University Without Walls
LIFELONG LEARNING FOR
AN ENGAGED COMMUNITY

Topics
News, Politics & Our Society • Museum Discussions
Health & Wellness • 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
Visit our website
www.dorotusa.org/uww

GET CONNECTED FROM YOUR OWN PHONE
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 “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.
News, Politics & Our Society

The Current Political Scene (Staff Connected)
Section A: 10 Tuesdays at 3pm September 26 – November 28
Section B: 8 Wednesdays at 3pm September 27 – November 29
(no session on October 18 and November 22)
Charles Perkins, Historian

Please note you may only register for 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?

Presidential Administrations II (Staff Connected)
9 Tuesdays at 11am September 26 – November 28 (no session on October 10)
Judy Lass, MA, MS. ED, LMSW; DOROT Volunteer

In this course, we will examine Republican & Democratic Administrations 1865-1988. Administrations to be examined include Andrew Johnson, Ulysses Grant, Theodore Roosevelt, Woodrow Wilson, Herbert Hoover, Franklin Roosevelt, Dwight Eisenhower, Lyndon Johnson and Ronald Reagan.

Current Events (Staff Connected)
Section A: 9 Mondays at 11am October 2 – November 27
Section B: 11 Wednesdays at 11am September 20 – November 29
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.

WWII & NYC: The Big Apple Goes to War (Dial In)
1 Friday at 1pm November 10
Jim Picinich, New York Historical Society

Discover little-known stories about New York City’s key role during World War II as a manufacturing and transportation hub through which more than three million troops and over 63 million tons of supplies passed. Materials will be mailed before the program.

Museum Discussions

A Tour of the Solar Systems (Dial in)
3 Wednesdays October 4, November 1 & 29 at 2pm (4-week gap between sessions)
James Tardiff, The Intrepid Sea, Air & Space Museum

Fly with us as we take a tour of the star system, we call home. Learn some amazing facts and hear about the mysteries that still intrigue us about our home planet and our nearest cosmic neighbors.
Highlights of the American Museum of Natural History (Dial in)
4 Thursdays October 19 – November 9 at 10am
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.

Henry Taylor: B Side (Staff Connected)
1 Wednesday at 10am November 1
Explore highlights from the first exhibition to survey the career of leading contemporary artist Henry Taylor (b. 1958, based in Los Angeles). Taylor’s figurative work, populated by a vast range of characters – friends, relatives, strangers on the street, athletes, politicians, and entertainers – showcases an empathy that encompasses multiple worlds. With his unique aesthetic, social vision, and stylistic experimentation, Taylor’s attention to Black Americans and various conditions of Black America comes into focus in ways that are deep-feeling, witty, joyful, and concerned. Materials will be mailed before the program.

Ruth Asawa Through Line with The Whitney Museum (Staff Connected)
2 Thursdays at 10am November 9 & November 16
Ruth Asawa Through Line is the first exhibition to examine Ruth Asawa’s oeuvre through the lens of her lifelong drawing practice. While now widely recognized as a sculptor, Asawa (1926–2013) practiced drawing daily, referring to the act as her “greatest pleasure and the most difficult.” Through drawing, Asawa explored the world around her and the boundaries of the medium itself, turning everyday encounters into moments of profound beauty and endowing ordinary objects with new aesthetic possibilities. Materials will be mailed before the program.

Pioneers of Abstraction (Staff Connected)
3 Wednesday at 10am November 15 – November 29
Ellen Edelman, Educator, Solomon R. Guggenheim Museum
“We must see deeper, see abstractly, and above all universally.” Piet Mondrian
In the early years of the 20th century, form, line and color became the subject of a painting, liberated from describing the visual world. Explore the work of three fathers and one mother of abstraction. Vasily Kandinsky, Kazimir Malevich, Piet Mondrian, and Hilma af Klint.

Health and Wellness
Self-Massage for Stress Relief and Relaxation (Staff Connected)
4 Fridays at 12pm September 22, October 6, October 20, and November 3
*A please note that this group meets bi-weekly*
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.
Aging in Place Safely and Well (Dial in)
6 Tuesdays at 10am September 26 – October 31
C. Vicki Gold, PT, MA, Thera-Fitness, Inc
Learn techniques and strategies to make you and your home a place where you can live with decreased risk of falls and increased ability to maintain your functional independence. We will use resources from the National Aging in Place Council to help make a plan for aging in place. Materials will be mailed before the program.

Streamline to Serenity (Staff Connected)
8 Mondays at 3pm October 2 – November 20
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.

Sounds of Yoga (Dial In)
3 Fridays at 10am October 13 – October 27
Melissa Elstein, Esq.; RYT, Certified Yoga and 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.

How to Preserve our Vision as We Age (Staff Connected)
1 Thursday October 19 at 11am
Mark Bones, External Affairs Coordinator at VISIONS
Join Mark Bones from VISIONS to learn more about how to preserve your vision as you age. Mark will give an overview of blindness and visual impairments, the 4 common diseases that take away our vision, how to prevent vision loss as we age and help those who are suffering from blindness. He’ll end with how VISIONS helps people with blindness regain their independence.

Social Isolation in Older Adults (Staff Connected)
1 Monday October 30 at 2pm
Beth Ann Ditkoff, MD, Medical Author
The US Surgeon General, Dr. Vivek Murthy, recently released an advisory addressing the “epidemic of loneliness and isolation.” In this one-part course, learn about the different types of loneliness and its mental/physical consequences. We will also discuss different strategies to combat a lack of social connection.

Seated Qigong, Tai Chi Easy Arms, and Guided Meditation (Staff Connected)
3 Fridays at 10am November 3 – November 17
Melissa Elstein, Esq.; RYT, Certified Yoga and 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.
Literature & Storytelling

Short Story Discussion Group with NYPL (Dial In)
Section A: 1 Wednesday September 27 at 12pm
Section B: 1 Wednesday October 25 at 12pm
Section C: 1 Wednesday November 29 at 12pm
Lillian 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 stories will be mailed or emailed before the program.

Life Story Club (Dial In)
8 Mondays at 4pm October 2 – November 20
Ezra Guerin, Life Story Club
How does your home cooking reflect parts of your family’s legacy? What’s a dish that’s always on the table during holidays? 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)
2 Thursdays at 3pm October 12 & November 9
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.

Story Share: The Country of the Blind: A Memoir at the End of Sight (Staff Connected)
1 Friday October 13 at 11am
Andrew Leland, Writer, Audio Producer, Editor, & Teacher
Join author Andrew Leland as he shares his new Memoir The Country of the Blind, a witty, winning, and revelatory personal narrative of the Leland’s transition from sightedness to blindness and his quest to learn about blindness as a rich culture all its own.

Book Discussion Group with St. Agnes Library: Hidden Valley Road: Inside the Mind of an American Family by Robert Kolke (Dial In)
1 Friday October 20 at 1pm
Daria Lindsay & Tami Chen, St. Agnes Library
Join us for a lively conversation about Hidden Valley Road: Inside the Mind of an American Family by Robert Kolker. Written with clarity and compassion by bestselling and award-winning author Robert Kolker, Hidden Valley Road uncovers one family's unforgettable legacy of suffering, love, and hope. Book will be mailed before the program.
Book Discussion Group: *All the Queens Houses* (Dial In)

1 Friday October 27 at 10am

*Rafael Herrin-Ferri, Author*

The borough of Queens has long been celebrated as the melting pot of America. Over a million foreign-born residents call it home, yet its houses are relatively unknown. Starting in 2013, Spanish-born architect and artist Rafael Herrin-Ferri made these buildings the subject of a block-by-block photo survey project that concluded seven years later in Far Rockaway. Join Rafael as he highlights some the most interesting aspects of the Queens’ residential vernacular from his recently published book, *All the Queens Houses: An Architectural Portrait of New York’s Largest and Most Diverse Borough*. Book will be mailed before the program.

An Overview of Services from the Andrew Heiskell Library: From Free Audiobooks to Dial-Up News (Staff Connected)

1 Wednesday November 8 at 4pm

*Jill Rothstein, NYPL Andrew Heiskell Braille and Talking Book Library*

Do you have trouble reading standard print? Learn about the free talking books program which provides talking book players, talking books, audio magazines, and more, mailed to your door, downloadable from a computer or available on an app, along with accessible programming and braille.

The Healing Power of Poetry: Addressing Grief (Staff Connected)

1 Tuesday November 14 at 4pm

*Dr. Lynne Rosenthal, Professor of English, and Literature & Certified Poetry Therapist*

Grief is an inner response to any important loss, but poetry offers an important way for us to heal. Join Lynne in using words, images, sounds and rhythms to process feelings of grief and loss. In this workshop, we will read and discuss selected poems and respond to them with our own writing as we begin to move forward together on the journey towards healing. Materials will be mailed before the program.

Book Discussion Group with St. Agnes Library: *The Happiest Man on Earth: The Beautiful Life of an Auschwitz Survivor* by Eddie Jaku (Staff Connected)

1 Friday November 17 at 1pm

*Daria Lindsay & Tami Chen, St. Agnes Library*

Join us for a lively conversation about *The Happiest Man on Earth: the Beautiful Life of an Auschwitz Survivor* by Eddie Jaku. A one-hundred-year-old Holocaust survivor who, despite all he suffered, calls himself the "happiest man on earth," shares his wisdom and reflects on how he has led his best possible life, talking warmly and openly about the power of gratitude, tolerance. Book will be mailed before the program.
Jewish Interests
All programs below are offered to the Jewish and wider community.
No knowledge of Judaism required. All are welcome.

Animal Stories and Symbols in Biblical Literature (Dial In)
11 Wednesdays at 10am September 20 – November 29
Rabbi Debra Smith, Spiritual Leader; Educator; CSW; Life Cycle Officiant; Rabbi, Congregation Or Ha Lev
Due to popular demand, you may only register for one class facilitated by Debra Smith.
In this course we will see how Jewish literature uses animals to indicate God’s will and desires for humankind. We will explore the significance and symbolism of animals in Biblical stories such as the stories of Noah, Jonah, Daniel, Abraham, Elijah, and more.

Talmud Treasures (Staff Connected)
3 Wednesday at 1pm September 20 – October 4
Lee Slavutin, MD, CLU
The Talmud is filled with beautiful stories and powerful life lessons, articulated by our Sages and recorded over several hundred years. We will select a number of passages to learn together and extract lessons that we can apply to our lives now.

Jewish Mysticism (Staff Connected)
8 Thursdays at 1pm September 21 – November 16 (no session on November 2)
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.

Reflecting and Renewing: Poetry, Prose, and Mindfulness Practices on the Themes of the High Holidays (Staff Connected)
2 Thursdays at 10am September 21 & 28
Ari Satok, Author and Educator
This class explores some of the central themes of the High Holidays, including renewal, forgiveness, healing and reflection. We’ll read poems and prose on these themes and engage with some short mindfulness practices, as we explore the transformative possibility of the High Holidays, reflect on the year that has passed, and set some intentions for the year to come.

Living with the Torah (Staff Connected)
8 Tuesdays 1pm September 26 – November 21 (no session on October 24)
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.

The Song of Songs: the Bible’s Sauciest Love Poem (Staff Connected)
4 Wednesdays at 2pm September 27 – October 25 (no session on October 18)
Arielle Stein, Rabbinical Student, Hebrew Union College
This class will focus on poetry and translation of the biblical text with a focus on exploring themes of romance, sensuality and nature found in the material. Materials will be sent before the program.
Guide for the Perplexed – Maimonides – Rambam (Staff Connected)
2 Mondays at 1pm October 2 – October 9
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?

Retelling our Torah stories through Folklore (Dial In)
9 Mondays at 10am October 2 – November 27
Rabbi Debra Smith, Spiritual Leader; Educator; CSW; Life Cycle Officiant; Rabbi, Congregation Or Ha Lev
Due to popular demand, you may only register for one class facilitated by Debra Smith.
In this class, we will explore a variety of stories from different time periods and from different books of the Torah (Old Testament). We will examine how these stories evolved into popular Jewish folklore as we listen to, discuss, and enjoy the folktale versions of these classic Torah stories.

A Virtual Tour of Jewish Krakow (Staff Connected)
1 Wednesday at 12pm October 18
Olga Bokhonovskaya, MBA
Due to popular demand, you may only register for one class facilitated by Olga Bokhonovskaya.
Before WWII the Jewish community of Krakow was 25% of the city's total population, allowing them to contribute to the creation of the unique identity of this beautiful city. Join Olga, your guide and a native of Odessa in the Ukraine, as she “strolls” around Krakow's old Jewish quarter Kazimierz, telling us about some of the most significant sights related to the city's Jewish life and culture. Materials will be mailed before the program.

Enabling Access to Jewish Life with the JBI Library (Staff Connected)
1 Thursday October 26 at 2pm
JBI Staff: Livia Thompson, Executive Director; Arlene Arfe, Senior Librarian; Inna Suholutsky, Russian Collection
The JBI Library offers a free library of Jewish interest reading materials in Braille, Large Print, and Audio format for visually impaired, blind, physically handicapped, and reading disabled individuals. Join JBI staff members in a conversation about its collection of materials and its ongoing programmatic and outreach activities, and how it works in partnership to increase accessibility and inclusion for all individuals living with vision impairment with an interest in Jewish life and culture.

Jewish Krakow: WWII and the Holocaust (Dial In)
1 Wednesday at 12pm November 22
Olga Bokhonovskaya, MBA
Due to popular demand, you may only register for one class facilitated by Olga Bokhonovskaya.
By the end of the 1930s, the Jewish community of Krakow constituted about 25% of the city’s population. The streets of the former Krakow ghetto bear witness to the desperate struggle of survival and the destruction of this city's Jewish community. Join Olga, your guide and a native of Odessa in the Ukraine, on this audio tour to discover the most devastating period of Krakow’s Jewish history. Materials will be mailed before the program.
Music & Performing Arts

Recalling the Golden Era of Broadway (Staff Connected)

1 Thursday at 10am September 21
David Rothenberg, Radio Host; Retired Founder and Executive Director of the Fortune Society; Retired Theater Person
Join us for a discussion with David Rothenberg, host of WBAI radio show, “Any Saturday,” to recall the golden era of Broadway. Prepare to hear stories of David’s time as a Broadway producer and press agent and come prepared to share your own Broadway memories.

The Corner of Casablanca and Sunset Boulevard (Staff Connected)

Section A: 5 Fridays at 11am September 22 – October 20
Section B: 5 Fridays at 11am October 27 – December 1 (no class on November 24)
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!

Intro to Jazz - The First 50 Years (Dial In)

5 Tuesdays at 12pm September 26 – October 31 (no session October 3)
Evan Arntzen, Clarinetist, Saxophonist, Vocalist I Educator
Explore the course of jazz history with expert musician and educator, Evan Arntzen. The course features guided listening and discussions on recordings of this quintessentially American art form from approximately its first 50 years. Those who have taken the class before can expect different musical selections!

Improvisation Workshop (Dial In)

3 Wednesdays at 1pm September 27 – October 11
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!

A Journey to the Russian Opera (Staff Connected)

2 Wednesdays October 4 & 11 at 4pm
Mikhail Svetlov, International Opera Singer
Join Mikhail Svetlov on a journey through the Russian Opera. First, Mikhail will take you back in time to the past and start from the birth of Russian opera in the 18th century. He will move forward in time to the 19th century, where the brilliant composers Glinka, Mussorgsky, Borodin, Tchaikovsky worked. He'll lead you to the 20th century of Rachmaninov, Stravinsky, Shostakovich and Prokofiev and end in the present day.

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

Section A: 4 Mondays at 12pm October 9 – October 30
Section B: 4 Mondays at 12pm November 6 – November 27
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.
Theater2You (Dial In)
3 Fridays at 1pm October 13 – October 27
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.

Jazz Piano Styles (Dial In)
4 Tuesdays at 12pm November 7 – November 28
Evan Arntzen, Clarinetist, Saxophonist, Vocalist I Educator
There are many instruments commonly used in jazz, but the piano is one of the only ones with an array of sub-genres all its own. Let expert musician and educator, Evan Arntzen, take you on a guided listening tour of some of jazz’s most popular styles that are particular to the 88 keys, such as ragtime, Harlem stride and boogie woogie.

Other Topics

Can I Become a Better Listener? (Dial In)
2 Fridays at 1pm September 22 – September 29
Janice Hermalyn, MS, BS; DOROT Volunteer
This course will provide hands on practice to become a better listener. We will discuss techniques and methods of cultivating your listening skills throughout your life.

Seeking the Spirit in the Dark: Writing Your Own Spiritual Autobiography (Staff Connected)
9 Thursdays at 10am September 28 – November 30 (no session on November 23)
Constance Gemson, LMSW; Social Work Consultant, Author, Workshop Leader
Explore your religious or spiritual yearnings with others. Learn from leaders of various traditions. Discover new insights in this accepting community. All points of view are welcome. Join us for a lively discussion!

Control Your Clutter, Control Your Life (Staff Connected)
9 Thursdays at 11am September 28 – November 30 (no session on November 23)
Constance Gemson, LMSW; Social Work Consultant, Author, Workshop Leader
Want less in your life and enjoy more. Discover specific steps that can help in this process. Learn from others and gain new insight and awareness. Develop your action plan.

Across the Miles (Dial In)
1 Wednesday at 3:30pm October 25th
Without Walls Staff Throughout North America
Join us across the miles as the Without Networks comes together to share stores and talk about life in our different locations throughout the United States and Canada.
"The Five Important Documents Every Adult Should Have"
with Pace Women's Justice Center (Staff Connected)

1 Thursday November 9 at 11am

Roberta Goodman, Esq. and Susan Carroll, Esq from the Pace Women’s Justice Center, Elder Justice Unit
This program will identify and describe the importance of a Will, Advance Health Directives, Financial Durable Power of Attorney and last wishes.

All About DOROT (Dial In)

1 Wednesday November 15 at 1pm

DOROT Staff Member
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! Materials will be sent before the program.

Building Self-Esteem (Dial In)

2 Fridays at 11am November 17 – December 1 (no class November 24)
Janice Hermaly, MS, BS; DOROT Volunteer
In this course, we’ll have an opportunity to discuss tactics and ways to build healthy self-esteem and strive to live to our fullest potential.

Support Groups

Bereavement Support Group (Dial In)

Section A (Loss of parent, partner, grandchild):
11 Tuesdays at 5pm September 19 – November 28

Section B (Loss of partner): 11 Thursdays at 6pm September 21 – November 30
(no session November 23, make-up session Tuesday November 21)
Randi Cohen, MA, ACSW, Licensed Clinical Social Worker
Come together in a safe, caring environment for former caregivers who have suffered the loss of a loved one and are seeking a supportive place to grieve and heal.

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

10 Tuesdays at 4pm September 26 – November 28
Valerie Ward, Licensed Clinical Social Worker
Join our new facilitator Valerie to share feelings, concerns and practical solutions. Exchange resources and explore the challenges arising from the loss of vision.

Daily Tips for Vision Loss (Staff Connected)

9 Mondays at 4pm October 2 – November 27
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!
Vision Loss Support Group Info Session (Staff Connected)

1 Friday October 27th 12pm

Valerie Ward, Licensed Clinical Social Worker

University Without Walls will be piloting a new vision loss group in the coming year. Are you looking to join a supportive community of peers who are experiencing vision loss? Interested in learning about coping techniques, technologies and sharing your experiences? Join Valerie Ward to share your ideas and learn more about this new group.

Notes
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

Anna Cash
Program Coordinator, University Without Walls

Lily Sokobin
Program Administrator, University Without Walls

Jennifer Tyler
Program Assistant, University Without Walls

Amy Wald
Program Director, Connect through Tech

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**

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Marvin Fenster in memory of Anna and Isaac Fenster (Passover Seders and Yizkor Memorial Services) in Memory of Frances Frisch
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**Community Partners**

24/6 A Jewish Theater Company
Bikur Cholim Chesed Organization
Family Eldercare (Lifetime University Without Walls)
Heights and Hills Intrepid Sea, Air & Space Museum
Jewish Braille Institute (JBI)
New York Public Library
Pace Women’s Justice Center
The Solomon R. Guggenheim Museum
The Whitney Museum of American Art
Visions
Front Porch (Well Connected)

**Remembrance**

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

Esther Horwitz
Hope Byers

**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
Announcements

Staff Updates

Zoya Stein, Program Assistant, retired from her role in June 2023. Zoya was an instrumental member of the University Without Walls (UWW) team for 19 years. Zoya served as the calm and friendly voice of DOROT, connecting UWW calls and welcoming participants to their programs. In the Russian University Without Walls (RUWW) program, Zoya engaged with a vibrant community of Russian-speaking older adults who have benefited from the English language learning programs and conversations in their native language. There are many stories of Zoya’s kindness and care from our participants and our facilitators are grateful for her many years of service. We thank Zoya for many years of dedicated service to our community and we wish her a wonderful retirement.

Carole Yablonowitz, longtime University Without Walls facilitator, retired from her role in August 2023 after 21 years. Carole has facilitated the longtime “In-Sight Program for the Visually Impaired” support group, fostering community amongst our visually impaired UWW community. We thank Carole for her kindness, humor, honesty and commitment to the University Without Walls Program. She has made a tremendous impact on our community, and we wish her the best of luck in her future endeavors.

Accessibility Updates

Did you know that the University Without Walls can provide accessible registration for those with Vision Loss? If you would like the brochure to read to you, reach out to us via phone or email and we will ensure you receive this service moving forward.

DOROT is coming to Queens!

Starting this semester, we will be offering programs directly and through local partners about and of special interest to Queens residents including our kick-off event, All the Queens Houses, on October 27th! Programs in Mandarin and Spanish are in the works. Be on the lookout for additional information and please feel free to share with friends and family in Queens.

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