

July 2022 - August 2022

GENERATIONS HELPING
GENERATIONS HELPING

DOROT

GENERATIONS HELPING

University Without Walls

LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY



Topics

Special Summer Offerings • News, Politics & Our Society
Museum Discussions • Health & Wellness
Literature & Storytelling • Music & Performing Arts
Jewish Interests • Intergenerational Conversations
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



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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.

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 “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 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 uvw@dorotusa.org
visit our website at www.DOROTUSA.org/UWW

Special Summer Offerings

African Americans and the United States of Barbecue (Staff Connected)

1 Monday at 2pm July 11

Adrian Miller, Food Writer, James Beard Award Winner, Attorney, and Certified Barbecue Judge

Gather around for this informative and entertaining history of African American barbecue. Learn about the cuisine's early roots and how Black cooks became barbecues' most effective and visible ambassadors.

The Liberty Bell (Staff Connected)

1 Wednesday at 10am July 20

National Park Ranger, Independence National Historical Park

Go beyond the iconic crack to learn how the Liberty Bell was transformed from an ordinary State House bell into an extraordinary symbol of liberty. Abolitionists, women's suffrage advocates and civil rights leaders all took inspiration from the inscription on this bell. Materials will be mailed before the program.

Tips for Protecting Your Eyes from the Sun (Staff Connected)

1 Thursday at 11am July 21

Maggie Walters, Director, Outreach & Support Programs Lighthouse Guild

Learn from Lighthouse Guild professionals about sun exposure and your eyes—the potential impact of sun on vision. The benefits of sunglasses and tips on selecting sun wear for the best protection. General tips for protecting your eyes to prevent vision loss. Low vision rehabilitation to help you adjust and make the most of your vision in daily activities.

Enlightening your Mind...Lighthouse History 101! (Dial In)

1 Thursday at 2pm August 4

Linda Dianto, Executive Director, National Lighthouse Museum

Lighthouses just stand there and do their job! One can't say anything bad about a lighthouse! Learn the who, what, when, where and why of lighthouses dating back to ancient Egypt through today. Materials will be mailed before the program.

News, Politics & Our Society

Current Events (Staff Connected)

Section A: 7 Mondays at 11am July 11 - August 22

Section B: 8 Wednesdays at 11am July 6 - August 24

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: 8 Tuesdays at 3pm July 5 - August 23

Section B: 8 Wednesdays at 3pm July 6 – August 24

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.

The Evolution of Women's Rights (Dial In)

8 Wednesdays at 11am July 6 – August 24

Judy Lass, MA, DOROT Volunteer

We will consider the evolution of women's roles in America, through an investigation of significant women in the women's rights movement and the effects of their efforts. Covering the 19th century inception to the 20th century, we will include Sojourner Truth, Elizabeth Cady Stanton, Susan B Anthony, Ida B Wells, Jane Addams, Margaret Sanger, Betty Friedan, and Shirley Chisolm.

Museum Discussions

Women Artists at the Guggenheim (Dial in)

4 Tuesdays at 10am July 12 - August 2

Maya Jeffereis, Gallery Educator - Solomon R. Guggenheim Museum

Join as we celebrate the women artists in the Guggenheim's collection and their important but sometimes overlooked contributions to art history. We'll look at artists from the museum's early collection of 19th century art to the present day, considering ideas around gender, representation, and inclusion. Materials will be mailed before the program.

Liberation Through Art (Staff Connected)

1 Thursday at 1pm July 14

Nadine Bryce, Brooklyn Museum ART Guide

Discover works of art in the Brooklyn Museum's collection that explore ideas of liberation. Materials will be mailed before the program.

Highlights of the American Museum of Natural History (Staff Connected)

3 Mondays at 10am August 8 – August 22

Joseph Ades, DOROT and American Museum of Natural History volunteer

Working from photos of the exhibits, we will explore and discuss highlights of this iconic museum, incorporating museum history, scientific concepts, and learning how selected exhibits are constructed. Materials will be mailed before the program.

At the Dawn of a New Age: Early 20th Century American Modernism (Staff Connected)

3 Thursdays at 10am August 11 – August 25

Linda Sweet, The Whitney Museum of American Art Docent

1900 - 1930 was a time of optimism, energy and confidence. Many American artists embraced the "new", rejecting realistic depictions of the world for art that emphasized experience, design, color and form. Well-known artists Georgia O'Keeffe, Arthur Dove and Marsden Hartley will be reviewed while we rediscover artists such as Nancy Prophet, Marguerite Zorach and Aaron Douglas. Materials will be mailed before the program.

Health & Wellness

Streamline to Serenity (Dial In)

8 Wednesdays at 10am July 6 – August 24

Kathleen Fiorito, Expert Home Organizer

Join us as we discuss how to 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.

Sounds of Yoga (Dial In)

7 Tuesdays 11am July 12 – August 23

*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)

7 Thursdays at 11am July 14 – August 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.

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

2 Fridays at 12pm July 15 & August 19

Alix Keast, Asian Bodywork Therapist; Licensed Massage Therapist

You will learn to use self-acupressure points, gentle stretching and your 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.

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

1 Monday at 11am July 18

Beth Ann Dikoff, M, Medical Author

Telehealth is a way for you to meet with your doctor without going to the office. As telehealth gains popularity, you will be prepared for this new type of doctor-patient interaction. In this single class, we will discuss tips to get you ready for your next telehealth visit.

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

5 Wednesdays at 12pm July 20 – August 17

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.

Literature & Storytelling

Hebrew, Yiddish and English Poetry by Jewish Women (Staff Connected)

3 Mondays at 10am July 18 – August 1

Arielle Stein, Rabbinical Student, Hebrew Union College

Join us for a mixture of discussing and reading poetry aloud. All texts will be provided in original and English translation so no language background aside from English is necessary. Materials will be mailed before the program.

Book Discussion Group with NYPL: Life After Life by Kate Atkinson (Dial In)

1 Friday at 12pm July 22

Elizabeth Salerno & Ashley Gonzalez, New York Public Library

In 1910, Ursula Todd is born to an English banker and his wife, and dies before draws her first breath. On that same night, she is again born and embarks upon a life that will be quite unusual. For as she grows, she also dies, repeatedly, in a variety of ways. Can her infinite number of lives give her the power to save the world from its march towards its second world war? And if she can - will she? The book will be mailed before the program.

Book Discussion Group: Gay New York by George Chauncey (Staff Connected)

4 Tuesdays at 12pm August 2 – August 23

Conor Callahan, DOROT Social Worker

Chauncey's brilliant history *Gay New York* shatters the myth that before the 1960s gay life existed only in the closet, where gay people were isolated, invisible, and self-hating. Based on years of research and access to a trove of diaries, legal records, and other unpublished documents, this book is a fascinating portrait of a world that is not supposed to have existed. Join us as we discuss the history of New York City through the experiences of its gay inhabitants. Book will be mailed before the program.

Short Story Discussion Group with NYPL (Staff Connected)

1 Wednesday at 12 pm August 10

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 Personal Librarian by Marie Benedict (Dial In)

1 Friday at 12pm August 19

Elizabeth Salerno & Ashley Gonzalez, New York Public Library

This novel of historical fiction tells the story of Belle da Costa Greene, J. P. Morgan's personal librarian—who became one of the most powerful women in New York despite the dangerous secrets she kept to preserve her carefully crafted white identity in the racist world in which she lives. Materials will be mailed before the program.

Music & Performing Arts

Early Jazz Styles in the Modern Era (Dial In)

4 Wednesdays at 1pm July 6 – July 27

Evan Arntzen, Clarinetist, Saxophonist, Vocalist / Educator

Pre-bop, Trad Jazz, Early Jazz... Just don't call it Dixieland! Musicians in the modern era are increasingly performing and composing music based in early Jazz styles from around 100 years ago. Join us for a guided listening tour of some of the musicians carrying these styles forward into the 21st century.

The Corner of Casablanca and Sunset Boulevard (Staff Connected)

Section A: 4 Fridays at 11am July 8 – July 29

Section B: 4 Fridays at 11am August 5 – August 26

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!

A Journey Through Operas of Mozart (Staff Connected)

3 Fridays at 10am July 8 – July 22

Djordje Nesic, Lecturer at SUNY Purchase and Manhattan School of Music

We will explore the fun and wit of Mozart and his librettists, and how they explored, criticized, and understood the class divisions in society. We will mostly look at operas written by Mozart and his most well-known librettist Lorenzo da Ponte, with a glance at Mozart's other theatrical works as well. Some listening assignments prior to each session will be recommended.

Improvisation Workshop (Dial In)

6 Mondays at 4pm July 11 – August 15

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!

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

Section A: 3 Thursdays at 12pm July 7 – July 21

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.

Broadway & Beyond (Dial In)

1 Monday at 2pm July 18

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!

Hard Bop Classics (Dial In)

4 Wednesday at 1pm August 3 – August 24

Evan Arntzen, Clarinetist, Saxophonist, Vocalist / Educator

Let's do a deep dive into Hard Bop, a genre of Jazz both soulful and sophisticated that had its heyday from roughly the mid-1950s to the mid-1960s. This class will feature the historical background, discussion and guided listening to such greats as Horace Silver, Sonny Rollins and Art Blakey.

Jewish Interests

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

The Eye of the Beholder (Dial In)

8 Wednesdays at 10am July 6 – August 24

Rabbi Debra Smith, Spiritual Leader; Educator; CSW; Life Cycle Officiant; Rabbi, Congregation Or Ha Lev
Judaism has many symbols, words and names that define the Jews as a people. We will explore the history, significance and changing associations of many popular and obscure important symbols and their places in the lives of Jews throughout the ages. Some symbols include the hamsa, the chair, the ark, trees, wine, eggs and so many more.

Jewish Views on Astrology and the Zodiac (Dial In)

7 Mondays at 10am July 11 – August 22

Rabbi Debra Smith, Spiritual Leader; Educator; CSW; Life Cycle Officiant; Rabbi, Congregation Or Ha Lev
Torah scholars have debated the topic of astrology for over 2,000 years. While not a Jewish practice, the Talmud contains many references to astrology. We will study the Jewish beliefs on astrology and learn about the history of the Zodiac and the meaning of its symbols.

Living with the Torah (Staff Connected)

8 Tuesdays at 1pm July 5 – August 23

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 July 7 – August 25

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)

2 Fridays at 11am July 8 & July 29

Rebecca Jane Galin, 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!

Our Jewish Journeys: Traveling Four Major Highways of Jewish Thought

(Dial In)

4 Thursdays at 10am July 14 – August 4

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

This interactive, discussion-based course will explore several key aspects of Jewish life and Jewish thought. Using a combination of text study from classical Jewish sources, we will focus on key questions related to the following topics: Tzedakah and Philanthropy; the Environment; the Jewish Spirit; and Interpersonal Relationships. (Curriculum has been developed by Chai Mitzvah.org, a Jewish engagement organization). Materials will be mailed before the program.

Germany, Denmark, Terezin: My Family's Holocaust Survival (Staff Connected)

Marion Novack, DOROT Volunteer

2 Wednesday at 2pm July 20 – July 27

The daughter of Holocaust survivors shares her family's vivid recollections of the humanity of the Danes and the inhumanity of the Nazis in the story of her parents' capture, internment and eventual return. Her research, travel and connections to her parents' past resulted in having a broader understanding of the impact that the Holocaust had on her family. Materials will be mailed before the program.

Let's Discuss Jewish Harlem (Staff Connected)

1 Tuesday at 11am July 26

The Lower East Side Jewish Conservancy

From 1870-1930, Harlem was once home to more than 175,000 Jews, the third largest Jewish community in the world, after New York's Lower East Side and Warsaw, Poland. Learn about Harlem's legendary Jewish institutions which transformed Judaism today and discuss some noted residents. Materials will be mailed before the program.

A Visit to the Bialystoker Synagogue and A Talk About the Lower East Side

(Dial In)

1 Thursday at 10am July 28

The Lower East Side Jewish Conservancy

Bialystoker, a former Methodist Church built in 1826, is believed to have been a stop on the Underground Railroad. Listed as one of ten of America's Most Beautiful, Inspiring, and Unique Synagogues, Bialystoker has murals representing the signs of the zodiac. Find out why there is a lobster painted on the ceiling and so much more. Materials will be mailed before the program.

Intergenerational Conversations

Contemporary Issues in Jewish Life: An Intergenerational Perspective (Dial In)

4 Tuesdays June 28 – July 19th 2pm

Join a group of teens for a series of meaningful intergenerational discussions on changes and challenges in modern Jewish life. Covering everything from food and culture to politics and anti-Semitism, this discussion group will consider the similarities and differences across the generations. Teens and older adults exchange ideas, opinions, and personal stories to learn from one another and create connections as they together envision the Jewish future.

Then & Now: A Conversation with High School Students (Dial In)

4 Tuesdays at 2pm July 26 – August 16

Are you curious to learn about what life is like for today's teenagers? Are you willing to share some of your own life experiences? Join DOROT teen interns to jointly explore music, entertainment, technology and a wide range of other topics in this student-led experience.

Other Topics

Creativity: Cultivating Your Inner Awareness (Staff Connected)

8 Tuesdays at 10am July 5 – August 23

Constance Gemson, LMSW; Social Work Consultant, Author, Workshop Leader

This interactive discussion will focus on how to develop, encourage and expand your own imagination. These specific sessions will allow you to learn from experts and develop a personalized plan to expand your own world. Learn creative strategies from those who are famous and those who are beginners in this quest.

Going Solo: How to Value Your Time Alone (Staff Connected)

8 Tuesdays at 11am July 5 – August 23

Constance Gemson, LMSW; Social Work Consultant, Author, Workshop Leader

Loneliness is defeat; solitude is victory. This optimistic workshop will encourage you to find the time by yourself as rewarding. Discover how to widen your social circle and develop viable alternatives.

Building Self-Esteem (Dial In)

3 Tuesdays at 3pm July 5 – July 19

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.

Asset Mapping with Pace Women's Justice Center (Staff Connected)

1 Tuesday at 12pm August 2

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

Join us to talk about the benefits of reviewing your assets and documents on an annual basis.

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

Share your words of inspiration and your artistic talents. In commemoration 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 4pm July 12 - August 23

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 (loss of parent, partner, grandchild):

8 Tuesdays at 5pm July 5 – August 23

Section B (loss of partner):

8 Thursdays at 6pm July 7 – August 25

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!

Don't miss a moment!

Write your UWU schedule below for easy reference.

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

Estanne and Martin Fawer
 Marvin Fenster in memory of
 Anna and Isaac Fenster
 (Passover Seders and Yizkor
 Memorial Services) in Memory
 of Frances Frisch
 Barbara and Bentley Kassal and
 Friends in memory of J. David
 Abrahams Curtis Katz
 The Lucius N. Littauer
 Foundation (Judaic Studies)
 Lobel/Jacobs Family and Friends
 in memory of Wayne Lobel
 Holly and Sam Merrin Vivian and
 Edward Merrin Merrin Family
 Foundation
 Estelle Richmond Scholarship
 Fund
 Shor/Laddin Family and Friends
 in memory of James David
 Shor

Contributors

Anonymous
 The Miriam and Arthur Diamond
 Charitable Trust
 The Gottesman Fund
 Alice Lawrence Foundation
 The Fay J. Lindner Foundation
 Mother Cabrini Health
 Foundation
 Sunshine Foundation
 Michael Tuch Foundation
 US Department of Health
 and Human Services —
 Administration on Aging
 (AOA), New York State Office
 for the Aging, Westchester
 County Department of Senior
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Community Partners

24/6 A Jewish Theater Company
 Bikur Cholim Chesed
 Organization
 The Brooklyn Museum
 Chai Mitzvah
 Covia - Well Connected
 Heights and Hills

Independence National
 Historical Park
 Lighthouse Guild
 Lower East Side Jewish
 Conservancy
 The National Lighthouse
 Museum
 New York Public Library
 Sing For Your Seniors
 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:

Thelma Borodkin
 Emma Moldavskaya

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:

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

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

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



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171 West 85th Street
New York, NY 10024
212.769.2850

www.dorotusa.org

"I love it! There is nothing like it."