to the first discussion.

## Other Topics

**Everyone Counts: Census 2020**

**NEW**

**1 Monday at 10 AM, March 2**

*Joli Golden, Partnership Specialist, NY Regional Census Center*

The Census is closer than you think and so easy to do! By filling it out you help to determine how many seats NY gets in Congress and how much federal funding comes to your community. Learn all you need to know to help you and your neighbors get the representation and services you value. Materials will be mailed in advance of the session.

**Conversations: Considering our Mindset**

**NEW**

**4 Mondays at 1 PM, March 2 – 23**

*Ben Mushel, DOROT MSW intern*

Let's talk about how gratitude, optimism, resilience, and empathy play a role in our lives. Each weekly conversation will begin with a thought-provoking question, such as "Gratitude unlocks the fullness of life. It turns what we have into enough, and more. What does this quote mean to you?" By exploring our perspective and the perspectives of others, perhaps we can find new ways to look at these positive aspects of life.

## **Resiliency: Bouncing Back After Hard Times**

**7 Tuesdays at 10 AM, March 3 - April 14**

*Constance Gemson, LMSW; Social Work Consultant*

We all have challenges in our lives. You will learn the ABC's of resilience: adversity, belief and change and discover how your attitude can influence your outcomes. Materials will be mailed prior to the first discussion.

## **Friendship: Creating Connections and Community**

**7 Tuesdays at 11 AM, March 3 - April 14**

*Constance Gemson, LMSW; Social Work Consultant*

Let's consider the value of friendship in a supportive setting. We will learn from modern poets, share our own thoughts about close tie and discuss how friendships have enhanced and changed our lives. A guidebook will be given to all enrolled in this program. Materials will be mailed prior to the first discussion.

## **Conversations: All Things New York** **NEW**

**4 Mondays at 1 PM, April 6 - 27**

*Ben Mushel, DOROT MSW intern*

Whether you are a native "New Yorkah", a transplant or someone who loves New York from afar, let's kibbitz about all the things that make the Big Apple one of our favorite places. Each weekly conversation will be an opportunity to share and reminisce about our favorite NYC activities, restaurants, museums, parks, and more!

## **Presidential Administrations: Similarities and Differences**

**Spanning 1796-1916** **NEW**

**9 Wednesdays at 11 AM, March 11 – May 13 (no session April 15)**

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

Together we will compare and contrast the philosophies of four consecutive Republican and Democratic Administrations. Specific events and/or legislation will be a basis for our discussions. This season we will focus on administrations spanning from 1796-1916, with John Adams-Thomas Jefferson, James Madison, John Quincy Adams, Andrew Jackson-Abraham Lincoln, Andrew Johnson-Ulysses S. Grant and Theodore Roosevelt-Woodrow Wilson.

## **Across the Miles**

**2 Wednesdays at 3:30 PM, April 22, June 24 (you can sign up for both or just one!)**

*(Please note that participants must dial into this program directly)*

Join participants from similar telephone "without walls" programs from California to Canada. We will share stories and talk about lives in our different locations.

# Support Groups

Our weekly support groups offer the opportunity to speak with experts, learn about resources and meet other people who are experiencing the same life situations.

## Caring for a Loved One with Memory Loss

**19 Wednesdays at 7 PM, February 5 – June 24** (no session April 8 and 15)

*Sasha Stim-Fogel, LMSW, Geriatric Care Manager, Live Connected NY*

This group provides those caring for a loved one with memory loss with the opportunity to voice the issues that they are encountering and to express their feelings in a supportive environment.

## Bereavement Support Group

**Section A: 18 Tuesdays at 5 PM, February 4 – June 25** (no session April 14)

**Section B: 16 Thursdays at 6 PM, February 6 – June 30** (no session April 9, April 16 and May 28)

*Randi Cohen, MA, ACSW*

This group provides 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

**16 Tuesdays at 4 PM, March 3 – June 23** (no session April 14)

*Carole Yablonowitz, Group Discussion Leader*

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

## Daily Tips for Vision Loss

**10 Mondays at 4 PM, April 13 – June 22** (no session May 25)

*Mindy Jacobsen, Cantor; Discussion Group 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!

## LGBT Support Group for Elders

**8 Wednesdays at 3 PM, April 22 – June 10**

*Bobby Rosenthal, LMSW, Care Manager, SAGE*

This support group will provide the opportunity to connect with older adults in the lesbian, gay, bisexual and transgender community in a safe and supportive environment. Discussions will include health and wellness, isolation and loneliness, support in relationships, adjusting to aging transitions and pursuing interests and hobbies.

# 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.

## Lorraine Voytek

Director, Connect Through Tech

## Melissa Esparza

Program Administrator, University Without Walls

## Nina Abrahams

Program Administrator, Connect Through Tech

## Zoya Stein

Program Assistant, University Without Walls

## Etiquette

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 contact Lorraine Voytek, Director of Connect Through Tech at 917-441-3725.

### 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.

### Connecting to classes

- You will receive a call 10 minutes before the program time to connect you. Please wait patiently.
- If you will not be able to join the call, please contact UWW staff before your program begins.

### During classes

- 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.
- Keep your comments relevant to the topic at hand and be respectful of differing views and different life experiences
- 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.

# 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

Estanne and Martin Fawer  
 Marvin Fenster in memory of  
 Anna and Isaac Fenster  
 (Passover Seders and Yizkor  
 Memorial Services)  
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 Barbara and Bentley Kassal  
 and Friends in memory of  
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 The Lucius N. Littauer  
 Foundation (Judaic Studies)  
 Lobel/Jacobs Family and Friends  
 in memory of Wayne Lobel  
 Holly and Sam Merrin  
 Vivian and Edward Merrin  
 Merrin Family Foundation  
 Estelle Richmond  
 Scholarship Fund  
 Shor/Laddin Family and Friends  
 in memory of James David Shor

## Contributors

Anonymous  
 The Miriam and Arthur Diamond  
 Charitable Trust  
 Alice Lawrence Foundation  
 The Fay J. Lindner 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 Services

## Partners

9/11 Museum  
 Actors Fund  
 Bikur Cholim Chesed Organization  
 Brookdale Department of  
 Geriatrics and Palliative  
 Medicine, The Icahn School of  
 Medicine, Mount Sinai  
 Brooklyn Museum  
 Covia's Well Connected Program

Heights and Hills  
 Intrepid Sea, Air & Space  
 Museum Complex  
 Manhattan School of Music  
 New York City Department for  
 the Aging  
 New York Public Library  
 New York Regional Census Center  
 Pace Women's Justice Center  
 SAGE  
 Solomon R. Guggenheim Museum  
 The Jewish Museum  
 The Museum of Modern Art (MoMA)  
 University Settlement  
 Whitney Museum of American Art

## Remembrance

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

Emilia Brajuka  
 Sidney Clyman  
 Marjorie Nissen

## 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:

**Covia - Well Connected** (877) 797-7299 • [Covia.org](http://Covia.org)

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

**Mather Lifeways** (888) 600-2560 • [matherlifeways.com](http://matherlifeways.com)

## 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)



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