

# Better Together

A year of connection at OASIS



At OASIS, we believe that life after 50 can be full of joy, purpose and experience.

Our programs help people overcome social isolation as they develop new skills and interests, make connections with others and rediscover a sense of purpose.

In 2013 OASIS connected with 52,000 children and adults through programs in lifelong learning, healthy living and community service. This summary provides highlights of our work.

For more information, please visit us online at oasisnet.org/annualreport.



## Lifelong Learning

"OASIS is my community."

– Liz Lippa, participant and volunteer in St. Louis

Liz was new in town when she started taking classes, enjoying thought-provoking discussions in politics, history, art, music and more. Through her participation in OASIS she has created a network of supportive friends. Recently after a weekend of sad news in her family when she just wanted to stay home and pull the covers over her head, she talked about how she decided to come to OASIS instead, to be with her community. Last year we offered 25,000 classes to connect people like Liz.

## "I love to see that spark when a student learns something new."

- Barbara Bluiett, volunteer technology instructor in Indianapolis

Barbara has taught more than 40 classes in everything from beginning computers to Facebook, eBay and iPads. Enrollment in Connections grew to 12,300 adults in 2013, with courses designed to help adults overcome their fears and build confidence using technology to connect with family, friends and information they need.

### Health Promotion

## "I get motivation from other people in the class."

- Michael Colabufo, retired school superintendent in Syracuse

Michael was overweight and had high cholesterol when he began taking exercise classes at OASIS. Through hard work in the Zumba and RIPPED fitness classes he has lost 20 pounds and lowered his cholesterol dramatically.

Two out of three older adults have two or more chronic health conditions that rob them of their independence and drive up health care costs. Many of these conditions can be managed or prevented through education and lifestyle changes.

OASIS offers evidence-based programs that help people make lasting changes and become confident managers of their health, and a broad range of health, nutrition, and physical activity classes, such as Building Bones, Gentle Yoga, Tai Chi, strength training and dance. In 2013 we reached 31,000 enrollees in health programs.

### Community Service

#### "This feeds my soul."

#### Margie Hobby, volunteer tutor in Albuquerque

This year, Margie worked one-on-one with Vera, a quiet child who struggled in school. Margie has watched her blossom, become more outgoing and talkative and learn to love reading.

Children who struggle with reading in the primary grades are at higher risk for dropping out later. Overburdened teachers have little time to give students the individual attention they need. The U.S. Department of Education has named one-on-one tutoring as the most effective way to help.

Through the Intergenerational Tutoring program, last year more than 5,000 volunteers helped over 16,000 children in 815 schools become more confident readers. And the teachers reported academic progress for 90 percent of these children.



#### "I love being around the kids."

#### - Joan Valdes, volunteer for CATCH Healthy Habits

Joan was a month into retirement when she decided she needed a reason to get up in the morning. She started taking OASIS classes to keep her mind sharp and joined a team of volunteers for CATCH Healthy Habits, a program to combat obesity. The teams work with children in after-school settings to play high-energy games and teach them about nutrition concepts that build a foundation for a lifetime of healthier choices. Joan's specialty is preparing healthy snacks for the children.

Both the children and adults benefit. Surveys show that the volunteers are spending more time in strength and aerobic training each week and eating more fruits and vegetables. And 70 percent of the children and adults are making healthier choices.





### Who makes it happen

#### **Our Supporters**

Every day 10,000 baby boomers turn 65 – a trend that will continue for the next 20 years. We are grateful to the dedicated volunteers, donors, grantors and more than 600 partners who support our mission of successful aging. You have made real impact in many lives. You can learn more about our supporters online at oasisnet.org/annualreport.

Please join us in supporting productive aging with your tax-deductible gift. To make a secure donation online, visit oasisnet.org/give.













49 cities

626 partners

7,900 volunteers

25,000 classes

20,000 children

32,000 adults

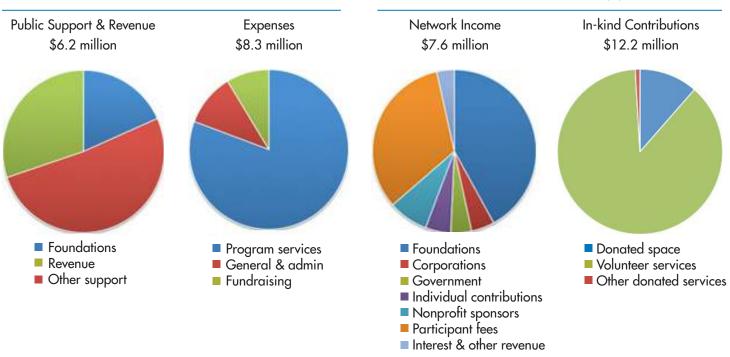
OASIS Network Support

142,000 class enrollments

484,000 volunteer hours

#### 2013 Financial Summary

#### Statement of Activities



Notes: Expenses exceeded public support and revenue because they were related to grants received before 2013. Network support includes support received by The OASIS Institute, its supporting and sponsored organizations and program sites. For detailed financial statements please visit oasisnet.org/annualreport.