

April 2021 - June 2021



University Without Walls

**LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY**



Topics

News, Politics & Our Society • Museum Discussions
Health & Wellness • Music/Performing Arts
Literature & Storytelling • Jewish Interests
Conversations & More • Let's Make Art
Other Topics • Support Groups

For registration or information,

Call 1-877-819-9147
E-mail uww@dorotusa.org
Visit our website
www.dorotusa.org/uww

GET CONNECTED FROM YOUR OWN PHONE



Since 1976, DOROT has been an innovative leader in the fields of aging services and volunteerism. DOROT alleviates social isolation among older adults 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 older adults, volunteers and professionals.

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What is University Without Walls?

Just for older adults and exclusively over the telephone! Experience the joys and benefits of community and lifelong learning as we explore art and culture, discuss news, share memories, practice new skills and get important information from the comfort of home. Support groups are also available, connecting peers with the same life situations. Other UWW programs may be offered in Russian and Chinese.

For programs in Russian, please call 917-441-5061
For programs in Chinese, please call 212-453-4542

All the University Without Walls programs in this catalog are exclusively over the telephone. If you prefer to attend a DOROT program via Zoom, please email dorotprograms@dorotusa.org for other program options.

Connecting To Your Spring 2021 Programs

University Without Walls programs are all 50 minutes. Programming is offered in two different formats: Dial-In and Staff Connected. The format will be noted next to the times and dates of each program.

Dial In programs: You will call a phone number and dial a four digit “password” to join your program. The number and password are given when you register.

Staff Connected programs: DOROT staff will call and connect you approximately 10–15 minutes before the program. You will be on hold until the program begins.

There are no fees to enroll or participate.

A suggested contribution of \$5 per session is welcomed and helps us continue to provide quality programs. Donations can be made online, by phone, or by mailing a check payable to DOROT to 171 West 85th Street, New York, NY 10024. We appreciate your support.

**To register or get additional information, call 877-819-9147, E-mail uww@dorotusa.org
visit our website at www.DOROTUSA.org/UWW**

News, Politics & Our Society

Current Events (Staff Connected)

6 Mondays at 11am April 12 – May 24 (no session May 17)

Tom Kertes, Retired Newspaper Columnist and Film Critic

Please note you may only register for either *The Current Political Scene* OR *Current Events*.

Many of us feel we are living through fascinating, controversial, and, yes, sometimes even perilous times, both in the US. and worldwide. Join us to discuss where we are, how we got here, what we can do about it, and where all this might lead in the future.

The Current Political Scene (Staff Connected)

Section A: 10 Tuesdays at 3pm April 13 – June 22 (no session May 18)

Section B: 10 Thursdays at 3pm April 15 – June 17

Charles Perkins, Historian

Please note you may only register for either *The Current Political Scene* OR *Current Events*.

The 2020 election is over. The 117th Congress and President Biden has taken over. Change is certain, but where will it take us? Will the progressive Democrats be willing to compromise with a centrist President? Can Biden get enough Republican cooperation to put in place his program of infrastructure renewal, rebuilding alliances worldwide, and tackling the climate change challenge? What will the post-Trump Republican Party look like? And, who will emerge as the early frontrunner in New York City's mayoral election?

Reflecting on Climate Change From Where We Sit (Dial-In)

5 Wednesdays at 4pm May 26 – June 23

Katharine Pelzer, BA in Environmental Studies

This group will start with a quick survey of recent climate science and the impacts on ecology, the animal world, and humanity. We will share our experiences and feelings around a changing climate and the future of the planet. We will read, observe nature, and write a short poem. Materials will be mailed before the program.

Museum Discussions

Identity and Representation in Art (Staff Connected)

1 Monday at 4pm April 26

Elena Levi, Brooklyn ART Guide

Explore identities in artworks from the Brooklyn Museum and reflect on the many ways that identity can be expressed. Materials will be mailed before the program.

Spirituality in Art (Dial In)

1 Monday at May 3 at 4 pm

Jackie Friedman, Brooklyn ART Guide

Explore the ways different artists have manifested spirituality and religious beliefs through art. Materials will be mailed before the program.

Journey to Space (Staff Connected)

4 Fridays at 12pm May 7 – May 28

Frantz Lucien, Ifetayo Abus-Salam, Elysia Segal, Intrepid Sea, Air & Space Museum

Join us as we discuss how astronomy, technology and the astronauts who use both, have shaped and continue to shape our knowledge of the cosmos! Materials will be mailed before the program.

A Closer Look at American Art (Dial In)

1 Monday at 1PM May 24

Brian Smith, Brooklyn ART Guide

Explore two iconic works of art - one a landscape painting, the other a marble statue - from the Brooklyn Museum's collection of American art. Through close-looking and in-depth discussion, learn more about the histories of these renowned works. Materials will be mailed before the program.

Artist Experiments (Dial In)

4 Tuesdays at 10am June 1-22

Maya Jeffereis, Educator - The Solomon R. Guggenheim Museum

How have artists used non-traditional materials in their work? What new processes have they invented for creating their work? In this course, we will look at works from the Guggenheim's collection that push the boundaries of what art can be. Some movements include Readymades, Arte Povera, and Conceptual Art, to name a few. Materials will be mailed before the program.

Artistic Struggles (Staff Connected)

1 Monday at 4pm June 7

Sande Pisik, Brooklyn ART Guide

Examine objects for different cultures that help us understand an artist's struggle for recognition, use of their materials, and the museum's challenges to display them. Materials will be mailed before the program.

Health and Wellness

Progressive Relaxation with Guided Imagery (Staff Connected)

5 Mondays at 10am April 12 – May 10

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

Through meditation and imagery, you can live a healthier and more meaningful life. Let's breathe, visualize and heal our minds, bodies and spirits together.

Streamline to Serenity: The Decluttering Talks (Dial In)

8 Wednesdays at 10am April 14 – June 2

Kathleen Fiorito, Expert Home Organizer

Streamline your lifestyle towards joy and serenity. From hoarding to getting backed up in piles of neglected tasks, we will feel supported as we discuss strategies to live our best lives!

Seated Qigong, Tai Chi Easy Arms, and Guided Meditation

Section A: 8 Tuesdays at 11am April 27 – June 22 (no session May 18) (Dial In)

Section B: 8 Fridays at 10am April 30 – June 18 (Staff Connected)

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

Learn Chair Yoga warmups, seated Tai Chi Easy™, and Qigong arm movements to increase your chi (life-force), strengthen your muscles and focus your mind. Combined with guided relaxation visualizations and meditation, you can also feel a greater sense of calm. Each session includes a short group discussion based on written materials mailed before the program.

How to Get a Good Night's Sleep (Staff Connected)

2 Thursdays at 1PM, April 29 -May 6

Beth Ann Ditkoff, MD, Medical Author

This two-part course will explain the function of sleep and review the link between sleep and health. We will also discuss age related sleep changes, various types of sleep problems and ways to improve your sleep without using medication.

Healthy Brain, Healthy Life (Staff Connected)

1 Monday at 3pm, May 3

Roy Capps, CARE NYC Caregiver Education Specialist

Gain insight into the best ways to reduce the risk of cognitive impairment as we age. Learn the steps to take to have a healthy brain and a healthy life by experiencing techniques designed to keep your brain happy and well.

Self-Massage for Stress Relief (Dial In)

2 Fridays at 12pm May 28 & June 25

Alix Keast, Asian Bodywork Therapist; Licensed Massage Therapist

We will meet monthly to learn a protocol of gentle stretches, acupressure points you can gently stimulate, and breathing techniques we can use to help us feel more calm, relaxed, and open. Practice some or all exercise movements that appeal to you. This is not a weekly series, there are 2 sessions for the semester. Materials will be mailed before the program.

Music/Performing Arts

Songs of the Great American Songbook (Dial In)

3 Wednesdays at 2pm April 28 – May 12

Carla Friend, Kol DOROT

Join us in singing and celebrating the songs of the Great American Songbook with Carla Friend, DOROT's own Musical Director! Come ready to sing and learn about some of your favorite jazz and show tunes. We can't wait to sing with you soon! Materials will be mailed before the program.

Sing For Your Seniors Concert Series (Dial In)

Please Select Any Two:

Section A: 1 Monday at 3pm April 26

Section B: 1 Monday at 3pm May 24

Section C: 1 Monday at 3pm June 21

Jackie Vanderbeak, Founder and Producing Artistic Director

Come together with professional performing artists who will give you a live concert and share stories from Broadway and beyond. Each session will feature something different.

The Corner of Casablanca and Sunset Boulevard (Staff Connected)

6 Fridays at 11am May 21 – June 25

Tom Kertes, Retired Newspaper Columnist and Film Critic

Let's meet there and talk about the greatest movies in Hollywood history – the stars, directors, screenplays, and the fascinating stories behind the often-tumultuous process of creation. What goes into making a classic Hollywood movie? Why do these films still speak to us today, perhaps with more urgency than ever before? In short- everything you wanted to know about movies but were afraid to ask!

Mindful Music Listening with Berko Music Therapy (Staff Connected)

3 Thursdays at 10am May 6 – May 20

Ariel Weissberger MA, MT-BC, LCAT, Berko Music Therapy

What is it about our favorite music that make us feel the way it does? Join us to learn to listen mindfully, as we increase our appreciation and understanding of different styles of music and their effects on our minds and bodies. We will explore different ways to use music for health and wellbeing and experience the power of music in our lives. Materials will be mailed before the program.

Exploring Classical Music Masterpieces (Dial In)

3 Wednesdays at 4pm May 5 - May 19

Jeremy Caplan, Director of Teaching & Learning at CUNY's Newmark Graduate School of Journalism and Amateur Violinist

From the Bach Sonatas for solo violin and the suites for solo cello to the Paganini Caprices and great concertos for the Violin, each session in this classical music appreciation series dives into a wonderful work by one of the great composers. Enjoy a classical music masterpiece as you join us for an enjoyable hour of listening, discussion and learning.

Opera Survey (Staff Connected)

5 Tuesdays at 12pm May 25 – June 22

LeAnn Overton, Manhattan School of Music faculty; Metropolitan Opera Title Staff

Introduction of the major opera composers. We will discuss their careers, frame their lives in terms of historical setting and listen to excerpts from their most well-known operas. Countries include: Italy, France, Germany, Britain and America. Materials will be mailed before the program.

Shabbat @ Home (Dial In)

3 Fridays at 1pm June 4- June 18

Carla Friend, Kol DOROT

Join us to welcome in Shabbat with singing! Whether you've never celebrated Shabbat before or if you've been celebrating it for years, you will feel welcome here. Each session will include some elements of a Friday Shabbat service as well as opportunities for you to share and connect.

Literature & Storytelling

Short Story Discussion Group with NYPL (Staff Connected)

2 Wednesdays at 12pm April 14 & June 16

Michael Messina, Senior Librarian, Adult Services, New York Public Library

Participants will discuss a short story from writers ranging from the new to the classics. This is not a weekly series, there are 2 sessions for the semester. The short story will be mailed before the program.

Life Story Club – formerly Vita Story Club (Staff Connected)

10 Thursdays at 12pm April 22 – June 24

Linnea Guerin, Life Story Club

Can you describe the neighborhood you grew up in? What was the greatest historical event you lived through? Answer these questions and more while we share our meaningful life stories with one another. Each session begins with two engaging prompt questions. You also have the option of receiving an audio recording of your storytelling for you to save as a keepsake!

Travel Through Poetry (Dial In)

7 Mondays at 3pm April 26 – June 21 (no session May 17 & May 31)

Linda Levine, DOROT Volunteer

“Come fly with me, let's fly, let's fly away.” This Spring we will head to the great cities of Europe and experience their rich poetic voices. No passport necessary. Materials will be mailed before the program.

The Pearls of Wisdom Present... (Staff Connected)

2 Tuesdays at 2pm, April 27- May 4

Bernice Hauser & Gwendolyn Grant & Thelma Thomas, DOROT Pearls of Wisdom

The Pearls of Wisdom are a touring ensemble of elder storytellers, who present rich stories that illuminate their individual pasts and, in turn, our collective histories. Join Gwendolyn Grant who will share a story of perseverance entitled “Never Give Up”. The following week Bernice Hauser will tell a story about truth, entitled “No More Fairy Tales”.

Novel Discussion Group with NYPL: The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid (Staff Connected)

1 Friday at 1pm April 30

Irfan Ali & Ashley Gonzalez, New York Public Library

Aging and reclusive Hollywood movie icon Evelyn Hugo is finally ready to tell the truth about her glamorous and scandalous life. But when she chooses unknown magazine reporter Monique Grant for the job, no one in the journalism community is more astounded than Monique herself. Why her? Why now? Join us as we discuss the compelling novel. Book will be mailed before the program.

Novel Discussion Group with NYPL: Klara and the Sun by Kazuo Ishiguro (Dial In)

1 Friday at 1pm May 28

Irfan Ali & Ashley Gonzalez, New York Public Library

As the first novel by Kazuo Ishiguro since he was awarded the Nobel Prize in Literature, this novel tells the story of Klara, an Artificial Friend with outstanding observational qualities, who, from her place in the store, watches carefully the behavior of those who come in to browse, and of those who pass on the street outside. She remains hopeful that a customer will soon choose her. Klara and the Sun offers a look at our changing world through the eyes of an unforgettable narrator, and one that explores the fundamental question: what does it mean to love? Book will be mailed before the program.

Novel Discussion Group with NYPL: The Night Watchmen by Louise Erdrich (Staff Connected)

1 Friday at 1pm June 25

Irfan Ali & Ashley Gonzalez, New York Public Library

Based on the extraordinary life of National Book Award-winning author Louise Erdrich's Grandfather who worked as a night watchman and carried the fight against Native disposition from rural North Dakota all the way to Washington D.C, this powerful novel explores themes of love and death with lightness and gravity and unfolds with the elegant prose, sly humor and depth of feeling of a master craftsman. Book will be mailed before the program.

Jewish Interests

Famous Jewish American Women and How They Have Touched Our Lives: Part 2 (Dial In)

9 Mondays at 10am April 12 - June 21 (no session May 17 & May 31)

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

We will study noteworthy Jewish American women who have influenced many areas of life throughout modern history. How did America shape these leading figures and how in turn did they shape our history? The women we will study have followed a variety of life paths, such as science, the arts, literature, education, politics and sports. Participation in Part 1 is not necessary to take part 2 of this program.

Smashing Pottery: The Maidservant of Rabbi Judah the Prince (Staff Connected)

1 Monday at 11am April 12

Rabbi Stephanie Dickstein, LMSW, Chaplain for Seniors at Home, Jewish Federation of Metrowest, NJ

The maidservant of the compiler of the Mishna is famous for teaching Jewish Law to him, his students and to us. Come together for learning and discussion.

Traditional Jewish Responses to Challenging Times (Dial In)

8 Mondays at 2pm April 12 – June 14 (no session on May 17 & May 31)

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

How have rabbis and leaders of the Jewish community responded to major disasters that befell Jewish people and, in some cases, society in general? Together we examine different kinds of responses found in the Bible and in later traditional Jewish texts. No knowledge of Hebrew or participation in earlier sessions is necessary.

The Books of Ezra and Nehemiah (Dial In)

10 Thursdays at 4pm April 15 – June 17

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

Continue the study of the Books of Ezra and Nehemiah, focusing on the history of the Jewish people in the Holy Land after returning from Babylonian Exile. We will talk about the challenges they faced, including intermarriage, rivalry between rich and poor, strengthening of religious observance, and physical attacks by neighboring enemies - all still relevant today.

Living with the Torah (Staff Connected)

8 Tuesdays at 1pm April 13 – June 8 (no session on May 18)

Lee Slavutin, MD, CLU

The Alter Rebbe, Rabbi Schneur Zalman of Liadi teaches us to live with the Parsha of the Torah. Each week we can be inspired to change our lives from the powerful lessons in the Torah portion. Let's come together for this exciting journey.

Jewish Mysticism – Developing Our Relationship with G-d (Staff Connected)

8 Thursdays at 1pm April 15 - June 3

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 God and our relationships with family and friends. Let's explore the Tanya together, one of the truly great treasures of Jewish heritage.

Welcoming Shabbat (Staff Connected)

3 Fridays at 11am April 16, May 14, June 18

Emily Aronson, DOROT Pastoral Intern

We will meet monthly to welcome in the warmth and beauty of Shabbat through song and words of Torah with DOROT's pastoral intern. Let's celebrate together! This is a monthly series.

American Jewish Theology: On Peoplehood (Dial In)

3 Tuesdays at 2pm April 27 – May 11

Emily Aronson, DOROT Pastoral Intern

Explore the topic of Jewish peoplehood through the lens of modern American Jewish thinkers. What does it mean to be an American Jew? What does it mean to be part of a global people? We will reflect on our own experiences and understandings of these questions.

Women in the Hebrew Biblical Text (Staff Connected)

6 Mondays at 11am May 3 – June 21 (no session May 17 and May 31)

Ricki Saady, DOROT Volunteer

There are many lessons to be learned from our Biblical Jewish Women. Explore stories, Torah and Tanakh readings and rabbinical commentary as we take an exciting adventure together.

Poetry for Shavuot (Staff Connected)

1 Tuesday at 12pm May 11

Rabbi Stephanie Dickstein, LMSW, Chaplain for Seniors at Home, Jewish Federation of Metrowest, NJ

We will read some of the contemporary poetry which has been inspired by the themes of Shavuot, including Revelation, The Book of Ruth, love and memory.

Maimonides – Guide for the Perplexed (Staff Connected)

2 Mondays at 1pm June 7 – June 14

Lee Slavutin, MD, CLU

How does the great Maimonides address these questions – How can we know G-d? What can we know about Creation? What is Divine Providence? What are the reasons behind the Mitzvot? How does a person achieve perfection?

Legends of the Angel of Death (Staff Connected)

1 Tuesday at 10am June 15

Rabbi Stephanie Dickstein, LMSW, Chaplain for Seniors at Home, Jewish Federation of Metrowest, NJ

The Angel of Death makes many appearances in Rabbinic Literature. We will meet this complicated character who embodies both our fears and our hopes.

Two Holidays, Two Stories, and One Character (Staff Connected)

1 Wednesday at 2pm June 23

Sandy Gruenberg, DOROT Volunteer

Let's explore the Biblical characters of Esther (Purim) and Joseph (Passover) and see how they are similar and different. Bring your imagination and creativity and join in this Bible investigation.

Conversations & More

Coffee Chats (Dial In)

6 Thursdays at 11am April 15 - May 20

Sarie Monieson, DOROT MSW Intern

Make your favorite beverage and join us for a chat. Let's come together and share our favorite stories, experiences, and interests. Each week we will explore various topics including travel, movies, music, thought-provoking questions, and more!

Across the Miles

1 Wednesdays at 3:30 PM, April 28 (Dial In)

COVIA – Well Connected

Join participants from similar telephone “without walls” programs from California to Canada. We will share stories and talk about lives in our different locations.

Let’s Talk About Our Travels (Staff Connected)

5 Tuesdays at 2pm May 25 - June 22

Brittany McDonald, DOROT MSW Intern

Join us for a conversation about our favorite places to visit around the globe. Share memories of travels near and far, and dole out your best tips and tricks for experiencing all a culture has to offer. Join us to talk about the foods, monuments, and must-see sights from your favorite locations. Each week we will travel in conversation to a different part of the world, from the Americas to Europe to Africa.

Let’s Get Creative! (Dial In)

4 Wednesdays at 2pm June 2 – June 23

Cassandra Rampino, DOROT MSW Intern

If your hand could talk, what would it say? If one million dollars came to your doorstep tomorrow, what would you spend it on? Together, we will let our minds wander and answer creative questions together.

Let’s Make Art

Collage – Bits and Pieces (Dial In)

3 Thursdays at 2pm May 13 – May 27

Lynda Monick Isenberg, Artist and Professor Emeritus

Using images that portray our interests and loves from magazines, newspapers, photos, cards and more that we will create a personal collage portrait. Who would think pieces of scrap paper could say so much? You are invited to add your own photos or favorite paper materials and use your own favorite scissors. Materials will be mailed before the program.

Private Eye: Still Life Drawing (Dial In)

3 Wednesdays at 1pm May 19 - June 2

Ilene Krug Mojsilov, Visual Artist

Find pleasure selecting and arranging everyday objects for a series of still-life drawings. We will share stories about our personal associations with objects and compose a personal still-life highlighting color, shape, line, texture, and space. We will also analyze still-life examples from museum collections, and discuss the question - what is beauty? Materials will be mailed before the program.

Tissue Paper Art (Staff Connected)

3 Thursdays at 11am June 3 – June 17

Harriett Serenkin, DOROT Volunteer

Together we will explore tissue paper art and the materials used to create it. We will begin by creating a simple landscape then move on to create a landscape with objects such as rocks or trees. For our final session, let your imagination run wild! Your creation can be real, imagined, pictorial, or abstract. Materials will be mailed before the program.

Surrealist Sculpture (Staff Connected)

3 Mondays at 2pm June 7 – June 21

Anna Adler, Artist & Educator

Join us for a series of art workshops focused on shifting the familiar and reconsidering the everyday with supplies and objects found around the home. Prompts and points of engagement for our work will be inspired by the art history of Surrealism and Dada. Materials will be mailed before the program.

Other Topics

Going Solo: Valuing Your Time Alone (Dial In)

7 Tuesdays 10 am April 13 – June 1 (no session May 18)

Constance Gemson, LMSW; Social Work Consultant

"Loneliness is defeat; solitude is victory." Discover how time alone can be enriching and positive. Find out how to cope effectively during this challenging time. Your ideas and insights are welcome in this interactive class.

Seeking the Spirit in the Dark: Creating Your Spiritual Autobiography (Staff Connected)

7 Tuesdays at 11am April 13 – June 1 (no session May 18)

Constance Gemson, LMSW; Social Work Consultant

Discover sources of meaning and serenity in your life. All religious points of view and spiritual concerns are welcome in this accepting class.

The Republic of India (Dial In)

10 Wednesdays at 11am April 14 – June 16

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

An introduction to India with an emphasis on the cultural, political and economic evolution of India as well as the diversity found within the Indian society from the middle of the 19th century to the present. International relations are treated as are factors contributing to its success and failure.

6 Steps to Refine your Communication Skills (Dial In)

2 Wednesdays at 12pm May 12 – May 19

Janice Hermalyn, MS, BS; DOROT Volunteer

Explore and practice internal communication and interpersonal communication skills, while also discussing how to communicate for a better life.

5 Steps in Managing Your Time to Improve your Life (Dial In)

3 Tuesdays at 12pm June 8 - June 22

Janice Hermalyn, MS, BS; DOROT Volunteer

This practical hands-on class will assist you in considering and applying techniques to help you get the most out of each day.

Support Groups

Daily Tips for Vision Loss (Staff Connected)

8 Mondays at 4pm April 12 – June 21 (no session May 17 & May 31)

Mindy Jacobsen, Cantor, Group Discussion 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!

In-Sight Program for the Visually Impaired (Staff Connected)

10 Tuesdays at 4 PM, April 13 – June 22 (no session May 18)

Carole Yablonowitz, Group Discussion Leader

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

Bereavement Support Group

Section A: 11 Tuesdays at 5 PM, April 13 – June 22

(no session May 18, make up May 20) (Dial In)

Section B: 11 Thursdays at 6 PM, April 15 – June 24 (Dial In)

Randi Cohen, MA, ACSW, LCSW

Come together in a safe, caring environment for former caregivers who have suffered the loss of a loved one and are seeking a supportive place to grieve and heal.

Coping with Recent Loss (Staff Connected)

Fridays at 12pm, April 16 – October 15 (no session May 21)

Daniel Jackson LMSW, DOROT Westchester

We all mourn the recent loss of a loved one differently. Join others in a caring environment for a 6-month group to find comfort and support on your personal journey, facilitated by a DOROT social worker.

LGBT Support Group for Elders (Dial In)

6 Wednesdays at 3 PM, May 19 – June 23

Matthew Alvarez, LMSW, Care Manager, SAGE

This support group will provide the opportunity to connect with older adults in the lesbian, gay, bisexual and transgender community in a safe and supportive environment. Discussions will include health and wellness, isolation and loneliness, support in relationships, adjusting to aging transitions and pursuing interests and hobbies.

Connect Through Tech /University Without Walls Staff

DOROT's Connect Through Tech (CTT) department leverages technology to provide programs to older adults which support social connections and help them access the resources and information they need to live independently in an increasingly digital world. University Without Walls is one of the programs in the Connect Through Tech department.

Lorraine Voytek

Director, Connect Through Tech

Melissa Esparza

Program Administrator, University Without Walls

Carissa Davies

Program Coordinator, University Without Walls

Zoya Stein

Program Assistant, University Without Walls

Community Guidelines

DOROT's University Without Walls programs welcome older adults from diverse backgrounds and locations. To foster an inclusive and mutually beneficial experience for all, we ask participants to abide by the program's guidelines. For questions about these guidelines, please contact Lorraine Voytek, Director of Connect through Tech at 917-441-3725.

At all times

- All communication with staff, volunteers, facilitators, and participants is to be respectful in tone, volume, language and subject matter.
- DOROT will not share your personal information with anyone without your consent.

Registration

- Before calling to register, select all the program titles you want and ensure they work for your schedule.
- Keep your catalog and write down your program dates for future reference. Connecting to classes
- STAFF CONNECTED SESSIONS: You will receive a call 15 minutes before the program time to connect you. Please wait patiently.
- DIAL IN SESSIONS: You call into the program 5-10 minutes before the program begins. The facilitator must be on the line before participants can connect. If you call before they do, you will receive a message saying you are unable to join the conference. If this happens, hang up and call again 5 minutes later.
- If you will not be able to join the call, please contact UWW staff before your program begins.

During the program

- Introduce yourself by your first name each time you speak
- Ensure a quiet environment by muting your phone when listening, refraining from other conversations or answering other calls, and turning off radios and televisions. Any of these distractions could result in being disconnected by staff.
- Wait for a fellow participant to finish their comment before beginning yours.
- Keep your comments relevant to the topic at hand and use language that is civil to people of differing opinions and experiences.
- Respect that it is the facilitator's responsibility to manage the conversation, including redirection.
- STAFF CONNECTED SESSIONS: If you miss the connecting call or get disconnected, you can call DOROT to be reconnected, but we may not be able to do so.
- DIAL IN SESSIONS: If you get disconnected, you can reconnect yourself by following the same steps as you did to connect the at the beginning of the session.

Thank you and we hope you enjoy University Without Walls!

Thank you

With gratitude, we acknowledge the following foundations, corporations, agencies and individuals that recently have contributed generously to DOROT's University Without Walls programming:

University Without Walls Endowments

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Community Partners

Bikur Cholim Chesed
 Organization
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 Covia - Well Connected

Gifted Hands
 Heights and Hills
 Intrepid Sea, Air & Space
 Museum
 New York Public Library
 SAGE
 Sing for Your Seniors
 Sunnyside Community Center -
 CARE NYC
 The Solomon R. Guggenheim
 Museum
 University Settlement

Remembrance

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

Eleanor Silverman
 Augustine Conti
 Eleanor Squadron
 Molly Starkman
 Bernice Ward
 Diana Sussels

Additional Without Walls Programs

DOROT is part of the international Without Walls Network of programs providing older adults with the opportunity to participate in activities and classes over the phone. Older adults across the United States are welcome to join the programs listed below. For more information, please contact each program directly:

Covia - Well Connected (877) 797-7299 • Covia.org

Lifetime Connections Without Walls (888) 500-6472 • familyeldercare.org

Mather Lifeways (888) 600-2560 • matherlifeways.com

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 learning new information. They report decreased feelings of social isolation and appreciate sharing their experiences with others who face similar challenges. Some participants share ideas on how to improve the program or their experiences. We welcome you to write to us and share your thoughts at info@dorotusa.org

