



changing
the face of
aging



Dear Oasis Friends,

“Do you mind if I ask your age?”

It’s a question that reveals one of the most misunderstood aspects of our self-presentation to others: the arbitrary number that reveals when we arrived on the planet. Some embrace it with gusto and enthusiasm, others with wisdom and introspection, but an alarming majority of us often assign shame, self-doubt and dread about chronological age.

Growing older is universally shared. Being authentic and emotionally unburdened about the number that represents our age, while embracing in full measure the opportunities we have before us, is liberating and can affect real change for ourselves and the communities in which we live.

How different might things be if we agree to make a radical shift in the way we describe people? What if instead of labels that reflect how long we’ve been around—*older adult, senior, elder*—we choose to lead with language that captures what we’re doing now and what we want to do in the future—*volunteer, artist, enthusiast, activist, friend and mentor*?

This is what I love about Oasis and the powerful work we do nationwide to celebrate and encourage adults who are learning, growing and changing the narrative about getting older. We’ve been changing the face of aging for over 35 years, and I hope when Oasis is 70 we will look at what we’ve accomplished, be proud of the wisdom we’ve earned and maintain a humble optimism about what we’re going to learn and accomplish as an organization in the years ahead. I’m proud of this journey, and

so thankful for the people who support Oasis and the older adults who share it with us.

Warmly,
Paul Weiss, PhD
President
The Oasis Institute



Each year, thousands of older adults looking for opportunities to grow, learn and give back to our community discover that Indianapolis Oasis is the best place to start their next adventure.

For nearly 30 years, our programs that encourage lifelong learning, active lifestyles and volunteer engagement have helped make the greater Indianapolis area a desirable place to retire and stay active.

We owe much of our success to the leadership of Mary Dorney, who served as executive director for many years with distinction and determination, and retired in 2018. Mary’s good work helped to establish Indianapolis Oasis as a vital resource for our community that must continue and thrive.

We have exciting plans ahead to ensure that Oasis remains a resource to the thousands of older adults who look to us for support and inspiration.

In addition to looking for a new, more centralized location, we are taking strategic steps to ensure sustainability. We’re expanding our community partners and class locations.

We are also working with local universities to cultivate a strong pipeline of instructors for an increased focus on arts and humanities classes that we know will lead even more older adults to discover Oasis.

We look forward to sharing an exciting future for Oasis with you!



With gratitude,
Tony Lloyd
Board Chairman
Indianapolis Oasis
Board of Directors

Discovering the Joy of Reading and the Value of Connection

When Patty Hunter decided to become a tutor with the **Oasis Intergenerational Tutoring** program in Indianapolis, she had a pretty good idea of what she was getting herself into. A retired teacher's assistant with more than 25 years of experience working with first graders, she knows how to manage a classroom and is just as good with one-on-one. Still, being an Oasis tutor brings with it some pleasant surprises.

"Every Tuesday when I am scheduled to come to tutor, the moment my student walks into class, she tells her teacher that this is the best day of her week," says Patty (shown here at bottom, right). "And so, it makes it mine as well."

After two years as a tutor in the Washington Township School District, Patty has worked with two little girls, both of them very different, but still in need of that individualized attention for which Oasis Tutoring is known. Patty was excited to have the opportunity to tutor one of her students for two years, creating a powerful bond.

"One of the nicest things that has developed between us is that sense of trust," says Patty. "I appreciate her honesty and she understands that when we're together, I'm there to listen while we learn."

Patty joins the ranks of more than 300 tutors serving 74 schools in the Indianapolis area. Launched nationally in 1989, **Oasis Intergenerational Tutoring** came to Indianapolis in 1991, starting with only 55 tutors. Nearly 58 percent of third graders in Indianapolis area schools are not reading at grade level, so the need for Oasis tutors is greater than ever. Oasis tutors make a difference in the lives of children by helping them improve their literacy skills, as well as boosting self-esteem, attendance and confidence. Reading scores of students who were tutored in 2017-2018 improved by 86 percent.

Like Patty, most tutors report that they benefit as much as the students they serve. The result is a significant number of tutors who stay with the program long-term.

"...the moment my student walks into class, she tells her teacher that this is the best day of her week. And so, it makes it mine as well."

Peggy Jones, a longtime Oasis tutor coordinator for Warren Township School District, says many make Oasis tutoring a regular part of their lives, year after year.

"They don't give up. We've had a lot of tutors who stay with the program for five and ten years and longer," says Peggy. "It's so vital that adults model the joy of reading."





A Master Class in Aging

Given the many transitions that come with aging, it's easy to feel overwhelmed. To help adults confidently navigate the road ahead, Indianapolis Oasis offers the **Aging Mastery Program® (AMP)**, which prepares people to live these years to the fullest.

"This has been a fantastic program," says participant Clay Rembert. "I've learned a lot that I can implement into my daily routine."

The AMP curriculum was developed by the National Council on Aging and covers ten topics, including advanced planning, financial fitness, nutrition and medication management. Indianapolis Oasis launched AMP in the Fall of 2018 and based on strong demand, expanded programming to nine locations in 2019.

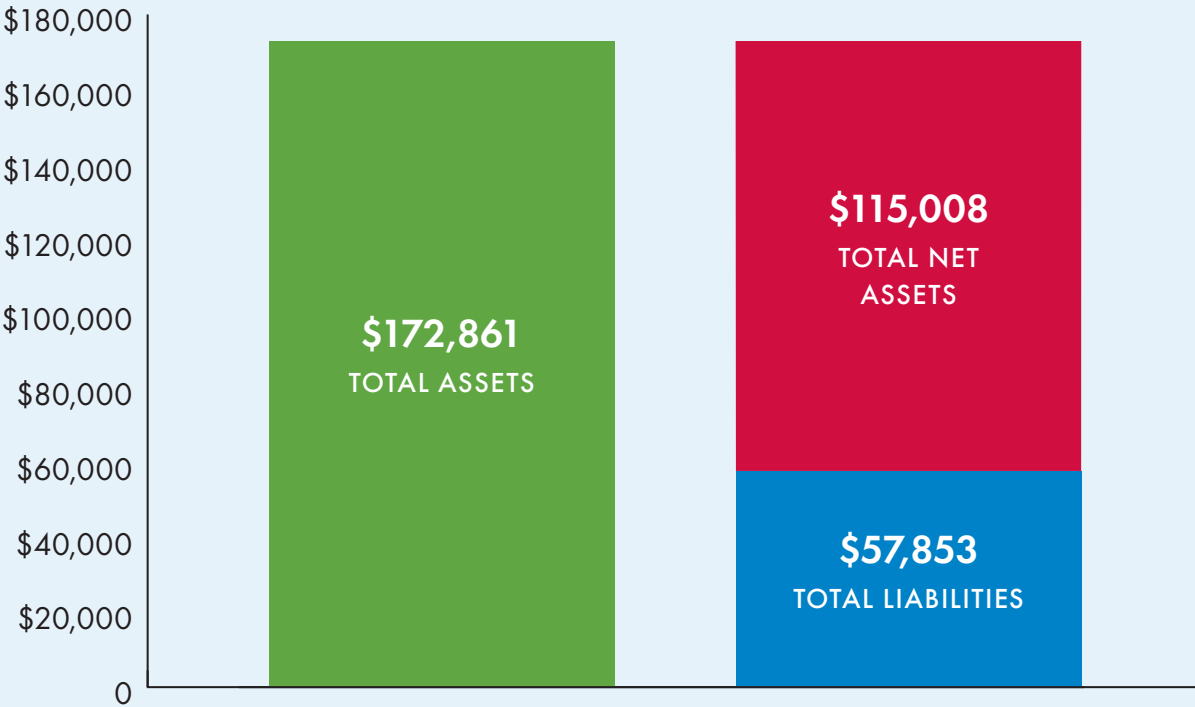
"I was impressed by the credentials of the instructors, but more so by how soon and how well they established rapport with those taking the classes," says AMP graduate Arthur Sterne.

"In all the sessions, we were encouraged to ask questions and make comments. The class on sleep was probably the most helpful to me, and I enjoyed the healthy relationships session as well."

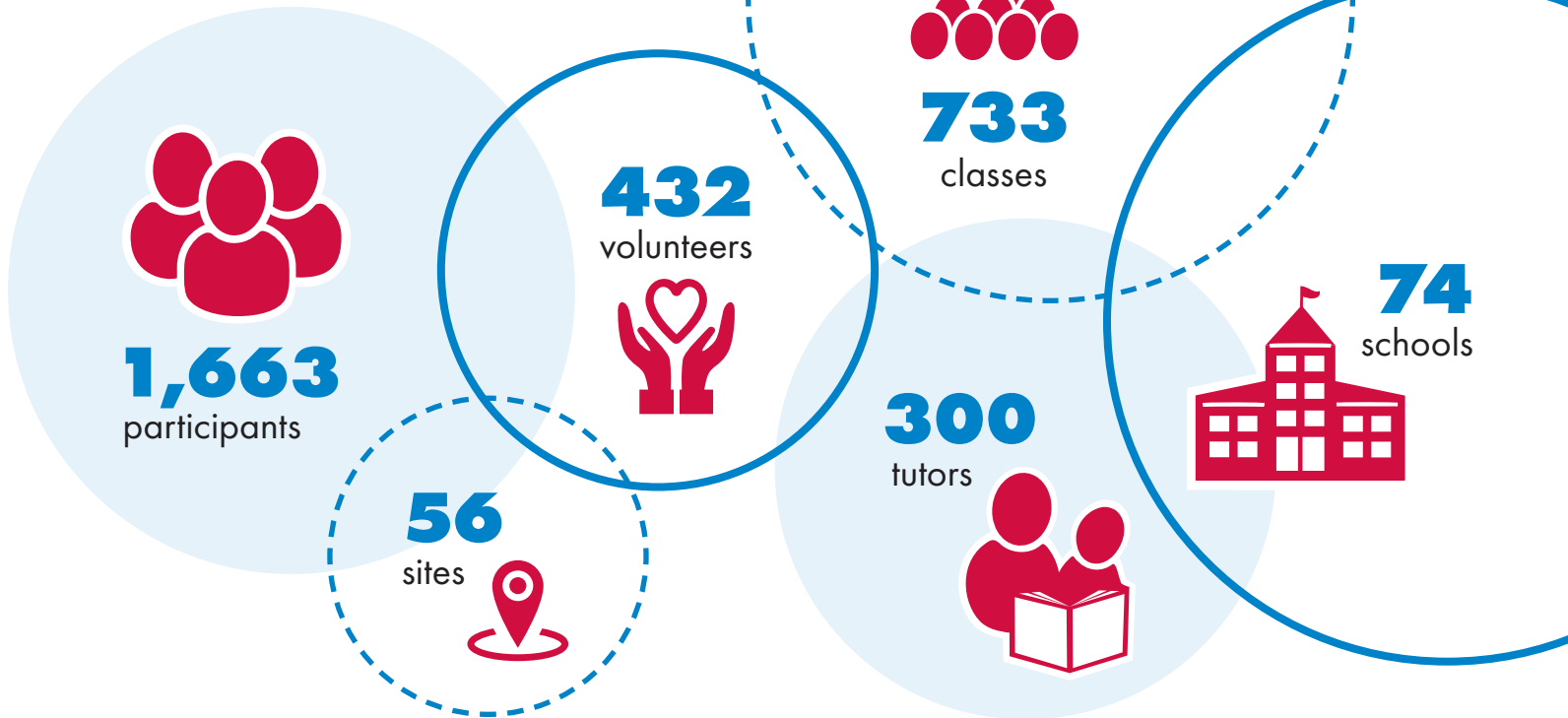
Dorothy Suther volunteers as an AMP facilitator and presenter. "One of the pleasures of leading a group is the opportunity to see the same people for 10 weeks and get to know them," she says. "Attendees become comfortable with each other and participate freely, sharing their experiences."

Indianapolis Oasis 2018 Financial Snapshot

(Source: 2018 Audited Financial Statements)



Indianapolis Oasis Impact in 2018



Volunteers Bring Indianapolis Oasis to Life

When Donna Gallagher retired from her family's fabric store, a friend suggested she check out Indianapolis Oasis. She did just that, and 22 years later, Donna is part of a much-needed team of volunteers who keep the center running.

"For the past 15 years, I've been helping out with the administrative duties and at the front desk," says Donna, who also takes Oasis classes, including cooking, exercise and music.

In 2008, her daughter, Becky Griffith, decided to come aboard. In addition to taking fitness classes, she volunteers with her mom a few hours each week. Together, the mother-daughter duo gives about eight hours a week to Indianapolis Oasis. To both women, the transition was a natural one.

"We both like people and both come from a retail background," says Donna. "We worked together for a number of years, and we like to be helpful."

For Becky, the friendly environment makes "going to work" a joy. "Oasis is a great organization," she says. "People rally around those who need support. Indianapolis Oasis has great leadership and all volunteers are made to feel important."

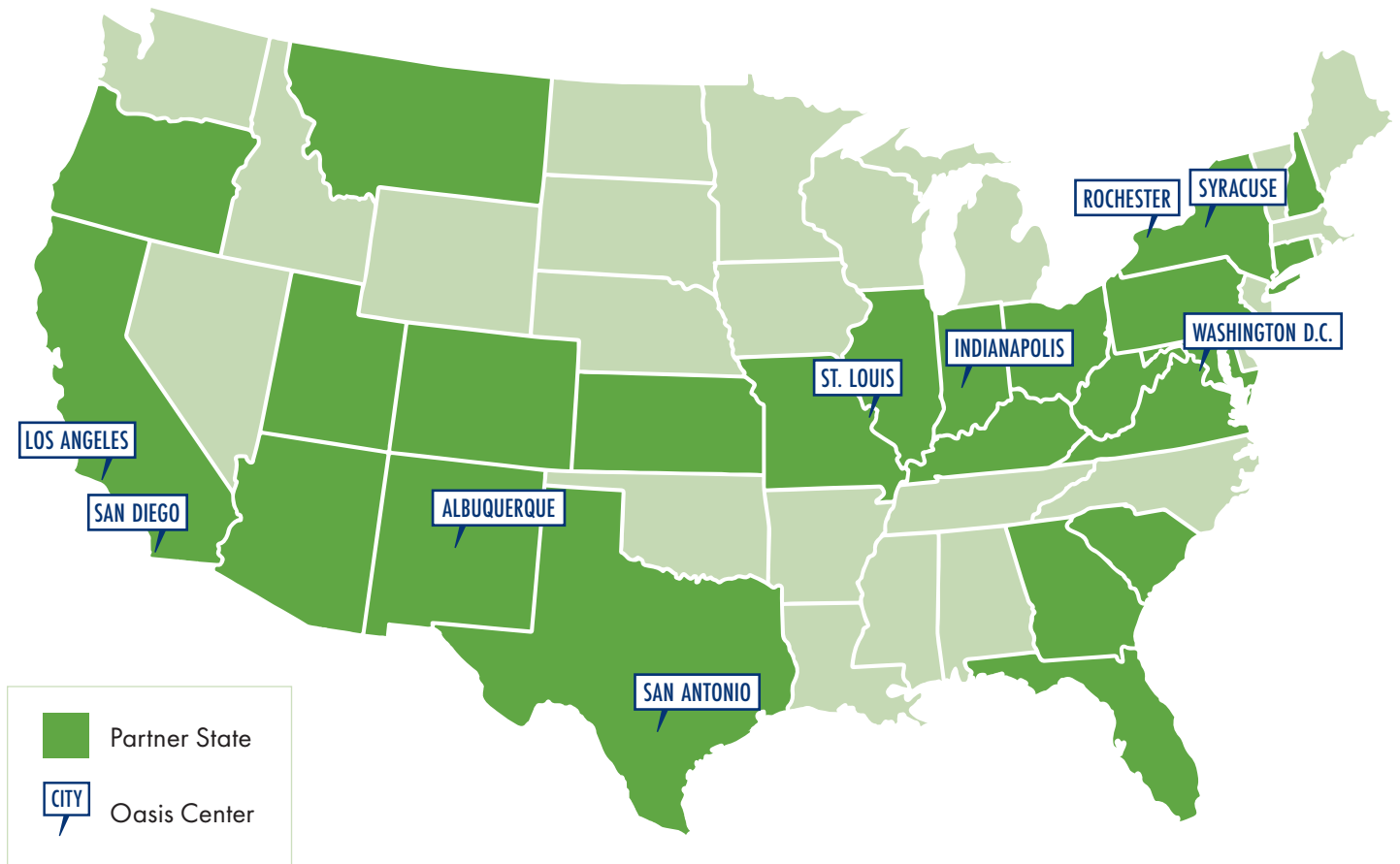
Becky and Donna join a dedicated force of volunteers who take on a number of tasks that keep Indianapolis Oasis a vital resource for hundreds of older adults each day. From greeting visitors at the front desk to assisting behind the scenes, volunteers share their time and talents in a variety of ways to ensure Oasis remains welcoming, affordable and inspiring.



See the full 2018 Annual Report online at annualreport.oasisnet.org.

National Impact in 2018

A national education organization, Oasis reaches a broad audience in more than **250 communities** through **nine education centers** and a national network of over **700 partners** in **23 states**. And we're growing!



4,000
tutors



52,000
participants



630
schools



6,100
volunteers



332,000
volunteer hours



140,000
class enrollments



Growing Population, Growing Opportunity

Americans older than 65 by 2035 will be in good company. According to the U.S. Census Bureau, the year represents a turning point: for the first time in U.S. history, people 65+ are projected to outnumber children. While it's critical to address the many challenges that this demographic shift will present, it is just as important to recognize the opportunity that exists when such a large group of people are healthy, active and empowered to be the answer to many of society's most pressing needs.

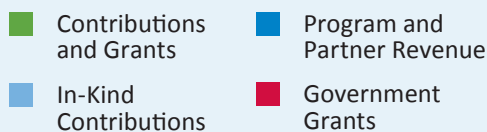
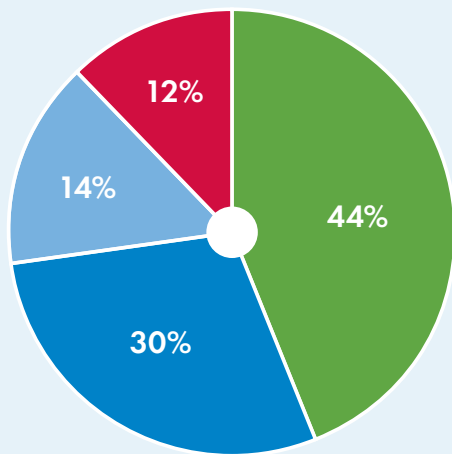
Since 1982, Oasis has inspired thousands of older adults through programs that encourage lifelong learning, active lifestyles and volunteer engagement. In 2018, 95 percent of participants surveyed indicated they recommend Oasis to friends. Here's why:

- > **To learn something new and connect with others.** Oasis lifelong learning classes in the arts and humanities, as well as **Oasis Connections**, an award-winning technology literacy program, attract adults who are still ready to explore and know more.
- > **To stay active and healthy.** Older adults find fitness, stay on their feet and gain the know-how to make healthy choices with a wide variety of Oasis health and wellness programs nationwide.
- > **To give back to our communities.** Through Oasis, adults discover the joy of making an impact volunteering. Whether working one-on-one with children through the **Oasis Intergenerational Tutoring** program or serving as class instructors and peer leaders, Oasis participants make a difference.

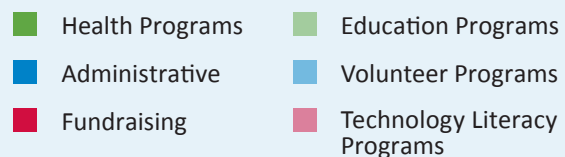
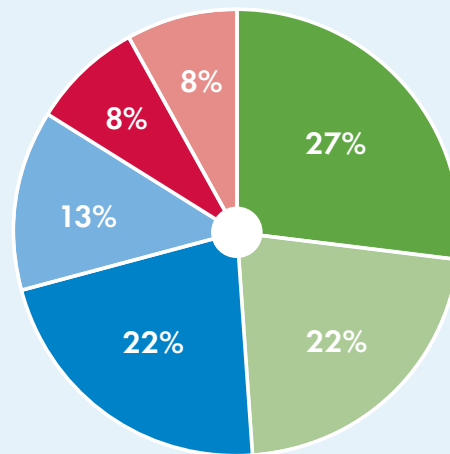
2018 Oasis Institute Statement of Activities

(Source: 2018 Consolidated Audit for FY Ended 12/31/18)

Support & Revenue – \$6.13 million



Expenses – \$7.24 million



Thanks to all of our 2018 community partners, grantors and sponsors!

Community Partners

Greenwood First Baptist Church
Noblesville Park and Recreation
The Library – Indianapolis
WICR 88.7
Indy Parks
Fishers Parks and Recreation
National Institute for Fitness and Sports
Senior Life
Indianapolis Public Schools
Lawrence Township
Warren Township
Wayne Township
Washington Township Schools
Pike Township School
Greenwood
Brownsburg Community School Corporation
Hamilton Southeastern Schools

Grantors

Central Indiana
Community Foundation
Nina Mason Pulliam
Charitable Trust
Hoover Family
Foundation
Hearst Foundations
Lilly Endowment
Anthem Blue Cross
Blue Shield
National Council on Aging

Sponsors

Flanner Buchanan
Washington Park
Cemetery Association
St. Vincent/Ascension
Westminster Village North
Traditions Management
The Stapleton Fox Group
Community Hearing Health
AT&T
Urology of Indiana

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Flanner Buchanan

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The Oasis Institute

Donna Oklak
Co-Founder
Impact 100 of Greater Indianapolis

Deborah Simmons-Wilson
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We offer programs throughout the community!
To start your Oasis adventure, stop by, call or check us out online.

Indianapolis Oasis

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