

Easily Connect Your Congregants to DOROT's Acclaimed [Aging Alone Together®](#) Program – Online!

Over the last several months, DOROT Westchester has been bringing their highly impactful [Aging Alone Together®](#) program into synagogues around Westchester.

While each of these synagogues collaborated with DOROT to bring the program into their own spaces, **this April, DOROT will offer this transformative program online, open to Jewish Westchester residents age 60+.** “This is a perfect opportunity for synagogues to support older congregants in their aging and strengthen bonds among Westchester’s Jewish community, all with little effort from busy synagogue staff and lay leaders”, says DOROT’s Regional Director Lorraine Novack. “Synagogues can simply share the information through a DOROT flyer or one of our blurbs in your normal communication channels and DOROT will do the rest!” Not affiliated with a synagogue? “No problem”, adds Lorraine. “All Jewish Westchester residents age 60+ are invited to join us”.

[Aging Alone Together®](#) is a six-week series for adults 60+ focuses on positive, practical ways to prepare for aging independently, all while building or deepening connections between participants. While the program’s focus on planning for independent aging is aimed at “solo agers,” many older adults recognize that even those with partners and families may find themselves needing to manage at least certain aspects of aging on their own in the future. Adults need not live alone to participate.

Supported by the generosity of the Westchester Men’s Giving Circle, UJA-Federation, the April program is offered without cost to all participants. **Interested in sharing with your congregants? [Reach out to learn more.](#)**

Are you a Jewish Westchester resident, age 60+? You can register yourself [HERE](#) with or without a synagogue affiliation. If you have any questions, please email us at infowestchsester@dorotusa.org or by calling 914-485-8354