

September 2022 - December 2022



University Without Walls

**LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY**



Topics

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

For programs in Russian, please call 917-441-5061

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 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 September 12 – November 28

(no session September 26, October 10, October 17. Make up session Tuesday October 4)

Section B: 10 Wednesdays at 11am September 14 – November 23

(There is no session October 5)

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.

Republic of Japan (Toll Free Dial In)

9 Wednesdays at 12pm September 14 – November 30

(no session September 28, October 5, November 23)

Judy Lass, MA, DOROT Volunteer

An introduction to the Republic of Japan including the significance of geography on a country, with the emphasis on the cultural, economic and political evolution of Japan from the early classical period to the present.

The Current Political Scene (Staff Connected)

Section A: 6 Tuesdays at 3pm October 25 - November 29

Section B: 7 Wednesdays at 3pm October 12 – November 30

(no session November 23)

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 announced 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, 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.

Mapping Native American History (Staff Connected)

1 Thursday at 11am October 13th

Jeremy Dennis, Shinnecock Tribal Member & Artist

Join us to discuss Jeremy's landscape photography project titled 'On This Site - Indigenous Long Island' which involves the mapping of sacred, historical, and archaeological Indigenous sites throughout Long Island, New York. Dennis will also share selections from his portraiture work as it relates to themes of representation. Jeremy Dennis (b. 1990) is a contemporary fine art photographer and a tribal member of the Shinnecock Indian Nation in Southampton, NY. In his work, he explores indigenous identity, culture, and assimilation. Materials will be mailed before the program.

“I’ll Have What She’s Having”: The Jewish Deli (Toll Free Dial In)

1 Tuesday at 12pm November 29

Kyle Einhorn, New York Historical Society Docent

Get a taste of how Jews imported and adapted traditions to create a uniquely American restaurant, making the Jewish delicatessen a cornerstone of American food culture. This discussion will include the ways the Jewish deli has overlapped with stories of immigration, Holocaust survivors and war refugees, Broadway, and popular culture.

Health & Wellness

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

5 Fridays at 10am September 16 – October 14

Melissa Elstein, Esq.; RYT, Certified Yoga & 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 (Staff Connected)

4 Fridays at 12pm September 23 & October 14 & November 4 & December 2

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.

Healthy Bones for Life (Toll Free Dial In)

2 Mondays at 2pm October 24 - October 31

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.

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

6 Tuesdays at 10am October 25 – November 29

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.

Sounds of Yoga (Toll Free Dial In)

5 Fridays at 10am October 21 – December 2 (no session October 28 & November 25)

Melissa Elstein, Esq.; RYT, Certified Yoga & 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.

Preventing Falls in Older Adults (Staff Connected)

1 Wednesday, November 16 at 2PM

Beth Ann Ditkoff, MD, Medical Author

Falling can be a concern to many older adults, but you can take action! This one-session course will help to identify your risk factors for falling and discuss things that you can do to prevent falls, including a home fall prevention checklist.

Museum Discussions

Art and Race Matters: The Career of Robert Colescott (Toll Free Dial In)

1 Tuesday at 1pm September 20

Yasmeen Abdallah, New Museum Teaching Artist

Come together for close looking and conversation focused on the exhibition “Art and Race Matters: The Career of Robert Colescott”. The bold and richly rendered works of Robert Colescott (1925–2009) traverse art history to offer a satirical take on issues of race, beauty, and American culture. This discussion will introduce themes and artworks, insights, and questions for consideration related to the exhibition. Materials will be mailed before the program.

Kapwani Kiwanga: Off-Grid (Staff Connected)

1 Thursday at 2pm October 13

Iviva Olenick, New Museum Teaching Artist

Come together for close looking and conversation focused on the exhibition “Kapwani Kiwanga: Off-Grid”. Over the past decade, Paris-based artist Kapwani Kiwanga (b. 1978, Hamilton, Canada) has created complex installations, sculptures, performance lectures, and films that consider myriad subjects including marginalized histories and colonial economies. Through questions and group conversation we will explore materials and themes related to Kiwanga’s current spatial intervention at the New Museum. Materials will be mailed before the program.

Guadalupe Maravilla: Sculptor Artist Healer (Toll Free Dial In)

1 Monday at 12pm October 24

Vicki Horowitz, Brooklyn ART Guide

Guadalupe Maravilla titled his show “Tierra Blanca Joven” which means young white ash/earth. Discover the journey from the volcano eruption which displaced the Maya people to Maravilla’s own displacement from home fleeing a civil war to becoming a NY based artist healer. Materials will be mailed before the program.

Arts of Asia (Staff Connected)

1 Tuesday at 2pm, October 25

Jackie Friedman, Brooklyn ART Guide

Explore objects from the Brooklyn Museum's Arts of Asia collection and learn about various cultures, media, and religious beliefs. Materials will be mailed before the program.

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

1 Wednesday at 2pm October 26

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.

Edward Hopper's New York (Staff Connected)

3 Tuesdays at 10am November 8 – November 22

Linda Sweet, The Whitney Museum of American Art

In conjunction with the exhibition Edward Hopper's New York at the Whitney Museum of American Art, we will spend three sessions looking at this artist's life and work through the lens of the city in which he lived for nearly six decades. We will examine how New York served throughout Hopper's career as subject matter, setting and inspiration for so many of his most celebrated pictures. Materials will be mailed before the program.

Women in Abstraction: The Conversation Continues (Staff Connected)

3 Tuesdays at 11am November 15 – November 29

Ellen Edelman, Educator, Solomon R. Guggenheim Museum

Explore the passion, vision, and creative genius of the women who challenged the story of abstraction as a male domain. Working in painting, sculpture, and installation, these artists tell a more expanded, diverse, and inclusive story. Including Hilma af Klint, Eva Hesse, Yayoi Kusama, Cecilia Vicuna, Jennie Holzer, Alma Thomas, Lynda Benglis. Materials will be mailed before the program.

Literature & Storytelling

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

Section A: 3 Mondays at 12pm September 12 - October 3 (no session September 26)

Section B: 3 Mondays at 12pm November 14 - November 28

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.

Life Story Club (Toll Free Dial In)

6 Thursdays at 12pm September 15 – October 20

Linnea Guerin, Life Story Club

Who is your biggest inspiration? What makes you feel fully alive? Answer these questions and more in our Life Story Club! Exchange meaningful life stories with other participants and make some new friends in the process. The facilitator will come prepared to each session with two engaging and unique prompt questions to facilitate conversation and connection.

Book Discussion Group with NYPL: The Power by Naomi Alderman (Toll Free Dial In)

1 Friday at 1pm September 23

Elizabeth Salerno & Ashley Gonzalez, New York Public Library

When a new force takes hold of the world, people from different areas of life are forced to cross paths in an alternate reality that gives women and teenage girls immense physical power that can cause pain and death. Book will be mailed before the program.

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

6 Fridays at 11am September 30 – November 4

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

"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.

Short Story Discussion Group with NYPL (Staff Connected)

1 Wednesday at 1pm October 12

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.

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

2 Thursdays at 3pm October 13 & November 17

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.

Book Discussion Group with NYPL: The Turn of the Key by Ruth Ware (Toll Free Dial In)

1 Friday at 1pm October 28

Elizabeth Salerno & Ashley Gonzalez, New York Public Library

When a high-paying nanny job at a luxurious Scottish Highlands home ends with her imprisonment for a child's murder, a young woman struggles to explain to her lawyer the unravelling events that led to her incarceration. Book will be mailed before the program.

Book Discussion Group with NYPL: Born a Crime: Stories From a South African Childhood by Trevor Noah (Staff Connected)

1 Friday at 1pm November 18

Elizabeth Salerno & Ashley Gonzalez, New York Public Library

Trevor Noah, host of The Daily Show, shares his remarkable story of growing up in South Africa, with a black South African mother and a white European father at a time when it was against the law for a mixed-race child like him to exist. In a country where racism barred blacks from social, educational, and economic opportunity, Trevor surmounted staggering obstacles and created a promising future for himself, thanks to his mother's unwavering love and indomitable will. Book will be mailed before the program.

Conversations & More

Coffee Chats (Toll Free Dial In)

4 Mondays at 3pm October 24 - November 14

DOROT MSW Intern

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

Good Vibrations! A Music Lover's Discussion Group (Staff Connected)

4 Mondays at 2pm November 7 - November 28

DOROT MSW Intern

We will come together each week to discuss our favorite genres, songs, musicians and their contributions, as well as swap recommendations! Join us as we explore and experience the power of music in our lives.

Music & Performing Arts

Improvisation Workshop (Toll Free Dial In)

6 Thursdays at 4pm September 15 – October 20

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: 6 Fridays at 11am September 16 – October 21

Section B: 5 Fridays at 11am October 28 – December 2 *(no session November 25)*

Tom Kertes, Retired Newspaper Columnist and Film Critic

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

Theater2You (Toll Free Dial In)

3 Fridays at 1pm October 21 - November 4

Lauren Koralnik, Theater2You

Do you love theater? Have you always wanted to participate in a theater group with fellow drama enthusiasts? Theater2You is the perfect program for you! In this program, each participant will be sent a script and will be assigned a specific character as we read a play together. Materials will be sent before the program.

Clarinet Greats of New Orleans (Staff Connected)

4 Tuesdays at 10am September 13 – October 25

(no session September 27, October 11 and October 18)

Evan Arntzen, Clarinetist, Saxophonist, Vocalist | Educator

The clarinet was once one of the most popular instruments in jazz and popular music with superstars such as Benny Goodman and Artie Shaw on the hit parade, but who laid the groundwork for their success? The answer leads us to the clarinet greats of New Orleans. Through listening and discussion, we'll take a look at some of the most important and influential jazz clarinet voices from the crescent city, including Sidney Bechet, Jimmie Noone, Barney Bigard, and Johnny Dodds.

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

4 Tuesdays at 11am November 1 - November 22

Evan Arntzen, Evan Arntzen, Clarinetist, Saxophonist, Vocalist | Educator

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.

Jewish Interests

All programs below are offered to the Jewish and wider community.
No knowledge of Judaism required. All are welcome.

Mayim Chayim: The Jewish Stories of Water (Toll Free Dial In)

9 Mondays at 10 AM September 12- November 28 (There is no session on September 26, October 10 & October 17)

Rabbi Deba Smith, Spiritual Leader; Educator; CSW; Life Cycle Officiant; Rabbi, Congregation Or Ha Lev
Water plays a very significant place in the stories, folklore and rituals of Judaism. We will explore the theme of water and its significance in key stories and rituals of Jewish tradition. Some stories and rituals we will discuss: Jonah; Noah and the Flood; Moses Striking the Rock; Miriam's well, the mikveh; the Red Sea and more.

Living with Torah (Staff Connected)

8 Tuesdays 1pm September 13 – November 29

(no session September 27, October 4, October 11, October 18)

Lee Slavutin, MD, CLU

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

Rabbi Jesus: Jewish Life and Traditions in First Century Israel (Toll Free Dial In)

11 Wednesdays at 10 AM September 14 - November 30 (no session on October 5)

Rabbi Deba Smith, Spiritual Leader; Educator; CSW; Life Cycle Officiant; Rabbi, Congregation Or Ha Lev
Jesus lived and died as an observant Jew. He was a respected Rabbi and teacher until his death. We will explore the historical era in which Jesus was born and lived. We will discuss the political, economic and social environments of Israel and the Jewish community under Roman rule during this period. We will also discuss the Jewish religious life and Jewish observance of Jesus.

Jewish Mysticism (Staff Connected)

8 Thursdays at 1pm September 15- November 3

Lee Slavutin, MD, CLU

The Tanya provides a spiritual roadmap to Jewish mysticism with an emphasis on applying the lessons to our daily service to God and our relationships with family and friends. Let's explore the Tanya together, one of the truly great treasures of Jewish heritage.

Inscribed in the Book of Life: What are we really praying for on the Days of Awe? (Staff Connected)

1 Monday at 10am September 19

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

We will look at prayers, poetry and other teachings to help us understand the idea of the Book of Life and how we can enrich our spiritual lives during the holiday season.

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

7 Mondays at 11am October 3 – November 28 (no session October 10 & 17)

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 - IV are not necessary to take Part V of this program.

Jewish Teachings about Angels (Staff Connected)

1 Monday at 10am October 24

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

Angels wander throughout the Bible, and we welcome them to our Shabbat table. But today, angels don't see very Jewish. In this class we will explore what Judaism teaches about angels, especially when things in our lives seem difficult.

Guide the Perplexed – Maimonides – Rambam (Staff Connected)

2 Mondays at 1pm November 7 – November 14

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 Letter on Humility (Staff Connected)

1 Monday at 1pm November 21

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.

Jewish teachings about Hope (Staff Connected)

1 Monday at 10am November 28

Rabbi Stephanie Dickstein, LMSW, Chaplain for Seniors at Home, Jewish Federation of Metrowest, NJ Studies suggest that hope and the capacity for hopefulness in difficult situations are critical for our ability to cope as individuals and as a community. We will study different teachings about hope.

Other Topics

Resiliency: Bouncing Back After Hard Times (Toll Free Dial In)

10 Thursdays at 10am September 15 - November 17

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

This interactive class will encourage you to develop tenacity when facing emotional challenges. Discover inner sources of strength and power. Master the ABCs of life: adversity, belief, and consequences.

Coping with Change: Facing the Future with Confidence (Toll Free Dial In)

10 Thursdays at 11am September 15 – November 17

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

Discover how to deal with new events. Evaluate your early life. Assess how your family history and background influenced your worldview. Create new strategies and understand new ideas from others.

Can I Become a Better Listener? (Toll Free Dial In)

2 Fridays at 10am September 16 – September 23

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 throughout your life.

Aging Alone Together (Staff Connected)

6 Wednesdays at 2pm October 12 – November 16

Cippi Harte, DOROT Westchester Social Worker

Are you aging without a nearby family member or close friend to take on the role of caregiver or healthcare decision-maker? Is it time to build or nourish your social network? Have you considered housing options and the importance of other types of life planning as you age? This 6-week series is designed for those seeking tools, strategies and support to age successfully and plan for the future. Each session offers a topic-specific presentation, coaching, and guidance on critical decision-making and planning for the future, along with conversation, personalized check-ins and assignments. Please note this is a 90-minute session.

Phishing Spoofing Spam - What Does It All Mean? (Toll Free Dial In)

1 Thursday at 12pm October 27

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

Join us to discuss what phishing, spoofing, spam means and how we can protect ourselves from becoming a victim of scams.

Support Groups

Daily Tips for Vision Loss (Staff Connected)

9 Mondays at 4pm September 12 – November 28

(no session September 26, October 10 & October 17)

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)

7 Tuesdays at 4pm September 13 – November 22

(no session September 27, October 4, October 11 & October 18)

Carole Yablonowitz, Group Discussion Leader

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

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.
- STAFF CONNECTED SESSIONS: You will receive a call 15 minutes before the program time to connect you. Please wait patiently.
- DIAL IN SESSIONS: Please call into the program 5 minutes before the program begins, or on the hour. The facilitator must be on the line before participants can connect. If you call before they do, you will receive a message saying ""The meeting has not started, please wait or try again later".. 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
 American Bone Health
 Bikur Cholim Chesed
 Organization

The Brooklyn Museum
 Chai Mitzvah
 Covia - Well Connected
 Heights and Hills
 Intrepid Sea, Air & Space
 Museum
 The Lighthouse Guild
 Manhattan School of Music
 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:

Florence Greenberg

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



University Without Walls

LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY



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