

July 2021 - August 2021



University Without Walls

**LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY**



Topics

News, Politics & Our Society • Art Discussions
Health & Wellness • Music/Performing Arts
Literature & Storytelling • Jewish Interests
Conversations & More • 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 UWW Teleconference Program

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 July 12 – August 16

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: 7 Tuesdays at 3pm July 13 – August 24

Section B: 7 Thursdays at 3pm July 15 – August 26

Charles Perkins, Historian

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

Biden's honeymoon is over and a difficult summer lies ahead. How is he doing? Did the administration reach some of the Democrats' main goals, such as economic relief and funding for infrastructure? Did they end the pandemic? Will Biden succeed in bringing bipartisanship back to Washington? And, what comes next?

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

3 Thursdays at 11am August 12 - August 26

Katharine Pelzer, BA in Environmental Studies

Let's 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.

Art Discussions

What Is Art and What Can It Do? (Staff Connected)

3 Tuesdays at 10am July 20 - August 3

Ellen Edelman, Educator - The Solomon R. Guggenheim Museum

From its inception as the Museum of Non-objective Art, the Guggenheim has always celebrated the creative genius of artists who posed the question, "What is art and what can art do?" Works by Picasso, Kandinsky, Delaunay, Hilma af Klint, Simone Leigh, Jenny Holzer, Cindy Sherman, and Doris Salcedo will be explored.

Portraits and Landscapes: A Contemporary Look at Traditional Genres (Staff Connected)

1 Wednesday at 1pm July 21

Elizabeth Crowell, Brooklyn ART Guide

Explore the well-known genres of landscape and portraits through the lens of contemporary artists. Together participants will consider the different definitions and interpretations of both genres. Materials will be mailed before the program.

Looking Back at the Future: Monuments & Memorials (Staff Connected)

4 Tuesdays at 12pm August 3 – August 24

Anna Adler, Artist & Educator

This modern to contemporary art history seminar considers our collective memory and humanity through the lens of public monuments and memorials, drawing influence from our current socio-political climate with a focus on the movement for Black Lives, the Covid 19 Pandemic, and how we document a historic time of crisis. Materials will be mailed before the program.

Architecture Tour: Inside Frank Gehry's MoPOP (Dial In)

1 Friday at 2pm August 20

Erine Shupe, Education & Programs Coordinator at Museum of Pop Culture

Get to know one of Seattle's most unusual buildings in this virtual architecture workshop which examines architecture as a form of visual art. Explore common design elements used by Frank Gehry (MoPOP's architect) and identify the science and engineering required to create this unusual building as we take a virtual tour through MoPOP. Materials will be mailed before the program.

Health and Wellness

Seated Qigong, Tai Chi Easy Arms, and Guided Meditation

Section A: 7 Tuesdays at 11am July 13 – August 24 (Dial In)

Section B: 7 Fridays at 10am July 16 – August 27 (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.

Streamline to Serenity: The Decluttering Talks (Staff Connected)

7 Wednesdays at 10am July 14 – August 25

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!

Self-Massage for Stress Relief (Dial In)

2 Fridays at 12pm July 30 & August 20

Alix Keast, Asian Bodywork Therapist; Licensed Massage Therapist

This program will lead you through a series of self-acupressure points, gentle stretches, and breathing exercises that can help bring you into a place of deep relaxation. The work is based on Classical Chinese Medicine. 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.

Superfoods and Your Brain (Staff Connected)

1 Monday at 11AM August 16

Beth Ann Ditkoff, MD, Medical Author

Did you know that the foods we eat can have a significant impact on our brain health? This single session program will explain the research behind the best foods to promote both short- and long-term brain power.

Music/Performing Arts

Improvisation Workshop (Dial In)

1 Thursday July 22 at 2pm

Elana Fishbein, Educator and Performer, Magnet Theater, MA Educational Theatre

Improvisation is all about using our imagination to collaborate and make something up on the spot. In this highly participatory workshop, we'll do exercises that tap into creativity, mental flexibility, and fun. Laughter can foster connection and joy!

The Corner of Casablanca and Sunset Boulevard (Staff Connected)

6 Fridays at 11am July 23 – August 27

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 Mondays at 12pm August 9th – 23rd

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.

Opera Survey (Staff Connected)

3 Wednesdays at 2pm August 11 – August 25

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 and Germany. Materials will be mailed before the program.

Spirituals and Songs from the African American Anthology (Dial In)

1 Thursday at 1pm August 12

Jalynn Stewart, Manhattan School of Music Student

Soprano Jalynn Stewart presents a 35-minute concert featuring popular spirituals as well as selections from the African American Song Anthology. Composers include Leslie Adams, John Musto, George Gershwin. Pianist: LeAnn Overton. Join us after the concert for a Q&A.

Literature & Storytelling

I'm Your Man: Love Poems by Leonard Cohen (Dial In)

7 Mondays at 3pm July 12 – August 23

Linda Levine, DOROT Volunteer

"This is the most challenging activity that humans get into, which is love." - Leonard Cohen. We will explore the poet's many different versions of love. The poems are honest, poignant and heartfelt. Materials will be mailed before the program.

Life Story Club (Dial In)

7 Thursdays at 12pm July 15 – August 26

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!

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

2 Fridays at 2pm, July 16th & August 13th

Celestina Trower & Diana Yates & 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 Celestina Trower who will share her story, “Checky John” followed by Diana Yates who will share her story of learning how to drive entitled, “To Hell and Back”.

Novel Discussion Group with NYPL: The Song of Achilles by Madeline Miller (Dial In)

1 Friday at 1pm July 23

Irfan Ali & Ashley Gonzalez, New York Public Library

Patroclus, an awkward young prince, follows Achilles into war, little knowing that the years that follow will test everything they have learned, everything they hold dear. And that, before he is ready, he will be forced to surrender his friend to the hands of Fate. Set during the Trojan War. The book will be mailed before the program.

Short Story Discussion Group with NYPL (Staff Connected)

1 Wednesday at 12pm August 18

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

Let’s discuss a short story from writers ranging from the new to the classics. The short story will be mailed before the program.

Novel Discussion Group with NYPL: When the Stars Go Dark by Paula McLain (Staff Connected)

1 Friday at 1pm August 27

Irfan Ali & Ashley Gonzalez, New York Public Library

Retreating to her childhood foster home in the wake of a tragedy, a veteran missing-persons detective becomes entwined in the search for a local teen whose disappearance eerily resembles an unsolved case from the detective's past. The book will be mailed before the program.

Jewish Interests

Judaism's Hidden Communities Around the World (Dial In)

7 Mondays at 10 AM July 12 – August 23

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

Learn the history and overview of the lifestyles, customs and religious practices of some of Judaism's most isolated and exceptional communities, which are not typically studied. This program will include communities in India, Asia, Africa, Portugal, the Ukraine and Latin America.

Traditional Jewish Responses to Challenging Times (Dial In)

7 Mondays at 2pm July 12 – August 23

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. All welcome - no knowledge of Hebrew or participation in earlier sessions is necessary.

Living with the Torah (Staff Connected)

7 Tuesdays at 1pm July 13 – August 24

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.

Moses: The Man and the Myth (Dial In)

7 Thursdays at 10am July 15 – August 26

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

We will study Moses' life through the lens of his relationships with key family members, with the Jewish people and with God. Folk tales and short stories about Moses will be part of our study.

The Books of Ezra and Nehemiah (Dial In)

7 Thursdays at 4pm July 15 – August 26

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. This will be the last Ezra and Nehemiah series. All welcome - no knowledge of Hebrew or participation in earlier sessions is necessary.

Welcoming Shabbat (Staff Connected)

2 Fridays at 11am July 16 & August 6

Deborah Sacks-Mintz, DOROT Pastoral Intern

We will come together monthly to welcome in the warmth and beauty of Shabbat through song and words of Torah.. Let's celebrate together!

Conversations & More

Taking Flight – A Travel Discussion Group (Dial In)

3 Wednesdays at 2pm July 14 – July 28

Jillian Rosenblum, DOROT MSW Intern

Let's revisit our favorite destinations by sharing our treasured travel memories. Traveling brings so much joy to each and every person by allowing us to discover new places, cultures, and foods. Join this group to share your stories!

Across the Miles (Dial In)

1 Wednesday July 28 at 3:30pm

Lorraine Novack, Director, DOROT's Connect Through Tech

Join us across the miles as the Without Walls Network comes together to share stories and talk about life in our different locations throughout the United States and Canada.

Intergenerational Music Listening (Dial In)

4 Thursdays at 11am July 29 – August 19

Join a small group of DOROT teens for a series of intergenerational music-listening sessions. High school students and older adults gather weekly to discover new music, revisit songs from our pasts, and share our favorite musical selections with one another. Come prepared to review a wide variety of artists, albums and genres through the ages. Discuss the role of music in our lives through a multi-generational lens.

Other Topics

Imagination and Insight: Exploring Your Creativity (Staff Connected)

7 Tuesdays 10 am July 13 – August 24

Constance Gemson, LMSW; Social Work Consultant

These interactive sessions will encourage you to find new possibilities. We will explore the paths of those who are famous for their creativity and discover how to develop your own adventures! Learn how to find your potential for new explorations.

Here Comes the Sun! Finding Happiness in Unexpected Times and Places (Staff Connected)

7 Tuesdays at 11 am July 13 – August 24

Constance Gemson, LMSW; Social Work Consultant

Develop unexpected joy and meaning that can provide enrichment and engagement. Find simple practices that may be transformative.

Presidential Administrations Similarities and Differences (Dial In)

7 Wednesdays at 11am, July 14 - August 25

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

This course will examine Republican and Democratic Administrations and compare their philosophies. Specific events and/or legislation will be discussed as a basis for our discussions. The administrations will span from 1796-1868. Administrations to be examined will be John Adams-Thomas Jefferson, James Madison-John Quincy Adams, Andrew Jackson-Abraham Lincoln, and Andrew Johnson. Materials will be mailed before the program.

4 steps to Upgrade your Motivation in Life (Dial In)

2 Tuesdays at 2pm July 13- July 20

Janice Hermalyn, MS, BS; DOROT Volunteer

Motivation comes from the inside. Explore your motivation strategies and live a more fulfilled life. There will be time for discussion and use of 4 practical tools for motivating yourself.

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

2 Tuesdays at 2pm July 27 – August 3

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.

6 Steps to Refine your Communication Skills (Dial In)

3 Tuesdays at 2pm August 10 – August 24

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.

Day of Service & Remembrance Thank You Cards for Veterans and Military Families

Share your words of inspiration and your artistic talents. In commemoration of the 20th Anniversary of September 11 and the National Day of Service and Remembrance, DOROT is inviting you to help us make greeting cards with messages of thanks for our nation's veterans. We are hoping to send 500 cards and would welcome your help. Sign up for this project to receive a package of cardmaking materials by mail in mid-July along with instructions. We will also send you a postage-paid envelope so that you can send your cards to one of several pre-selected organizations or the veteran's group of your choice.

Support Groups

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

7 Tuesdays at 4 PM, July 13 – August 24

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 (Dial In)

Section A: 7 Tuesdays at 5 PM, July 13 – August 24

Section B: 7 Thursdays at 6 PM, July 15 – August 26

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.

Pen Pal Program

Remember the joy of getting a friendly letter in the mail? Through our partnership with "Senior Center Without Walls" in Ontario, you can be matched with another older adult to exchange regular letters. We provide you with the name and address (and share yours with your new pen pal) and let you take it from there!

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

The Brooklyn Museum
Covia - Well Connected
Heights and Hills
Museum of Pop Culture
New York Public Library
The Solomon R. Guggenheim
Museum
University Settlement

Remembrance

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

Cecil Hixon
Marilyn Lazarcheck
Eve Pollack
Randi Blom
Arlene Suber
William Kaufman
Harold Cantor
Linda Goodman

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

