

March 2023 - June 2023



# University Without Walls

**LIFELONG LEARNING FOR  
AN ENGAGED COMMUNITY**



## Topics

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

## For registration or information,

Call 1-877-819-9147  
E-mail [uww@dorotusa.org](mailto:uww@dorotusa.org)  
Visit our website  
[www.dorotusa.org/uww](http://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.

# Catalog Sections

News, Politics & Our Society	2
Museum Discussions	3-4
Health & Wellness	4-5
Conversations & More	5-6
Literature & Storytelling	6-7
Jewish Interests	7-8
Music & Performing Arts	9-10
Other Topics	10
Support Groups	10-11
Program Etiquette	13
Thank You	14

## 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](mailto: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 "Meeting ID" to join your program. The number and Meeting ID are given when you register. If you need a toll-free number to access your program, please request one from a UWW Staff Member.

**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](mailto:uww@dorotusa.org) visit our website at [www.DOROTUSA.org/UWW](http://www.DOROTUSA.org/UWW)**

# News, Politics & Our Society

## Current Events (Staff Connected)

**Section A: 11 Mondays at 11am March 27 – June 12** (no session May 29)

**Section B: 11 Wednesdays at 12pm March 29 – June 14** (no session April 12)

*Tom Kertes, Retired Newspaper Columnist and Film Critic*

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

Many of us feel we are living through fascinating, controversial, and, yes, sometimes even perilous times, both in the US. and worldwide. Join us to discuss where we are, how we got here, what we can do about it, and where all this might lead in the future.

## The Current Political Scene (Staff Connected)

**Section A: 11 Tuesdays at 3pm March 28 – June 13** (no session April 11)

**Section B: 10 Wednesdays at 3pm March 29 – June 14** (no session April 5 & April 12)

*Charles Perkins, Historian*

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

This year huge challenges at home and abroad await the President and Congress; how to raise the debt ceiling, addressing infrastructure needs, the war in Ukraine and pressure from an aggressive China. Can Washington overcome a climate of partisanship to make progress on these issues?

## The Republic of India (Staff Connected)

**10 Wednesdays at 11am March 29 – June 14** (no session April 5 & April 12)

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

An introduction to India with an emphasis on the cultural, political and economic evolution of India as well as the diversity found within the Indian society from the middle of the 19th century to the present. International relations are treated as are factors contributing to its success and failure.

## Monuments & Memorials (Dial In)

**4 Fridays at 1pm April 14 – May 5**

*Anna Adler, Artist & Teacher*

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

## Safe/Haven: Gay Life in 1950s Cherry Grove (Dial In)

**1 Thursday at 1pm June 8**

*Kyle Einhorn, New York Historical Society*

Welcome to Cherry Grove! In the years before the Stonewall Uprising, this secluded beach enclave on Fire Island was a respite for gay men and women. Explore this fascinating and forgotten history with nearly rarely seen photographs from the 1950s, courtesy of the Cherry Grove Archives Collection. Materials will be mailed before the program.

# Museum Discussions

## Birth of Modernism (Staff Connected)

**1 Monday at 2pm April 3**

*Ellen Sussman, Brooklyn ART Guide*

Explore the birth of modern art through works in the Brooklyn Museum's collection. We'll study artists from Monet and Matisse to Picasso and Stuart Davis. Materials will be mailed before the program.

## Star Stories (Dial In)

**1 Monday at 12pm April 10**

*James Tardiff, The Intrepid Sea, Air & Space Museum*

"We've always had a fascination with the stars. We look up today and see the same stars, divided into the same familiar shapes as our ancestors, but how did the constellations come to be? Let's explore the entertaining and fascinating stories behind some of your favorite constellations." – This program contains adult themes and situations. Materials will be mailed before the program.

## Arts of the Islamic World: A Primer (Dial In)

**1 Tuesday at 1pm April 11**

*Elizabeth Crowell, Brooklyn ART Guide*

Experience the Brooklyn Museum's recently re-opened Arts of the Islamic World galleries through an introduction to its object and themes. Materials will be mailed before the program.

## Nick Cave: Forothermore (Staff Connected)

**1 Tuesday April 18 at 11am**

*Ellen Edelman, Educator, Solomon R. Guggenheim Museum*

"Beauty, adornment, embellishment has enabled me to resist the power of the dark side of the world. It stands with hope and optimism." For over thirty years, Nick Cave has created sculptures, and found-object installations that address the injustice, repression and violence in American society. Forothermore explores how art, music, and performance can help envision a more just, equitable, utopian future and inspire change. Materials will be mailed before the program.

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

**4 Wednesdays at 2pm May 10 – May 31**

*Joseph Ades, DOROT & 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 about how selected exhibits are constructed. Materials will be mailed before the program.

## **Whitney Museum of American Art – Current Exhibitions: Juane Quick-to-See Smith: Memory Map and Josh Kline: Projects for a New American Century (Staff Connected)**

**3 Tuesdays at 10am May 30 – June 13**

*Linda Sweet, The Whitney Museum of American Art*

Explore the work of Juane Quick-to-See Smith, one of the most important and compelling Native American artists working today. The exhibition includes prints, paintings, drawings and sculptures and offers a new framework in which to consider contemporary Native American Art. Quick-to-See Smith has initiated dialogues around land, racism and cultural preservation – issues at the forefront of contemporary life and art today. We will also view the work of Josh Kline in the first survey of his work in the United States. The exhibition will include installations and videos. Kline's art is focused on work and class and explores how today's most urgent social and political issues including climate change, automation and disease have impacted the people who make up the labor force. Materials will be mailed before the program.

## **Health and Wellness**

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

**5 Tuesdays at 10am March 28 – May 2 (no session April 18)**

*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 (Dial In)**

**4 Fridays at 10am April 14 – May 5**

*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.

### **Self-Massage for Stress Relief and Relaxation (Staff Connected)**

**3 Fridays at 12pm April 14 & May 12 & June 16**

*Alix Keast, Asian Bodywork Therapist; Licensed Massage Therapist*

In this class we will use breath, gentle stretching and self-acupressure to help bring us into a calmer and more centered place. These techniques are all based on Classical Chinese medicine, with beautiful imagery and powerful effects. Materials will be mailed before the program.

### **High Blood Pressure and Older Adults (Staff Connected)**

**1 Monday, April 17th at 1pm**

*Beth Ann Ditkoff, MD, Medical Author*

High blood pressure increases as you age and most people with untreated high blood pressure don't have any symptoms until serious health problems develop. In this one-session course, we will discuss both the diagnosis and treatment of high blood pressure.

## **Streamline to Serenity (Staff Connected)**

**6 Mondays at 3pm April 17 – May 22**

*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! Materials will be mailed before the program.

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

**5 Fridays at 10am May 12 – June 16 (no session May 26)**

*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.

## **Understanding Dementia: What You Need to Know and Where to Go (Staff Connected)**

**1 Tuesday at 11am June 6**

*Shira Kedem, CaringKind Social Worker*

This program will provide family members and friends with information about Alzheimer's disease and other dementias, addressing different stages of the disease and what to expect. This presentation will describe Caring Kind-specific and community-wide programs, services, and resources available to help individuals and families cope with present challenges and future planning.

## **Conversations & More**

### **Sports Fest (Dial In)**

**4 Tuesdays at 2pm March 28 – April 18**

*Ethan Carilli, DOROT MSW Intern*

Join us and come ready to talk about your favorite sports and sports memories!

### **Competitive Jump Rope and New York Double Dutch (Dial In)**

**4 Mondays at 1pm April 24 – May 15**

*Annabella Davis, DOROT MSW Intern*

The world of competitive jump rope is wider and vaster than most people realize, with international competitions taking place as we speak. A pillar of competitive jump rope is Double Dutch. Double Dutch takes deep roots in New York City. Please join us in learning about the rich history of Double Dutch in New York and the current happenings of competitive jump rope around the world!

### **Vocabulary for the 21st Century! (Staff Connected)**

**4 Fridays at 12pm March 31 – April 28 (no session April 7)**

*Emily Hauser, DOROT MSW Intern*

Languages naturally evolve over time, just like we do! Join our discussion about how the English Language has changed over the centuries and why new words are constantly entering our vernacular. Also included will be a vocabulary lesson on “new” words and a memorial for “old” words.

## Across the Miles (Dial In)

**1 Wednesday at 3:30pm April 26**

*Well Connected, a Front Porch Community Service*

Join us across the miles as the Without Walls Network comes together to share stories and talk about life in our different locations throughout the United States and Canada

## Literature & Storytelling

### Short Story Discussion Group with NYPL (Dial In)

**Section A: 1 Wednesday at 12pm March 29**

**Section B: 1 Monday at 12pm April 26**

**Section C: 1 Wednesday at 12pm May 31**

*Lillain Weber, Senior Librarian, Adult Services, New York Public Library*

Come enjoy a lively discussion of classic and new short stories and explore your opinions on literature. The short story will be mailed or emailed before the program.

### Book Discussion Group with NYPL: Spare by Prince Harry (Staff Connected)

**1 Friday at 1pm March 31**

*Ashely Gonzalez & Elizabeth Salerno, New York Public Library*

It was one of the most searing images of the twentieth century: two young boys, two princes, walking behind their mother's coffin as the world watched in sorrow—and horror. As Diana, Princess of Wales, was laid to rest, billions wondered what the princes must be thinking and feeling—and how their lives would play out from that point on. For Harry, this is that story at last. With its raw, unflinching honesty, *Spare* is a landmark publication full of insight, revelation, self-examination, and hard-won wisdom about the eternal power of love over grief. Book will be mailed before the program.

### Yiddish Poetry of the Twentieth Century (Dial In)

**6 Wednesday at 2pm April 19 – May 24**

*Arielle Stein, Rabbinical Student, Hebrew Union College*

This course will focus on Yiddish poetry written in the twentieth century. Focusing on the Jewish world that existed prior to, during and after the Holocaust, this course will provide poetry that reckons with religion, identity, G-d and disaster. Materials will be mailed before the program.

### Novel Discussion Group with NYPL: A Man Called Ove by Fredrik Backman (Staff Connected)

**1 Friday at 1pm April 28**

*Ashely Gonzalez & Elizabeth Salerno, New York Public Library*

A curmudgeon hides a terrible personal loss beneath a cranky and short-tempered exterior while clashing with new neighbors, a boisterous family whose chattiness and habits lead to unexpected friendship. Book will be mailed before the program.

## **Novel Discussion Group with NYPL: Convenience Store Woman by Sayaka Murata (Staff Connected)**

**1 Friday at 1pm May 19**

*Ashely Gonzalez & Elizabeth Salerno, New York Public Library*

A Japanese woman who has been working at a convenience store for 18 years, much to the disappointment of her family, finds friendship with an alienated, cynical and bitter young man who becomes her coworker. Book will be mailed before the program.

## **Life Story Club (Dial In)**

**6 Mondays at 4pm May 1 – June 12 (no session May 29)**

*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.

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

**3 Thursdays at 3pm April 27, May 18 & June 15**

*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 different personal stories and afterwards open the floor for discussion and questions.

## **Jewish Interests**

All programs below are offered to the Jewish and wider community.

No knowledge of Judaism required. All are welcome.

## **Exploring the Life and Stories of Joseph (Dial In)**

**11 Mondays at 10am March 27 – June 12 (no session May 29)**

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

The Joseph narrative is the longest series of stories in our Torah. We will learn about the complicated and multi-faceted life of Joseph, including his roles as a dreamer and dream interpreter, his life in Pharaoh's court and his family relationships. We will also enjoy some folk stories and study Joseph from the Torah text. (No knowledge of Hebrew is needed)

## **Women in the Hebrew Biblical Text (Staff Connected)**

**7 Mondays at 11am March 27 – May 8**

*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.

## **The Exodus: An Egyptian Story (Staff Connected)**

**3 Tuesdays at 12pm March 28 – April 11**

*Dr. Peter Feinman, Institute of History, Archeology and Education*

Moses led people out of Egypt against the will of Ramses II (1279-1213 BCE) on the seventh hour of New Year's Eve at the end of Ramses's seventh year of ruling. It is an Egyptian story. This course is an introduction to how he did it. Materials will be mailed before the program.

## Living with the Torah (Staff Connected)

**8 Tuesdays 1pm March 28 – May 16**

*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.

## Exploring the Many Faces of the Prophet Elijah (Dial In)

**10 Wednesdays at 10am March 29 – June 14 (no session April 5 & 12)**

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

The Prophet Elijah is among the most famous of Jewish prophets. We welcome him at every brit milah, at our Passover table and every week at Havdalah to end Shabbat. We will study the historical time period in which he lived and his messages to the Israelite people that are found in the Book of Prophets. We will also explore the folk literature/stories surrounding Elijah as well. (No knowledge of Hebrew is needed).

## Jewish Mysticism (Staff Connected)

**8 Thursdays at 1pm March 30 – June 1 (no session April 6 & April 13)**

*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 G-d and our relationships with family and friends. Let's explore the Tanya together, one of the truly great treasures of Jewish heritage.

## Odessa: During WWII (Staff Connected)

**1 Monday at 1pm on April 17**

*Olga Bokhonovskaya, Odessa Local, Lower East Side Conservancy*

Join Olga as she uncovers the most devastating period of Odessa's Jewish history - the Nazi and Romanian occupation during World War II. Hear the stories of Odeseans who saved Jews during the war, among them a doctor, who has been called "Odessa's Schindler." Olga will take you on a tour of the first Jewish ghetto, established in 1942, where 24,000 Jews and Red Army soldiers were burnt in four wooden barracks. Find out what impact this tragic period left upon Odessa's Jewry, and how it is currently commemorated at the Holocaust Museum.

## Nachmanides Letter on Humility (Staff Connected)

**1 Monday at 1pm May 22**

*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 it 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.

## Guide for the Perplexed – Maimonides – Rambam (Staff Connected)

**2 Mondays at 1pm June 5 – June 12**

*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?

# Music & Performing Arts

## The Corner of Casablanca and Sunset Boulevard (Staff Connected)

**Section A: 5 Fridays at 11am March 31 – May 5 (no session April 7)**

**Section B: 5 Fridays at 11am May 12 – June 16 (no session May 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!

## Early Jazz Styles in the Modern Era (Dial In)

**4 Mondays at 2pm April 3 – April 24**

*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 who draw musical influence from Louis Armstrong and Sidney Bechet more than from Charlie Parker and Miles Davis.

## The World of Webber (Staff Connected)

**4 Mondays at 3pm April 3 – April 24**

*Bobby Barksdale, Manhattan School of Music Graduate Student*

In honor of Broadway's longest-running hit show ending, join Bobby to learn about the life and works of one of musical theatre's greatest artists, Andrew Lloyd Webber.

## Improvisation Workshop (Dial In)

**3 Tuesdays at 2pm April 18 – May 2**

*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)

**6 Mondays at 12pm May 1 – June 12 (no session May 29)**

*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.

## Songbirds & Crooners (Dial In)

**4 Thursdays at 11am May 4 – May 25**

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

Join jazz reed-man Evan Arntzen for a listening and appreciation course dedicated to great jazz vocalists such as Bessie Smith, Ella Fitzgerald, Billie Holiday, Frank Sinatra and Nat "King" Cole, as well as some lesser-known greats you may never have heard of. Learn about the history of each of these individuals and discuss as a group what makes them masters of song-delivery.

## Theater2You – Part III (Dial In)

**3 Fridays at 2pm March 31 – April 24 (no session April 7)**

*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 with which to play a specific character as we read a play together. Newcomers are welcome! Materials will be mailed before the program.

## Other Topics

### Friendship: Creating Connections (Staff Connected)

**10 Tuesdays at 10am March 28 – May 30**

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

This course will encourage active discussion about the importance of friendship throughout the life cycle and strategies to expand your social circle. Your ideas are welcome!

### Happiness: Joy and Celebration (Staff Connection)

**10 Tuesdays at 11 March 28 – May 30**

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

This program will provide opportunities to explore more pleasure and purpose in everyday events. Increase your sense of satisfaction and well-being. Practical strategies will be provided.

### All About DOROT! (Staff Connected)

**1 Thursday at 3pm April 20**

*Reed Stewart, DOROT MSW Intern*

Would you like to learn more about DOROT's mission and programs? Interested in finding out what else DOROT has to offer? Join us as we discuss DOROT's in-person programs as well as those you can enjoy from home!

### Planning Ahead with Pace Women's Justice Center (Staff Connected)

**1 Monday at 11am June 5**

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

Join attorneys Susan Carroll and Roberta Goodman to learn the steps you can take to pass your assets to your intended beneficiaries.

## Support Groups

### In-Sight Program for the Visually Impaired (Staff Connected)

**10 Tuesdays at 4pm April 4 – June 13 (no session April 11)**

*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.

## Melissa Esparza

Program Administrator, University Without Walls

## Amy Wald

Program Director, Connect through Tech

## Zoya Stein

Program Assistant, University Without Walls

## Lily Sokobin

Program Administrator, University Without Walls

## Jennifer Tyler

Program Assistant, University Without Walls

## Community Guidelines

DOROT's University Without Walls programs welcome older adults from diverse backgrounds and locations. To foster an inclusive and mutually beneficial experience for all, we ask participants to abide by the program's guidelines. For questions about these guidelines, please call (877) 819-9147.

### 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

Estante 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  
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 Estelle Richmond Scholarship  
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 Shor/Laddin Family and Friends  
 in memory of James David  
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## Contributors

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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  
 The Whitney Museum of  
 American Art

## Remembrance

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

Patricia Logan  
 Emil Schoen  
 Marion Mango  
 Stuart Eisler

## 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](http://Covia.org)

**Lifetime Connections Without Walls** (888) 500-6472 • [familyeldercare.org](http://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](mailto:info@dorotusa.org)



# University Without Walls

LIFELONG LEARNING FOR  
AN ENGAGED COMMUNITY



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