

Could Your Synagogue Be the Next Partner for Aging Alone Together®?

This fall, older adults at Congregation Sons of Israel in Briarcliff gathered for [DOROT's Aging Alone Together®](#), a six-week series focused on developing the resources for aging with independence. The program is grounded in the Jewish values of *kavod habriyot* (human dignity), *bechirah chofshit* (personal choice), and *kehilla* (community). One does not need to be aging by themselves to attend. 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. Many of the CSI participants already knew one another but grew more deeply connected as they participated in the sacred space for honest conversation, reflection, and mutual support DOROT's program creates. During one session, focused on legal and financial matters, one participant shared how complex family dynamics had delayed her own planning for years, saying, "It may look like I have all my ducks in a row, but there are still things I am working on"—and noted that this was the first time she felt comfortable saying so out loud. Others echoed similar experiences, highlighting the trust and openness that emerged within the group. The impact continues to ripple outward, showing how intentional gathering can deepen connection even in well-established congregation communities.

Supported by the generosity of the Westchester Men's Giving Circle, UJA-Federation, DOROT is offering this valuable program without cost to Westchester synagogues and their congregants. **DOROT invites any synagogue interested in supporting their older members in their aging and strengthening bonds among their older adult congregants to reach out and learn more.** Kol Ami will host its own [Aging Alone Together®](#) series beginning in February 2026. Congregants at Larchmont Temple and Westchester Reform have also benefited from this program. "Participants found [Aging Alone Together®](#) to be an eye-opening, comforting, and deeply connecting experience," said Cynthia Samwick, Co-Chair of WRT's Caring Committee. "I would encourage every synagogue to bring this program to their members - it opens hearts, builds connections, and leaves a lasting impact well beyond the sessions themselves."

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