



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



San Antonio Oasis is growing.

In 2018, we experienced a record year, offering more classes, drawing higher class enrollments, inspiring more donors and enjoying an 11 percent growth in the number of people served. We are proud to have provided more than 25,000 members with high-quality programs that encourage lifelong learning and personal growth since 1991.

New programs such as **Chronic Pain Self-Management, The Aging Mastery Program®**, classes in kayaking and intergenerational healthy habits, as well as special series on World War I, Japanese history and Women’s History Month were just a few of the innovative offerings that were enjoyed by our participants.

We have seen a lot of changes in the last 28 years, but 2019 will be the biggest year ever, with the September opening of our new center, Oasis at the Meadows.

This exciting expansion is made possible with generous support from our longtime partner, Morningside Ministries. By donating the building next to one of their premier communities and refurbishing it to meet our needs, Morningside Ministries shares our commitment to promote healthy aging for older adults who live in the San Antonio community.

This new educational center will give San Antonio Oasis the capacity to reach more people with an expanded selection of classes and opportunities to engage in meaningful ways. There are a lot of exciting things on the horizon for San Antonio Oasis, and we hope you’ll join us for the next adventures!

Best,
Brenda Schmachtenberger
Executive Director
San Antonio Oasis



Taking Center Stage with Morningside Ministries

San Antonio Oasis will have a new home in September 2019 with the establishment of Oasis at the Meadows.

Renovation is underway for the new 8,400-square-foot center, which will be just yards away from the current location on the 25-acre campus of Morningside Ministries in San Antonio. Morningside operates two senior living communities which are currently home to more than 800 residents.

“Taking this step allows us to deepen a relationship that’s already working,” says Patrick Crump, president and CEO of Morningside Ministries. “By providing an improved and more centralized space for Oasis within our community, we are making the robust menu of lifelong learning opportunities that Oasis does so well more accessible and top-of-mind for our residents.”

Oasis at the Meadows will allow for expanded programming in new spaces that have already been sponsored and named: the John L. Santikos Charitable Foundation of the San Antonio Area Foundation Fitness Room, the Carmen Garcia Conference Room, and two new classrooms made possible with support from Valero Energy Foundation, Myra Stafford Pryor Charitable Foundation and L.L. and Eva Lentz Charitable Trust.

“As our partnership with Morningside has grown, so have the possibilities,” says San Antonio Oasis Executive Director Brenda Schmachtenberger. “We are very excited to start growing into our new space and reaching more older adults.”

The Oasis commitment to lifelong learning is a message that resonates with Morningside Ministries as well, as Patrick Crump explains: “It’s really about the idea of engagement and vitality,” he says. “That’s the reason we’re embracing the opportunity to put Oasis front and center in this new way, because it represents the message we want to send to our residents and anyone who comes through our doors—that aging is an opportunity to stay engaged in new and meaningful ways.”



San Antonio Oasis Impact in 2018

11%
growth in the number
of people served



130
tutors



25
sites



282
volunteers



937
programs



547
individual
donors



Inspiring Lifelong Fitness – Texas Style!



Johnnie Gregg, 94, is a familiar, smiling face at the Oasis **Texercise**® class at the Oasis at Morningside center. She attends twice weekly and rarely misses a session. Her classmate, Gloria Hoover, 90, is also a dedicated participant. The two inspire the younger participants in the class, who see that if those in their 90s can exercise, they can too! Both Johnnie and Gloria have noticed significant improvements in strength and stamina since attending **Texercise**® over the past year. Johnnie credits the workouts for “better balance that has helped keep me from falling” and Gloria finds she is “invigorated and energized” by the end of each class. Both applaud their instructors for making the exercises manageable for everyone.

“We are quite a mixed group and many of us have had surgeries,” notes Johnnie. “Our excellent trainers always encourage us to go at our own pace.”

In 2018, 157 Oasis members participated in **Texercise**®, an internationally recognized, evidence-based program initiated by the Texas Health and Human Services Commission. The free class, sponsored by Bexar Area Agency on Aging, is offered at multiple Oasis locations in San Antonio. The program combines strength, flexibility and endurance-building exercises that can be done seated or standing and that are modified to meet individual needs. Participants receive free incentives to reward their attendance.

Johnnie and Gloria especially enjoy the community spirit in the group. “The camaraderie is what makes it special,” says Gloria, who in addition to taking classes also volunteers in the Oasis office. “We look forward to seeing each other and we help each other.”

Igniting a Love of Reading

Kathryn, a second grader at Los Reyes Elementary School in Helotes, TX, can’t wait for Wednesdays and her visit from “Mrs. Moody.” Since the two began meeting each week, the little girl has made significant gains in her reading skills.

While Kathryn is clearly benefitting from their time together, Oasis tutor Yolanda Moody says, “I’m the lucky one.”

Yolanda heard about the **Oasis Intergenerational Tutoring** program at San Antonio Oasis from a friend and began volunteering in December 2018. She has already experienced what many Oasis tutors share as the most rewarding part of tutoring: watching a child become more confident.

“When Kathryn reads a book all by herself, she turns each accomplished page with such pride,” says Yolanda. “She looks at me as if to say, ‘I did it!’”



Kathryn’s teacher, Shanna Delaney, also notices the positive changes in her student. “Her eyes light up when Mrs. Moody arrives,” she says. “Kathryn has been more motivated to do her work. Having a mentor has made her feel more confident, and she really enjoys the one-on-one attention.”

Over 130 Oasis tutors are mentoring students in San Antonio area schools, and demand is strong. “Teachers and principals see a huge benefit and impact from our program,” notes Ginny Brown, tutoring and technology coordinator at San Antonio Oasis. “And tutors are constantly telling us how much they love what they are doing and are so appreciative that they can give back by helping these students.”

Mastering Aging

Adults today are living much longer than previous generations, so how do we make the most of these extra years? By offering **The Aging Mastery Program® (AMP)**, developed by the National Council on Aging, San Antonio Oasis is preparing people like Mary Tate to live their later years to the fullest.

“Longevity is important to all of us, but to ensure quality of life, we must stay active and engaged,” says Mary, one of 72 people who participated in the program, which was launched in the Fall of 2018, thanks to funding from the WellMed Charitable Foundation. AMP was offered in three locations in 2018: the Meadows, Blue Skies of Texas-West and Casa Helotes Senior Center.

Mary is among 51 participants designated as AMP “graduates,” having attended at least seven of the ten sessions. Topics include nutrition, finances, medication management and healthy relationships. She rated all of the sessions as very relevant and highly informative.

Her fellow graduates also reviewed the program favorably, with 100 percent reporting improved health and a willingness to recommend the program to a friend. Many participants also indicated that they had made positive changes based on what they learned from the sessions, including starting exercise classes, updating estate plans and finances, and making more efforts to socialize.

Arthur Jackson, who attended the program with his wife, Doris, said the experience was affirming and time well-spent: “We really enjoyed the peer-to-peer interaction with classmates going through some of the same life changes we are.”



Passionate Volunteer Instructors & Engaged Students: A Win-Win

Kay and Buddy Rosene typically take at least 30 lifelong learning classes each trimester at San Antonio Oasis. Over the last 20 years, they have covered a lot of ground together, taking in everything from art to geology to old movies.

“We have such inquisitive minds and are interested in so many things,” says Kay, adding that every time a new Oasis catalog comes out, she and Buddy mark the offerings that pique their interests and then get them on their calendar. They are often drawn to a class by top-notch instructors, many of whom volunteer their time at Oasis.

“I enjoy interacting with my Oasis students,” says David Turner, PhD, Associate Professor of Environmental Science at St. Mary’s University. In the four years he’s been teaching at Oasis, he’s covered at least 20 topics related to geology and the environment, most recently the geology of Bexar County. “Oasis participants bring deep experience and a wide variety of perspectives that allow me to engage in very interesting discussions. It is a tremendous amount of fun to think about familiar material in a new way.”

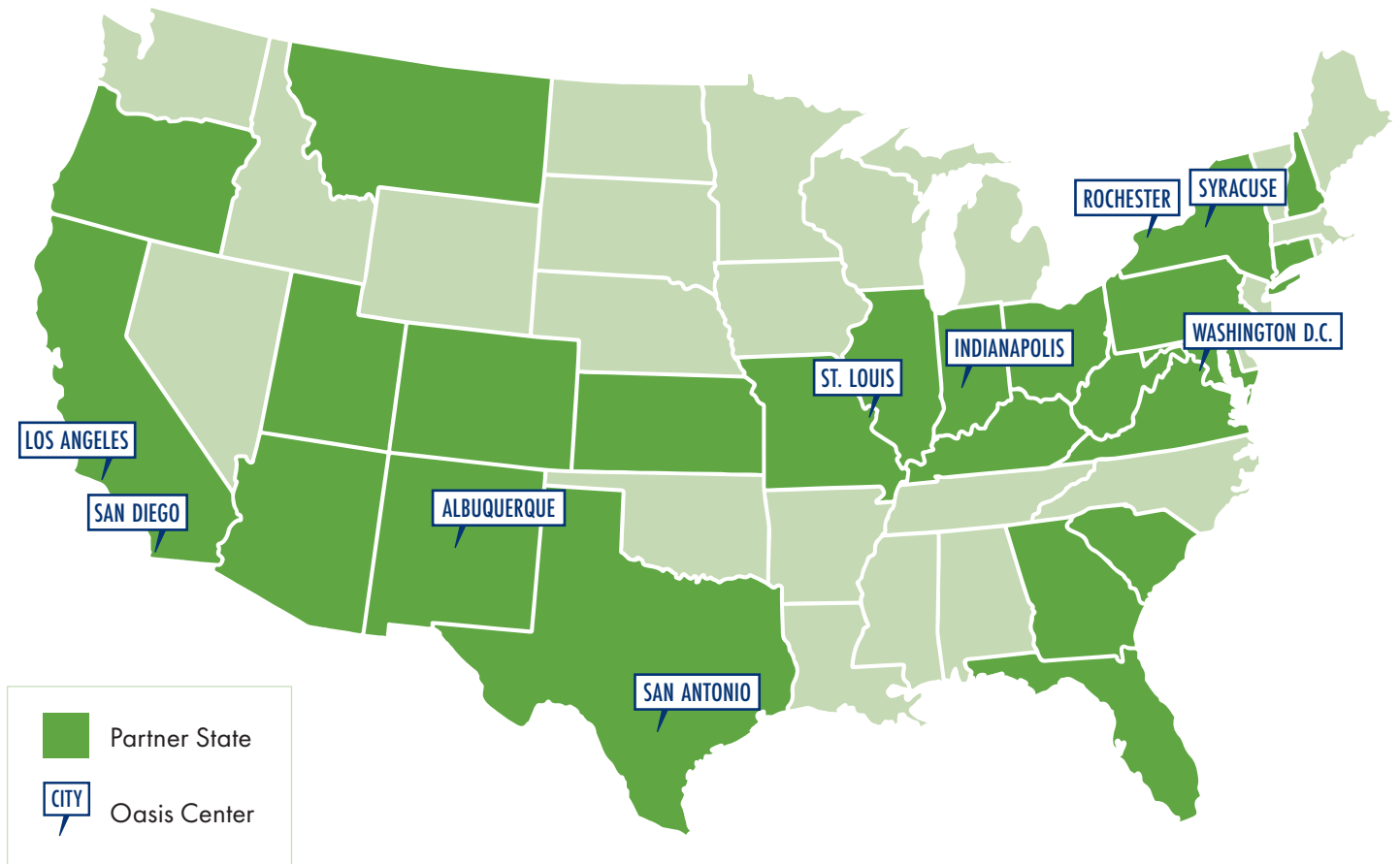
David A. Wood, Jr., PhD, Associate Professor of Astronomy at San Antonio College, has been sharing his passion for all things celestial with his Oasis students for the past two years. “I see the same faces many times, and it is fun to see everyone get excited by new ideas,” he says.

“Our participants are hungry for in-depth information and sharing of ideas,” says Brenda Schmachtenberger, executive director of San Antonio Oasis. “Having instructors who see the value of engaging older adults keeps our offerings fresh and even a little bit challenging, which is really at the heart of lifelong learning.”



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.

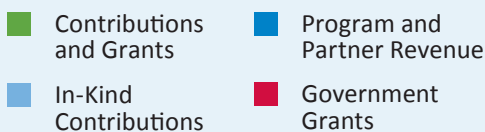
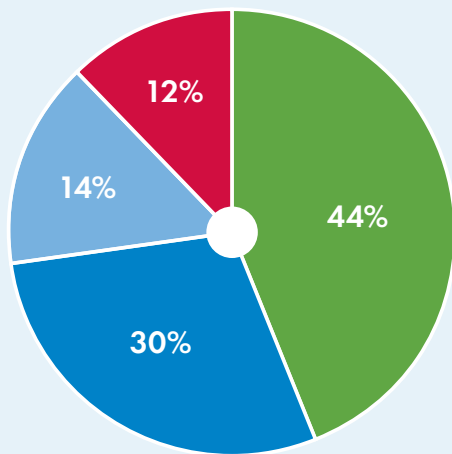
Since 1982, Oasis has inspired thousands of older adults through programs that encourage lifelong learning, active lifestyles and volunteer engagement. In 2018, 95 percent of participants surveyed indicated they recommend Oasis to friends. Here's why:

- > **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.

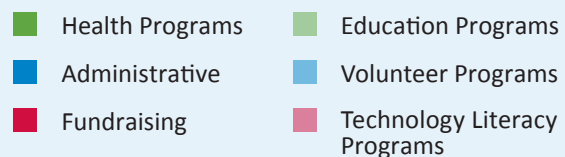
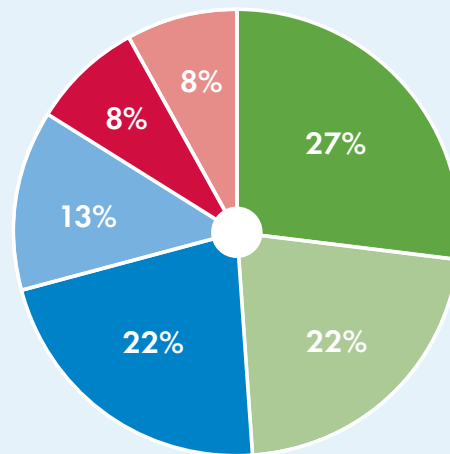
2018 Oasis Institute Statement of Activities

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

Support & Revenue – \$6.13 million

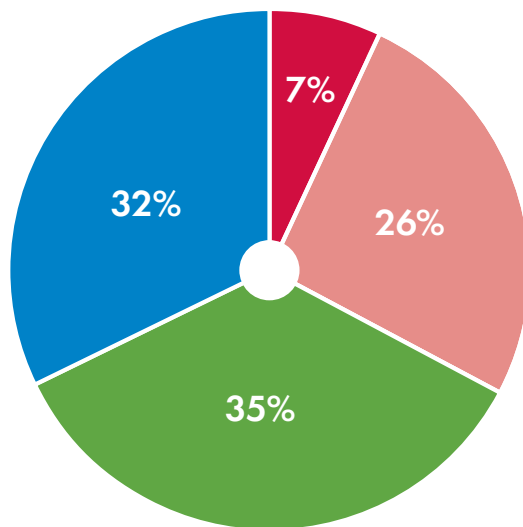


Expenses – \$7.24 million



2018 San Antonio Oasis Statement of Activities

Support & Revenue – \$543,133

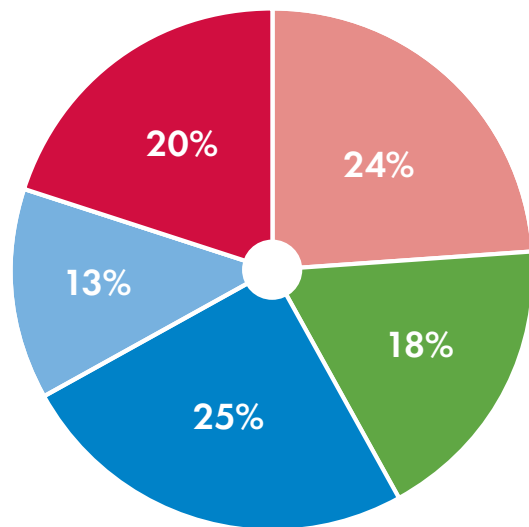


- Individual Contributions
- Program Revenue
- Government Grants
- Grants Foundation / Corporations

In-Kind Contributions:

Volunteers – \$384,138
 Donated Space – \$177,662

Expenses – \$547,792



- Administration
- Technology Programs
- Health/Wellness Programs
- Lifelong Learning Programs
- Intergenerational Tutoring

2018 San Antonio Oasis Sponsors and Partners

Morningside Ministries
 Baptist Health Foundation
 City of San Antonio
 WellMed Charitable Foundation
 Humana Foundation
 Bexar Area Agency on Aging
 AT&T Foundation
 May and Stanley Smith Charitable Trust

Valero Energy Foundation
 San Antonio Area Foundation
 Blue Skies of Texas
 The Village at Incarnate Word
 Mays Family Foundation
 Greehey Family Foundation
 Myra Stafford Pryor Charitable Trust
 L.L. and Eva Lentz Charitable Trust
 Inn at Los Patios

Northside ISD
 Edgewood ISD
 San Antonio ISD
 SST Discovery School
 Bexar County
 Wells Fargo
 St. Lukes Lutheran Health Ministries
 TMF

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

San Antonio Oasis
 Oasis at Morningside at the corner of McNeel and St. Cloud
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