



Let's Stay Connected

DOROT is offering programs in person and virtually, with many opportunities for your consideration. We are delighted to connect you with volunteers for visits in your home and to welcome you onsite at DOROT for engaging and entertaining programs. We have a dynamic array of offerings in whatever format works best for you.

IN HOME

ONSITE

ZOOM

PHONE

Our programs are offered without cost, thanks to the generosity of our individual donors and foundation partners. Learn more or register today at dorotusa.org, call **(212) 769-2850**, or email info@dorotusa.org.

Our Programs

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.

Response Team IN HOME PHONE

Would you like someone to assist you with errands, such as returning library books or donating clothes? How about a companion to play board games, read the news, or take a walk? Volunteers are ready and "At Your Service!"

Holiday and Seasonal Package Deliveries IN HOME PHONE

Four times a year, DOROT volunteers deliver packages with seasonal or holiday treats and visit with you either on the phone or at home. You will be notified when to sign up for this all-time favorite DOROT program.

University Without Walls PHONE

Dial into friendly group conversations and learning opportunities 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**

Caring Calls PHONE

Connect with an adult volunteer weekly for a 20-30-minute friendly chat about common interests. Matches are for 8 weeks but often last longer.

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

Programs that welcome staff and volunteers into your home are available to those who live on Manhattan's Upper West Side between 59th and 125th Streets and between 14th and 96th Streets on the East Side. As a first step, a member of DOROT's social work team will visit with you in your home. Please call (212) 769-2850 to make an appointment. For everyone's safety, please review our [COVID Guidelines](#).

GENuine Connections ZOOM

Bridge the generational divide. 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.

Onsite & Special Programs ONSITE

Join us for classical and global music concerts and other culturally enriching programs.

Intergenerational Programs

IN HOME ONSITE ZOOM

Meet thoughtful teens and other adults 65+ through group programs or visits in your home with 2-3 teens. Enjoy fun and laughter while forming new and unexpected bonds. Options include engaging with teens all year round for lively discussions, the sharing of hobbies, art, and playing chess and other games.

Legacy Projects IN HOME ZOOM

Sharing your life story can be profound and gratifying. Volunteers will help you capture memories, words of wisdom, photos, and stories. Create a legacy project that is unique to you and tells your story.

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.

Living Well Digitally ZOOM

Learn about new technologies that will help you remain independent and connected.

If you need assistance reading this flyer, please call (212) 769-2850

Advance Care Planning IN HOME ZOOM

Get assistance from trained staff and volunteers to document your end-of-life health care preferences via a health care proxy and/or living will. They can also support you in sharing your decisions with important people in your life.

Aging Alone, Together ONSITE ZOOM

This six-week series of workshops, designed specifically for solo agers, will teach you to skillfully handle the legal, logistical, and social challenges of growing older. Join a supportive community and create an action plan that will empower you to make necessary decisions. New sessions are offered throughout the year.

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.

To learn more or to register for programs:

Visit dorotusa.org

Call (212) 769-2850

Email info@dorotusa.org

To Volunteer:

Visit dorotusa.org/volunteer

Email volunteers@dorotusa.org

For DOROT Westchester, NY office:

Call (914) 485-8354

For Information and Referral to services for older adults:

Call (212) 769-2850