



# Telephone and Online Programs for Older Adults

## UNIVERSITY WITHOUT WALLS

### TOPICS

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



*No charge  
for single-session  
programs! See next  
page 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

## What is UWW?

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 friendship. 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 from the comfort of their homes. 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. One-time programs are free of charge. Multiple-session programs are \$15 each. There is no registration fee. Fee waivers are available—just ask when you register! Payments can be made by a credit card or check payable to DOROT, 171 West 85th Street, New York, NY 10024.

## How can I enroll?

Register starting **WEDNESDAY, JANUARY 24** by **TELEPHONE** at 212-769-2850 or toll-free at 1-877-819-9147. You also can register **ONLINE** at [www.dorotusa.org](http://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. Many programs are limited to a set number of participants, so everyone can join in the discussions.

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## ABOUT CAREGIVERS' CONNECTIONS

DOROT's educational and support network for caregivers offers weekly support groups and workshops to give caregivers the opportunity to speak with experts, learn about resources, and meet other caregivers. All programs 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

## 75 Years of *Intrepid* NEW

8 Fridays at 12 PM, March 2-May 4

(No sessions on March 30 & April 6)

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

The year 2018 marks the 75th anniversary of the commissioning of the USS *Intrepid*. In this eight-part program, we will relive some of the most important events in the history of *Intrepid*, both as an aircraft carrier and Museum and learn about the innovations in design that allow aircraft carriers to function as entire cities at sea.

## American Modern: Alfred Stieglitz in Context NEW

5 Wednesdays at 10 AM, May 2-30

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

Survey the art and artists in the circle of Alfred Stieglitz and his gallery, which was an important locus for interactions between American artists and European modernists. Sessions will include both lectures and discussion: What was the foundation of modernism in America?

## Modigliani Unmasked NEW

2 Wednesdays at 10 AM, March 21 & 28

*Phyllis Gitlin, Docent, The Jewish Museum*

Discover ~150 works of Modigliani's paintings, sculptures, and other drawings from collections around the world. Modigliani's art is complemented by work representative of the various multicultural influences—African, Greek, Egyptian, and Khmer—that inspired the young artist during this lesser-known early period.

## Photography: People, Places, Things NEW

3 Tuesdays at 2 PM, April 17, May 1, 15

(This program meetings every other week.)

*Floyd Skaver, Educator, Whitney Museum of American Art*

Explore different movements in photography, through the lens of artists in the Whitney Museum's collection. From the traditional to the experimental, see the whole spectrum of photography as an art form.

## Women Only NEW

4 Wednesdays at 10 AM, February 14-March 7

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

Let's explore the permanent collection of the Guggenheim Museum looking at images of women by male artists, including Picasso and Modigliani, as well as the work of women artists, including Helen Frankenthaler, Sophie Calle, Catherine Opie, Jenny Holzer and Cindy Sherman.

*“I love it, and I’m so glad it’s available to us.”*

# The Arts

## Literature

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### 1984: A Book Discussion

3 Fridays at 10 AM, February 2, March 2, April 13

(This program meets monthly.)

*Taina Evans, Coordinator Older Adults Services, Brooklyn Public Library*

Join in a discussion group on George Orwell's classic, yet timely and relevant novel, *1984*. Each month, the group will be facilitated by a different librarian, writer, community member, artist, etc. Books will be provided.

### Time Travel: Women's Poetry through the Ages

4 Wednesdays at 3 PM, April 4-25

*Nyja Attenborough, Poet*

Continuing our journey, we'll discover early women poets from the following cultures: Eskimo, Turkish, Papuan, Catalan, Provencal, Anglo Saxon, Welsh, Spanish, Portuguese and Italian. We also will write a bit of our own poetry as we go. Men and women, and newcomers are welcome to our time travel.

## Music/Performing Arts

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### Classic Musicals

6 Thursdays at 2 PM, March 8-April 19

(No session on April 5)

*Leo Schaff, Singer; Songwriter*

*Annie Get Your Gun, Kiss Me Kate, Peter Pan* – three great shows from the classic era. We'll hear the original Broadway cast recordings, relive the stories, and marvel all over again at these hits. Songs include "Doin' What Comes Naturally," "So In Love," "Another Openin' Another Show," "Neverland," "I Won't Grow Up," and more.

### Creative Aging: Storytelling through Memories Workshop

4 Tuesdays at 10:30 AM, February 20-March 13

(This program also is offered online.)

*Iryna Filitsya, Brooklyn Public Library*  
Brooklyn Public Library presents a storytelling workshop through its Creative Aging program. Explore the ways we tell stories about our communities through various formats such as oral storytelling, emotional techniques, and health narratives.

### The History of Rock 'n' Roll

4 Thursdays at 4 PM, March 29-April 26

(No session on April 5)

*TBA, Graduate Student, Manhattan School of Music*

Join us as we take a retrospective look at the development of rock 'n' roll in 1950s America.

### Just Conversation

5 Fridays at 1 PM, June 1-29

*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 Mondays at 1 PM, April 2-23

*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.

## Movers and Shakers in the Movies

5 Fridays at 1 PM, April 27-May 25

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

We will discuss powerful leaders as presented in these film biographies: Ben Kingsley as *Gandhi* [1982], Morgan Freeman as Nelson Mandela in *Invictus* [2009], Daniel Day-Lewis as *Lincoln* [2012], and Gary Oldman as Churchill in *Darkest Hour* [2017]. How did their performance influence world history?

## Movies and More

6 Mondays at 4 PM, February 26-April 2

*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?

## Orchestral Music: The Symphony

4 Thursdays at 4 PM, February 15-March 22

(No sessions on March 1 & 8)

*TBA, Graduate Student, Manhattan School of Music*

What is a symphony? Learn about one of the most famous musical forms from its humble and obscure beginnings to its grandest moments of Beethoven and Mahler.

## Sing-Along Broadway

6 Thursdays at 3 PM, March 8-April 19

(No session on April 5)

*Leo Schaff, Singer; Songwriter*

Join with us to sing “Over the Rainbow,” “Heart,” “Luck Be A Lady,” “There’s No Business Like Show Business” and so many more from the *Wizard of Oz*, *Damn Yankees*, *Guys & Dolls*, and *Annie Get Your Gun*. Lyrics will be provided. Warm up, everyone!

## Storytelling – Tell Your Story

9 Tuesdays at 2 PM, June 5-July 31

(All sessions are 90 minutes.)

*Robin Bady, Storyteller*

You’ve lived an interesting life – you have interesting stories to tell! Come together as a group to explore your own legacy of experiences – important, funny, sad and/or memorable – and discover the narratives you want to tell. Then, use listening, writing and the spoken word skills to sharpen and shape your important memories into well told stories. The culmination will be a group sharing.

## TV Sitcom

6 Thursdays at 3 PM, February 22-March 29

*Bill Siegler, Broadcast & Cable TV Producer, Retired*

It’s been said that “comedy is king,” queen sometimes, too. What makes a TV sitcom funny? Writing? “Real life” situations? There are classic characters like Lucille Ball, Maude, Roseanne, Mary Tyler Moore, Jackie Gleason, Archie Bunker, and Jerry Seinfeld, and gang comedies too like *M\*A\*S\*H*, *Friends*, and *Seinfeld*. Let’s explore them all and laugh together.

# To Your Health

## Am I Grieving? NEW LECTURE

1 Tuesday at 10 AM, April 3

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

Most of us have had a family member, close friend, or partner who has died. Grief can be a complicated but normal emotion. This session will focus on what is grief, when is it normal vs. abnormal grief, and what one can do to help oneself while grieving.

## Coping with Change and Creating New Friendships NEW ONGOING!

16 Tuesdays at 11 AM, February 6-May 22

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

Discover the challenge of mastering new events. Explore the importance of friends in rocky times. As a bonus, we will include the wise words of modern poets. Your insights and ideas are valuable in this interactive class.

## Daily Tips for Vision Loss ONGOING!

16 Wednesdays at 4 PM, February 7-May 23

*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 LECTURE

1 Thursday at 2 PM, March 22

*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 LECTURE

1 Tuesday at 2 PM, February 27

*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 ONGOING!

20 Tuesdays at 4:30 PM, February 6-June 26

*Carole Yablonowitz, Group Discussion Leader*

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

## Getting the Best Care during a Serious Illness NEW LECTURE

1 Wednesday at 10 AM, April 11

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

When you or your loved one is diagnosed with a serious illness, navigating the healthcare landscape can be confusing and overwhelming. The best care means different things to different people. We will discuss the three types of care available to those with serious illness.

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

1 Thursday at 12 PM, March 1

*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.

## If Your Blood Pressure Deserves To Be Treated, So Does Your Depression NEW LECTURE

1 Friday at 11 AM, May 18

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

Many older adults feel down and depressed. You are not alone if you feel that way. With awareness of the common manifestations of depression and available treatment options, patients and physicians can work together to address mental health.

## Insomnia: Tips to Stop Counting Sheep NEW LECTURE

1 Thursday at 10 AM, March 8

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

A discussion about how sleep changes as we age, basics of good sleep hygiene, and the good, bad, and the ugly about sleeping pills.

## Life Planning Documents: During Your Lifetime LECTURE

1 Wednesday at 2 PM, May 9

## Life Planning Documents: Your Legacy LECTURE

1 Wednesday at 2 PM, May 16

*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!

# To Your Health

## Medicare Update LECTURE

1 Thursday at 2 PM, February 8

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

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

## Mindfulness-Based Stress Reduction: Reducing Stress and Improving the Quality of Our Lives

1 Friday at 1 PM, March 2

*JD Elder, MA, LMT, Coordinator of Complementary Therapies, Hertzberg Palliative Care Institute, Brookdale Department of Geriatrics and Palliative Medicine, the Icahn School of Medicine at Mount Sinai*

Learning anything new requires understanding it. Mindfulness practice is exercise for the brain, a way of intentionally using our minds in beneficial ways. It is a learned skill. Join us for this interactive workshop to learn a few simple approaches to cultivating more ease and comfort in everyday life.

NEW

LECTURE

## Progressive Relaxation with Guided Imagery ONGOING!

14 Mondays at 3 PM, February 5-May 14

(No session on February 19)

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

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

## Protect Yourself LECTURE

2 Thursdays at 11 AM, May 17 & 24

(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.

## The Scoop on Poop: What to Do about Constipation NEW LECTURE

1 Thursday at 10 AM, February 22

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

Learn what causes constipation, how to prevent it, and what to do when it happens. We will explore home remedies and over the counter treatments. Join us!



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

ONGOING!

12 Fridays at 10 AM, February 9-May 25

(No sessions on February 23, March 23, April 6, May 4)

*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 your chi (life-force.) Enjoy guided relaxation visualizations and meditation. Each session includes a short lecture and group discussion based on the written materials included in the course.

## Self-Massage for Stress Relief

LECTURE

1 Friday at 12 PM, March 16

*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.

## To Vaccinate or Not To Vaccinate, That is the Question

NEW

LECTURE

1 Thursday at 10 AM, March 22

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

Are you curious or confused about current vaccination and screening recommendations for older adults? What are the actual risks and benefits for you? Learn how to make informed decisions about which vaccinations and screening tests you should receive.

## Understanding Memory Loss

LECTURE

1 Thursday at 1 PM, April 12

*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 and other forms of dementia. Review the importance of a diagnostic evaluation when symptoms first arise, treatment options, and research regarding healthy aging.

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

# Judaic Studies

## All about Abraham

5 Mondays at 11 AM, March 5-April 2

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

Meet Abraham, our first patriarch and father of the Jewish people, at the age of 75 and learn of his special relationship with G-d and goal of making monotheism his life's mission. Explore the book of Genesis to help us understand the life and times of this great forefather.

## Ethical Teachings of the Jewish Sages

8 Tuesdays at 1 PM, April 17-June 5

*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.

## Even More Poems from a Siddur

1 Monday at 11 AM, April 9

*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.

## Jews and the Bronx

4 Wednesdays at 3:30 PM, July 25-August 15

*Interns, DOROT*

Join DOROT teen interns to learn about the ethnic and cultural experiences and share personal memories of Jewish life during the twentieth-century.

## Introduction to Jewish Mysticism

8 Tuesdays at 1 PM, February 20-April 10

*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.

## Jewish Teachings about Racism and The Other

1 Monday at 11 AM, June 11

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

From our earliest written texts, Jews have considered what it means to be other, better, different, despised and the children of One Creator. Explore some of the classic teachings on these topics that are so much in the headlines these days.

## Living with the Torah

8 Wednesdays at 1 PM, February 21-April 11

*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 Queens in the Books of Kings

1 Monday at 11 AM, March 12

*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.

## Psalms ONGOING!

16 Thursdays at 4 PM, February 1-May 24

(No Session on April 5)

*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.

## Ramban's Letter - How Does One Develop Humility?

3 Thursdays at 1 PM, June 7-21

*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.

## Same and Different: Jewish Traditions and Experiences

4 Thursdays at 11 AM, June 28-July 19

*Interns, DOROT*

Join DOROT teen interns for an intergenerational  
exploration of contemporary Jewish traditions and  
experiences.

## The Secrets of the Queen of Persia: The Book of Esther NEW

2 Thursdays at 3 PM, February 15 & 22

*Sandy Gruenberg, Volunteer, DOROT*

Join us as we explore the nature of the only book  
of the Bible that doesn't mention God's name.  
What are its secrets and how does it parallel the  
Joseph story.

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

8 Wednesdays at 1 PM, April 18-June 6

*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.

## The Voices of our Prophets: Then and Now NEW ONGOING!

14 Mondays at 10 AM, February 5-May 14

(No sessions on February 19, May 21)

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

How does Judaism define "prophet?" We will  
discuss the messages of the prophets throughout  
Jewish history, the significance of their messages  
during their own time period, and the impact and  
relevance of their prophecy today. The historical  
context in which each prophet lived will be also be  
explored.

## Welcoming Shabbat ONGOING!

20 Fridays at 11 AM, February 9-June 29

(No session on April 6)

*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.

## Women's Experience of the Revelation at Sinai

1 Monday at 11 AM, May 7

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

All Jews stood at Sinai to receive the Torah, yet  
Moshe's statement "do not go near a woman"  
makes us wonder who was really being addressed.  
We will explore ancient and modern responses to  
this phrase.

# Special Interest

## Holidays

### Model Passover Seder

Section A: 1 Wednesday at 12 PM,  
March 28

Section B: 1 Wednesday at 2 PM, March 28  
(This session is 60 minutes.)

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

We will share a traditional telephone Seder commemorating the Exodus from Egypt. Join us for a telling of the story of Passover and singing of holiday songs.

## Human Interest

### Across the Miles

2 Wednesdays at 3:30 PM, April 25, July 25

*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.

### Contemporary Issues

Section A: 4 Tuesdays at 4:30 PM,  
February 6-27

Section B: 4 Thursdays at 11 AM, July 26-  
August 16

*Interns, DOROT*

Join DOROT teen interns for a lively discussion of current events and social issues.

## Current Events

6 Wednesdays at 4 PM, February 21-April 4  
(No session on March 14)

*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.

## The Current Political Scene ONGOING!

16 Tuesdays at 3 PM, February 6-May 22

*Charles Perkins, Historian and Former  
Educator*

This spring will help determine the mid-term election outcome. Will Congress dig a deeper hole for the Republicans and fail to pass legislation? Will Trump stop tweeting? And what bombshell revelations will come of the Mueller investigation? Are big changes ahead?

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

## Japan NEW

10 Wednesdays at 11 AM, February 21-April 25

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

Gain a glimpse into the nation of Japan including the significance of its geography. Explore its religions (Shinto and Buddhism), cultural, economic and political evolution found within the Japanese society from its beginning to the present. International relations are treated as are factors contributing to the success and failure of the current Japanese system.

## More than Sports

6 Mondays at 4 PM, April 9-May 14

*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.

## Tales and Travel: Folklore Stories from Around the World NEW

2 Friday at 10 AM, May 4 & June 1

(This program meets monthly.)

*Staff, Brooklyn Public Library*

Join this innovative library program that takes participants on an imaginary trip to another country or region of the United States through stories.

## Savvy Seniors

1 Friday at 2 PM, April 13

*Madeleine Witenberg, Coordinator, 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.”*

## Creative Aging: Storytelling through Memories Workshop NEW

4 Tuesdays at 10:30 AM, March 20-April 10

(This program also is offered over the telephone.)

*Iryna Filitsya, Brooklyn Public Library*

Brooklyn Public Library presents a storytelling workshop through its Creative Aging program. Explore the ways we tell stories about our communities through various formats such as oral storytelling, emotional techniques, and health narratives.

## Discover India NEW

2 Tuesdays at 12 PM, February 20 & 27

*Ray Pun, Volunteer, DOROT*

From Bollywood to the Taj Mahal, learn about the rich history and culture of India through the experiences of a traveling librarian.

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

## Discover South Africa NEW

3 Tuesdays at 12 PM, April 3-17

*Ray Pun, Volunteer, DOROT*

Explore the complex history of South Africa from the Apartheid to today's rising global economy through the experiences of a traveling librarian.



# 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

Estante and Martin Fawer

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Anonymous

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## REMEMBRANCE

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

Florence Barkan

Ruth Frimark

Suzanne Gerchick

Dorthea Hoagland

Edna Oliver

Shirley Piniat

Helen Silver

Florine Skolnick

*Donations ensure 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.*

# 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

The Museum of Modern Art (MoMA)

Museum of the City of New York

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

Age Friendly Englewood

Roberta Branciforti, AgeWell New York

Brooklyn Public Library

Carter Burden Center for the Aging

Robin Christian

Con Edison

Polly Desjarlais, The New York Transit Museum

Family and Children's Association

Diane Fisher

Shani Frank

Maria Fulgieri

Marks JCH "Good Neighbors" NNORC Program

Goddard Riverside

Half Hollow Hills Community Library

Debra J. Harris

HealthCare Partners, IPA

Sonia Jang

Tamar Landes

Barbara Levenson

JCC Metrowest

Lighthouse Guild

Mid-Island Y JCC

Cathy O'Sullivan, Care NYC

Samuel Field Y Neighborhood Senior Center

Elizabeth Schiraldi, RN, CCSW

Senior Center Without Walls

Service Program for Older People

Ed Shaw

Swiss Benevolent Society

Jermaine Williams, NYC Human Resource Administration

Shirley Yanover

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



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## 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.

# UWW 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.
- Listen patiently and only speak during designated times in lecture programs.
- 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](mailto:info@dorotusa.org)

[www.dorotusa.org](http://www.dorotusa.org)



171 West 85th Street  
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*“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.”*