



Let's Stay Connected

DOROT Westchester is back in person! After nearly three years of virtual connection, it's a privilege to be together in person again, both in your home and at DOROT.

Our in-home programs, services and volunteer opportunities have resumed. We are delighted to connect you with volunteers for visits in your home and to also welcome you back to in-person programs in the community. We have a dynamic array of offerings in whatever format works best for you.

Join us **IN HOME** **ONSITE** **ZOOM** **PHONE**

All programs are free of charge. Learn more or register today. Call **(914) 485-8354**, email infowestchester@dorotusa.org or visit dorotusa.org.

Friendly Visiting **IN HOME**

Welcome a volunteer who shares your interests into your home for weekly or monthly visits and friendly conversation. Enjoy a mutually rewarding friendship.

Aging Alone, Together

ONSITE **ZOOM**
This six-week series for solo agers offers the info you need to skillfully handle the legal, logistical and social challenges of growing older. Join a supportive community and create an empowering action plan. New sessions offered throughout the year.

Some programs are funded in part through the US Department of Health & Human Services – Administration on Aging (AOA), New York State Office of the Aging, Westchester County Department of Senior Programs and Services.

Telephone Friends **PHONE**

Connect weekly with a volunteer selected especially for you based on shared interests and more. You both make a new friend.

Response Team

IN HOME **ZOOM** **PHONE**
Would you like a companion to play board games, read the news, or take a walk? Interested in having someone help you with a special project like clearing out a closet or organizing photos? Volunteers are ready and "At Your Service!"

Intergenerational Chess ONSITE

Whether you are an experienced chess player or a beginner, come together with a teen over a chessboard for play and conversation.

Holiday and Seasonal Package Deliveries IN HOME PHONE

Sign up to receive a package with seasonal or holiday treats and a social call or visit from a volunteer. Deliveries are planned for Rosh Hashanah, Thanksgiving, Winter and Passover.

University Without Walls PHONE

Dial in or be called by staff to connect to engaging programs and conversations exclusively for telephone users. Programs on the arts, music, current events, wellness and more are led by knowledgeable and enthusiastic facilitators. Call **(877) 819-9147**

Onsite@Home ZOOM

Our daily virtual programs are growing in popularity, offering exciting and enriching content on everything from art and culture, to book talks, poetry and writing workshops, meditation and movement. Email **dorotprograms@dorotusa.org**

GENuine Connections ZOOM

Engage in meaningful conversations and creative activities with a group of teens and other older adults once a week for 7 weeks. This program makes a difference. The benefits go both ways. Email **genuineconnections@dorotusa.org**

Legacy Projects IN HOME ZOOM

Create a cherished lasting impression of your life! Work with a volunteer to record your stories for posterity in writing, video or audio. Call **(917) 441-3703** or email **lastingimpressions@dorotusa.org**

Tech Coaching IN HOME ZOOM

A trained Volunteer Tech Coach can teach you to use your computer, smartphone, or tablet to connect with family and friends, search the internet or use social media. Coaching is tailored to meet your individual needs.

Information & Referral

We can help you find community programs and services in New York City and Westchester. Assistance is just a phone call away.

About DOROT

DOROT offers innovative programs and services for adults ages 60+. We engage more than 5,500 older adults and 6,000 volunteers annually. Our wide array of programs and services create meaningful connections that alleviate social isolation and provide the support needed for independent aging. As a first step for programs that welcome staff and volunteers into your home, a member of DOROT's social work team will visit with you. For everyone's safety, please review our **COVID GUIDELINES**.

If you want to participate in or volunteer for any of these programs or if you need assistance reading this flyer, please call (914) 485-8354.