

## Dear Friends,



Experts warned social isolation among older adults had reached epidemic proportions even before the COVID-19 pandemic, which has only exacerbated older adults' critical need for connection. Now, people of all ages are eager to connect but may have different comfort levels meeting in person.

Which is why DOROT remains

flexible and creative in our approach, listening to our older adults, volunteers, and social work staff so we can best meet our participants' needs. We are proud to offer multiple ways for the generations to engage, whether via Zoom, telephone, in-person, or a combination of these modes through programs that alleviate social isolation and its devastating effects.

DOROT has been at the forefront of alleviating social isolation among older adults for over 46 years. Our life-enhancing programs and services engage volunteers of all ages, bringing the generations together and creating meaningful relationships that benefit all. DOROT's range of opportunities enriches the lives of older adults, connecting them to their peers and multi-generational friendships, and offering them access to supportive services, vital resources, and nutritious food deliveries for the holidays and on a weekly and monthly basis.

In Fiscal Year 2022 (July 2021–June 2022), DOROT served 5,661 older adults, a 60% increase compared to 3,533 in FY19 prior to the pandemic. Our staff, interns, and 6,403 volunteers assisted and interacted with DOROT seniors more than 84,000 times through our enriching programs and participation in activities. Our work offers older adults opportunities to socialize and receive support, which is especially meaningful for the 68% of our clients who live alone.

Although DOROT typically serves older adults in the New York metropolitan area, we have embraced the opportunity to significantly expand the agency's geographic reach through our Zoom and telephone-based programs. In FY22, we engaged more than 1,000 older adults and 1,100+ volunteers who reside in New York state outside of our Manhattan and Westchester County catchment areas, as well as seniors from 37 states, Washington, D.C., Puerto Rico, Canada, and England and volunteers from 40 states, Washington, D.C., Colombia, and Ireland.

Since the pandemic began in 2020, fostering social connections and facilitating meaningful interactions have taken on newfound recognition and importance. As an expert in the field, DOROT has been proud to share our work and strategies across local and national media outlets including CBS Morning News, CNN, MSNBC, NowThis, NPR, and more. We continue to welcome opportunities to showcase our work and share more information about alleviating social isolation. On September 16, we were featured on The Kelly Clarkson Show, the highest rated, nationally syndicated daytime talk show in the country. A clip of the episode can be viewed at the following link: <https://www.youtube.com/watch?v=5hR7CggNPWQ>. In addition, we were also pleased to share our expertise on podcasts, through the 6th Annual UnLonely Film Festival, and at conferences including the "LiveOn NY 32nd Annual Conference on Aging" and the "Aging Concerns Unite Us Conference."

In 2021, DOROT embarked on a Strategic Plan Refresh process to build upon what it learned from COVID-19 and lay the groundwork for new growth opportunities. DOROT has clarified its directional priorities and developed several promising ideas to grow and expand DOROT's reach and impact. The directional priorities and growth goals established by our Strategic Planning Committee are: (1) expand DOROT's in-person programming to reach more older adults; (2) expand virtual programming to reach more older adults; and (3) amplify DOROT's leadership on the issues and solutions surrounding social isolation and loneliness among older adults. We are excited to lay the groundwork for new initiatives that will leverage DOROT's expertise in developing and delivering high quality programming that addresses social isolation and loneliness in older adults.

Our Board, donors, staff, and volunteers help make our dynamic programs and services possible. We deeply appreciate their support, which ensures we can further our work and impact.

## Program Accomplishments

DOROT's FY22 program achievements and plans are highlighted below.

DOROT's **Onsite and Special Programs** department offered 2,717 older adults more than 1,000 Zoom programs through **Onsite@Home**, the department's remote adaptation launched at the beginning of the pandemic. Every week, our older adult community can choose between 20-25 fitness and wellness

classes, workshops, talks, concerts, films, virtual museum visits, and other presentations that provide meaningful and culturally diverse engagement. These programs encourage health and wellness, global perspectives, and opportunities for learning and enrichment. Many constituents enjoy participating in multiple classes and events across the department. Each week, we share an e-newsletter to highlight upcoming events that week as well as the week ahead.

In FY22, we supported 451 senior and volunteer pairs through **Caring Calls**; 205 pairs were newly created. Even though we ask for a minimum commitment of eight weeks, 55% of Caring Calls pairs have been meeting for one to two years, enjoying companionship through weekly calls. After participating in other one-time DOROT programs, 20 older adult and volunteer matches joined Caring Calls because they were interested in continuing their new friendships by speaking regularly. While we created this program in response to social distancing requirements at the beginning of the pandemic, ongoing interest exemplifies how important it is to provide a range of options for older adults and volunteers to connect.

**University Without Walls (UWW)** is DOROT's signature teleconference program for older adults. Since 1989, the program has provided lifelong learning, connection with peers, and support, all from the comfort of older adults' homes. Skilled facilitators lead small classes over the phone, allowing older adults to practice new skills, participate in discussion groups, learn more about art and culture, and share memories. DOROT is pleased to have engaged 502 older adults in UWW in FY22, an 18% increase over FY19 (pre-pandemic). Older adults participated in 12,472 hours of classes (41% more than FY19) in 291 program titles (53% more than FY19).

DOROT helps seniors gain technology skills through **Tech Coaching**. Fifty-three volunteers provided 1,075 individual tech coaching sessions lasting approximately one hour each to 181 seniors, by phone or via Zoom. We are pleased that the average number of visits per matched older adult and volunteer pair doubled compared to FY21. This reflects the achievement of our longstanding goal for the program, to move beyond quick-fix help and have older adults engage in ongoing learning through multiple points of contact with their coaches.

**Response Team** fulfills seniors' specific requests for assistance and brings joy through birthday celebrations. In FY22, 141 Response

Team volunteers helped 1,185 older adults. Response Team volunteers call seniors and deliver gift bags for birthdays, read the course catalog for DOROT's teleconference programming to individuals with visual impairment, practice foreign languages (which helps seniors maintain cognitive functioning and forestall memory loss), transcribe manuscripts and letters, and assist with errands such as bringing donations to thrift shops and returning library books. In March 2022, we reintroduced in-person visits, including birthday visits, walks, home organizing, and more, including one volunteer teaching an older adult how to knit.

**Kosher Meals at Home (KMH)** delivers weekly nutritious frozen kosher meals to home-based seniors who have difficulty shopping or cooking for themselves and wish to observe kosher dietary laws. Many face mobility impairment and vision loss and depend on DOROT for physical and emotional sustenance. In addition to essential food, KMH provides ongoing professional and volunteer support. We connect seniors to a range of services and supports to help them remain independent and socially engaged. We encourage participation in other DOROT programs, with 85% of KMH clients enjoying Package Deliveries, Friendly Visiting, Response Team, and other services. DOROT is pleased to have delivered 38,837 meals to 219 unduplicated older adults in FY22, with an average of 135 older New Yorkers receiving weekly meals.

The School-Year **Teen Internship Program** ran successfully in a remote model, with older adults and teens connecting via telephone and intergenerational Zoom workshops. This year's workshops included an LGBTQ+ Intergenerational Affinity Group, a COVID-19 Discussion Group, a Brain Games Group, Intergenerational Art, and more. Overall, the program engaged 302 teens and 113 seniors.

DOROT's **College Internship Program** also offered important opportunities for young people to enrich the lives of older adults while developing professional skills and building confidence and leadership skills. Five of our eight Fall 2021 college interns chose to continue their internships in the spring because they were enjoying their experiences and wanted to keep learning in their roles at DOROT. In Summer 2022, we welcomed 17 college interns, including four former teen interns. We had an incredible 657 applicants for these positions. For the first time, all of our college interns received a stipend, providing opportunities for students who are unable to accept unpaid internships, and creating a more diverse, equitable, and inclusive experience.



# Annual Report • Fiscal Year 2022

JULY 1, 2021 – JUNE 30, 2022

**Package Deliveries** provide seniors the opportunity to connect and socialize with caring volunteers. Throughout the pandemic, we modified Package Deliveries to follow social distancing guidelines and promote the safety of older adults and volunteers. After volunteers dropped off packages with seasonal treats to seniors' homes, they connected through a phone call. In FY22, 1,071 volunteers in Manhattan and Westchester helped deliver packages and visit with 910 unduplicated isolated seniors through five Package Deliveries: Summer, 9/11 Day of Service/ Rosh Package Delivery, Thanksgiving Meal Delivery, Winter, and Passover.

Our foundational **Friendly Visiting** program – offered in both Manhattan and Westchester – carefully matches volunteers with seniors for ongoing weekly or monthly visits. Throughout the pandemic, matches have mostly connected remotely through phone, FaceTime, and/or Zoom. In preparation for creating new matches, DOROT began conducting telephone and in-home assessments, depending on the state of the pandemic. Overall, the social workers assessed 526 seniors. In spring 2022, we also began reconnecting with and interviewing former Friendly Visiting volunteers to determine their interest and availability in entering a new Friendly Visiting match. We look forward to creating more new Friendly Visiting matches in FY23.

**DOROT Westchester** has helped alleviate social isolation among older adults in Westchester County since 2004. In FY22, we engaged 273 older adults and 283 volunteers in Westchester. Our Passover Package Delivery program dropped off packages and made telephone calls to 120 seniors across the county, our biggest participation rate to date. Looking forward, we are excited to resume our in-person Intergenerational Chess Program and in-person programming in our Westchester office.

## Looking Ahead

DOROT has provided older adults a sense of purpose and meaning for nearly five decades. We are grateful that our mission

and expertise uniquely positioned us to be a reliable anchor of support and connection for thousands of older adults and volunteers during the pandemic and as social isolation increased. As we move through a world transformed by COVID-19, we are proud of our adaptations to our programs and services to best meet seniors' changing needs. We look forward to continuing to grow and adapt with seniors' best interests at the center of our work.

In FY23, DOROT will focus on the following goals to meet the needs of older adults: offering a combination of virtual, onsite, and hybrid (simultaneously in-person and virtual) programming; building resiliency through Person-Centered, Trauma-Informed care for all seniors; promoting intergenerational bonds between older adults and teens through GENUINE Connections™; implementing the next phase of our strategic plan refresh; and increasing the agency's visibility as well as public awareness of social isolation. With the wonderful support of our Board, donors, staff, and volunteers, DOROT is making a difference in the lives of thousands of older adults. We are deeply committed to these seniors and look forward to broadening and deepening our impact through engaging and innovative programming and services connecting older adults to resources and a caring, intergenerational community.

Sincerely,

Mark L. Meridy  
Executive Director

# DOROT

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 elders, volunteers and professionals. Our work provides an effective model for others.



# Annual Report • Fiscal Year 2022

JULY 1, 2021 – JUNE 30, 2022

## Extract from Audited Financial Statements

### PUBLIC SUPPORT AND REVENUE

FY2022

July 1, 2021 – June 30, 2022

Private gifts and grants .....	\$ 6,925,471
Bequests and legacies .....	\$ 1,748,197
Government grants .....	\$ 259,044
UJA-Federation .....	\$ 460,070
Special events, net of direct expenses .....	\$ 520,032
Donated goods and services .....	\$ 141,640
Other income .....	\$ 24,507
Investment revenue, net .....	\$(4,080,418)
<b>Total Public Support and Revenue .....</b>	<b>\$ 5,998,543</b>

### EXPENSES

Socialization services .....	\$ 3,381,305
Concrete services .....	\$ 2,140,675
Educational services .....	\$ 1,667,001
Community services .....	\$ 2,260,516
Management and general services.....	\$ 1,192,763
Fundraising .....	\$ 2,252,414
<b>Total Expenses .....</b>	<b>\$11,894,674</b>
Increase/Decrease in net assets .....	\$ (5,896,131)

The above information was extracted from DOROT's June 30, 2022 financial statements, which are audited by Baker Tilly Virchow Krause, LLP.

Readers of this statement may obtain a copy of DOROT's audited financial statements from DOROT.



# Annual Report • Fiscal Year 2022

JULY 1, 2021 – JUNE 30, 2022

## Statements of Financial Position

ASSETS AS OF JUNE 30, 2022	2022	2021
<b>Current Assets:</b>		
Cash and cash equivalents .....	\$ 1,182,798	\$ 1,980,011
Investments, at fair value .....	\$ 16,758,789	\$ 23,099,549
Pledges and grants receivable .....	\$ 1,719,322	\$ 698,120
Accounts receivable .....	\$ 34,820	\$ 15,302
Prepaid expenses and deposits .....	\$ 147,211	\$ 194,365
<b>Total Current Assets .....</b>	<b>\$ 19,842,940</b>	<b>\$ 25,987,347</b>
Security Deposits .....	\$ 28,000	\$ 36,266
Pledges and Grants Receivable, net of current portion .....	\$ 901,964	\$ 583,580
Investments Restricted for Permanent Endowment .....	\$ 6,198,794	\$ 6,198,794
Property and Equipment, net .....	\$ 1,967,077	\$ 2,254,004
<b>Total Assets .....</b>	<b>\$28,938,775</b>	<b>\$35,059,991</b>
<b>LIABILITIES AND NET ASSETS</b>		
<b>Current Liabilities:</b>		
Accounts payable and accrued expenses .....	\$ 256,238	\$ 466,155
Accrued vacation pay .....	\$ 283,124	\$ 293,077
Current portion of charitable gift annuities and trusts .....	\$ 23,448	\$ 23,448
<b>Total Current Liabilities .....</b>	<b>\$ 562,810</b>	<b>\$ 782,68</b>
Charitable Gift Annuities and Trusts, Long Term .....	\$ 66,680	\$ 71,895
<b>Total Liabilities .....</b>	<b>\$ 629,490</b>	<b>\$ 854,575</b>
<b>Net Assets:</b>		
Net Assets without Donor Restrictions .....	\$ 18,361,293	\$ 25,195,821
Net Assets with Donor Restrictions .....	\$ 9,947,992	\$ 9,009,595
<b>Total Net Assets .....</b>	<b>\$28,309,285</b>	<b>\$34,205,416</b>
<b>Total Liabilities and Net Assets .....</b>	<b>\$28,938,775</b>	<b>\$35,059,991</b>



## DOROT FY21 Board of Directors

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