

FALL 2015/WINTER 2016



# University Without Walls

TELEPHONE & ONLINE PROGRAMS FOR SENIORS

## COURSE TOPICS

Museum Discussions

Music/Performing Arts

Literature

Health and Wellness

Support Groups

Judaic Studies

Holidays and Historic  
Dates

Human Interest

Resources for  
Caregivers



*No charge for  
single-session  
courses! See page  
14 for details.*

To Join Us Call  
1-877-819-9147

Get Connected From  
Your Own Home



For more than three decades, DOROT has been an innovative leader in the field of aging services and volunteerism. DOROT alleviates social isolation among the elderly 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.

## About University Without Walls

### What is UWW?

With DOROT's University Without Walls (UWW) and To Your Health (TYH) courses, seniors only need a phone or a computer to join a vibrant community of lifelong learning and peer support. Our classes over the phone and online enable seniors to explore art and culture, discuss current events, share memories, practice new skills, and enhance their health and that of their loved ones from the comfort of their homes. DOROT engages professional facilitators from renowned institutions that bring expert knowledge to small groups, giving each participant an opportunity to discover and contribute. DOROT created UWW in 1989. The program continues to bring laughter, friendship, learning and support to individuals in their own homes.

### How long are the classes and is there a fee?

Most classes are 50 minutes long. One-time sessions are free of charge. All other courses are \$15 each. There is no registration fee. Scholarships are available.

### How can I enroll?

- You can register starting **TUESDAY, AUGUST 11, 2015**.
- You can register by **MAIL** (complete the registration form on pages 14-17 and use the envelope enclosed).
- You can register by **TELEPHONE** at 212-769-2850 or toll-free at 1-877-819-9147.
- You can **FAX** your registration form to: 212-769-4989.
- You can register **ONLINE** at [www.dorotusa.org](http://www.dorotusa.org).

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## ABOUT CAREGIVERS' CONNECTIONS

DOROT's educational and support network for caregivers is offered in partnership with hospitals, social service agencies, and health care professionals. Weekly support groups and workshops give caregivers the opportunity to speak with experts, learn about resources, and meet other caregivers. These support groups and workshops are conducted over the telephone to accommodate busy schedules and eliminate the difficulty of traveling to a meeting site. For more information or to register, please call 212-769-2850.

## Museum Discussions

### Illustrating 19th Century New York City NEW

1 Thursday at 10 AM, January 14

*Tracy Grosner, Gallery Outreach Educator  
and Graduate Student Educator, Bard  
Graduate Center*

Investigate the bustling 19th century world of NYC through a dynamic past exhibition: Visualizing 19th Century New York. This talk highlights key entrepreneurs setting up shop near the broad avenue of Broadway, along with the artist's tools and processes used to create a range of historic illustrations in a variety of media including photography, printmaking, and stereoviews. Images will be provided.

### Inventing Modern Painting: Paul Cézanne, Pablo Picasso, Henri Matisse NEW

5 Wednesdays at 3 PM, December 30,  
January 6, 13, 20, 27

*Diana Bush, PhD; Educator, The Museum of  
Modern Art*

Indicating his interest in creating something enduring from Impressionism's immediate and spontaneous visual engagement, Cézanne said, "There are two things in the painter, the eye and the mind; each of them should aid the other." Examine the influence of Cézanne's exploration of the movement between sense and understanding for the two most innovative painters of the following generation: Picasso and Matisse. Images will be provided.

### The Museum of Non-Objective Painting NEW

5 Thursdays at 11 AM, September 3, 10,  
17, 24, October 1

*Maya Jeffereis, Education Associate,  
Adult and Access Programs, Solomon R.  
Guggenheim Museum*

Learn about the early years of the Solomon R. Guggenheim Museum, founded in 1939 as the Museum of Non-Objective Painting. Its founders championed abstract art, aspiring to utopian goals through the viewing experience. Explore the collection and consider the museum as a space of spirituality and other intellectual possibilities. Images will be provided.

### The Power of Pictures: Early Soviet Photography, Early Soviet Film NEW

2 Tuesdays at 10 AM, November 3, 10

*Phyllis Gitlin, Docent, The Jewish Museum*

Explore striking Soviet avant-garde photographs and film posters from the 1920s to the early 1930s, which today remain in the forefront of 20th century photography. This major exhibition reveals how images by master photographers were seen as powerful propaganda tools in the new Soviet Union. Images will be provided.

Refer to page 10 for additional museum discussions from the Intrepid Sea, Air & Space Museum Complex and New York Transit Museum.

# The Arts

## Music/Performing Arts

### The Beauty of Opera NEW

4 Thursdays at 2 PM, October 29,  
November 5, 12, 19

*TBA, Graduate Student, Manhattan School of Music*

Opera aficionados and newbies alike—join us for an unforgettable journey that will have you listening, singing, and celebrating opera! Together we'll explore the composers, plots, and arias of well-known operas.

### Classic Musicals

6 Mondays at 2 PM, November 2, 9, 16,  
23, 30, December 7

*Leo Schaff, Singer; Songwriter*

*Annie Get Your Gun, Kiss Me Kate, Peter Pan* – listen to the original Broadway cast recordings, hear the story of the shows, and enjoy these true classics all over again. Songs include “Doin’ What Comes Naturally,” “There’s No Business Like Show Business,” “Wunderbar,” “So In Love,” “Never Neverland,” and “I Won’t Grow Up!”

### Hollywood Goes Out to Sea NEW

4 Fridays at 1 PM, October 2, 9, 16, 23

*Harriet Walle, BA, Interdisciplinary Studies, New York University*

In the following films, the characters leave dry land and venture out to sea. We will discuss what happens to the movies stars on imaginative voyages full of mishap and misadventure. Discussions include *The Marx Brothers in A Night at the Opera* [1935], Jack Lemmon in *Mister Roberts* [1955], Hepburn & Bogart in *The African Queen* [1977], and Leonardo DiCaprio & Kate Winslet in *Titantic* [1997].

### Jazz: America’s Great Music NEW

4 Mondays at 1 PM, October 12, 19, 26,  
November 2

*TBA, Graduate Student, Manhattan School of Music*

Get in the mix of cool and crazy cats for a course all about that jazz. Together, we’ll listen, discuss, and appreciate the historic and living American art form of jazz. Join us to celebrate the greats!

### Just Conversation

4 Fridays at 1 PM, January 8, 15, 22, 29

*Harriet Walle, BA, Interdisciplinary Studies, New York University*

We will discuss our favorite movies and film stars and why we love them.

### Memories and the Music of Our Lives

4 Thursdays at 4 PM, September 24,  
October 1, 8, 15

*Katrina Dixon, Volunteer, DOROT*

Studies show that music sharpens your mind. Join us to exercise your brain by reminiscing about songs that have played important roles in our lives. We’ll listen to songs, share our memories, and look at how and why songs are special to us.

### Sing-Along Broadway

6 Mondays at 3 PM, November 2, 9, 16,  
23, 30, December 7

*Leo Schaff, Singer; Songwriter*

We’ll sing songs from classic musicals including *Oklahoma*, *Carousel*, and *Annie Get Your Gun*. Lyrics will be provided as we all join in to sing “Oh What A Beautiful Morning,” “People Will Say We’re in Love,” “June Is Bustin’ Out All Over,” “If I Loved You,” “They Say It’s Wonderful,” “Anything You Can Do,” and many more. Tune up, everybody!



## Literature

### Audiobooks, Apps, and Assistance: A Library of Possibilities from the National Library Service

1 Thursday at 11 AM, October 29

*Jill Rothstein & Chancey Fleet, Acting Chief and Managing Librarian for Public Service and Outreach & Assistive Technology Coordinator, Andrew Heiskell Library, NYPL*

Do you love books but have difficulty reading print? We'll discuss what our library can offer you, including talking books and players, downloadable audiobooks, audio magazines, technology workshops, programs, and assistance over the phone – all FREE! We'll also discuss additional literacy resources, and some helpful apps and podcasts.

### Book Discussion Group

4 Wednesdays at 11 AM, October 14,  
November 11, December 9, January 13

(This course meets monthly.)

*Volunteer, Queens Library*

Reading is usually a solitary activity, but it doesn't have to be. If you like what you read, it's only natural to want to share it. Join members of the Queens Library for a casual conversation to exchange ideas and share your reading enjoyment. The book selections will be provided. (Contact DOROT staff for more information about Queens Library programs.)

### The Tempest: Shakespeare's Swan Song NEW

3 Mondays at 4 PM, October 19, 26,  
November 2

*Thomas Duffy, Volunteer, DOROT*

We'll read *The Tempest*, Shakespeare's final solo effort and a play that shows us the beauty of illusion and imagination while also showing self-acceptance. The class will explore the characters and the themes of the play. Students will also have a chance to consider what the play means to them and their understanding of their own lives. The book will be provided.

### Seeking the Spirit in the Dark: Writing Your Own Spiritual Autobiography NEW

6 Tuesdays at 4 PM, October 13, 20,  
27, November 3, 10, 17

*Constance H. Gemson, LMSW; Social Work Consultant, Writer*

This series will encourage you to write about the spiritual source of strength. Read insightful personal recollections by contemporary writers and share your own written work. All backgrounds and viewpoints are encouraged and valued.

*“It’s excellent. I’ve been taking classes for 1½ years, and I look forward to them.”*

# To Your Health

## Are You Acid or Alkaline? How pH Balance Affects Our Health

*Marcia Berry, MA; Nutritional Consultant; Certified Holistic Health Counselor*

2 Mondays at 11 AM, November 2, 9

Come learn how the pH balance of your tissues hold the key to health, energy, and long life, and how the food you eat and your daily activities can restore your body to optimum pH balance.

## “Automatic Thoughts” and You NEW

TBA

*Constantine Checa, RN-BC, VNSNY*

Learn about automatic thoughts and how they affect your mood and behavior. An easy to use tool will be presented to help better understand the thoughts behind the feelings along with the questions we should ask ourselves when negative feelings shade our reality.

## Changes to Medicare 2015 NEW

1 Tuesday 2 PM, November 24

*Eric Hausman, HIICAP Outreach Coordinator, New York City Department for the Aging*

Get the latest information on changes to Medicare for 2015. Discussion will reflect new premiums, plan choices, and protections. Take this opportunity to get your Medicare questions answered.

## Communicating Your Health Care Wishes to Others... Doctors, Family and Friends

1 Tuesday at 11 AM, October 20

*Brenda Mamber, LCSW, Director of Patient Services, VNSNY Hospice and Palliative Care*

This course is a practical discussion on how to manage important conversations including what is important and how to begin the conversation.

## Exploring the Role of Nutrition in Brain Health NEW

1 Thursday at 11 AM, September 17

*Shoshana Werber, Masters in Clinical Nutrition; Registered Dietitian Nutritionist; Certified Dietitian Nutritionist; Certified Personal Trainer*

Nutrition plays a key role in brain health, cognition and in the prevention of neurodegenerative diseases like dementia. We will discuss which nutrients and foods are most important for keeping your brain healthy. As Hippocrates said, “Let food be thy medicine and medicine be thy food.”

## Fitness For You

1 Tuesday at 10 AM, October 20

*Mary Taylor, RN, Care Manager, VNSNY*

Review scientific evidence that demonstrates the importance of exercise and then discuss simple activities that are recommended for maximum benefit. Tips for all prevention and how to stay safe while exercising will be presented.

## Goal Directed Therapy: Taking Control of Your Life

8 Fridays at 10 AM, October 2, 9, 16, 23, 30, November 6, 13, 20

*Thelma Golub, MS; Behavior Modification Therapist*

Feeling frustrated, lonely, out of control? You are not alone, and you are stronger and more capable than you think. Gain the tools and techniques to make your life more rewarding.

## How Sweet It Is: Preventing and Managing Diabetes

1 Thursday at 11 AM, November 12

*Yael Reich, RN, Diabetes Clinical Nurse Specialist, VNSNY*

Learn practical tips for preventing and managing diabetes through nutrition, physical activities, medications, and monitoring.

## How to Know When You Need a Home Care Aide, and How to Choose the Right One for You

1 Tuesday at 11 AM, November 10

*Jennifer Leeflang, Senior Director of Private Care, Partners in Care, VNSNY*

Trying to decide when to get help is often a challenge. Learn the signs that indicate that help can be a support to you, and how to successfully find the help you need.

## Improving Your Relationship with Your Healthcare Team

1 Thursday at 2 PM, October 22

*Juliette Kleinman, LCSW, Voices 60+, Hospital for Special Surgery*

Gain a set of tools to communicate effectively with your doctor including how to ask specific questions during your doctor visit to get the best care possible.

## Just a Rough Patch? Talking about Depression and How to Get Help

1 Wednesday at 3 PM, October 7

*Vanessa Rodriguez, MD, Hertzberg Palliative Care Institute, Icahn School of Medicine at Mount Sinai*

Depression is a common medical problem among older adults. It is often unrecognized and untreated by healthcare providers. Learn how to recognize it promptly and share our emotions with our physicians. Then learn about treatment options.

## Keeping Your Brain Healthy As You Age

2 Tuesdays at 10 AM, December 3, 10

*Beth Ann Ditkoff, MD, FACS; medical author; former surgeon*

Review the risk factors for some of the most common brain illnesses that occur with aging such as Alzheimer's disease and strokes. Then discuss ways to protect your brain's health and review positive lifestyle changes.

## The New Paradigm of Aging – How to Bring Your Gifts to the World

4 Tuesdays at 3 PM in November 3, 10, 17, 24

*Michele Risa, MA, Psychology; Certified Yoga Instructor*

Join us to shed disempowering self-beliefs, rewrite stories from the past, transition from doing to being, let go more, explore connection and community, and create a legacy for future generations. Come prepared with your mind and heart to participate! Discussion will also include eating healthier, exercise, and sleeping – all key to a healthy body and mind!

## Natural Techniques to Relieve Pain

1 Monday at 11 AM, November 16

*Marcia Berry, MA; Nutritional Consultant; Certified Holistic Health Counselor*

This talk will reveal foods that relieve pain and a variety of lifestyle tips to help you get pain free naturally.

## Natural Techniques to Relieve Depression

1 Monday at 11 AM, December 7

*Marcia Berry, MA; Nutritional Consultant; Certified Holistic Health Counselor*

Learn how food can help banish the blues and build a more blissful brain.

## Natural Techniques to Sleep Soundly

1 Monday at 11 AM, December 14

*Marcia Berry, MA; Nutritional Consultant; Certified Holistic Health Counselor*

Learn how to work with food, herbs, our natural biorhythms, light therapy, and other techniques to help us get to sleep soundly through the night and awake refreshed in the morning.

# To Your Health

## Over the Counter Medications: What Should I Take?

TBA

*Amanda Overstreet, Doctor of Osteopathic Medicine (DO), Hertzberg Palliative Care Institute, The Icahn School of Medicine at Mount Sinai*

Learn more about the most common over the counter medications, their indications as well as their contraindications. When should you take or not take a particular medication? Become aware of the most common interactions of these over the counter meds with your prescription medications.

## Planning for the Future: Health Care Decision-Making and Advance Directives

1 Thursday at 10 AM, October 15

*Nicole Elitch, Nurse Practitioner, MSN, AGPCNP-BC, ACHPN, Hertzberg Palliative Care Institute, The Icahn School of Medicine at Mount Sinai*

Health care decision-making can be overwhelming. It can be made even more challenging when faced with serious illness. Learn how advance care planning can help prepare you, your loved ones, and your medical providers to address a plan of care that reflects your goals and concerns. Additionally, we will discuss strategies to communicate your decisions with your proxy, medical team, and family.

## Practicing Consciousness for the Rest of Your Life

6 Wednesdays at 12 PM, October 14, 21, 28, November 4, 11, 18

*Harvey Newman, Circle of Life-Mastery, Inc, Interfaith Minister; Founder and Facilitator*

We will focus on the AGREE acronym (Attention, Gratitude, Receptivity, Enthusiasm, and Enjoyment) and use this opportunity to share our self-validating successes and insights.

## Progressive Relaxation with Guided Imagery

Section A: 8 Mondays at 3 PM, September 21, October 12, 19, 26, November 2, 9, 16, 23  
(No sessions on September 28 and October 5)

Section B: 8 Mondays at 3 PM, November 30, December 7, 14, 21, 28, January 4, 11, 25  
(No session on January 18)

*Linda Lee Davida, BA; Holistic Health Counselor; Certified Private Meditation Instructor*

Through meditation and imagery, you can live a healthier and more meaningful life. Learn to breathe, visualize and heal your mind, body and spirit.

## Ready New York

1 Thursday at 1 PM, October 15

*Frank Lowe, Senior Outreach Specialist, NYC Office of Emergency Management*

Learn how to develop a disaster plan, prepare for evacuations, shelter in place during emergencies, and know how to respond to an emergency. Participants will have an opportunity to learn how to make a plan for themselves and family, receive guidance on creating a support network, and putting together an emergency “Go Bag.”

## Replacement Parts

1 Tuesday at 11 AM, October 27

*Kimberly Colorito, P.T., L.Ac, COE Manager of Physical Therapy, VNSNY*

A conversation about joint health, joint replacement, and fall prevention.

## Self-Massage for Stress Relief

1 Friday at 12 PM, November 6

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

A specific sequence will be taught that includes various breathing techniques, gentle stretches, and pressure on acupuncture points that can help bring us into a calmer, centered place. You can do the whole sequence or any part of it that appeals to you. Every part will help relieve stress.



## Set and Reach Your Health Goals NEW

Section B: 2 Mondays at 11 AM, January 4, 11

(Also available as an online course—see page 12)

*Marcia Berry, MA; Nutritional Consultant;  
Certified Holistic Health Counselor*

Turn your intentions into reality by developing a complete set of written health goals and an action plan with timelines for achieving those goals.

## Ten Important Things to Do for Your Health as You Age

1 Thursday at 11 AM, October 29

*John Delfs, MD, Medical Director, VNSNY Home Care*

Dr. Delf will describe three different kinds of prevention and list and discuss his personal 10 important things that you can do to maximize your chances of the best possible health as you age.

## Tips and Philosophy to Understand Your Hand's Massage Zones

1 Thursday at 11 AM, December 31

*S. Lupe Guinier, ED; BFAA; Certified Reflexologist; Yoga Teacher; Reiki Master*

Hand reflexology, a popular choice of healing, is a holistic and natural form of massage therapy that can target your key body zones from the palm of your hand. Learn the philosophy behind hand reflexology and some techniques to enhance your well-being.

## Yoga as Therapy: The Health Benefits of Therapeutic Yoga: Part 2 NEW

1 Tuesday at 12 PM, November 3

*Deborah Matza, Yoga Therapist, RN, MPH, RYT-500, Hertzberg Palliative Care Institute, The Icahn School of Medicine at Mount Sinai*

Therapeutic Yoga is a safe and gentle practice that can be helpful for people with injuries or illness, the frail or elderly, or for managing the stress of everyday life. We will discuss elements of yoga practice and how they can be adapted to suit any lifestyle. Part 1 is not a prerequisite.

## Support Groups

### De-Clutter Support Group – Stop Procrastinating!

5 Wednesdays at 10 AM, September 2, October 7, November 4, December 2, January 6

(This course meets monthly.)

*Susan Kranberg, Professional Organizer*

Now is the perfect time to get rid of clutter. You will get support in organizing (magazines, newspapers, books and correspondence) and following through with your own de-clutter goals.

### DOROT's In-Sight Program for the Visually Impaired

Section A: 16 Tuesdays at 4 PM, October 13, 20, 27, November 3, 10, 17, 24, December 1, 8, 15, 22, 29, January 5, 12, 19, 26

*Carole Yablonowitz, Group Discussion Leader*

Section B: 9 Wednesdays at 11 AM, September 2, 16, 30, October 14, 28, November 11, December 9, 23, January 6

(No session on November 25) (This course meets biweekly.)

*Cantor Mindy Jacobsen, Group Discussion Leader*

Section C: 9 Wednesdays at 4 PM September 2, 16, 30, October 14, 28, November 11, December 9, 23, January 6

(No session on November 25) (This course meets biweekly.)

*Cantor Mindy Jacobsen, Group Discussion Leader*

Share feelings, concerns and practical solutions. Exchange resources and explore the challenges arising from the loss of vision.

# Judaic Studies

## Cycle of the Jewish Year

3 Wednesdays at 3 PM, November 4, 11, 18

*Sandy Gruenberg, Volunteer, DOROT*

Learn about the Jewish calendar, how it's set up, and get a month by month listing of Jewish events.

## Ethical Teachings of the Jewish Sages

8 Tuesdays at 1 PM, December 8, 15, 22, 29, January 5, 12, 19, 26

*Lee Slavutin, MD, CLU*

Pirkei Avot, the Teachings of Our Fathers, is the only section of Talmud entirely devoted to ethical teachings. The six chapters of ethical guidance cover all areas of our life. Join us in learning the teachings of the great Sages that can alter how we live and relate to others.

## The History of Israel: Statehood (1948) through Modern Times

4 Mondays at 10 AM, November 9, 16, 23, 30

*Deb Smith, Spiritual Leader & Educator; DCSW; Rabbi, Havurah Or Ha-Lev*

We will learn about the history and development of the State of Israel from Statehood through contemporary times. We will also discuss Israel's natural resources, government, lifestyle, major population groups, culture and geography. Additionally some of the contemporary holidays and observances that have their genesis in Israel's development will be explored.

## Introduction to Jewish Mysticism

8 Tuesdays at 1 PM, October 13, 20, 27, November 3, 10, 17, 24, December 1

*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. Join us on our journey through the Tanya, one of the truly great treasures of our heritage.

## Jewish Teachings about Angels

1 Thursday at 11 AM, October 15

*Stephanie Dickstein, Spiritual Care Coordinator, Shira Ruskay Center/JBFCS*

Angels wander throughout the Bible and we sing to welcome them to our Shabbat table. But today, angels don't seem very Jewish. In this class we will explore what Judaism teaches about angels. We will pay special attention to their role when we face difficult situations.

## Living with the Torah

10 Wednesdays at 1 PM, September 2, 9, 16, 30, October 7, 14, 21, 28, November 4, 11 (No session on September 23)

*Lee Slavutin, MD, CLU*

The Alter Rebbe, Rabbi Schneur Zalman of Liadi, teaches us to live with the Parsha of the Torah. The Torah is eternally true and each week we can be inspired to change our lives from the powerful lessons in the Torah portion. Join us on an exciting journey.

## Psalm 150

1 Thursday at 11 AM, November 5

*Stephanie Dickstein, Spiritual Care Coordinator, Shira Ruskay Center/JBFCS*

After All those Words, Just Breath. We will learn about the almost wordless poem which concludes the Book of Psalms.

## Psalms, Part 5 NEW

10 Thursdays at 4 PM, October 8, 15, 22, 29, November 5, 12, 19, December 3, 10, 17  
(No session November 26)

*Isaac Mann, Professor of Rabbinics,  
Academy of Jewish Religion*

Study of the Book of Psalms (in Hebrew – Tehillim.) We will look at the structure, meaning, and inspiration of selected psalms. Many of those chosen to be studied are also part of the Jewish liturgy. Participation in previous parts of this course is not a prerequisite.

## Serach bat Asher, Eternal Singer of Comfort NEW

1 Thursday at 11 AM, January 14

*Stephanie Dickstein, Spiritual Care  
Coordinator, Shira Ruskay Center/JBFCS*

Serach, the granddaughter of Jacob, is one of the few women listed in Biblical genealogies, but the Bible offers no details about who she was. The Rabbis create wonderful midrashim to teach about this remarkable woman who entered heaven without dying.

## Talmud Treasures: The Wisdom of Our Sages and Life Lessons

10 Wednesdays at 1 PM, November 18, December 2, 9, 16, 23, 30, January 6, 13, 20, 27  
(No session on November 25)

*Lee Slavutin, MD, CLU*

Learn the wisdom of our Sages and how to apply it to your daily life. Each week we will examine the Torah portion and related Talmudic teachings and try to distill a few important practical lessons.

## Tea and Torah, Part 3 NEW

10 Mondays at 11 AM, October 12, 19, 26, November 2, 9, 16, 23, 30, December 7, 14

*Ricki Saady, BA, Political Science; Partner,  
Partners in Torah*

We will review some of the weekly Torah portions by first summarizing the texts and then looking at various commentaries. Newcomers are welcome. Part 2 is not a prerequisite.

## Walking the Bible and Beyond: An Overview of Jewish History NEW

4 Mondays at 10 AM, October 12, 19, 26, November 2

*Deb Smith, Spiritual Leader & Educator;  
DCSW; Rabbi, Havurah Or Ha-Lev*

In this class we will survey Jewish history from its inception to the present times. Beginning with Biblical times, we will then move forward to examine the time periods of the Jewish Exile and subsequent Diaspora, The darkness of the Middle Ages, The Modern Era and Enlightenment, and the Holocaust and contemporary times.

## Welcoming Shabbat

19 Fridays at 11 AM, September 4, 11, 18, 25, October 2, 9, 16, 23, 30, November 6, 13, 20, December 4, 11, 18, January 8, 15, 22, 29

(No sessions on November 27, December 25, January 1)

Gather with friends on the phone to celebrate Shabbat. Rabbis, Cantors, Jewish Educators and congregants from various synagogues and community groups will lead us as we prepare for this day of spiritual nourishment.

# Special Interest

## Museum Discussions

### *Intrepid 101* NEW

10 Fridays at 12 PM, September 18, 25, October 2, 9, 16, 23, 30, November 6, 13, 20

*Tom Barry, Manager, Community Engagement, Intrepid Sea, Air & Space Museum Complex*

Learn the history of one of America's most storied ships and the heroes who served on board. The USS *Intrepid* is an aircraft carrier that served during World War II, the Cold War, the Vietnam War and as a prime recovery vehicle for NASA missions. Today it is berthed on the Hudson River as the centerpiece of its namesake museum.

### *Subway Stories: A History of the New York City Subway System* NEW

2 Mondays at 11 AM, October 19, 26

*Polly Desjarlais, Senior Museum Educator, New York Transit Museum*

Through discussion, images and sharing memories, embark on a journey through the colorful history of New York City's Subway system. From the IRT to the MTA, explore engineering marvels, how the system came to shape the city, the evolution of subway car design and the ornate mosaics that enliven the stations.

## Holidays and Historic Dates

### *Murderesses and Martyrs: Women in the Chanukah Story*

1 Thursday at 11 AM, December 3

*Stephanie Dickstein, Spiritual Care Coordinator, Shira Ruskay Center/JBFC*

Women played an active role in the history of Chanukah. We will explore the different models of response to persecution.

## Human Interest

### *Current Events*

6 Wednesdays at 4 PM, October 21, 28, November 11, 18, December 2, 9

(No sessions on November 4, 25)

*Rick Kurnit, Attorney, Advertising and Intellectual Property, Frankfurt, Kurnit, Klein and Selz, PC*

Examine events occurring locally, nationally and internationally. Enjoy an exciting discussion about controversial topics in the news.

### *The Current Political Scene*

Section A: 10 Thursdays at 3 PM, September 3, 10, 17, 24, October 1, 8, 15, 22, 29, November 5

Section B: 10 Tuesdays at 3 PM, October 13, 20, 27, November 3, 10, 17, 24, December 1, 8, 15

*Charlie Perkins, Historian and Former Educator*

We will discuss the following topics and much more: shutdown of government, threat of government default, blocked appointments of judges, attempts to thwart the Affordable Health Care Act, stalling on immigration policy, fighting in the Middle East, and electing of a new NYC mayor.

### *Defining Episodes of Change in Human History* NEW

8 Thursdays at 3 PM, November 12, 19, December 3, 10, 17, 31, January 7, 14

(No sessions on November 26, December 25)

*Charles Perkins, Historian and Former Educator*

Join us to review revolutionary changes to human society. Some examples include the organizing of citizens on a basis of equality, the development of electricity, the invention of engines to facilitate transportation, the introduction of antibiotics, the atom bomb, the rise of computers, and space travel.



## How Could the Court NEW Decide that?

8 Mondays at 12 PM, October 12, 19, 26,  
November 2, 9, 16, 23, 30

*Malla Pollack, J.D.; Legal Author*

Consider the background, logic, and illogic of recent Supreme Court decisions on topics which impact our lives, including elections and health care.

## The World of Sports

5 Wednesdays at 11 AM, September 2,  
October 7, November 4, December 2,  
January 6

(This course meets monthly.)

*David Ruttenberg, Volunteer, DOROT*

Discuss issues including Pete Rose's eligibility for the Hall of Fame, exclusion or penalization of steroid users, compensation for college athletes, a time limit on rain delay, cessation of play during a playoff or World Series game, extensions of instant replay, and mechanics of a manager's challenge. Participants will be encouraged to suggest additional topics.

## The Memory Challenge NEW

3 Wednesdays at 11 AM, December 2, 9, 16

*Debbie Brilliant, Voice Over Artist*

Join us for a fun memory game using the stories from our own lives. Here's a class you won't forget!

## The Origins of the Constitution NEW

4 Tuesdays at 2 PM, October 13, 20, 27,  
November 3

*Brian Hasbrouck, Program Assistant, Brooklyn Public Library*

Learn about the weaknesses of the Articles of Confederation, the perceived need for an improved document, the debates surrounding the document itself, and how ratification occurred.

## Our World Today

10 Fridays at 2 PM, October 2, 9, 16, 23,  
30, November 6, 13, 20, December 4, 11  
(No session on November 27)

(This course meets for 30 minutes weekly.)

*Jerry Wish, VP, Customer Solutions, Lattice Engines*

The Middle East, the state of the economy, and healthcare are all interesting topics we will explore together. Join us for lively and stimulating discussions.

## Sharing Our Wisdom

5 Mondays at 2 PM, November 9, 16, 23,  
30, December 7

*TBA*

Join us to answer advice letters, offering younger generations free, personalized advice on a wide range of topics—love and relationships, family and child-rearing, career and self-improvement, and more.

## What Do You Think...? NEW

4 Wednesdays at 2 PM, October 28,  
November 4, 11, 18

*Jeanne Frank, Author*

Join us for a lively discussion of contemporary social issues such as same sex marriage, female presidents, etc. We'll consider them in light of the values that we learned from our parents as well as our own life experiences.

## UWW Online: Courses via Computer or Tablet

These courses require a computer or tablet (such as an iPad) with a camera, speakers and internet connection. Participants are responsible for obtaining their own equipment and connection.

### American Art in MoMA's Collection

5 Tuesdays at 11 AM, November 17, 24, December 1, 8, 15

*Larissa Bailiff, Educator, The Museum of Modern Art*

What is American Art? Does this mean made by someone born in America or who moved there? Are there certain subjects or styles that make art recognizably American? Often criticized for Euro-centric collecting practices, MoMA has a rich trove falling under the broad category of American Art that allows us to explore these questions and appreciate some of the greatest works produced over the last century.

### Exploring Asia

TBA

*Ray Pun, Reference and Research Services Librarian, New York University Shanghai*

Join Ray Pun, a librarian working in Shanghai, as he discusses his travels around Asia.

### The Jews of Spain: The Inquisition

4 Mondays at 10 AM, December 7, 14, 21, 28

*Deb Smith, Spiritual Leader & Educator; DCSW; Rabbi, Havurah Or Ha-Lev*

The history of the Jews of Spain is filled with many ups and downs. A particularly difficult period is that of the Inquisition. We will study the Inquisition, including its background events, the Inquisition at its height, its decline, and the years following this pivotal period in the Jewish landscape.

### Set and Reach Your Health Goals

Section A: 2 Mondays at 11 AM, October 19, 26

*Marcia Berry, MA; Nutritional Consultant; Certified Holistic Health Counselor*

Turn your intentions into reality by developing a complete set of written health goals and an action plan with timelines for achieving those goals.

*“The University Without Walls is a beautiful program. I love it. It keeps me busy, informs me, and helps me to live.”*

# Thank You

## Contributors

*With gratitude, we acknowledge the following foundations, corporations, agencies, and individuals that recently have contributed generously to DOROT's telephone and video conference programs:*

Anonymous  
Brenner Family Foundation  
The Miriam and Arthur Diamond Charitable Trust  
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The Fay J. Lindner Foundation  
The Lucius N. Littauer Foundation  
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United States Department of Health & Human Services

- New York State Office for the Aging
- Westchester County Department of Senior Programs & Services

## University Without Walls Endowments

Estanne and Martin Fawer  
Marvin Fenster in memory of Anna and Isaac Fenster (Passover Seders and Yizkor Memorial Services)  
In memory of Frances Frisch  
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Curtis Katz  
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Shor/Laddin Family and Friends in memory of James David Shor

## REMEMBRANCE

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

Ruth Calman  
Eleanor Cook  
Velta Gusts  
Herb Jacobs  
Evelyn Lipkin  
Lorraine Purtell  
Rose Roberts  
Helen Spielvogel

## Partners

Andrew Heiskell Library, New York Public Library  
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The Jewish Museum  
Heights and Hills  
Hospital for Special Surgery  
Manhattan School of Music  
The Mount Sinai Hospital, Hertzberg Palliative Care Institute  
The Museum of Modern Art (MoMA)  
New York City Department for the Aging  
NYC Office of Emergency Management  
Museum of the City of New York  
Presbyterian Senior Services  
Queens Library Older Adult Services  
Shira Ruskay Center/JBFCS  
Solomon R. Guggenheim Museum  
Visiting Nurse Service of New York (VNSNY)  
Whitney Museum of American Art

## FRIENDS

Refer someone to UWW and have your name listed here in our next catalog!

# Registration

 REGISTRATION BEGINS  
TUESDAY, AUGUST 11, 2015.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

## Fees

**Only \$15 for each course. Single session courses are free of charge.**

Please specify the courses you would like to take by checking off the boxes on pages 15-17.

Enclosed is my check in the amount of: \_\_\_\_\_ for \_\_\_\_\_ (how many) courses.

I am unable to pay at this time. Please provide me with a scholarship.

I would like to make a contribution to DOROT in the amount of \$ \_\_\_\_\_.

Your donation ensures the continuity of University Without Walls – any amount is greatly appreciated. If you would like information about sponsoring a UWW course or class, please call Audrey Stein, Chief Development Officer, at 917-441-3746.

## Payment

Please charge my credit card:  VISA  MASTERCARD  AMERICAN EXPRESS


CREDIT CARD # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature \_\_\_\_\_

- Register by **MAIL** (complete the registration form and mail using the envelope enclosed).
- Register by **TELEPHONE** at 212-769-2850 or toll-free at 1-877-819-9147.
- **FAX** your registration form to 212-769-4989.
- Register **ONLINE** at [www.dorotusa.org](http://www.dorotusa.org).




# Classes Day-by-Day


 Indicates Online Course.

## Mondays

### 10 – 10:50 AM

- The History of Israel: Statehood (1948) through Modern Times, page 8
- The Jews of Spain: The Inquisition, page 12 
- Walking the Bible and Beyond: An Overview of Jewish History, page 9

### 11 – 11:50 AM

- Are You Acid or Alkaline? How pH Balance Affects Our Health, page 4
- Natural Techniques to Relieve Depression, page 5
- Natural Techniques to Relieve Pain, page 5
- Natural Techniques to Sleep Soundly, page 5
- Set and Reach Your Health Goals: Section A,  page 12
- Set and Reach Your Health Goals: Section B, page 7
- Subway Stories: A history of the New York City Subway System, page 10
- Tea and Torah – Part 3, page 9

### 12 – 12:50 PM

- How Could the Court Decide That?, page 11

### 1 – 1:50 PM

- Jazz: America's Great Music, page 2

### 2 – 2:50 PM

- Classic Musicals, page 2
- Sharing Our Wisdom, page 11

### 3 – 3:50 PM

- Progressive Relaxation with Guided Meditation: Section A, page 6
- Progressive Relaxation with Guided Meditation: Section B, page 6
- Sing-Along Broadway, page 2

### 4 – 4:50 PM


- The Tempest*: Shakespeare's Swan Song, page 3

## Tuesdays

### 10 – 10:50 AM

- Fitness for You, page 4
- Keeping Your Brain Healthy as You Age, page 5
- The Power of Pictures: Early Soviet Photography, Early Soviet Film, page 1

### 11 – 11:50 AM

- American Art in MoMA's Collection, page 12 
- Communicating Your Health Care Wishes to Others...Doctors, Family and Friends, page 4
- How to Know When You Need a Home Care Aide, and How to Choose the Right One for You, page 5
- Replacement Parts, page 6

### 12 – 12:50 PM

- Yoga as Therapy: The Health Benefits of Therapeutic Yoga: Part 2, page 7

### 1 – 1:50 PM

- Ethical Teachings of the Jewish Sages, page 8
- Introduction to Jewish Mysticism, page 8

### 2 – 2:50 PM

- Changes to Medicare 2015, page 4
- The Origins of the Constitution, page 11

### 3 – 3:50 PM

- The Current Political Scene: Section B, page 10
- The New Paradigm of Aging – How to Bring Your Gifts to the World, page 5

### 4 – 4:50 PM

- DOROT's In-Sight Program for the Visually Impaired: Section A, page 7

# Classes Day-by-Day

## Wednesdays

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### 10 – 10:50 AM

- De-Clutter Support Group – Stop Procrastinating, page 7

### 11 – 11:50 AM

- Book Discussion Group, page 3
- DOROT's In-Sight Program for the Visually Impaired: Section B, page 7
- The World of Sports, page 11
- The Memory Challenge, page 11

### 12 – 12:50 PM

- Practicing Consciousness for the Rest of Your Life, page 6

### 1 – 1:50 PM

- Living with the Torah, page 8
- Talmud Treasures: The Wisdom of Our Safes and Life Lessons, page 9

### 2 – 2:50 PM

- What do You Think...?, page 11

### 3 – 3:50 PM

- Cycle of the Jewish Year, page 8
- Inventing Modern Painting: Paul Cézanne, Pablo Picasso, Henri Matisse, page 1
- Just a Rough Patch? Talking about Depression and How to Get Help, page 5

### 4 – 4:50 PM

- Current Events, page 10
- DOROT's In-Sight Program for the Visually Impaired: Section C, page 7

## Thursdays

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### 10 – 10:50 AM

- Illustrating 19th Century New York City, page 1
- Planning for the Future: Health Care Decision-Making and Advance Directives, page 6

### 11 – 11:50 AM

- Audiobooks, Apps, and Assistance: a Library of Possibilities from the National Library Service, page 3
- Exploring the Role of Nutrition in Brain Health, page 4
- How Sweet It Is: Preventing and Managing Diabetes, page 4
- Jewish Teachings about Angels, page 8
- Murderesses and Martyrs: Women in the Chanukah, page 10
- The Museum of Non-Objective Painting, page 1
- Psalm 150, page 8
- Serach bat Asher, Eternal Singer of Comfort, page 9
- Ten Important Things to Do for Your Health as You Age, page 7
- Tips and Philosophy to Understand Your Hand's Massage Zones, page 7

### 1 – 1:50 PM

- Ready New York, page 6

### 2 – 2:50 PM

- The Beauty of Opera, page 2
- Improving Your Relationship with Your Healthcare Team, page 5

### 3 – 3:50 PM

- The Current Political Scene: Section A, page 10
- Defining Episodes of Change in Human History, page 10

### 4 – 4:50 PM

- Memories and the Music of Our Lives, page 2
- Psalms, Part 5, page 9
- Seeking the Spirit in the Dark: Writing Your Own Spiritual Autobiography, page 3

## Fridays

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### 10 – 10:50 AM

- Goal Directed Therapy: Taking Control of Your Life, page 4

### 11 – 11:50 AM

- Welcoming Shabbat, page 9



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### 12 – 12:50 PM

- Intrepid* 101, page 10
- Self-Massage for Stress Relief, page 6

### 1 – 1:50 PM


- Hollywood Goes Out to Sea, page 2
- Just Conversation, page 2

### 2 – 2:30 PM

- Our World Today, page 11

## TBA

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- “Automatic Thoughts” and You, page 4
- Exploring Asia, page 12 
- Over the Counter Medications: What Should I Take?, page 6



## 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 an enhanced sense of self-reliance. They report decreased feelings of social isolation, hopelessness, and boredom, and appreciate sharing their experiences with others who face similar challenges.

Please write to us and share your thoughts. Email: [info@dorotusa.org](mailto:info@dorotusa.org)



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*“The University Without Walls is very important.  
I’m homebound, and this is my connection to the  
outside world.”*