



# Let's Stay Connected

FEBRUARY 2021

**As the popular song goes, it's a new day, it's a new dawn and we're feeling good. Let's begin 2021 with the promise of a better year ahead and a renewed sense of hope for a much healthier world.**

DOROT is committed to making it easy for you to stay safe and stay connected while at home due to the pandemic. We offer many opportunities – all remote during COVID – for you to meet people, participate in enjoyable and inspiring activities and volunteer your time in service to others. Social connection is vital to everyone's well-being.

**Register for programs today.**

## DOROT from Remote

### **Zoom with Teens**

DOROT is well known for its intergenerational programs, bringing older adults and teens together to connect through art programs, discussion groups, online chess and more. See the world through the eyes of a high school student over Zoom for one-time or recurring programs. Share your wisdom and friendship with teens looking for ways to connect with older New Yorkers. It's a mutually rewarding experience.

**212-769-2850**

**[volunteers@dorotusa.org](mailto:volunteers@dorotusa.org)**

### **COVID Vaccine Info & Resources**

Local and state government sites are the best source for information and updates. Learn more about appointments and vaccine sites in New York:

- Call 311
- NYC Vaccine Reservation Center 1-877-829-4692 (1-877-VAX-4NYC)
- NYS Emergency Line 1-833-697-4829
- [www.nyc.gov/vaccinefinder](http://www.nyc.gov/vaccinefinder)
- [www.nyc.gov/covidvaccine](http://www.nyc.gov/covidvaccine)
- <https://am-i-eligible.covid19vaccine.health.ny.gov>

When making an appointment, expect to have varied wait times and success at different times of day.  
*Try to be patient!*

**With or without the vaccine, mask and social distancing guidelines remain in effect. Please adhere to them for the benefit of everyone.**

## **DOROT from Remote (cont.)**

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### **Caring Calls**

A friendly phone call is a meaningful way to spend time. Volunteers are eager to talk to you to exchange stories, share interests and provide mutual support during this time of uncertainty. Caring Calls are 30-minute calls that take place over four weeks at a convenient time.

**212-769-2850**

**[volunteers@dorotusa.org](mailto:volunteers@dorotusa.org)**

### **Onsite@Home**

Choose from Zoom programs that are designed to inspire, entertain and build connection. The weekly schedule features unique guests and special events, along with a full menu of movement classes, small group discussions and workshops.

**917-441-3745**

**[DOROTPrograms@dorotusa.org](mailto:DOROTPrograms@dorotusa.org)**

### **University Without Walls**

Exclusively for telephone users. Dial into friendly group conversation and learning opportunities on an array of topics including art, music, current events, wellness and so much more. All programs are led by knowledgeable and enthusiastic facilitators.

**877-819-9147**

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

**Stay Safe.**

**Stay Active.**

**Stay Connected.**

## **Connect Through Tech**

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### **Tech Coaching**

Trained volunteer tech coaches will help you connect with family and friends over FaceTime or Zoom, send text messages and emails and shop online. Coaching is one-on-one over the phone or video, tailored to your computer, smartphone or tablet and to your goals and skill level.

**212-769-2850**

**[technologyhelp@dorotusa.org](mailto:technologyhelp@dorotusa.org)**

### **Tech Guides**

Tech made simple! Designed for older adults, DOROT guides offer step-by-step instructions on how to email, FaceTime, Zoom, text and more. You can also join one of DOROT's Zoom programs with help from our guide for phones, iPads and computers.

**Download guides for free at**

**<https://www.dorotusa.org/tech-made-easy-seniors-new-instructional-guides>**

## **Making Life A Little Easier**

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### **Response Team – At Your Service**

Would you like assistance with Manhattan-only errands? Volunteers will pick up books from the library, or go to the post office, dry cleaners or shoe repair. They can read aloud over the phone, converse in a foreign language or play cards with you via Zoom. Let the Response Team know what you need and volunteers will do the rest.

**212-769-2850**

**[responseteam@dorotusa.org](mailto:responseteam@dorotusa.org)**

### **Information & Referral**

DOROT will support you in finding community programs and services in New York City and Westchester County. If you need assistance, please call DOROT's Information and Referral line at **212-769-2850**.