

December 2021 - March 2022



University Without Walls

**LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY**



Topics

News, Politics & Society • Art Discussions
Health & Wellness • Literature & Storytelling
Conversations & More • Music & Performing Arts
Jewish Interests • 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 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 & Society

Current Events (Staff Connected)

Section A: 10 Mondays at 11am December 13 - February 14

Section B: 10 Wednesdays at 11am December 29 - March 2

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.

Philosophy & Religions of the People's Republic of China, the Republic of India and Japan (Dial In)

10 Wednesdays at 11am December 15 - March 2

(no session December 29 & January 5)

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

An introduction to Asian philosophies/religions of the People's Republic of China, India, and Japan. Included will be a brief discussion of the historic period of origin, tenets and works as well as their significance of the political, and cultural development of the countries.

The Current Political Scene (Staff Connected)

Section A: 9 Tuesdays at 3pm January 4 - March 1

Section B: 9 Wednesdays at 2pm January 5 - March 2

Charles Perkins, Historian

Please note you may only register for either [The Current Political Scene](#) or [Current Events](#).

Voting rights, climate change, infrastructure, the ongoing COVID pandemic, a rebounding economy, Cuomo's political fate; these are some issues we'll discuss during the end of President Biden's first year in office. We'll also follow the Supreme Court as it hears major cases on abortion and a New York gun law.

Becoming Comfortable with Changing Language: Gender and Pronouns (Staff Connected)

3 Thursdays at 11am February 10 - February 24

Conor Callahan, DOROT MSW Intern

Why do people include pronouns when giving introductions? Is use of the singular "They" grammatically correct? How do we have respectful, engaging conversations with younger generations about gender? Join us as we trace the history of gender in the English language, explore how identities and language have evolved over time, and discuss how to talk about gender and pronouns in a safe and friendly environment.

Art Discussions

Whitney Museum: Highlights from Current Exhibitions (Staff Connected)

3 Thursdays at 10am December 30 – January 13

Linda Sweet, Docent at The Whitney Museum of American Art

Enjoy highlights from two exhibitions on view at the Whitney Museum. *Jasper Johns: Mind/Mirror* covers the extraordinary career of this legendary artist still working at age 91. We will then look at the lush, piercing paintings by a young emerging artist, Jennifer Packer, whose exhibition, *The Eye Is Not Satisfied With Seeing*, covers the years 2011 to 2020. Materials will be mailed before the program.

The Ancient Egyptian Family (Dial In)

1 Monday at 10am January 3

Brian Smith, Brooklyn ART Guide

Explore the dynamics of the ancient Egyptian family through the study of a single statue in the Brooklyn Museum's collection. Together we will discover what ancient Egyptian families and the artists who depicted them wanted to convey to others. Materials will be mailed before the program.

Art in Conversation: Monuments & Memorials Part II (Dial In)

4 Tuesdays at 2pm January 4 – January 25

Anna Adler, Artist & Educator

This discussion explores the history of public monuments and memorials as they relate to our collective memory and humanity, drawing influence from participants' personal experiences and our current socio-political climate. The dialogue will focus on the movement for Black Lives, the Covid-19 Pandemic, as well as the climate crisis, inviting participants to consider how we wish to remember this historic time. Materials will be mailed before the program.

New York In The 1930's (Staff Connected)

1 Monday at 10am January 10

Brian Smith, Brooklyn ART Guide

How can one object illuminate the cultural and social environment of a place? Explore Reginald Marsh's *The Bowl* and discover the ways that it captures life in 1930s New York – and particularly the new experiences for working women. Materials will be mailed before the program.

Picasso at the Guggenheim (Dial In)

4 Tuesdays at 10am January 11 - February 1

Ellen Edelman, Educator - The Solomon R. Guggenheim Museum

One of the most influential artists of the 20th century, over the course of his career Pablo Picasso pioneered successive artistic innovations that shaped the development of modern art. With an emphasis on Picasso's early works, we will explore seven decades of the artist's radical approach to form and expression. Materials will be mailed before the program.

A Portrait of Leadership (Dial In)

1 Monday at 10am January 17

Brian Smith, Brooklyn ART Guide

Discuss artistic portrait styles and the ways artists tell stories about the individuals they paint through our comparison of two colonial portraits in the Brooklyn Museum's collection. Materials will be mailed before the program.

Art History & Gender (Staff Connected)

3 Thursdays at 3pm January 20 – February 3

Eric Hibt, Visual Artist, Educator, Curator

Let's examine the role of gender in visual art. Why did prehistoric groups depict the female figure, and why did ancient civilizations shift focus to the male form? How did female painters of the Renaissance flourish in a male-dominated culture? Who were the prominent queer figures in 19th and early 20th century avant-garde? Materials will be mailed before the program.

Conversations About Art with the Hammer Museum (Dial In)

4 Tuesdays at 4pm February 1 – February 22

Hammer Museum Student Educator

The Hammer Museum in Los Angeles champions the art and artists who challenge us to see the world in a new light, to experience the unexpected, to ignite our imaginations, and inspire change. In this series, Hammer Museum Educators, UCLA undergraduate and graduate students from diverse academic disciplines, will lead dynamic conversations about contemporary and historic art from the Hammer's collections and exhibitions. Materials will be mailed before the program.

The Obama Portraits (Staff Connected)

1 Wednesdays at 12pm February 2

Vicki Horowitz, Brooklyn ART Guide

From the moment of their unveiling at the Smithsonian National Portrait Gallery in February 2018, the official portraits of President Barack Obama and Mrs. Michelle Obama have become iconic. Let's come together to discuss the significance of these portraits. Materials will be mailed before the program.

Faith Ringgold: American People (Staff Connected)

1 Monday at 11am February 28

Sumeja Tulic, New Museum Teaching Fellow

Let's come together for a close look and conversation focused on the exhibit, "Faith Ringgold: American People". Faith Ringgold is a multi-disciplinary Black feminist artist, author, and activist whose legacy and influence spans from 1960 to today. Exclusive content will introduce themes and artworks, behind-the-scenes insights, and questions for consideration related to the exhibition. Materials will be mailed before the program.

Health & Wellness

Sounds of Yoga (Dial In)

4 Tuesdays at 11am January 4 – February 1

(no session January 18)

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

We will explore various sounding techniques helpful for moving energy in our bodies, focusing our minds, uplifting our spirits, and expanding our awareness. From the humming sound of the yogic bumblebee breathing practice, to the sounds of the 7 chakras (energy centers), and more, we will join together in a harmonious exploration of yoga and sound. (Some gentle seated movement will be incorporated as well). All levels are welcome. Materials will be mailed before the program.

Seated Qigong, Tai Chi Easy Arms, and Guided Meditation (Staff Connected)

8 Fridays at 10am January 7 – February 25

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.

History of Vaccines and How They Work (Staff Connected)

2 Thursdays at 11am January 20 - January 27

Beth Ann Ditkoff, MD, Medical Author

Learn how vaccines were discovered and how they help to protect us from disease. The first session will discuss the history of vaccines including major breakthroughs such as smallpox and polio vaccines. The second session will review some of the most common questions about vaccines, including the Covid-19 vaccines.

Self-Massage for Stress Relief and Relaxation (Dial In)

2 Fridays at 12pm January 21 & February 18

Alix Keast, Asian Bodywork Therapist; Licensed Massage Therapist

This class is based on Classical Chinese Medicine theory. We will use the breath, gentle stretches, and self-acupressure to encourage our minds and our bodies to come to a calmer and more peaceful place. Materials will be mailed before the program.

Literature & Storytelling

Novel Discussion Group with NYPL: The Sympathizer by Viet Thanh Nguyen (Dial In)

1 Friday at 1pm December 17

Irfan Ali & Ashley Gonzalez, New York Public Library

Please note you may only register for 2 novel discussion groups or a Novel Discussion Group and the Short Story Discussion Group

Come together to read this gripping story of espionage that follows a Viet Cong agent as he spies on a South Vietnamese army general and his compatriots as they start a new life in 1975 Los Angeles. Book will be mailed before the program.

Short Story Discussion Group (Staff Connected)

2 Wednesdays at 12pm December 22 & February 23

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

Please note you may only register for 2 novel discussion groups or a Novel Discussion Group and the Short Story Discussion Group.

Enjoy a discussion after reading a short story from writers ranging from the new to the classics. The short stories will be mailed before the program

Novel Discussion Group with NYPL: Cloud Cuckoo Land by Anthony Doerr (Staff Connected)

1 Friday at 1pm January 21

Irfan Ali & Ashley Gonzalez, New York Public Library

Please note you may only register for 2 novel discussion groups or a Novel Discussion Group and the Short Story Discussion Group

Join us as we read the story of four young dreamers and outcasts through time and space, from 1453 Constantinople to the future, as they discover resourcefulness and hope amidst peril. This is a new novel by the Pulitzer Prize--winning author of "All the Light We Cannot See". Book will be mailed before the program.

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

1 Wednesday at 4pm February 9 & 1 Friday at 10am March 4

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 us as the Pearls share two different personal stories and afterwards open the floor for discussion and questions.

Novel Discussion Group with NYPL: Deacon King Kong by James McBride (Dial In)

1 Friday at 1pm February 25

Irfan Ali & Justin Glasser, New York Public Library

Please note you may only register for 2 novel discussion groups or a Novel Discussion Group and the Short Story Discussion Group

Let's gather and read this novel focused on the aftermath of a 1969 Brooklyn church deacon's public shooting of a local drug dealer, and how the community's African-American and Latinx witnesses find unexpected support from each other when they are targeted by violent mobsters. Book will be mailed before the program. .

Conversations & More

Across the Miles (Dial In)

1 Wednesday at 3:30pm January 26

Well Connected, a Front Porch Community Service

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.

Around the Table: A DOROT Cooking Club (Dial In)

4 Wednesdays at 3pm February 2 – February 23

Emma Greenberg, DOROT MSW Intern

Join us for discussion as we explore some favorite recipes, discuss traditions around various meals, and exchange cooking tips together!

Animal Encounters (Staff Connected)

4 Mondays at 10am February 7 – February 28

Angelica Everett, DOROT MSW Intern

Come share and hear about experiences with our non-human friends. Are you a bird watcher, dog or cat lover, safari-partaker, zoo enthusiast? Who doesn't love talking about their favorite furry or feathered friends? Animals with scales are welcome for discussion too. Whether it's the subway pizza rat, an elephant who can paint, or your beloved pet, join us for a chat.

Coffee Chats (Dial In)

4 Fridays at 10am February 11 – March 4

Kicca Fabricant, DOROT MSW Intern

Make your favorite beverage and join us for a friendly 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!

Music & Performing Arts

Broadway & Beyond (Dial In)

2 Mondays at 2pm December 13 & February 28

Sing For Your Seniors

Join us for an interactive concert with professional performing artists sharing music and stories from Broadway and beyond. Call in to hear your favorite tunes live and connect with artists excited for a musical visit with you!

Blacklisted Entertainers of Hollywood: Their lives and Jewish American Heritage (Dial In)

12 Wednesdays at 10am December 15 - March 2

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

We will discuss noteworthy Jewish Americans in the entertainment industry who were Blacklisted in the 1940's and early 1950's. What was the Hollywood Blacklist and how did it shape the American entertainment industry, including the lives and careers of entertainers such as Orson Wells, Leonard Bernstein, Zero Mostel, Charlie Chaplin and many more.

The Corner of Casablanca and Sunset Boulevard (Staff Connected)

Section A: 5 Fridays at 11am December 17 – January 28

(no session December 24 & December 31)

Section B: 5 Fridays at 11am February 4 - March 4

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!

24/6: A Jewish Theater Company's Telephone Plays (Staff Connected)

4 Wednesdays at 4pm January 5 – February 2

(no session January 26)

Yoni Oppenheim, Artistic Director, 24/6: A Jewish Theater Company

Come enjoy a short one-person, uplifting and comedic play followed by a conversation with 24/6's Artistic Director.

Intro to Jazz – The First 50 Years (Dial In)

4 Fridays at 12pm January 7 – January 28

Evan Arntzen, Manhattan School of Music Graduate Student

Explore the course of jazz history with clarinetist/saxophonist, Evan Arntzen. Guided listening and discussions will focus on the first 50 years of recordings of this quintessentially American art form. Those who have joined this program before can expect different musical selections.

Improvisation Workshop (Dial In)

4 Mondays at 12pm January 10 – January 31

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!

Intro to Jazz – 1950's To Present Day (Dial In)

4 Fridays at 12pm February 4 – February 25

Evan Arntzen, Manhattan School of Music Graduate Student

Explore the course of jazz history with clarinetist/saxophonist, Evan Arntzen. Guided listening and discussions will focus on recordings of this quintessentially American art form from the mid-1950s until now. Participation in "Intro to Jazz – The First 50 Years", is not required.

Jewish Interests

All are welcome. No religious affiliation or knowledge of Judaism required.

The Jews of Spain: Then and Now (Dial In)

12 Mondays at 10 AM December 13 – February 28

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

The history of the Sephardic Jews of Spain is long, troubled and very culturally rich. We will study this history of the Jews of Spain before, during and after their Expulsion, as well as Conversos/Marranos and the contemporary history, culture and life of this community.

Women in the Hebrew Biblical Text - Part III (Staff Connected)

7 Mondays at 11 AM December 13 – January 24

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 further adventures together. Part I and II are not necessary to take this program.

Traditional Jewish Responses to Challenging Times (Dial In)

12 Mondays at 2pm December 13 – February 28

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.

The Book of Daniel (Dial In)

12 Thursdays at 4pm December 16 – March 3

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

The Book of Daniel is a post-Exilic Biblical work set in the Babylonian court of Nebuchadnezzar. We will use a Jewish perspective to delve into the various incidents involving Daniel as recounted in this Book, as well as the dreams and visions that are described therein.

Welcoming Shabbat (Staff Connected)

3 Fridays at 11am December 17, January 21 & February 18

Leah Nussbaum, 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!

Living with the Torah (Staff Connected)

8 Tuesdays at 1pm December 21 – February 8

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.

Applied Jewish Mysticism (Staff Connected)

8 Thursdays at 1pm December 23 – February 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 God and our relationships with family and friends. Let's explore the Tanya together, one of the truly great treasures of Jewish heritage.

Thinking about Security: Will Jews Ever Feel Safe? (Staff Connected)

2 Mondays at 3pm January 10 – January 17

David Engel, Greenberg Professor of Holocaust Studies, Professor of Hebrew and Judaic Studies, Professor of History, New York University

Throughout history, many human communities have struggled to feel safe. For decades Jews throughout the world have debated what conditions can enhance or harm safety for their community. This program will look at one such debate, in America during the 1940s, and consider how it compares with current trends. The first week will be a listening session of a 1940's Radio program entitled "The Eternal Light". The following week we will engage in discussion.

Exploring a Jewish Spiritual Path to Character Development (Dial In)

4 Mondays at 3pm February 7 – February 28

Leah Nussbaum, DOROT Pastoral Intern

Join this discussion on mussar, a virtues-based approach to Jewish ethics, through the work of middot: our soul traits or characteristics (i.e., righteousness, heart, modesty, loving rebuke, fear) that we can cultivate through our lives.

Maimonides – Guide for the Perplexed (Staff Connected)

2 Mondays at 1pm February 14 – February 21

Lee Slavutin, MD, CLU

Let us consider how 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?

Nachmanides (Ramban) – Gentle Speech and Humility (Staff Connected)

1 Monday at 1pm February 28

Lee Slavutin, MD, CLU

Ramban wrote a letter to his son in 1267 to inspire him to act with humility. This letter is read and studied all over the world to refine a person's character. What is so special about this letter is that teaches us how to change our behavior – the approach is very practical and understandable. We will review the key points in one class and perhaps you will be inspired to study the letter in depth and apply it in everyday life.

Let's Make Art

Introduction to The Sketchbook (Dial In)

4 Tuesdays at 12pm December 21 – January 11

Lynda Monick – Isenberg, Artist and Professor Emeritus

A sketchbook is a tool used to develop ideas, practice, learn and to just 'mess around'. They contain drawing, painting, collage, ink, markers and so much more. This 5-week class introduces the sketchbook through weekly activities that take no experience. Open your mind, try something new, hold judgement and enjoy creating without concern about outcomes (which will surprise you!). Materials will be mailed before the program.

Other Topics

Friendship: Creating Connection and Community (Staff Connected)

10 Tuesdays at 10am December 14 – February 15

Constance Gemson, LMSW; Social Work Consultant

This interactive program will encourage you to assess and evaluate the importance of significant people in your life. Discover how friendships may differ in retirement and in the time of the pandemic.

Managing Stress: What are Your Options? (Staff Connected)

10 Tuesday at 11am December 14 – February 15

Constance Gemson, LMSW; Social Work Consultant

Explore effective methods to stay calm, centered, and serene. Learn simple strategies to enhance your life. Share your insights and ideas with others.

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

3 Tuesdays at 2pm December 21 - January 4

Janice Hermalyn, MS, BS; DOROT Volunteer

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

Can I Become a Better Listener? (Dial In)

2 Tuesdays at 2pm January 11 - January 18

Janice Hermalyn, MS, BS; DOROT Volunteer

This program will provide hands on practice to become a better listener. We will discuss techniques and methods of cultivating your listening skills to use throughout your everyday life.

A Step Ahead – How to Identify and Avoid Scams (Staff Connected)

1 Thursday at 11am February 3

Roberta Goodman, Esq. and Susan Carroll, Esq from the Pace Women's Justice Center, Elder Justice Unit

Scams are not going away but we are getting smarter. Learn to recognize a scam, protect yourself and know what resources are available to you when you need them.

Support Groups

Daily Tips for Vision Loss (Staff Connected)

12 Mondays at 4pm December 13 – February 28

Mindy Jacobson, 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)

12 Tuesdays at 4pm December 14 – March 1

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: 12 Tuesdays at 5pm December 14 – March 1

Section B: 12 Thursdays at 6pm December 16 – March 3

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

24/6 A Jewish Theater Company
 Bikur Cholim Chesed
 Organization
 The Brooklyn Museum

Covia - Well Connected
 The Hammer Museum
 Heights and Hills
 Manhattan School of Music
 Memorial Sloan Kettering Cancer
 Center
 The New Museum
 New York Public Library
 Pace Women's Justice Center
 The Solomon R. Guggenheim
 Museum
 University Settlement
 The Whitney Museum of
 American Art

Remembrance

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

Frances Miller
 Toni Marchionne

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

