

March 2022 - June 2022



University Without Walls

**LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY**



Topics

News, Politics & Our Society • Museum & Art Discussions
Health & Wellness • Literature & Storytelling
Music & Performing Arts • 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 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)

Section A: 10 Mondays at 11am March 21- May 23

Section B: 10 Wednesdays at 11am March 30- June 1

Tom Kertes, Retired Newspaper Columnist and Film Critic

Please note you may only register for 1 section of 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 U.S. 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: 12 Tuesdays at 3pm March 22 – June 7

Section B: 12 Wednesdays at 3pm March 23 – June 8

Charles Perkins, Historian

Please note you may only register for 1 section of either The Current Political Scene OR Current Events.

This spring the US Supreme Court will announce decisions about major abortion and gun control cases. The high court may also rule whether elected officials participated in a seditious conspiracy last January 6th. President Biden, and the Fed will struggle to hold down inflation, while GOP primaries ahead of the mid-terms will test the strength of Trump-backed candidates. And we will watch our new governor and new mayor as they work to solidify their early popularity.

People's Republic of China (Dial In)

10 Wednesdays at 11am March 23 – June 1

Judy Lass, MA, DOROT Volunteer

An introduction to the People's Republic of China, including its cultural, economic and political evolution from the early dynastic period to the present. We will explore the significance of its geography and how international relations are factors in the success or failure of its current systems. Materials will be mailed before the program.

Black Citizenship in the Age of Jim Crow (Dial In)

1 Wednesday at 2pm May 11

Miryam Wasserman, New York Historical Society Docent

We will delve into the struggle of Black Americans for equality under the law from 1865 through World War I, as well as how Black New Yorkers engaged in organizing and community-building in the face of discrimination. Materials will be mailed before the program.

Museum & Art Discussions

Women in Abstraction (Dial In)

3 Tuesdays at 12pm March 29 - April 12

Ellen Edelman, Educator - The Solomon R. Guggenheim Museum

"This work is so good you wouldn't know it was done by a woman." Hans Hoffman

From the Amazons of the Avant-garde in Russia in the early 1900's through the Ninth Street Women of New York in the 1950's, women have challenged the male-dominated world of 20th century abstract painting. Explore the women artists who expanded, revised, and rewrote the traditional story of abstraction.

The USS Intrepid in the Pacific (Dial In)

3 Tuesdays at 12pm March 29 - April 12

James Tardiff, Museum Educator at the Intrepid Sea, Air & Space Museum

World War II spanned the globe. In Asia, the beginnings of war can be traced to Japanese seizure of Manchuria, with eventual spread to the United States on December 7, 1941. Learn about Intrepid's journey in the Pacific, the decisions of its leadership, and life on board this ship that ultimately became hallowed ground. Materials will be mailed before the program.

Sensory Space: Art Through Texture and Touch (Staff Connected)

3 Tuesdays at 2pm April 5 - April 19

Anna Adler, Teaching Artist

Reconsider our living spaces by engaging our sense of touch. Each session will include creative exercises and discussions inspired by our sensory experiences, as well as modern and contemporary artists whose work focuses on the tactile. Existing objects and elements in the home, (and outdoors if possible) will be utilized, as well as a selection of art materials that will be mailed prior to workshop start. Materials will be mailed before the program.

Artists of New York (Dial In)

1 Monday April 4 at 2pm

Ellen Sussman, Brooklyn Museum ART Guide

New York City has long been the art center for the US, and artists have moved here from all over the country to make their mark in the art world. Our exploration and discussion will focus on works by New York artists from the late 19th century to the present. Materials will be mailed before the program.

Artistic Struggles (Staff Connected)

1 Thursday April 7 at 12pm

Sande Pisik, Brooklyn Museum ART Guide

Join an examination of varied objects from different cultures to 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.

Exploring the Life and Art of Eric Carle (Dial In)

1 Monday at 1pm April 25

Courtney Waring, Director of Education, The Eric Carle Museum of Picture Book Art

Beloved author/illustrator Eric Carle said his book, *The Very Hungry Caterpillar*, was about hope. Using *The Very Hungry Caterpillar* as our guide, we'll learn about Eric Carle's life and 50+ year career in children's literature, explore the book's unique design, and discover fun facts along the way. Materials will be mailed before the program.

The Whitney Biennial (Staff Connected)

3 Thursdays at 10am May 19 – June 2

Linda Sweet, The Whitney Museum of American Art Docent

The Whitney Biennial was introduced to chart the most relevant art and ideas of the time in the United States and is the longest-running exhibition of its kind. We will review the work of a select group of artists participating in the 2022 exhibition, the 80th edition of the Biennial. Materials will be mailed before the program.

Moving the Millions (Staff Connected)

1 Thursday May 26 at 11am

Polly Desjarlais, Education Manager (School & Group Programs), New York Transit Museum

Discover the magnitude and complexity of New York City's public transportation system by exploring elements of construction, social history, engineering, and impact over time in this introduction to transit history. Materials will be mailed before the program.

Health & Wellness

Sounds of Yoga (Dial In)

8 Tuesdays 11am March 22 - May 10

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, enjoy this 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 (Dial In)

8 Fridays at 10am March 25 - June 3 (no session April 15, April 22, May 6)

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 (Dial In)

8 Wednesdays at 10am March 30 - May 18

Kathleen Fiorito, Expert Home Organizer

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

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

3 Fridays at 12pm April 1 & May 6 & June 17

Alix Keast, Asian Bodywork Therapist; Licensed Massage Therapist

You will learn to use self-acupressure points, gentle stretching and the breath to help bring your body and mind into a more relaxed, calm and centered place. These exercises are based on Classical Chinese medicine and yoga. Materials will be mailed before the program.

The ABCs of Mind-Body Fitness and Well-Being (Staff Connected)

3 Thursdays at 10am April 14 – April 28

C. Vicki Gold, PT, MA, Thera-Fitness Inc

Learn how and why to integrate a simple, ABC (Alignment – Breathing - Centering) system into your everyday activities. Practice techniques and strategies to decrease stress, increase energy, improve function and make those everyday activities safer and more efficient. A supportive, straight-back chair recommended. Materials will be mailed before the program.

Healthy Bones for Life (Staff Connected)

1 Monday at 2pm May 2

Francine Matalon-Degni, American Bone Health Peer Educator

Join us as we share the basics of bone health and why it is important. You'll learn how bones develop over the ages, understand what osteoporosis is, why bone loss occurs and how to lessen fracture risk. It's the perfect introduction to preventing bone loss, fracture prevention, bone-safe exercise and bone-healthy nutrition. So, take steps to stay strong and independent for life! Materials will be mailed before the program.

Tips to Prepare for a Telehealth Visit with your Doctor (Staff Connected)

1 Thursday at 11am, June 2

Beth Ann Ditkoff, MD, Medical Author

Telehealth is a way for you to meet with your doctor without going to the office and it continues to grow in popularity. You can feel prepared for this new type of doctor-patient interaction by joining this discussion on how to get ready for your first or next telehealth visit.

Literature & Storytelling

Book Discussion Group with NYPL: The History of Love by Nicole Krauss (Dial In)

1 Friday at 12pm March 25

Ashley Gonzalez & Elizabeth Salerno, Senior Librarians, St. Agnes New York Public Library

A long-lost book reappears, mysteriously connecting an old man searching for his son and a girl seeking a cure for her widowed mother's loneliness. Materials will be mailed before the program.

The Story of Us: A Storytelling and Reminiscence Workshop (Staff Connected)

3 Fridays at 11am April 1 – April 15

Laurence Checler & Grace Schiraldi, Teaching Artists & Founders of Acting Our Age

Join us to create: “The Story of Us” where participants will express themselves creatively through imaginative poetry creation, reminiscence and storytelling, using sensory object exploration, music and movement. Materials will be mailed before the program.

Audio Discussion Group: This American Life (Dial In)

2 Mondays at 12pm April 4 – April 11

Lorraine Novack, Director, Connect Through Tech Programs at DOROT

Do you enjoy or wonder about podcasts? Come together to listen to and discuss an episode of the well-regarded podcast, “This American Life”. In our first session, we will listen to, “Time to Save the World”, a vignette of stories of people trying to save the world, one person at a time and of sudden truths delivered by complete strangers. Our second session will be to discuss our thoughts on the stories we heard. No technology knowledge required; podcast will be played over the UWW call.

Life Story Club (Dial In)

8 Thursdays at 1pm April 14 – June 2

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 in our Life Story Club! Exchange meaningful life stories with other participants. The facilitator will come prepared to each session with two engaging and unique prompt questions each week to facilitate conversation and connection.

Short Story Discussion Group with NYPL (Staff Connected)

2 Tuesdays at 12 pm April 19 & June 7

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. The short story will be mailed or emailed before the program.

Book Discussion Group with NYPL: *The Maid* by Nina Prose (Staff Connected)

1 Friday at 12pm April 29

Ashley Gonzalez & Elizabeth Salerno, Senior Librarians, St. Agnes New York Public Library

Molly Gray is not like everyone else. She struggles with social skills and misreads the intentions of others. Her Gran used to interpret the world for her, codifying it into simple rules that Molly could live by. But Molly's orderly life is upended the day she enters the suite of the infamous and wealthy Charles Black, only to find it in a state of disarray and Mr. Black himself dead in his bed. Materials will be mailed before the program.

Coffee Table Memoirs (Staff Connected)

3 Thursday at 3pm May 5 – May 19

Diana Marie Rose, Fine Arts Education Consultant

Come together for coaching and direction for the creative writing and expressive reading of your own original "Memoir Monologues". An array of emotional recognition techniques for character study, personality analysis, and sensory experiences will be applied to capture your true-life memories and discover new life perspectives.

Book Discussion Group with NYPL: *The Alice Network* by Kate Quinn (Dial In)

1 Friday at 12pm May 27

Ashley Gonzalez & Elizabeth Salerno, Senior Librarians, St. Agnes New York Public Library

In this enthralling novel from New York Times bestselling author Kate Quinn, two women—a female spy recruited to the real-life Alice Network in France during World War I and an unconventional American socialite searching for her cousin in 1947—are brought together in a mesmerizing story of courage and redemption. Materials will be mailed before the program.

Music & Performing Arts

Improvisation Workshop (Dial In)

4 Mondays at 1pm March 21 – April 11

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. Come to laugh and foster connection and joy!

The Corner of Casablanca and Sunset Boulevard (Staff Connected)

Section A: 5 Fridays at 11am March 25-April 29 (no session April 22)

Section B: 5 Fridays at 11am May 6 - June 3

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)

Section A: 3 Tuesdays at 10am March 22 - April 5

Section B: 3 Tuesdays at 10am April 26 – May 10

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.

The World of Sondheim (Dial In)

4 Fridays at 11am April 29 – May 20

Tirza Meuljic, Manhattan School of Music Graduate Student

Dive into the world of Sondheim, where we'll study some of his greatest works spanning his entire career. Get a deeper understanding of his writing process, creative inspirations, and how Sondheim's legacy lives on in musical theater today.

Choral Acapella Masterworks (Dial In)

4 Mondays at 3pm May 2 – May 23

John Verkuilen, Manhattan School of Music Graduate Student

Experience how composers have scaled the intimacy of an acappella choral work to a large masterwork. We will discuss multi-movement compositions, music for many singers, and revolutionary masterpieces. Sessions will feature music by Herbert Howells, Sergei Rachmaninoff, Edward Elgar, and others.

Jewish Interests

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

Israel's Famous Prime Ministers and More: Building a Nation (Dial In)

11 Mondays at 10am March 21 – June 13

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

We will explore the lives and times of the statesmen (and women) who shaped Israel from its founding through today. Learn about David Ben-Gurion, Golda Meir, Shimon Peres, Moshe Dayan, Levi Eshkol, Ariel Sharon, Reuven Rivlin, Itzak Rabin, Menachem Begin, Benjamin Netanyahu and others.

Women in the Hebrew Biblical Text Part IV (Staff Connected)

7 Mondays at 11am March 21 – May 2

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. Parts I-III are not necessary to take Part IV of this program.

Remembrance Gathering for Rabbi Mann (Dial In)

1 Monday at 2pm March 21

It is with sad hearts that we share the community loss of one of our longtime facilitators, Rabbi Isaac Mann. Rabbi Mann began sharing his love and knowledge of Jewish study with UWW participants in the summer of 2000. In the more than 2 decades he spent with us, Rabbi Mann had positive connections with so many people, teaching them and letting them know of his concern for their well-being. He will be greatly missed. May his memory be a blessing. If you participated in any of Rabbi Mann's programs, please join us for this Remembrance Gathering, you can share your favorite memory of the Rabbi or your participation in any of the programs he led.

Living with the Torah (Staff Connected)

8 Tuesdays at 1pm March 22 – May 10

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 Thinkers Through the Ages: Shaping the Identity of Our People (Dial In)

13 Wednesdays at 10am March 23- June 15

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

We will discuss the lives and teachings of key Jewish thinkers from historical times to the present. What events in history shaped their thinking and how have their teachings influenced the path Judaism has taken? Thinkers to be studied include: Maimonides, Leo Baeck; Franz Rosenzweig; Joseph Soloveitchik; Mordechai Kaplan; Abraham Joshua Heschel and others.

Applied Jewish Mysticism (Staff Connected)

8 Thursdays at 1pm March 24 – May 12

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 March 25, April 29, May 27

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!

Maimonides – Guide for the Perplexed (Staff Connected)

2 Mondays at 1pm May 9 – May 16

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?

Ramban – Gentle Speech and Humility (Staff Connected)

1 Monday at 1pm May 23

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.

Conversations & More

Across the Miles (Dial In)

1 Wednesday at 3:30pm April 27

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.

Music and Memories (Staff Connected)

4 Mondays at 3pm March 21 - April 11

Giulia Capicotto, DOROT MSW Intern

Come chat about your favorite music genres, artists, concerts, performances, and memories!

Let's Make Art

Introduction to The Sketchbook (Dial In)

6 Tuesdays at 2pm May 10 – June 14

Lynda Monick-Isenberg

A sketchbook is a simple tool used to develop ideas, practice, learn, record and to just 'mess around'. They contain drawings, paintings, collage, notes and so much more. Explore this engaging practice by building your own sketchbook through weekly activities that take no experience. Open your mind, try something new, hold judgment and enjoy creating without concern about outcomes (which will surprise you!) Traditional black and white drawing materials provided.

Other Topics

Happiness and Joy: Creating Possibility and Hope (Staff Connected)

10 Tuesdays at 10am March 22 – May 24

Constance Gemson, LMSW; Social Work Consultant

This interactive class will encourage you to discover and develop a sense of optimism. Learn from leaders and psychological experts about realistic ways to create a new boost in your life. Your insights are important, and your ideas are welcome.

Coping with Change: Facing the Future with Confidence (Staff Connected)

10 Tuesdays at 11am March 22-May 24

Constance Gemson, LMSW; Social Work Consultant

Discover how change begins with endings. Plan a more successful future. Learn how your past history and your personality shape your interpretation of events.

There's Only One You - Keeping Your Identity Safe (Staff Connected)

1 Thursday at 11am April 28

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

Join us as we discuss tips for sharing your personal information while also protecting your identity.

Building Self-Esteem (Dial In)

2 Tuesdays at 2pm May 3 – May 10

Janice Hermalyn, MS, BS; DOROT Volunteer

We will discuss tactics and ways to build healthy self-esteem and strive to live to our fullest potential.

Becoming a More Effective Leader (Dial In)

2 Tuesdays at 2pm June 7- June 14

Janice Hermalyn, MS, BS; DOROT Volunteer

In this participatory program we will practice techniques in taking leadership in a variety of situations. Together we will learn how to lead effectively.

Support Groups

Daily Tips for Vision Loss (Staff Connected)

13 Mondays at 4pm March 21 – June 13

(no sessions May 30 & June 6, make up sessions May 31 & June 7)

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)

13 Tuesdays at 4pm March 22 – June 14

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: 13 Tuesdays at 5pm March 22 – June 14

Section B: 13 Thursdays at 6pm March 24 – June 16

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 Novack

Director, Connect Through Tech

Carissa Davies

Program Coordinator, University Without Walls

Lily Sokobin

Program Assistant, University Without Walls

Melissa Esparza

Program Administrator, University Without Walls

Zoya Stein

Program Assistant, University Without Walls

Jennifer Tyler

Client Support, 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

Estante and Martin Fawer
 Marvin Fenster in memory of
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Community Partners

24/6 A Jewish Theater Company
 American Bone Health
 Association
 Bikur Cholim Chesed
 Organization
 The Brooklyn Museum
 Covia - Well Connected
 The Eric Carle Museum
 of Picture Book Art

Heights and Hills
 Intrepid Sea, Air & Space
 Museum
 Manhattan School of Music
 The New York Historical Society
 New York Public Library
 New York Transit Museum
 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:

Dora Breyman
 Ella Gritchevsky
 Rabbi Isaac Mann*
 Pearl Roberts
 Mark Tenner
 Celestina Trower

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

