The work of the following photographers is included in this brochure:

Larry Barnes
Russell Dian
Melanie Einzig
Steve Friedman
Erich Hartmann/Magnum

Donation Information
There are many ways to support DOROT. If you would like to make a contribution, obtain information about annuities, or speak with someone about including DOROT in your will, please call DOROT’s Development Department at 212-769-2850.
DOROT’s programs satisfy many diverse interests and needs. You can have meals delivered to your door — or help volunteers pack food for our Holiday Package Deliveries. You can take Tai chi-based classes at our Upper West Side headquarters — or sit in your living room and exercise your mind with our University Without Walls telephone conference call classes. You can enjoy one of our Afternoon Concerts with Friends in DOROT’s Susan Resnick Fisher Auditorium — or a special serenade performed just for you, in your home, by one of our Mobile Minstrels.

Whether you’re looking for food, friendship, companionship, shopping assistance, referrals, cultural activities, or even personalized computer lessons, we urge you to take advantage of the many programs and services offered by DOROT. You’ll find an intergenerational community waiting to embrace you.

**Areas We Serve**
With more than 35 programs serving seniors of varied mobility, DOROT enhances elders’ lives individually, in their homes, and through group activities at or near our Upper West Side hub. DOROT’s on-site programs take place at our fully accessible headquarters at 171 West 85th Street on the Upper West Side of Manhattan.

Most of our core food and friendship programs serve seniors in Manhattan on the Upper West Side from 59th Street to 125th Street and the East Side from 14th Street to 96th Street. For information about available programs and areas served in Westchester, please call 914-674-9129 or toll free 800-499-0940.

Additionally, seniors who live throughout the United States and even abroad can participate in our telephone programs from the comfort of their homes. Please inquire about the specific availability of the programs that interest you.

**How to Get Involved**
If you wish to participate in DOROT’s on-site programs, which take place at our headquarters on the Upper West Side, you will need to attend an orientation and fill out an information form. We also request a note from your doctor if you want to participate in exercise classes.

For some DOROT programs, including those that involve sending a volunteer to your home, a home visit by a DOROT social worker is required. This helps us determine if a particular program will meet your needs and that only the most appropriate volunteers are selected to come to your home.

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For information, call DOROT at 212-769-2850 or visit www.dorotusa.org
If you have difficulty leaving the house, you may be interested in meal deliveries, shopping assistance, or having a visitor spend time with you in your home. Or, perhaps you would like to engage in stimulating conversation and obtain helpful information by joining our telephone conference call program. See page 6.

Kosher Meals for the Homebound
If you have difficulty shopping and cooking, DOROT home-delivers nutritious, frozen glatt kosher meals every week. You can choose from a wide-ranging menu (including low-salt options), then heat and eat at a convenient time.

Emergency Meals
If you or someone you know is recovering from an illness or a hospitalization and is in urgent need of prepared food, DOROT will home-deliver nutritious, frozen glatt kosher meals to foster a speedy recovery.

Shabbos Meals
There is nothing like the taste of traditional Sabbath foods — grape juice, challah, gefilte fish, chicken soup, etc. Through the Lillie Schussheim Chaffkin Shabbos Meals program, DOROT delivers these freshly cooked meals to your home every Thursday.

Friendly Visiting
Friendly Visiting matches volunteers with seniors for weekly home visits. A DOROT social worker will introduce you to a volunteer with mutual interests. Established in 1976, DOROT’s Friendly Visiting has nurtured long-lasting friendships by bringing generations together to share ideas, opinions, and experiences.

Holiday Package Deliveries
On the Sundays before Rosh Hashanah, Chanukah, and Passover, volunteers visit with you in your home and bring gift packages of traditional foods and holiday items. Since 1976, DOROT’s Holiday Package Delivery program has brought generations together to share the spirit and warmth of the holidays. This program takes place on both the West and East Sides of Manhattan as well as in Westchester.

Thanksgiving Meal Delivery
On the Sunday before Thanksgiving, DOROT brings volunteers and seniors together to mark the holiday. As an alternative to our Thanksgiving Banquet hosted in the community, you may choose to have a volunteer deliver a full traditional festive meal — and a holiday visit — at home. See Thanksgiving Banquet, page 13.

Reading Assistance for the Visually Impaired
DOROT social workers can send a volunteer to visit once a week for an hour to read printed materials, assist with mail, or help with paperwork.

College Visitors for Holocaust Survivors
DOROT staff matches Holocaust survivors and refugees with college students for friendship and mutual appreciation. This is a unique opportunity to share your experiences of this important period in Jewish and human history. Students visit every week for six months to a year.

Computer Training
If you would like to become computer- and web-savvy, a DOROT volunteer will visit you at mutually convenient times to teach basic computer skills and Internet navigation. DOROT customizes these sessions and works with you to determine the number of sessions and duration of instruction. To receive computer training at DOROT by DOROT’s volunteers, see page 16.

Mobile Minstrels
DOROT volunteers bring their instruments and vocal talents to your home to create a shared musical experience.

Family Circle
DOROT’s Family Circle program is a premiere source of intergenerational friendship and childhood education in community values. See Seniors & Youth, page 16.
Telephone Conference Call Programs

Through DOROT’s teleconference programs, you can transform your phone into a doorway — to friendship, information, entertainment, support, intellectual stimulation, Jewish culture, and above all, community. University Without Walls (UWW), our original telephone program, offers hundreds of classes each year that appeal to a range of interests.

Building on UWW’s success, To Your Health offers classes and support groups related to chronic health conditions. Russian University Without Walls offers specialized classes and the convenience of participation from home to Russian-speaking elders, and Caregivers’ Connections provides information and support to individuals caring for older loved ones. Partnerships with cultural, communal, and health-related institutions help keep our courses and support groups in step with the greater New York community.

University Without Walls
DOROT has created a unique telephone community via conference calls. UWW will enable you to join in lively, stimulating classes, make new friends, get and give emotional support, and celebrate the holidays — all within the comfort of your home. Classes and support groups are led by professionals and volunteers who enjoy sharing their expertise and learning from class participants. Topics include the arts, history, health, current events, and more. You can be connected from any location in the U.S.A. Call for a University Without Walls catalog or view UWW course selections on our website, www.dorotusa.org.

To Your Health
To Your Health, a sister program to University Without Walls (UWW), enables you to learn more about your health concerns from professionals in the health care field. It also connects you with your peers, who can provide emotional support and the benefit of experience with similar conditions. The courses, offered in English and Spanish via telephone conference calls, are available to seniors, their companions, and their home attendants throughout the greater New York metropolitan area. Partners offering medical expertise include the Weill Cornell Medical Center, Columbia Presbyterian Hospital, and Mount Sinai Medical Center. Call for a current To Your Health catalog.

Russian University Without Walls
Serving Russian-speaking seniors, this program offers classes and discussion groups conducted in Russian and English via telephone conference calls. Participants enjoy stimulating conversations, develop skills in English, and choose from a variety of educational courses. You can be connected from any location in the U.S.A.

Now available: Citizenship Exam Preparation Course to help Russian-speaking seniors practice for the examination to become a United States citizen. To register for Russian University Without Walls, please call 917-441-5061.

Caregiver’s Connections
Caregiver’s Connections is DOROT’s educational and support network for caregivers, offered in partnership with hospitals, social service agencies, and healthcare professionals. Weekly support groups and workshops give caregivers the opportunity to speak with experts, learn about community resources, and speak with other caregivers. These support groups and workshops are conducted over the telephone via conference call technology to accommodate busy schedules and eliminate the difficulty of traveling to a meeting site.
Our health and wellness classes, offered at DOROT's headquarters on the Upper West Side, feature exercise, lectures, and workshops geared specifically for seniors’ needs.

**Health and Wellness Classes**

DOROT's exercise, nutrition, relaxation, and lifestyle classes boost your energy, develop flexibility, and increase strength and endurance. We offer a wide variety of opportunities to improve health and make new friends. Exercise and relaxation classes include Chinese exercise, weight training, balance, light dance, meditation, and yoga. Lifestyle and nutrition classes include clutter control, falls prevention, healing voice, brain upgrade, and weight loss. All wellness classes take place at DOROT's headquarters. Call 212-769-2850 for a schedule.

Proper nutrition is vital for everyone. If you cannot prepare food for yourself, you can receive pre-cooked, nutritious meals, delivered to your home by DOROT. See *In Your Home*, page 5, for more information.

**Senior Cafe and Rooftop Garden**

Twice a week, you can bring your own brown bag lunch and join other seniors on DOROT’s seventh floor for plenty of pleasant conversation, story and poetry readings, and the occasional musical guest. In warm weather, participants can enjoy the view from DOROT’s rooftop garden. Beverages are provided by DOROT.
Sometimes all it takes to keep the independence you cherish is a little help from DOROT. Don’t let mobility issues keep you from doing the things you want — and need — to do. We offer a variety of escorting programs to help you get to the doctor, the supermarket, and the pharmacy — or just outside for some fresh air. And if you have to stay inside, our escorts and volunteers will do the walking and shopping for you. Please call us to see if we provide this service in your area.

**Escorts to Medical Appointments**

DOROT provides escorts if you need assistance going to and from medical appointments. These escorts accompany you door-to-door.

**Shopping Assistance**

If you need assistance to shop for groceries or other necessities, DOROT provides escorts. These escorts accompany you or can shop for you if you are unable to leave your home.

**Cemetery Visits**

If you value the tradition of visiting loved ones’ grave sites, but cannot do so without assistance, this program makes it possible. DOROT provides door-to-door transportation and volunteer escorts to accompany you to the grave sites of loved ones in cemeteries in the New York metropolitan area. Cemetery Visits take place in July, before the High Holy Days.

**Escorts to Cultural Events**

DOROT’s Hand-in-Hand program connects you and volunteer escorts to appreciate and explore the arts. Together you can participate in arts excursions in the New York area organized by DOROT, enjoy one of our many on-site arts or music programs, or attend an event of your choice together, enriched by each other’s companionship and conversation.

**Escorts to Voting Polls**

Citizens of all ages cherish the right to vote. Through Let DOROT Help You Vote, DOROT volunteers will help you to exercise this right by providing voter registration forms and absentee ballots prior to Election Day, or by escorting you to the polls on Election Day.
Holiday Celebrations & Spiritual Connections

HOLIDAY CELEBRATIONS
With their warm associations and treasured customs, holidays provide an opportunity to make friends and share experiences. DOROT’s holiday programs, offered in your home and in the community, bring people of all ages together to enjoy each other’s company at these special times.

Holiday Package Deliveries
On the Sundays before Rosh Hashanah, Chanukah and Passover, hundreds of volunteers visit seniors in their homes and bring gift packages of traditional foods and holiday items. See In Your Home, page 5, for more information.

Thanksgiving Banquet and Meal Delivery
On the Sunday afternoon before Thanksgiving, seniors gather in a ballroom on the Upper West Side to enjoy a festive meal of turkey with all the trimmings and live entertainment in the warm company of friends. The meal is served by a host of volunteers of all ages who also socialize — and dance! — with the participants. If you are unable to attend the banquet, a holiday meal will be delivered to your door by a caring volunteer. For more information about our Thanksgiving Meal Delivery, see In Your Home, page 5.

Telephone Celebrations
If you cannot leave your home, you can still join others to welcome the Sabbath and celebrate holidays by telephone through DOROT’s University Without Walls. To learn more, see On the Phone, page 6.

SPIRITUAL CONNECTIONS
As mobility, health, and other challenges increase, it often becomes harder to nourish one’s spiritual self. DOROT offers opportunities for you to express your spirituality and nurture this important resource in your life.

Cemetery Visits
This program makes it possible for you to visit the grave sites of loved ones in cemeteries in the New York metropolitan area. See Shopping & Escorting, page 10.

Mezuzah Program
Volunteers help you replace an old mezuzah or affix a new one to your door post. DOROT supplies a new mezuzah (kosher parchment included). A volunteer installs it and stays for a visit.

Pastoral Care
DOROT’s rabbinic intern visits and offers spiritual support and counseling to seniors in their homes.
From our popular senior chorus to private museum tours, DOROT's arts programs are a great way to meet new people while experiencing New York's wide variety of cultural offerings. DOROT also offers arts programs over the telephone through University Without Walls. Call 212-769-2850 for a current course catalog. DOROT also hosts a variety of intergenerational arts programs for seniors and youth, including painting and photography classes.

Concerts at DOROT
Several times a year, DOROT presents concerts and recitals in our beautiful auditorium. These programs range from classical music played by world-class musicians to popular songs (folk, theater, oldies) performed by professional entertainers — all in an intimate and comfortable setting.

Sing-alongs
DOROT's sing-alongs are open to all seniors and offer the opportunity to gather with others who share the joys of singing together. Lyrics are provided and auditions are not required.

DOROT's Senior Chorus
Kol DOROT, DOROT's senior chorus, sings an eclectic repertoire including Yiddish and Hebrew songs, Broadway tunes, and holiday music. All seniors are eligible to join the chorus; you do not need to know how to read music and lyrics are provided. The chorus meets at DOROT for rehearsals and gives occasional public performances with other choruses.

Museum Tours and Art Lectures
New York is a cultural paradise, and DOROT offers seniors the opportunity to take advantage of the city's riches by participating in art lectures at our headquarters and guided exhibit tours at New York's prominent cultural institutions.

Escorts to Cultural Events
DOROT's Hand-in-Hand program connects you with volunteer escorts who provide physical support or just companionship. See Shopping & Escorting, page 10.

For all DOROT's Arts & Culture events, please call 212-769-2850 for schedules.
In keeping with our mission to bring the generations together for their mutual enrichment, DOROT offers a wide variety of intergenerational programs. These include a growing number of activities for seniors and the young, from kindergartners through university students. Our programs emphasize friendship, shared interests, and the infinite capacity for people of all ages to learn from each other.

**Intergenerational Book Club**
Share your love of books and exchange ideas in this intergenerational book club for seniors and schoolchildren. Participants read the same book, then gather at a school or at DOROT’s headquarters on the Upper West Side to discuss the book. A facilitator leads the discussion.

**Bubbe’s Bakery**
No experience is necessary and all skill levels are welcome at DOROT’s baking program for seniors and families with children aged 5-10. Talk, laugh, and bake traditional Jewish delicacies, then eat them at an intergenerational tea party. DOROT provides all the ingredients.

**Computer Training at DOROT**
In DOROT’s Computer Lab on the seventh floor of our Upper West Side headquarters, teenage Computer Corps volunteers employ their expertise to demystify computer use and teach seniors a variety of skills. Topics range from surfing the Internet to sending and receiving e-mail to using applications such as Microsoft Word. Sessions are scheduled for the mutual convenience of you and the volunteers. For Computer Training In Your Home, see page 5.

**E-mail Pals**
It’s the 21st century version of pen pals, across the generations and over the Web. Teens are matched with seniors learning computer skills. As you build a relationship through correspondence, you hone your computer skills while the teens benefit from your accumulated life experiences.

**Family Circle**
DOROT’s Family Circle program is a premiere source of intergenerational friendship and childhood education in community values. You can receive a friendly visit in your home by a family with children aged 4-12. Each family visits on Sundays before holidays such as Rosh Hashanah, Chanukah, Tu B’Shevat, and Passover, bringing with them holiday treats and gifts.

**Intergenerational Arts and Crafts**
In these collaborative programs that successfully connect the generations through art, students and seniors meet at schools or at DOROT’s headquarters on the Upper West Side to participate in creative group projects. Past intergenerational programs have included photography, quilting, knitting, musical theater, murals, and collage making.

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**Mentorships**
You can share the benefits of your accumulated knowledge and experience by mentoring students or younger adults who are interested in spending time with and learning from a more mature person. Activities can range from conversation to helping a younger person master a new language or a musical instrument, playing chess, or crocheting. Mentorship partners meet once or on an ongoing basis at mutually convenient times and locations.

**Oral History Projects**
Your history is a unique story and is one of the most valuable gifts you can give to the younger generation. In this program, students visit seniors to listen to their oral histories. They then share copies of their final projects with the elders whose lives they have documented.

**Phone Pals**
These telephone friendships bring you together with DOROT teens living in and outside the Manhattan area for ongoing conversation, discussion, and shared reflection. Calls are scheduled at mutually convenient times.
For seniors who have lost their housing or are at risk of losing their homes, DOROT's Homelessness Prevention Program (HPP), a transitional residence in Manhattan, offers safe, temporary housing; meals; counseling; and assistance in finding a permanent home. DOROT's Aftercare program provides clients with ongoing services after they move into permanent housing.

This program is available to seniors 60 or older who are homeless or facing homelessness. An interview with a DOROT social worker is required.

For further information or to refer a homeless senior, call the Homelessness Prevention Program at 212-666-2000.
**Ask DOROT**

For seniors and caregivers who seek information about DOROT programs, public agencies providing senior services, commercial services for the elderly, and other issues, DOROT provides guidance, referrals, and suggestions.

You can receive answers to your questions by contacting us in one of three ways:

1) **Call us at 212-769-2850** - DOROT’s Information and Referral Specialists are available by phone Monday through Friday from 9:30 AM to 12:30 PM. If we cannot answer your question right away, we will take your contact information and get in touch with you as soon as possible.

2) **Online** - DOROT’s website provides access to an Information and Referral database that represents years of research and experience by our social workers and trained volunteers. This section of the site is updated periodically and offers a wealth of information. Visit [www.dorotusa.org](http://www.dorotusa.org) and click on “Resources” in the left margin under Quick Links.

3) **E-mail us at info@dorotusa.org** - You can also submit a question through the DOROT website. Visit [www.dorotusa.org](http://www.dorotusa.org) and, in the left margin, in the Ask DOROT box, select the “contact us” link.

**Case Assistance and Counseling**

When you speak with a DOROT social worker, you will find a calm and sympathetic listener who will review your situation (or the circumstances of the senior for whom you are calling), provide emotional support, and make professional recommendations or referrals. If you are a local resident interested in participating in DOROT’s programs, we can arrange for a DOROT social worker to visit with you in your home.

To speak with a DOROT social worker, call us Monday through Friday from 9:30 AM to 12:30 PM at 212-769-2850.

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**DOROT PROGRAMS FOR SENIORS**

**Overview**

Since 1976, DOROT has provided seniors with food, companionship, and opportunities for educational and cultural enrichment. With the help of a pool of 10,000 volunteers, our programs foster friendship between the generations.

At DOROT, we take pride in our individualized service. When you contact us, our staff will spend time speaking with you so that we can learn about your circumstances and preferences. We will then recommend the programs that best suit your needs and interests.

Our programs serve any senior aged 60 or older, from the active and mobile to the homebound. For some programs, especially those that involve volunteers coming to your home, a social worker will visit you personally to help ensure that we can match you with the most compatible volunteers and fill other needs you might have.

DOROT welcomes volunteers and seniors of all backgrounds and prohibits discrimination on the basis of race, religion, color, gender, age, disability, national origin, marital status, sexual orientation, or veteran status.

To speak to a DOROT staff member about your needs, call 212-769-2850, Monday - Friday from 9:30 AM to 12:30 PM.