



# Aging the Healthy Way

## 2014 Annual Report Summary

**Real issues, real people, real solutions** Getting real about how healthy aging happens is part of the OASIS commitment to adults 50 and older. With programs that encourage the pursuit of strong bodies, minds and a sense of purpose, we're helping thousands think about themselves and their place in the community with a positive outlook. The full report is available online at [www.oasisnet.org/annualreport](http://www.oasisnet.org/annualreport).



**55**  
cities



**XXX**  
partners



**7,200**  
volunteers



**26,000**  
classes



**18,000**  
children



**32,000**  
adults



**130,000**  
class enrollments



**375,000**  
volunteer hours



# Translating Technology

Laura Moreno is adept at Microsoft Word, using the Internet and email, thanks to the step-by-step instruction she's received taking OASIS Connections classes at her local library in Dallas. She often serves as the unofficial translator for many in her Spanish-speaking community and is excited to see the Connections classes being offered in Spanish, so even more people can get the skills they need to stay in touch with their families, apply for jobs and engage effectively in a world that demands tech savvy. More than 90,000 students have taken classes in 170+ sites nationwide.



More than 70% of Connections students take a class to **keep in touch with family and friends.**



# 'CATCHING' Healthy Habits Together

CATCH Healthy Habits volunteer Malcolm "Hoagy" Carmichael knows he can count on his young afterschool friends to keep him making healthy choices while he encourages them to do the same. He joins CATCH volunteers age 50+ in 21 cities across the country who have thus far dedicated over 75,000 hours working with children in afterschool and summer programs to encourage physical activity and healthier eating. Snack preparation is Hoagy's forte, and he's noticed that kids are starting to request healthy snacks at home! Both children and adults in the program report eating more fruits and vegetables and cutting down on screen time. Made possible with support of Anthem Foundation, CATCH Healthy Habits is the nation's largest evidence-based, intergenerational program designed to combat childhood obesity.



**23,500**  
kids  
served



**8,600**  
adults  
served

# Managing diabetes with confidence

Ava Bush, 58, has diabetes, but refuses to consider herself on a diet, even though she's been carefully monitoring her food intake and blood sugar for more than twenty years. She chooses to stay healthy and positive. Her experience and can-do attitude help in her role as facilitator for Better Choices, Better Health®—Diabetes, a free discussion-based workshop offering adults with Type 2 diabetes strategies for common challenges. Developed and tested at Stanford University, the six-weekly sessions equip participants with the tools they need for successful self-management. Ava's picked up new insights and finds the visible impact on participants to be especially gratifying. They finish the program with confidence that they can manage their diabetes AND enjoy life.



**630**  
participants



**76 facilitators**  
trained



# Reading By Relating

On Tuesdays, OASIS tutor El Douglas has two little boys at Johnson Wabash Elementary in Ferguson, MO counting on her. She gives them some one-on-one time to help them with reading, and it's proving to be just what they need. "It's so rewarding to know that you're invested in somebody," she says. "If we can encourage even one child, it has a domino effect." El has been an OASIS tutor since 2008. This year, she and other tutors started using the iPad as a teaching tool, so she's learning too. This year, OASIS celebrates an Intergenerational Tutoring program milestone: 25 serving the St. Louis community.



**5,000 OASIS tutors** help children  
in **792 schools** in **95 school**  
**districts** across the country.



## Lifelong Learning

Lifelong learning stimulates our minds and keeps things interesting! It would truly take a lifetime to participate in all of the locally developed humanities programs offered throughout the OASIS network! Music, current events, discussion groups, cooking, art classes, travel opportunities—there is something for everyone looking to grow.

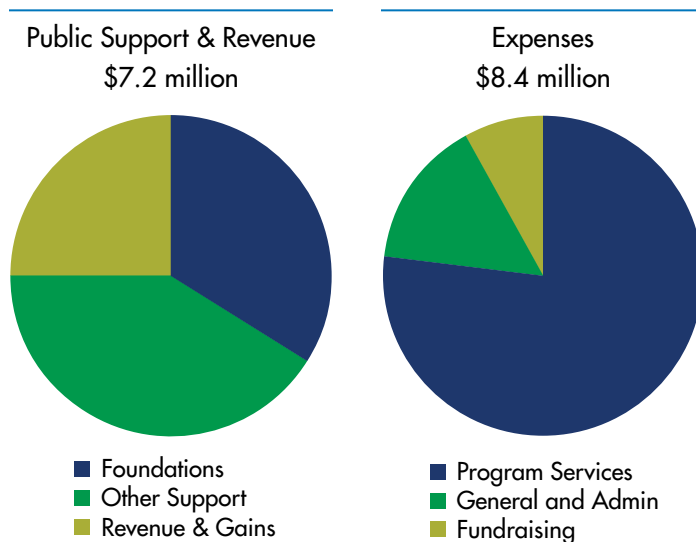
## Support Oasis

Adults age 50 and older across the country are taking better care of themselves, pursuing new interests and engaging with their communities as volunteers with the generous support of individuals, partners, corporations and foundations. These supporters share the OASIS belief that aging can be a turning point for the better in the lives of many, especially if we stay healthy and independent. To every donor who has chosen to join our community with financial support, we say thank you. With your help, aging means something different, something powerful. Interested in learning how you can support OASIS? Visit [www.oasisnet.org](http://www.oasisnet.org).

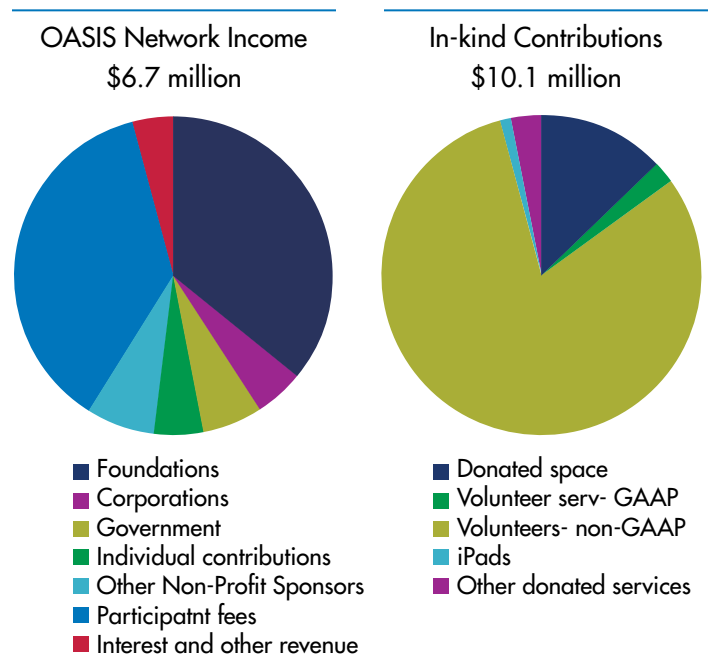


# 2014 Financials

### 2014 OASIS Institute Statement of Activities Accrual basis



### 2014 OASIS Network Income Unaudited, cash basis



Expenses exceeded income because they were related to grants received before 2014. For more detailed financial statements please visit [oasisnet.org/annualreport](http://oasisnet.org/annualreport). Complete copies of audited financial statements can be obtained from The OASIS Institute during business hours, or by calling (314) 862-2933.

Network income includes support received by The OASIS Institute, its supporting and sponsored organizations, and program sites.

According to Generally Accepted Accounting Principles (GAAP), donated services are recognized as contributions if they enhance nonfinancial assets or require specialized skills and would otherwise be purchased.