



Telephone and Online Programs for Older Adults

UNIVERSITY WITHOUT WALLS

TOPICS

- Museum Discussions
- Visual Arts
- Music/Performing Arts
- Literature
- Health & Wellness
- Support Groups
- Judaic Studies
- Holidays and Historic Dates
- Human Interest
- Resources for Caregivers



*No charge
for single-session
programs! See page
21 for details.*

To Join Us Call
1-877-819-9147

Get Connected From
Your Own Home



For more than three decades, DOROT has been an innovative leader in the field of aging services and volunteerism. DOROT alleviates social isolation among the elderly 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.

With DOROT's University Without Walls (UWW), older adults only need a phone or a computer to join a vibrant community of lifelong learning and peer support. Our interactive programs over the phone and online enable older adults to explore art and culture, discuss current events, share memories, practice new skills and enhance their health and that of their loved ones from the comfort of their homes. DOROT engages professional facilitators from renowned institutions that bring expert knowledge to small groups, giving each participant an opportunity to discover and contribute. DOROT created UWW in 1989. The program continues to bring laughter, friendship, learning and support to individuals in their own homes.

How long is each session and is there a fee?

Most sessions are 50 minutes long. One-time programs are free of charge. Multiple-session programs are \$15 each. There is no registration fee. Fee waivers are available.

How can I enroll?

- You can register starting **WEDNESDAY, AUGUST 9, 2017**.
- You can register by **MAIL** (complete the registration form on pages 21-24 and use the envelope enclosed).
- You can register by **TELEPHONE** at 212-769-2850 or toll-free at 1-877-819-9147.
- You can **FAX** your registration form to: 212-769-4989.
- You can register **ONLINE** at www.dorotusa.org.

How many programs may I register for?

In order to give all participants an opportunity to register, there may be a limit to the number of programs you can take each semester. Each program generally is limited, so everyone can join in the discussions.

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ABOUT CAREGIVERS' CONNECTIONS

DOROT's educational and support network for caregivers is offered in partnership with hospitals, social service agencies, and health care professionals. Weekly support groups and workshops give caregivers the opportunity to speak with experts, learn about resources, and meet other caregivers. These support groups and workshops are conducted over the telephone to accommodate busy schedules and eliminate the difficulty of traveling to a meeting site. For more information or to register, please call 212-769-2850.

Museum Discussions

Art and Social Change NEW

3 Tuesdays at 2 PM, October 3, 17, 31

(This program meets every other week.)

Floyd Sklaver, Educator, Whitney Museum of American Art

Art often challenges the status quo, and artists have created works to react against injustice, oppression, violence, and prevailing ideologies. From the Ashcan artists of the 1910's through the documentary photographers of the Great Depression to the protest artists of the 1960's, the tradition of creating art as social commentary continues strong today.

Florine Stettheimer: Painting Poetry

2 Tuesdays at 11 AM, October 17, 24

Liliane Yurkofsky, Docent, The Jewish Museum

Explore the work of Florine Stettheimer and her distinctly personal style of painting, her position amidst New York's artistic elite and avant-gardes, and her continued influence on artistic practice today. The exhibition includes a look into her paintings and drawings, a selection of costume and theater designs, photographs and ephemera, as well as her critically acclaimed poems.

Frank Lloyd Wright NEW

5 Wednesdays at 10 AM,
September 13, 20, 27, October 4, 11

Diana Bush, PhD, Educator, The Museum of Modern Art

This course surveys the innovative projects of the American architect Frank Lloyd Wright from the Prairie style and Robb house to the Guggenheim Museum, the Mile-High skyscraper, and other late projects.

In Their Own Words: Oral Histories from the Intrepid Museum NEW

8 Fridays at 12 PM, October 27,
November 3, 10, 17, December 1, 8, 15, 22

(No session on November 24)

Tom Barry, Manager, Community Engagement, Intrepid Sea, Air & Space Museum Complex

The Intrepid Sea, Air and Space Museum launched an Oral History Project in May 2013, with the goal of collecting the stories of those who served on board the aircraft carrier *Intrepid*, the submarine *Growler*, the space shuttle orbiter *Enterprise* and the supersonic airliner Concorde. Each week, educators will share stories and quotes related to a specific event, time or theme in the histories of these craft.

*"I love it, and I'm so glad
it's available to us."*

Museum Discussions

Subway Style: Art Underground and in the Light

NEW

2 Mondays at 11 AM, October 16, 23

Polly Desjarlais, Senior Museum Educator, New York Transit Museum

Through discussion and engaging images of mosaics, tiles and colored glass, take an art journey through the city! From the very first subway stations in 1904 to the three new stations underneath 2nd Avenue, transit has installed art at every turn making our system one of the world's greatest and largest collections of public art.

Traversing the City: Ferries, Bridges and Tunnels

NEW

3 Mondays at 2 PM, December 4, 11, 18

Polly Desjarlais, Senior Museum Educator, New York Transit Museum

From Robert Fulton's ferry across the East River to the newest bridges built for cars, engineers, entrepreneurs and architects have found ways to move us over, under and on the water. Using archival images and drawings learn about some of the structures and vehicles that have conquered this challenging environment and kept New York City moving.

Visionaries: Creating a Modern Guggenheim

NEW

4 Wednesdays at 10 AM, October 25, November 1, 8, 15

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

From Camille Pissarro to Jackson Pollock, the Guggenheim Museum contains some of the most radical art from the late 19th through mid-20th century. We will explore the permanent collection through the eyes of six visionary collectors, focusing on works by artists including Picasso, Kandinsky, Chagall, Manet, Mondrian, and Calder.

“It is very good. I enjoyed every class and I’ve learned so much.”

The Arts

Visual Arts

Creative Aging: Exploring Art with the Masters: Section A

4 Tuesdays at 10 AM, October 3, 10, 17, 24

(This program is also offered online.)

Danielle Bullock, Brooklyn Public Library

If you want to learn new art forms or improve your technique, we invite you to unleash your creativity with Danielle Bullock in this four-session art series. Participants of all levels are invited to learn about artists and creative methods. Materials will be supplied.

Literature

1984: A Book Discussion: Section A

4 Fridays at 11 AM, September 8, October 13, November 10, December 8

(This program meets monthly.)

(This program is also offered online.)

Taina Evans, Coordinator Older Adults Services

BPL will be hosting a book discussion group on George Orwell's *1984* each month starting in September 2017. Each discussion cycle will be facilitated by a different librarian, writer, community member, artist, etc. Books will be provided.

Thorny Issues:

A Book Discussion Group

NEW

4 Mondays at 4:30 PM, October 16, November 13, December 11, January 8

(This program meets monthly.)

Janice Friedman & Jo Beth Robert, Volunteers, DOROT

Join this month book discussion group to discuss thorny issues. We'll read the following books: *The Children Act* by Ian McEwan, *Killers of the Flower Moon* by David Grann, *Small Great Things* by Jodi Picoult, and *When She Woke* by Hillary Jordan. Books will be provided.

Time Travel: Women's Poetry through the Ages

4 Thursdays at 2 PM, October 19, 26, November 2, 9

Nyja Attenborough, Poet

This poetry workshop gives unique perspectives on women's poetry. From Sumeria, Greece, India, Japan, Native American and African regions, these ancient voices show parallels to our modern world. We'll time travel, writing our poetry as we go. Beginners and males are welcomed to join.

Music/Performing Arts

The Beauty of Opera

4 Thursdays at 4 PM, October 26, November 2, 9, 16

TBA, Graduate Student, Manhattan School of Music

Opera aficionados and newbies alike—join us for an unforgettable journey that will have you listening, singing, and celebrating opera! Together we'll explore the composers, plots, and arias of well-known operas.

The Arts

Classic Musicals

6 Tuesdays at 2 PM, November 21, 28,
December 5, 12, 19, 26

Leo Schaff, Singer; Songwriter

Carousel, Damn Yankees, Guys & Dolls—clambakes, baseball, gamblers, and love! We'll hear the original Broadway cast recordings, re-live the stories, and share our memories. Songs include "If I Loved You," "June is Bustin' Out All Over," "You Gotta Have Heart," "Whatever Lola Wants," "Luck Be A Lady" and more.

Forty Shades of Technicolor

5 Fridays at 1 PM, October 20, 27,
November 3, 10, 17

*Harriet Walle, BA, Interdisciplinary Studies,
New York University*

We will discuss the darker side of life and love as imaginatively portrayed by the talented performers in these colorful Hollywood musicals: *The King and I* [1956], *West Side Story* [1961], *Cabaret* [1972], *Les Miserables* [2012], and *La La Land* [2016].

Jazz: America's Great Music

4 Tuesdays at 11 AM, November 7, 14,
21, 28

*TBA, Graduate Student, Manhattan School
of Music*

Get in the mix of cool and crazy cats for a program all about that jazz. Together, we'll listen, discuss, and appreciate the history and living American art form of jazz. Join us to celebrate the greats!

Just Conversation

5 Fridays at 1 PM, December 1, 8, 15, 22, 29

*Harriet Walle, BA, Interdisciplinary Studies,
New York University*

We will discuss our favorite movies and film stars and why we love them.

Memories and the Music of Our Lives

4 Tuesdays at 1 PM, November 7, 14, 21, 28

Katrina Dixon, Volunteer, DOROT

Studies show that music sharpens your mind. Join us to exercise your brain by reminiscing about songs that have played important roles in our lives. We'll listen to songs, share our memories, and look at how and why songs are special to us.

Movies and More

4 Monday at 2 PM, September 18, 25,
October 2, 9

*Tom Kertes, Retired Newspaper Columnist
and Film Critic*

Are movies the product and reflection of their time or are they more than that and are classic movies still relevant and impactful today? We will discuss the great classic Hollywood movies (and some not so classic ones as well), their directors and stars. What were they telling us?

Sing-Along Broadway

6 Tuesdays at 3 PM, November 21, 28,
December 5, 12, 19, 26

Leo Schaff, Singer; Songwriter

This round we'll be singing along to songs from *Showboat*, *Pal Joey*, *Porgy & Bess*, and *Carousel*. Lyrics will be provided as we all join in to sing "Only Make-Believe," "Old Man River," "My Funny Valentine," "Summertime," "My Boy Bill," "You'll Never Walk Alone," and so many more... Warm up, everyone!

To Your Health

2017 Medicare Update

NEW

1 Tuesday at 10 AM, October 17

Michele Berney, Benefits Outreach Consultant, New York City Department for the Aging

Get the latest information on changes to Medicare for 2017. Discussion will reflect new premiums, plan choices, and protections. Take this opportunity to get your Medicare questions answered.

Are My Medications Making Me Sick?

NEW

1 Tuesday at 10 AM, September 12

Maria Cantu, MD, Hertzberg Palliative Care Institute, Brookdale Department of Geriatrics and Palliative Medicine, the Icahn School of Medicine at Mount Sinai

A person older than 65 uses 15 different medications on average. This is important because up to 30% of hospitalizations are related to medication side effects. We will discuss when your medications might need a second look by your doctor to keep you out of the hospital.

Daily Tips for Vision Loss

12 Wednesdays at 4 PM, October 11, 18, 25, November 1, 8, 15, 22, 29, December 6, 13, 20, 27

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!

Depression Associated with Memory Loss

NEW

1 Tuesday at 10 AM, October 24

Clivia Torres, LCSW-R, & Dr. Andreas Adams, Center of Excellence for Alzheimer's Disease at SUNY Downstate Medical Center

What happens when you or a loved one have been diagnosed with a memory related disease? Join us for an informative discussion on how to address feelings of depression associated with memory loss.

Discussion on Dementia & Alzheimer's Disease

NEW

1 Tuesday at 10 AM, September 26

Clivia Torres, LCSW-R, Center of Excellence for Alzheimer's Disease at SUNY Downstate Medical Center

Come join this discussion about upon age-related memory loss. Learn how to keep your brain active.

DOROT's In-Sight Program for the Visually Impaired

22 Tuesdays at 4 PM, September 5, 12, 19, 26, October 3, 10, 17, 24, 31, November 7, 14, 21, 28, December 5, 12, 19, 26, January 2, 9, 16, 23, 30

Carole Yablonowitz, Group Discussion Leader

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

To Your Health

Goal Directed Therapy: Taking Control of Your Life

8 Fridays at 10 AM, October 20, 27,
November 3, 10, 17, December 1, 8, 15

(No session on November 24)

*Thelma Golub, MS; Behavior Modification
Therapist*

Feeling frustrated, lonely, out of control? You are not alone, and you are stronger and more capable than you think. Gain the tools and techniques to make your life more rewarding.

How Can Older Adults Prevent Falls?



1 Tuesday at 2 PM, November 14

*Takeshi Uemura, MD, Hertzberg Palliative
Care Institute, Brookdale Department of
Geriatrics and Palliative Medicine, the Icahn
School of Medicine at Mount Sinai*

Unfortunately, falls are common among older adults and can be a major cause of functional decline and social isolation. The good news is that there's much we can do to prevent falls. We will discuss tips on staying upright, functional, and enjoying life to the fullest.

How to Prepare for a Visit with Your Doctor: Making a List



1 Wednesday at 12 PM, November 29

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

Talking with your doctor can be stressful and confusing. This single session program will review how to prepare for your doctor's appointment. We will go through a checklist of information that you will need to make your visit successful. This program is based on information distributed by the National Institute on Aging.

The Inner Smile

1 Monday at 11 AM, December 18

*Marcia Berry, MA; Nutritional Consultant;
Certified Holistic Health Counselor*

Got stress? Then come learn a technique to help you feel relaxed, renewed and rejuvenated. We'll start with a serene guided meditation. Then you'll learn how to use this simple meditation anytime, anywhere, with transformative results. By the time you leave this session, you'll be smiling inside and out!

Insight and Imagination: Cultivating Your Creativity

6 Tuesday at 11 AM, December 5, 12, 19, 26,
January 2, 9

*Constance H. Gemson, LSMW; Social Work
Consultant*

Join this interactive workshop. Find more new possibilities. Discover options in daily life. Expand the ordinary to wonder. Join us for upbeat sessions!

Life Planning Documents: During Your Lifetime

1 Wednesday at 2 PM, October 25

Life Planning Documents: Your Legacy

1 Wednesday at 2 PM, November 1

*Alex Ryley, Director, Elderly Project at
Volunteers of Legal Service (VOLS) Inc.*

(Participants can register for either program but are encouraged to take both.)

Are you a New Yorker just beginning to think about your life-planning documents or do you need to update your current health care proxy, power of attorney or living will? Come get your questions answered and learn about the myths and misconceptions, pitfalls, opportunities, current tools and techniques of planning. Leave a heritage reflecting your values!

Natural Techniques to Improve Your Eyesight

1 Monday at 11 AM, November 27

Marcia Berry, MA; Nutritional Consultant; Certified Holistic Health Counselor

We're used to blaming outside forces for deteriorating vision—aging, eyestrain, radiation, heredity. But we have more control over our eyesight than many of us realize. This talk will reveal which foods and lifestyle practices can help improve our eyesight naturally without glasses or surgery.

Natural Techniques to Relieve Depression

1 Monday at 11 AM, December 11

Marcia Berry, MA; Nutritional Consultant; Certified Holistic Health Counselor

Learn how food can help banish the blues and build a more blissful brain.

Natural Techniques to Sleep Soundly

1 Monday at 11 AM, December 4

Marcia Berry, MA; Nutritional Consultant; Certified Holistic Health Counselor

Learn how to work with food, herbs, our natural biorhythms, light therapy, and other techniques to help us get to sleep soundly through the night and awaken refreshed in the morning.

Nourishment and Emotional Wellness through Food

1 Tuesday at 2 PM, October 10

Jonathan Forgash, Founder and Chef, Seek Servana

Whether caring for yourself or a loved one, nourishing foods with “emotional content” are the key to understanding the path to wellness. In this workshop, Jonathan will share knowledge, confidence and inspiration for the mind, body and kitchen. Discussion also will include common yet important issues that arise between caregivers and their loved ones.

Protect Yourself

Section A: 2 Tuesdays at 11 AM, September 5, 19

Section B: 2 Tuesdays at 11 AM, November 7, 21

(This program meets every other week.)

Jenna Gladfelter, Director of Senior Medicare Patrol Program, Empowering Seniors to Prevent Healthcare Fraud

Been a victim of healthcare fraud or a scam? Learn how to protect yourself, avoid becoming a victim, and report healthcare fraud and scammers.

To Your Health

Progressive Relaxation with Guided Imagery

Section A: 7 Mondays at 3 PM, September 11, 18, 25, October 2, 9, 16, 30

(No session on October 23)

Section B: 7 Mondays at 3 PM, November 6, 13, 20, 27, December 4, 11, 18

Linda Lee Davida, BA; Holistic Health Counselor; Certified Private Meditation Instructor

(Participants will be limited to Section A or B.)

Through meditation and imagery, you can live a healthier and more meaningful life. Learn to breathe, visualize and heal your mind, body and spirit.

Resiliency: Bouncing Back After Hard Times

6 Tuesdays 10 AM, December 5, 12, 19, 26, January 2, 9

Constance H. Gemson, LSMW; Social Work Consultant; Writer

Discover the ABC's of resiliency: adversity, belief, consequence. How can your interpretive style affect an outcome? Explore new strategies during difficult times. Learn from others and share your own tactics and helpful techniques. Your own ideas and sources of inspiration are welcome in this informal, interactive setting. Join us!

Seated Qigong, Tai Chi Easy Arms, and Guided Meditation

Section A: 5 Fridays at 10 AM, October 20, 27, November 3, 10, 17

Section B: 6 Fridays at 10 AM, December 1, 8, 15, 22, 29, January 5

(Participants will be limited to Section A or B.)

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

Gain the calming and energizing benefits of tai chi – all while seated in the comfort of your favorite chair at home. Learn simple but energizing Tai Chi Easy™ and qigong arm movements to increase your chi (life-force.) Then enjoy a guided relaxation visualization, meditation, and optional sharing.

Self-Care for a Strong Mind and Body

1 Monday at 12 PM, September 18

Sara Suleman, MD, Hertzberg Palliative Care Institute, Brookdale Department of Geriatrics and Palliative Medicine, the Icahn School of Medicine at Mount Sinai

Burnout isn't a myth, it's real. It is a state of physical, emotional and mental depletion which can creep up on you. Join the discussion to learn ways to care for your physical and mental health. You deserve a good life!

Self-Massage for Stress Relief

1 Friday at 12 PM, October 20

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

A specific sequence will be taught that includes various breathing techniques, gentle stretches, and pressure on acupuncture points that can help bring us into a calmer, centered place. You can do the whole sequence or any part of it that appeals to you. Every part will help relieve stress.

Understanding Memory Loss

1 Thursday at 1 PM, October 19

*Shelley Steiner, LSW, MSW, MPH,
Alzheimer's New Jersey*

Memory loss that disrupts everyday life is not a normal part of aging. Learn the difference between normal age-related memory changes and abnormal changes that are associated with Alzheimer's disease and other forms of dementia, including some of the common signs. Review the importance of a thorough diagnostic evaluation when symptoms first arise, current treatment options, and research regarding healthy aging.

When Walls Become Doorways: Creativity and the Transforming Illness

1 Monday at 11 AM, October 2

Tobi Zausner, PhD, LCSW

This program shows how artists, such as Toulouse Lautrec, Frida Kahlo, and Henri Matisse turned to creativity in the face of illness and how courage and determination changed their art and their lives.

Yoga as Therapy: Health Benefits of Therapeutic Yoga for Self-Care

1 Wednesday at 12 PM, November 1

*Deborah Matza, Yoga Therapist, RN, MPH,
RYT-500, Hertzberg Palliative Care Institute,
Brookdale Department of Geriatrics and
Palliative Medicine, the Icahn School of
Medicine at Mount Sinai*

Therapeutic Yoga is a safe and gentle practice that can be helpful for people with injuries or illness, the frail or elderly, or for managing the stress of daily life. We will discuss elements of yoga practice and how they can be adapted to suit any life style.

You and Your Doctor: A Dialogue between Partners

1 Wednesday at 11 AM, January 10

*Dustin Suanino, MD, Hertzberg Palliative Care
Institute, Brookdale Department of Geriatrics
and Palliative Medicine, the Icahn School of
Medicine at Mount Sinai*

In the past, doctors took the lead and patients followed. Today's optimal relationship is one of partners. We will discuss: how to find and interview a doctor you feel comfortable with; how to ask questions about symptoms, treatments, alternatives; bringing up sensitive topics; and making choices and decisions together with your doctor.

Judaic Studies

Ethical Teachings of the Jewish Sages

6 Tuesdays at 1 PM, December 12, 19, 26, January 2, 9, 16

Lee Slavutin, MD, CLU

Pirkei Avot, the Teachings of Our Fathers, is the only section of Talmud entirely devoted to ethical teachings. The six chapters of ethical guidance cover all areas of our life. Join us in learning the teachings of the great Sages that can alter how we live and relate to others.

Exploring the Exodus: Leaving Egypt Then and Now

NEW

4 Mondays at 10 AM, September 11, 18, 25, October 2

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

Explore the stories of the Exodus beginning with the suffering of the Israelite slaves in Egypt and ending with Revelation at Sinai. As we trace the development of the nation of Israel, what lessons can we gather from the Book of Exodus for our lives today?

Famous Jewish Folk Tales throughout the Ages

NEW

4 Mondays at 10 AM, October 30, November 6, 13, 20

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

Listen to a variety of different Jewish folk stories that span our history from inception to contemporary times. The stories we will hear come from different periods in Jewish history. Each one teaches us about life during that particular era as well as a different life lessons.

Introduction to Jewish Mysticism

9 Tuesdays at 1 PM, September 12, 19, 26, October 3, 10, 17, 24, 31, November 7

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

Jesus: First-Century Rabbi and Son of G-d

NEW

4 Mondays at 10 AM, November 27, December 4, 11, 18

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

Jesus was a Torah-observant Jew, who lived and worked among many other great teachers. He was part of the emerging movement of early rabbis that would eventually become what we call “rabbinic Judaism.” Gain insight into the first century world of Judaism and the thoroughly Jewish roots of Jesus’ teachings.

“I love it. The classes bring culture, entertainment and discussions to one’s home. A marvelous program.”

Joseph: Jacob's Righteous Son NEW

6 Mondays at 11 AM, October 16, 23, 30,
November 6, 13, 20

*Ricki Saady, BA, Political Science; Partner,
Partners in Torah*

From hated brother and favorite son of Jacob to tsaddik and vizier in Egypt, Joseph's years encompass a lifetime of growing and learning. Through analysis of Torah portions in the book of Genesis, Midrash and commentary, we examine Joseph's trials and tribulations, family interactions, and journey to Egypt. We discover what makes Joseph remarkable.

Living with the Torah

8 Wednesdays at 1 PM, September 6, 13, 27,
October 11, 18, 25, November 1, 8

(No sessions on September 20 and October 4)

Lee Slavutin, MD, CLU

The Alter Rebbe, Rabbi Schneur Zalman of Liadi teaches us to live with the Parsha of the Torah. The Torah is eternally true and each week we can be inspired to change our lives from the powerful lessons in the Torah portion. Join us on an exciting journey.

More Poems from a Siddur NEW

1 Thursday at 11 AM, October 19

*Rabbi Stephanie Dickstein, Spiritual Care
Coordinator, Shira Ruskay Center/JBFCS*

The new Siddur Lev Shalem includes poetry on the page next to many traditional prayers. We will explore how a sampling of these poems adds perspective and enriches the experience of the liturgy.

Psalms, Part 9 NEW

10 Thursdays at 4 PM, October 19, 26,
November 2, 9, 16, 30, December 7, 14,
21, 28

(No session on November 23)

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

Study of the Book of Psalms (in Hebrew – Tehillim.) We will look at the structure, meaning, and inspiration of selected psalms. Many of those chosen to be studied are also part of the Jewish liturgy. Participation in previous parts of this program is not a prerequisite.

Queens in the Books of Kings NEW

1 Thursday at 10 AM, November 16

*Rabbi Stephanie Dickstein, Spiritual Care
Coordinator, Shira Ruskay Center/JBFCS*

Meet some of the good and evil Queens of Israel and Judah as they are described in the Bible and given additional dimensions in rabbinic texts.

Ramban's Letter – How Does One Develop Humility?

3 Thursdays at 1 PM, December 7, 14, 21

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? Please join us as we explore this powerful letter.

Judaic Studies

Song of Songs: A Love Story

2 Wednesdays at 3 PM, October 11, 18

Sandy Gruenberg, Volunteer, DOROT

A whole book about love in the Bible? Why did the rabbis allow this book to be in the canon? Explore why and how Song of Songs was included and what it is really all about. No previous background is needed to investigate this fascinating, a bit erotic yet powerful book of the Hebrew Writings using various Biblical criticism sources.

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

6 Wednesdays at 1 PM, December 13, 20, 27, January 3, 10, 17

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.

Welcoming Shabbat

16 Fridays at 11 AM, September 1, 8, 15, 29, October 20, 27, November 3, 10, 17, December 1, 8, 15, 22, 29, January 5, 12

(No sessions on September 22, October 6, 13, and November 24)

Volunteers, DOROT

Gather with friends on the phone to celebrate Shabbat. Rabbis, Cantors, Jewish Educators, and congregants from various synagogues and community groups will lead us as we prepare for this day of spiritual nourishment.

“I enjoyed it very much. There was a lot of interaction between the students and the facilitator, and I like that.”

Special Interest

Holidays

Farce or Fancy: The Book of Esther

2 Wednesdays at 2 PM, January 3, 10
Sandy Gruenberg, Volunteer, DOROT

Prepare yourself for the holiday of Purim by joining us to study the riotous Book of Esther. This book has intrigue, star-studded characters and villains galore. Let's learn together about its real place in the Bible and whether its fact, fiction or farce.

Psalm 30: The Psalm for Chanukah

1 Thursday at 10 AM, December 7
Rabbi Stephanie Dickstein, Spiritual Care Coordinator, Shira Ruskay Center/JBFCS

It is customary to recite Psalm 30 on Chanukah. We will explore how the various ideas in the psalm suggest ways of expanding our understanding of the meaning of Chanukah.

Turning of Seasons, Turning of Souls

1 Thursday at 11 AM, September 14
Rabbi Stephanie Dickstein, Spiritual Care Coordinator, Shira Ruskay Center/JBFCS

This year the beginning of fall coincides with Rosh Hashanah. We will explore themes of spiritual renewal and natural turning at this season of change.

Yom Kippur: Reflecting on the Holiest of Days

1 Thursday at 2 PM, September 28
(This session is 75 minutes.)

Judy Ribnick, LMSW, MA; Director, DOROT; Cantorial Soloist; Jerry Hattem, Volunteer, DOROT

Join this call of hope and comfort. We will honor the holiest day of the Jewish year with prayer, song, and reflection. No knowledge of Hebrew is necessary. Text written transliteration will be mailed to participants in advance.

Human Interest

Across the Miles

2 Tuesday at 3:15 PM, October 3, December 5

1 Wednesdays at 3:15 PM, January 10
Catherine Li, Director, DOROT

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

Join participants from other telephone "without walls" programs from across the continent to share stories and talk about life in our different locations.

Current Events

6 Wednesdays at 4 PM, September 13, October 11, 18, 25, November 1 and November 8

(No sessions on September 20, September 27, October 4)

Rick Kurnit, Attorney, Advertising and Intellectual Property, Frankfurt, Kurnit, Klein and Selz, PC

Examine events occurring locally, nationally, and internationally. Enjoy an exciting discussion about controversial topics in the news.

Special Interest

The Current Political Scene:

Section A: 10 Tuesdays at 3 PM,
September 5, 12, 19, 26, October 3, 10, 17,
24, 31, November 7

Section B: 10 Thursdays at 3 PM,
September 7, 14, 28, October 19, 26,
November 2, 9, 16, 30, December 7

(No sessions on September 21, October 5, 12,
November 23)

Section C: 5 Thursdays at 3 PM,
December 14, 21, 28, January 4, 11

(Participants will be limited to either Section A,
B, or C.)

*Charles Perkins, Historian and Former
Educator*

Uncertainty about the direction of our country is high. How will the new president manage international relations, Social Security, Medicare, and climate change? Will the administration stamp down on racist, anti-Semitic and homophobic “white nationalists?” Are Republicans going to oppose policies of the new administration or cheer them on?

Does U.S. Supreme Court Protection of Free Speech Keep Me Free?

6 Mondays at 11 AM, November 6, 13, 20,
27, December 4, 11

Malla Pollack, Legal Writer

This class looks at what the Supreme Court has actually allowed and prevented in the name of free speech.

Grand Parenting Young Children in the 21st Century

5 Wednesdays at 3 PM, October 18, 25,
November 1, 8, 15

*Nancy Lauter, EdD, Professor Emerita,
Montclair State University*

Much has changed since we were young parents. Find out the latest research on child development and how you can support your grandchild’s learning and well-being. Discuss how you can foster strong relationships with your g’kids and your adult children. Discuss the joys and dilemmas of grand parenting from near and far.

The Impeachment Process

2 Wednesdays at 11 AM, October 18, 25

Malla Pollack, Legal Writer

Impeachment is more political than legal. This class provides an overview of the law (not politics) of how to impeach a President of the U.S. for violation of the Emoluments Clause.

More than Sports

4 Mondays at 4 PM, November 20, 27,
December 4, 11

*Tom Kertes, Retired Newspaper Columnist
and Film Critic*

One of the many things we love about the world of sports is how it is a near perfect microcosm of life. We will discuss all of the great sport issues of today as well as fascinating ways that sports both reflect and impact our society politically, psychologically, and socially.

Nothing about Us Without Us: A Conversation about Self-Advocacy

NEW

1 Monday at 3 PM, October 23

*Erica Santiago, Community Building
Coordinator, Person Centered Care Services*

Speak out! Join an empowering conversation about how to advocate for your rights and the rights of others. Living your most fulfilled life is possible each and every day!

Observing the Wonders of the Universe

4 Tuesdays at 10 AM, September 19,
October 17, November 21, December 19

(This program meets monthly.)

Reuven Opher, Professor of Astronomy

Join us to discover the unknown matter of the universe, black holes and their jets, the remnant radiation from the creation of the universe, the formation of the galaxies of stars, gravitational waves as the distortion of space and time, as well as the phenomena of Einstein's relativity in the universe.

People's Republic of China

NEW

10 Wednesdays at 11 AM, October 11, 18,
25, November 1, 8, 15, 22, 29,
December 6, 13

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

An introduction to the People's Republic of China including the significance of geography. Explore its cultural, economic, and political evolution as well as the diversity found within the Chinese society from the early dynastic period to the present. International relations are treated as are factors contributing to the success and failure of its current system.

Savvy Seniors

1 Friday at 1 PM, November 17

Staff, DOROT

Share your ideas and interests to help us grow the University Without Walls and discover new topics that interest you. Your opinion matters!

*"I've made friends I
wouldn't have made
otherwise, my mind is
stimulated and engaged,
and I feel appreciated,
healthier, happier, and
a better person."*

UWW Online: Courses via Computer or Tablet

These courses require a computer or tablet (such as an iPad) with a camera, speakers, and internet connection. Participants are responsible for obtaining their own equipment and connection.

1984: A Book Discussion: Section B



1 Friday at 10 AM, November 10

Taina Evans, Coordinator Older Adults Services

BPL will be hosting a book discussion group on George Orwell's 1984 each month starting in September 2017. Each discussion cycle will be facilitated by a different librarian, writer, community member, artist, etc. Books will be provided.

Creative Aging: Exploring Art with the Masters: Section B

4 Tuesdays at 10 AM, November 7, 14, 21, 28

(This program is also offered over the phone.)

Danielle Bullock, Brooklyn Public Library

If you want to learn new art forms or improve your technique, we invite you to unleash your creativity with Danielle Bullock in this four-session art series. Participants of all levels are invited to learn about artists and creative methods. Materials will be supplied.

Discover Bhutan: Journey to the Kingdom of Happiness



2 Wednesdays at 12 PM, November 8, 15

Ray Pun, Volunteer, DOROT

Why is Bhutan known as the happiest country on Earth? Where is Bhutan, and what is the culture in this mysterious country? Join Ray as he shares his experiences in Bhutan. He will cover the politics, arts, cultures and food in this country.

Discover Central Asia: Journey to the Path of the Silk Road



4 Wednesdays at 11 AM, September 6, 13, 20, 27

Ray Pun, Volunteer, DOROT

Interested in Central Asia? Join Ray and hear about his trip to the vastly large region that was once part of the Silk Road from Europe to China. Ray will discuss his experiences in Kazakhstan, Kyrgyzstan and Uzbekistan. He will cover the politics, arts, cultures and food in these countries.

The Rainbow of Jewish Music



4 Thursdays at 11 AM, December 21, 28, January 4, 11

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

Jewish music is very diverse. Explore a wide variety of Jewish music from different periods and styles. Learn about the messages and teachings contained in the lyrics.

Thank You

With gratitude, we acknowledge the following foundations, corporations, agencies, and individuals that recently have contributed generously to DOROT's telephone and video conference programs:

University Without Walls Endowments

Estanne and Martin Fawer

Marvin Fenster in memory of Anna and Isaac Fenster (Passover Seders and Yizkor Memorial Services)

In Memory of Frances Frisch

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Curtis Katz

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Administration on Aging (AOA), New York State Office for the Aging, Westchester County Department of Senior Programs and Services

REMEMBRANCE

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

Sara Barkagan

Esther Beredjick

Catherine DiGiacomo

Leonard Eaton

Ethel Eisenberg

Helen McKelvy

Solomon Rosen

Barbara Schwartz

Ruth Viggiano

Lee Zimmern

Thank You

Partners

Alzheimer's New Jersey

Andrew Heiskell Library, New York Public Library

Bard Graduate Center:
Decorative Arts, Design History,
Material Culture

Bikur Cholim Chesed
Organization

Brooklyn Public Library Older
Adult Services

Center of Excellence for
Alzheimer's Disease at SUNY
Downstate Medical Center

Circle of Life-Mastery, Inc

Elderly Project, Volunteers of
Legal Services (VOLS) Inc.

Heights and Hills

Hertzberg Palliative Care
Institute, Brookdale Department
of Geriatrics and Palliative
Medicine, the Icahn School of
Medicine at Mount Sinai

Hospital for Special Surgery

Intrepid Sea, Air & Space
Museum Complex

The Jewish Museum

Manhattan School of Music

Museum of the City of New York

The Museum of Modern Art
(MoMA)

New York City Department for
the Aging

New York Transit Museum

NYC Office of Emergency
Management

Person Centered Care Services

Presbyterian Senior Services

Senior Center Without Walls

Shira Ruskay Center, The Jewish
Board

Solomon R. Guggenheim
Museum

Whitney Museum of American Art

FRIENDS

Brooklyn Public Library

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Aging

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Association in Mineola

Shani Frank

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Debra J. Harris

Sonia Jang

Tamar Landes

Samuel Field Senior Center
in Little Neck

Senior Center Without Walls

Service Program for Older
People

Ed Shaw

Jermaine Williams, NYC
Human Resource
Administration

Shirley Yanover

“The University Without Walls is a beautiful program. I love it. It keeps me busy, informs me, and helps me to live.”

*Refer someone to UWW
and have your name listed
in our next catalog!*

Program Etiquette

- Treat all members of the UWW community with respect and kindness.
- Wait patiently to be connected until up to 10 minutes after the session's scheduled start time.
- State your first name before speaking.
- Keep your comments relevant to the topic at hand.
- Turn off all radios and televisions before the session begins.
- Refrain from speaking with anyone in your home during a session.
- Cover the mouthpiece or mute your line when you are not speaking.
- You may have to skip a session or be disconnected if there are interruptions or background noise in your area.
- You may get disconnected if you have call waiting and you answer your incoming call.
- When a disconnection occurs, we usually are not aware of it.
- Call 212-769-2850 to see if DOROT is open in the event of inclement weather.
- Be prompt and avoid disconnecting. Latecomers and reconnections are not guaranteed.

Violation of the above guidelines may be grounds for dismissal from the program.



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 an enhanced sense of self-reliance. They report decreased feelings of social isolation, hopelessness, and boredom, and appreciate sharing their experiences with others who face similar challenges.

Please write to us and share your thoughts. Email: info@dorotusa.org

Registration

 REGISTRATION BEGINS
WEDNESDAY, AUGUST 9, 2017.

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

TELEPHONE _____

EMAIL _____

Fees

Only \$15 for each program. Single sessions are free of charge.

Please specify the programs you would like to take by checking off the boxes on pages 22-24.

Enclosed is my check in the amount of: _____ for _____ (how many) programs.

I am unable to pay at this time. Please provide me with a scholarship.

I would like to make a contribution to DOROT in the amount of \$ _____.

Your donation ensures the continuity of University Without Walls – any amount is greatly appreciated. If you would like information about sponsoring a UWW program, please call Audrey Stein, Chief Development Officer at 917-441-3746.

Payment


Please charge my credit card: VISA MASTERCARD AMERICAN EXPRESS

CREDIT CARD # _____ Exp. Date: _____

Signature: _____

- Register by **MAIL** (complete the registration form and mail using the envelope enclosed).
- Register by **TELEPHONE** at 212-769-2850 or toll-free at 1-877-819-9147.
- **FAX** your registration form to 212-769-4989.
- Register **ONLINE** at www.dorotusa.org.

Programs Day-by-Day

 Indicates Online Program.

Mondays

10-10:50 AM

- Exploring the Exodus: Leaving Egypt Then and Now, page 10
- Famous Jewish Folk Tales Throughout the Ages, page 10
- Jesus: First-Century Rabbi and Son of G-d, page 10

11-11:50 AM

- Does U.S. Supreme Court Protection of Free Speech Keep Me Free?, page 14
- The Inner Smile, page 6
- Joseph: Jacob's Righteous Son, page 11
- Natural Techniques to Improve Your Eyesight, page 7
- Natural Techniques to Relieve Depression, page 7
- Natural Techniques to Sleep Soundly, page 7
- Subway Style: Art underground and in the light, page 2
- When Walls Become Doorways: Creativity and the Transforming Illness, page 9

12-12:50 PM

- Self-Care for a Strong Mind and Body, page 8

2-2:50 PM

- Movies and More, page 4
- Traversing the City: Ferries, Bridges and Tunnels, page 2

3-3:50 PM

- Nothing about Us without Us: A Conversation about Self-Advocacy, page 15
- Progressive Relaxation with Guided Imagery Section A, page 7
- Progressive Relaxation with Guided Imagery Section B, page 7

4-4:50 PM


- More than Sports, page 14

4:30-5:20 PM

- Thorny Issues: A Book Discussion Group, page 3

Tuesdays

10-10:50 AM

- 2017 Medicare Updates, page 5
- Are My Medications Making Me Sick?, page 5
- Creative Aging: Exploring Art with the Masters: Section A, page 3
- Creative Aging: Exploring Art with the Masters: Section B, page 16 
- Depression Associated with Memory Loss, page 5
- Discussion on Dementia & Alzheimer's Disease, page 5
- Observing the Wonders of the Universe, page 15
- Resiliency: Bouncing Back After Hard Times, page 8

11-11:50 AM

- Florine Stettheimer: Painting Poetry, page 1
- Insight and Imagination: Cultivating Your Creativity, page 6
- Jazz: America's Great Music, page 4
- Protect Yourself: Section A, page 7
- Protect Yourself: Section B, page 7

1-1:50 PM

- Ethical Teachings of the Jewish Sages, page 10
- Introduction to Jewish Mysticism, page 10
- Memories and the Music of Our Lives, page 4

2-2:50 PM

- Art and Social Change, page 1
- Classic Musicals, page 3
- How Can Older Adults Prevent Falls?, page 6
- Nourishment and Emotional Wellness through Food, page 7

3-3:50 PM

- The Current Political Scene: Section A, page 14
- Sing-Along Broadway, page 4

3:15-4:15 PM

- Across the Miles, page 13

4-4:50 PM


- DOROT's In-Sight Program for the Visually Impaired, page 5

Wednesdays


10-10:50 AM

- Frank Lloyd Wright, page 1
- Visionaries: Creating a Modern Guggenheim, page 2

11-11:50 AM

- Discover Central Asia: Journey to the Path of the Silk Road, page 16 
- The Impeachment Process, page 14
- People's Republic of China, page 15
- You and Your Doctor: A Dialogue between Partners, page 9

12-12:50 PM

- Discover Bhutan: Journey to the Kingdom of Happiness, page 16 
- How to Prepare for a Visit with Your Doctor: Making A List, page 6
- Yoga as Therapy: Health Benefits of Therapeutic Yoga for Self-Care, page 9

1-1:50 PM

- Living with the Torah, page 11
- Talmud Treasures: The Wisdom of Our Sages and Life's Lessons, page 12

2-2:50 PM

- Farce or Fancy: the Book of Esther, page 13
- Life Planning Documents: During Your Lifetime, page 6
- Life Planning Documents: Your Legacy, page 6

3-3:50 PM

- Grandparenting Young Children in the 21st Century, page 14
- Song of Songs: A Love Story, page 12

3:15-4:15 PM

- Across the Miles, page 13

4-4:50 PM

- Current Events, page 13
- Daily Tips for Vision Loss, page 5


Thursdays

10-10:50 AM

- Psalm 30: The Psalm for Chanukah, page 13
- Queens in the Books of Kings, page 11

Programs Day-by-Day

11-11:50 AM

- More Poems from a Siddur, page 11
- The Rainbow of Jewish Music, page 16 
- Turning of Seasons, Turning of Souls, page 13

1-1:50 PM

- Ramban's Letter – How Does One Develop Humility?, page 11
- Understanding Memory Loss, page 9

2-2:50 PM

- Time Travel: Women's Poetry through the Ages, page 3

2-3:15 PM

- Yom Kippur: Reflecting on the Holiest of Days, page 13

3-3:50 PM


- The Current Political Scene: Section B, page 14
- The Current Political Scene: Section C, page 14

4-4:50 PM

- The Beauty of Opera, page 3
- Psalms, Part 9, page 11

Fridays

10-10:50 AM

- 1984: A Book Discussion: Section B, page 16 
- Goal Directed Therapy: Taking Control of Your Life, page 6
- Seated Qigong, Tai Chi Easy Arms, and Guided Meditation: Section A, page 8
- Seated Qigong, Tai Chi Easy Arms, and Guided Meditation: Section B, page 8

11-11:50 AM

- 1984: A Book Discussion: Section A, page 3
- Welcoming Shabbat, page 12

12-12:50 PM

- In Their Own Words: Oral Histories from the Intrepid Museum, page 1
- Self-Massage for Stress Relief, page 8

1-1:50 PM

- Forty Shades of Technicolor, page 4
- Just Conversation, page 4
- Savvy Seniors, page 15

ADDITIONAL PROGRAMS

Senior Center Without Walls (SCWW) is a California-based telephone program offering hundreds of classes each year to seniors nationwide. DOROT and Senior Center Without Walls are piloting a partnership to better meet the needs of seniors across geographical boundaries.



Senior Center Without Walls
An ESC Senior Resources Program

Both programs are thrilled to offer additional opportunities to learn, engage, support, and connect with others. Please contact DOROT at **212-769-2850** for more information about additional programs offered by SCWW.



“The University Without Walls is so important for someone like me. My link to the outside world and keeps my mind busy.”

www.dorotusa.org



171 West 85th Street
New York, NY 10024
212.769.2850
www.dorotusa.org

*“It was very enjoyable, beneficial and interesting.
It’s so nice to be part of a class – it was my first class
taken with DOROT.”*