



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



Los Angeles Oasis continues to grow!

In 2018, we increased our course offerings, both at our Westside and Baldwin Hills locations. With the support of our Los Angeles Oasis Advisory Council, and feedback from our participants, we also expanded our collaborations with healthcare providers and other social services agencies, bringing a greater range of programming. We introduced a Distinguished Speaker Series that showcased experts and talented individuals who provided not only in-depth knowledge on a variety of topics from health to current events to local interest, but also encouragement and inspiration to those who attended. Our team was intentional about creating more opportunities for socializing among our participants, with specially-themed gatherings and excursions.

WISE & Healthy Aging is delighted to collaborate with The Oasis Institute and the Oasis national center network. Our partnership with Oasis provides older adults in Los Angeles with outstanding lifelong learning programs, access to national healthy aging initiatives and opportunities for civic engagement, including **Oasis Intergenerational Tutoring**. This award-winning volunteer program pairs older adults with elementary school children for one-on-one literacy-focused tutoring and mentorship.

We are proud of our diversity and grateful to the many volunteers who support our work. We are also thankful to our donors and partners who share in our commitment to encourage older adults to continue learning, growing and finding meaningful ways to engage in our community.

Sincerely,
Grace Cheng Braun
President & CEO
WISE & Healthy Aging
Los Angeles Oasis



Keeping Older Adults on the Move

Regina Bryant had never used the public transit system before, but after participating in the Metro On-the-Move Riders Club, she's confident enough to show others the ropes.

"It's quick and easy to do," says Regina. "It's just a matter of getting out there and trying it. The Riders Club was going so many places I'd never been before, so it was a great opportunity to explore my own city."

Her exploration landed Regina a new volunteer position working in the information booth at Union Station, which she gets herself to using the Metro.

A partnership between Los Angeles Oasis and the Los Angeles County Metropolitan Transit District, the On-the-Move Riders Club is designed to give older adults confidence and basic know-how on navigating the system, which can be intimidating.

Ursula Matheson and Susan Moser are there to help smooth the way for first-time Metro users and those who simply like to explore in larger groups. The two serve as Travel Buddies for the program, accompanying older adults on day trips, which attract about 40 participants each month.

"Being able to take public transportation preserves their independence," Susan says. "We help older adults overcome their fear and confusion and people appreciate being able to get out. When we hear some of them have taken trips independently since learning from us, we feel like it's mission accomplished."

Ursula taps into her hospitality background to plan interesting destinations. She says it's satisfying when participants hug her after the trip and tell her what a great day they had and that they would have been stuck at home otherwise.

"It's gratifying to know we've made a difference in people's lives," she says. "This club gives all of us a chance to make new friends and be together."



Teaching Fitness for Life

"I've seen exercise completely change older adults' quality of life and their sense of security as they get stronger and more flexible," says Antonia Routt, a longtime fitness instructor at Los Angeles Oasis who practices what she teaches.

She started cycling when she was 16 and has run several major marathons.

Antonia inspires many Oasis participants who keep coming back for her popular classes that blend aerobics, physical fitness and chair exercise.

"Exercise improves their confidence, self-esteem, mobility, endurance, independence and reduces their risk of falling," adds Antonia. "When older adults feel more confident in moving, it creates a sense of increased worth and changes their perspective of who they are and what they are capable of doing."

Los Angeles Oasis participants can choose from a wide variety of fitness offerings at the Baldwin Hills and Westside locations, including **PepSteppers: Oasis Mall Walkers, Kundalini Yoga, LatinShapes Dance, Chair Tai Chi** and more.





Taking a Closer Look Behind the Scenes

An avid reader, Elaine Cook loves the details of a good story—in print and on screen. She has the opportunity to share that love as a volunteer instructor at Los Angeles Oasis, where her movie series classes exploring timeless classics and new releases are a big hit.

“Through research, I bring in a lot of information about the movie, and we talk about the characters, visual details and the plots,” says Elaine. “The students teach me, too, and we learn things together. I feel so exuberant when I teach older adults.”

Elaine’s commitment to Oasis goes beyond her role as an instructor. In addition to serving on the Advisory Council, she spearheaded Black History Month celebrations at Los Angeles Oasis in 2018 and regularly participates in Oasis trips. “Oasis gives older adults something to look forward to and keeps us up to date on current issues.”

Once a Coach, Always a Coach

“There’s something in us that wants to learn and be inspired no matter how old we are,” says Reggie Morris.

After a lifetime of teaching and serving as a state-title-winning basketball coach, Reggie has shifted his focus from young students and athletes to older adults, a group he finds just as exciting. In addition to teaching classes in Jazz and music appreciation at Los Angeles Oasis, Reggie was one of several community leaders featured in the Distinguished Speaker Series in 2018. The Series draws hundreds to Oasis each year, covering a variety of topics from health, to current events to local interest. “I teach older adults how to be successful in their next stage of life,” Reggie says. “I really enjoy seeing them become enthusiastic and more motivated to follow their passions. It’s a privilege to help the community through Oasis.”



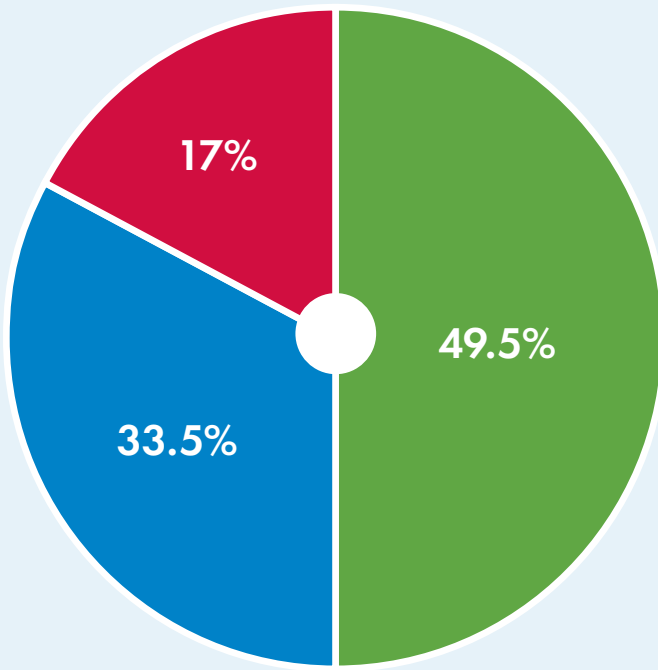
Sharing Words and Wisdom



Through love of poetry and discussion, Oasis instructor Deborah Clayton has forged a nurturing community that continues to evolve even after 25 years. “It is fulfilling and healing for people to put their experiences and feelings into words,” says Deborah, whose poetry classes offer participants an opportunity to read, write and share their thoughts. “It also helps people feel more connected to the world and each other. People in our group are so motivated to feel enriched and to grow. I’m very grateful Oasis has this place for older adults to keep learning. They have a lot to offer and such wisdom. We can all learn from their life experiences.”

2018 Los Angeles Oasis Statement of Activities

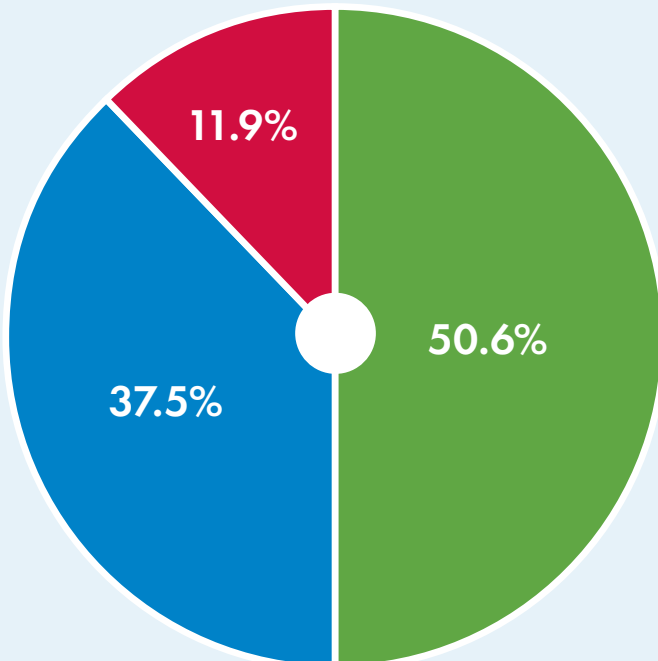
Fiscal year ended December 31, 2018



Support & Revenue – \$378,737

- Grant Income – \$187,493
- Program Revenue – \$126,718
- Contributions – \$64,526

Excludes \$539,717 in in-kind contribution support

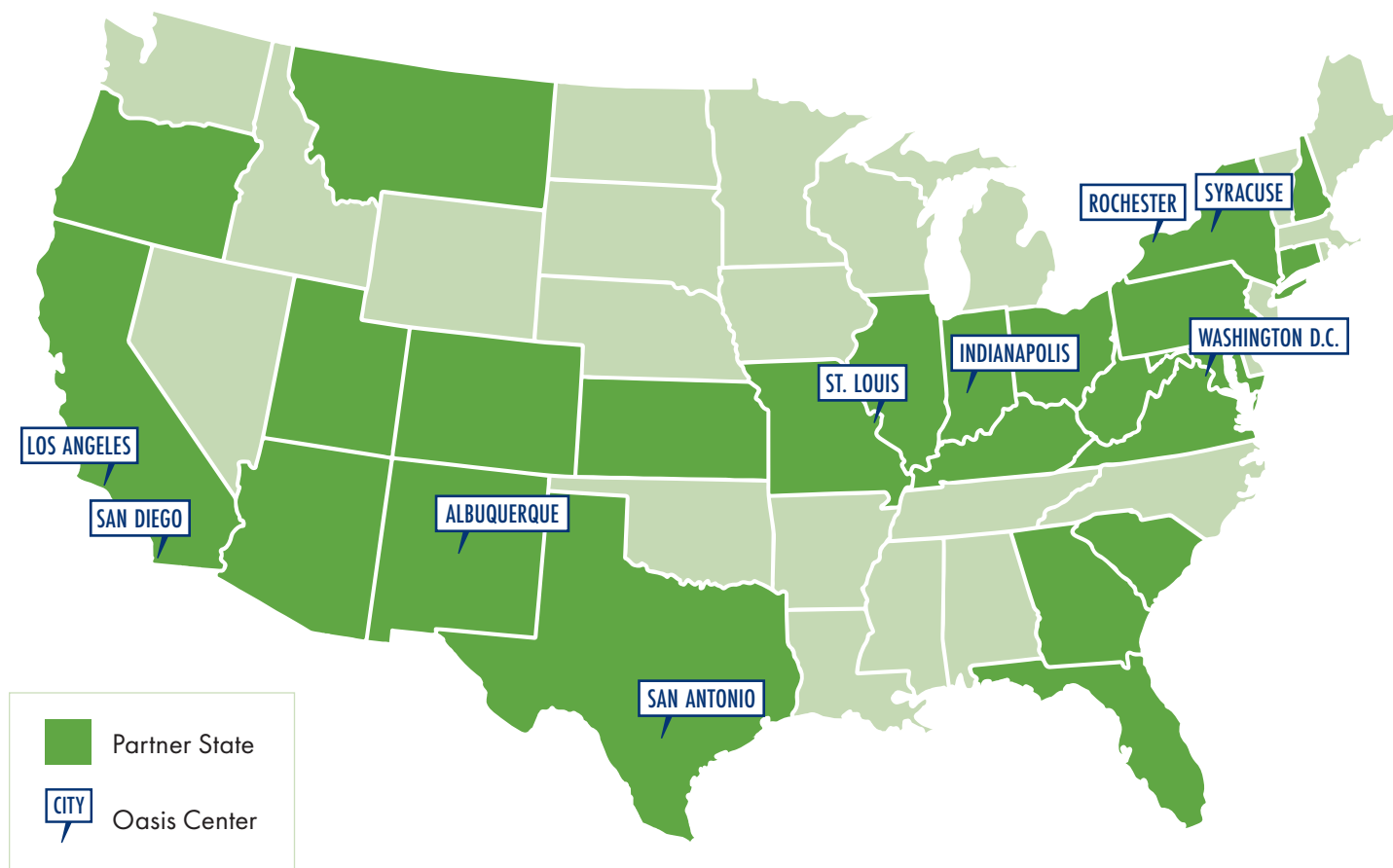


Expenses – \$361,098

- Program & Operating – \$182,652
- Salaries & Benefits – \$135,432
- Indirect – \$43,014

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!



52,000
participants



4,000
tutors



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.

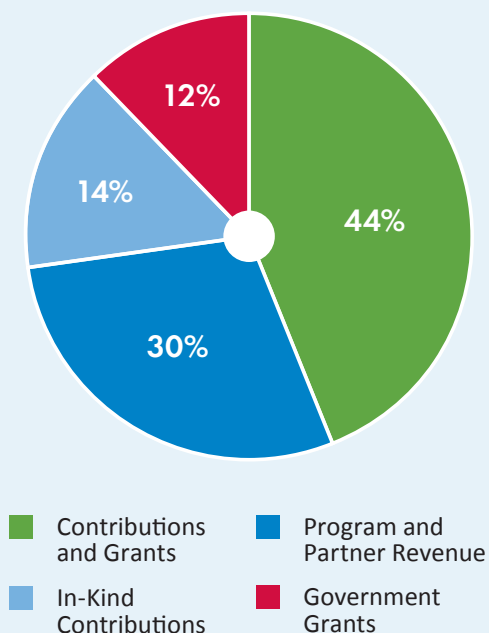
Since 1982, Oasis has inspired thousands of older adults through programs that encourage lifelong learning, active lifestyles and volunteer engagement. In 2018, 95 percent of participants surveyed indicated they recommend Oasis to friends. Here's why:

- > **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.

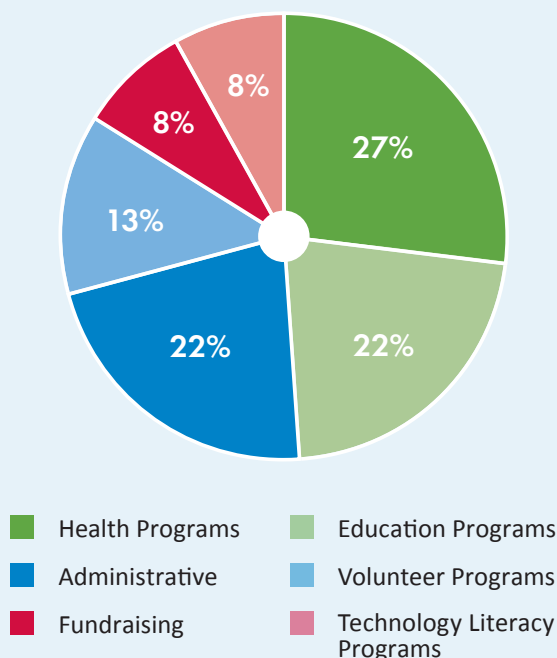
2018 Oasis Institute Statement of Activities

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

Support & Revenue – \$6.13 million



Expenses – \$7.24 million





Volunteers are Essential to Los Angeles Oasis!

We are thankful to the many volunteers who make an impact on the quality of our programs every day. There are several powerful ways to volunteer with Los Angeles Oasis. Our volunteers serve as mentors to elementary children through **Oasis Intergenerational Tutoring**, greet visitors at the reception desk, help staff register participants for classes, serve on committees and even instruct classes. Explore the opportunities and find the perfect volunteer role for you with Oasis!

For more information on volunteering at Los Angeles Oasis, call Volunteer Services at (310) 394-9871, ext. 552.

2018 Los Angeles Oasis Advisory Council

Ishara Bailis, LCSW

Ronald Banks

Danielle Brinney

Grace Cheng Braun, MSPH

Miriam Caiden, PhD

Jodi Cohn, DrPH

Elaine Cook

Ida Danzey, DNP, RN, CNE

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Lois King

Sharon Lazo-Nakamoto

Anat Louis, PsyD

Reggie Morris

Davis Park

Suzanne Peckels

Tim Petlin

Torrence Reese

Teresa Riddle

Kitty Sankey

Cynthia Singleton

Earnestine Thomas-Robertson, EdD

Nat Trives

Kayretha Willis, JD

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

Los Angeles Oasis

1527 4th St., Santa Monica, CA 90401

(310) 857-1527 | oasisnet.org/losangeles

