

DOROT Generations

Lasting Impressions – Winter Programming Blossoms into the Spring

Lasting Impressions creates a community that's passionate about exploring the beauty of legacy in all its forms by capturing the important stories and personal reflections of our community, and also supporting individuals and families around advance healthcare planning.

We offer on-site programs where participants explore legacy from different vantage points to find a medium that feels most authentic. In our upcoming A Closer Look self-portrait class taught by Art Studio NY, participants will use media from



Finding inner peace with Tao Porchon-Lynch

100 Year Old Yoga Instructor Teaches at DOROT Westchester

More than 50 people joined a DOROT Westchester program with Yoga Master Tao Porchon-Lynch, lovingly called by participants as “the Tao experience.” At 100 years old, Tao, founder of the Westchester Yoga Institute, is the oldest living yoga teacher according to the Guinness World Records.

Participants were inspired by stories from her life, including her journey across multiple continents as a partisan WWII resistance fighter, an actress, model, producer, and entrepreneur. Her life story was just as remarkable as the pretzel-like contortions and advanced yoga poses she effortlessly demonstrated.

Emily Cohen, chair of DOROT's Westchester committee, attended the event and shared, “I still recall the calm feeling from the event and reflect on her words of encouragement to be positive, open, and present.” The

DOROT Westchester Committee was thrilled to bring so many participants together and hopes for ongoing connections beyond the yoga mat.

DOROT Westchester Spring Luncheon Wednesday, April 10th

DOROT Westchester continues its focus on healthy living at the annual Spring Luncheon. The event takes place at Congregation Emanu-El of Westchester and features a special guest, NBC's Today Show nutritionist and health expert **Joy L. Bauer, MS, RD, CDN**. Joy will share tips for elevating your health and curing whatever ails you! All guests will receive a signed copy of her most recent book. To purchase tickets call Eliana Sugarman at 917-441-3720 or visit Dorotusa.org/spring.



Members from our Memoir Writing sharing circle

pastels to acrylics to explore the themes that represent each individual's life experiences. We've also kicked off Recipes to Remember, collecting beloved recipes and the stories connected to the participants for a book and special celebration.

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A Prescription for Success

Dear Friend,

Our Generations newsletter is an opportunity to reflect on the work that we do at DOROT each day to combat senior isolation. We feel passionately about the profound impact of bringing the generations together and giving members of our community an opportunity to have positive, meaningful, social interactions.

Research continues to find what we as an organization have known for a long time—there's an epidemic of loneliness, especially among older adults, and social isolation can be as detrimental as a medical illness. Since the 1980s, the percentage of American adults who say they're lonely has doubled from 20% to 40%. Isolated older adults also suffer higher mortality rates and increased risk of depression, cognitive decline, and illnesses like coronary artery disease.

Today medical and mental health crises are taken seriously. When you go to a doctor, she may prescribe a medication or perhaps follow-up tests or even physical therapy. What if your doctor also prescribed a friendly visit or a phone call with a family member or friend? Social isolation has devastating healthcare consequences; these social visits can be just as life-saving as taking medicine.

At DOROT, we have found ways to treat both the cause and the symptoms of this epidemic. Our work offers an effective model for volunteers and older adults to make a meaningful impact on our community. Through visits with older adults, volunteers learn about the past, form long-lasting friendships, and gain enormous satisfaction from brightening isolated elders' lives; our older adult participants appreciate the dynamic conversations with volunteers about their lifetime of experience their renewed sense of purpose and the regular social interaction our programs offer.

Engaging with the younger generation and forming meaningful relationships is the true antidote to the social isolation epidemic. With your help, DOROT will continue to be at the forefront of positive change for aging services and volunteerism.

I look forward to continuing our critical work together, and to your ongoing support and participation in our programs and volunteer efforts.

Sincerely,

A handwritten signature in black ink, appearing to read "Mark L. Meridy". The signature is fluid and cursive.

Mark L. Meridy

Lasting Impressions

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Most of the members from our Memoir Writing sharing circle

One popular class has been Everyday Revelations, a poetry workshop led by Jessica Greenbaum, an award winning poet. One participant shared, “Jess is wonderful, as are all the participants. Huge thank you for one of life’s richest, and most exciting and inspiring experiences!”

Our weekly Memoir Workshop covered the technical and organizational skills necessary for participants to successfully write their own memoirs. Upcoming Legacy Programs include lectures such as The Legacy of Jewish Broadway, a storytelling Open Mic, concerts, a musical theater project, and more.

Established in 2017, Lasting Impressions has helped hundreds of older adults share their most important memories to ensure they are recorded for future generations.

“Participants have expressed how valuable it is to have the opportunity to reflect on the important experiences of their lives. In addition, it’s invaluable for the community to have records of these meaningful memories.

— Wendy Handler, LMSW, Director of Lasting Impressions

Lasting Impressions speaks to the heart of what we provide at DOROT. If you are interested in learning more about Lasting Impressions, please reach out to Wendy Handler at 917-441-3724 or by email at whandler@dorotusa.org.

SAVE THE DATE

43RD ANNUAL SPRING BENEFIT

WEDNESDAY, MAY 22, 2019
THE HARMONIE CLUB
6:30 PM

For more information please call (917) 441-3720
or development@dorotusa.org or
visit www.dorotusa.org

DOROT’s 43rd Annual Spring Benefit will take place Wednesday, May 22nd at The Harmonie Club. The evening, chaired by Pat Fingerth, will feature an unforgettable musical performance by world renowned pianist Simone Dinnerstein.

DOROT is pleased to be honoring Jay H. McDowell whose devotion to DOROT is a testament to the dedication of The Miriam and Arthur Diamond Charitable Trust.

“Jay H. McDowell is an amazing partner and thought leader. His commitment to DOROT’s mission as well as the commitment of his former co-trustee at the Diamond Charitable Trust, the late Jack Adelman, helped support and advance DOROT’s mission. Because of the Diamond Charitable Trust and Jay’s leadership, collaboration and unwavering dedication, our programs are stronger and we are more financially secure.”

— Mark Meridy, Executive Director

Join us for DOROT’s 43rd Annual Benefit and support our essential work.



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DOROT Generations

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two shades of grey

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DOROT

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A copy of DOROT's most recent financial report may be obtained through the Office of the State Attorney General, Charities Bureau, 120 Broadway, New York, NY 10271, 212-416-8000. It is also available on DOROT's website, www.dorotusa.org.

An Invitation to Join DOROT's Generations Society

DOROT's Generations Society is a special group of legacy donors whose gifts and estate plans ensure DOROT's impact for years to come.

In a single, visionary act of tzedaka (charity) — including DOROT in your long-range financial planning — you can meet your and your family's future financial needs and secure tax advantages, knowing that you are ensuring DOROT's ability to serve frail and isolated older adults.

Establishing a planned gift can be simple. You name DOROT as a beneficiary in your will, living trust, life insurance policy, or retirement plan. You can denote a specific dollar amount, or a percentage of your assets. Or you might want to establish a charitable gift annuity, which will provide you with an immediate charitable tax deduction and guaranteed income for your lifetime.

“Including DOROT in your estate plan provides critical support to our important work — it makes a profound difference — more than you might think possible.”

— Dorothy Hellmer, Chief Financial Officer

When you make your bequest to DOROT or establish a charitable gift annuity, we recognize your caring gift with a membership to the Generations Society, which includes invitations to an annual members-only luncheon each spring, special concerts, and events.

**SAVE
THE
DATE**

**GENERATIONS
SOCIETY
LUNCHEON**

JUNE 19, 2019
DOROT's Auditorium
171 West 85th Street

Today, we invite you to join this special group.

For more information about planned giving and to learn more about Generations Society membership please contact Dorothy Hellmer at (212) 769-2850.