

### **READING PASSAGE**

Kathy Leeds grows animated as she describes the courses she is taking this fall, including classes in current events, art and literature. But Leeds will never step foot on a campus or in a classroom. The 79-year-old widow has multiple sclerosis and uses a wheelchair to get around her Manhattan apartment.

Leeds is one of about 500 people enrolled for the fall semester in a telephone-based educational program for housebound seniors called University Without Walls, believed to be the largest program of its kind in the country. "It gets me out emotionally. It releases me from the four walls around me," said Leeds, who has participated in the program for 12 years.

While the majority of the students are from the New York area, seniors in Alaska, Iowa, and Texas also participate. The oldest was 105, but died last year. As the nation's population grows older, Experts say programs like University Without Walls help engage seniors' minds and expand their social network by giving **them** something to do – factors helpful in diminishing the onset of depression, dementia and other ailments.

The program was started in 1989 by DOROT, a New York-based senior services agency that partners with some New York City's major medical and cultural institutions in offering the classes.

For 87-year-old Sarah Levinson, whose herniated disc and sciatica keep her from going out as much as she'd like, the breadth of the courses and their accessibility are unbeatable. "When it's bad weather, cold, wet or hot, even when I don't feel well, I can get to the class," said Levinson, a Manhattan widow. "The socialization, the interaction is wonderful."

Outside experts and people involved with the program say it provides a hugely valuable service for housebound seniors. "It's an extraordinary way to combat a sense of isolation," said Nechama Liss-Levinson, a Long Island psychologist who introduced her mother-in-law to the program. "The idea that our bodies and our health are influenced by our emotional and intellectual well-being is well documented."

The program also provides a chance for the seniors to bring their personal experiences to the classroom. Seniors say they also love the program because it allows them to meet people with similar interests. Many of them call each other outside the "classroom" to chat and check up on each other.

*Guardian.co.uk, October 22<sup>nd</sup>, 2008*

**A – READING COMPREHENSION: (12 MARKS)**

**1 – Read the text and identify the text's type: (1 mark)**

*The text is*                      a- narrative                      b- expository                      c- descriptive

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