



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

If you’ve been around San Diego Oasis for long, you have heard us say that we’re changing the way people think about aging.

The spirit behind this kind of thought change comes from everyone involved in our thriving, inspiring community: our dedicated staff, volunteers and more than 5,200 active participants.

In 2018, we offered over 2,800 classes and activities that encourage our members to learn, explore, grow and engage in ways that tell the world a different message about getting older: it can be pretty exciting.

Our expansive course offerings are ever-evolving and driven by input we receive from our participants who tell us they are interested in actively learning something new, stimulating their minds, moving their bodies, making new friends, creating impact in the community and having fun!

As San Diego Oasis grows right along with our participants, we are especially thankful to our donors, sponsors and partners who share our commitment to creating a new way to think about and experience aging.

Our programs also benefit tremendously from the hundreds of individuals who give of their time and talents to ensure that we provide older adults with opportunities to stay relevant, healthy and connected to the world.

Our work matters, and we are happy to be sharing the journey with so many others who agree.

Best,  
**Simona Valanciute**  
President & CEO  
San Diego Oasis



# A Lifetime of Learning with San Diego Oasis

Margaret “Maggie” Ikezaki was pleasantly surprised when she finally decided to check out San Diego Oasis at the urging of a friend. She found a thriving center full of people excited to participate in more than 2,800 classes and activities each year. Now a dedicated volunteer, she enjoys watching others make that discovery.

“I love when people come to Oasis for the first time and discover that it’s not just for ‘old people,’” says Maggie. “With a wide variety of offerings, there is truly something for everyone to get excited about.”

After retiring from a 37-year career as a school administrator in 2008, Maggie wasted no time finding meaningful volunteer work serving some of San Diego’s most vulnerable populations. She’s volunteered as a domestic abuse counselor, a mentor to children of incarcerated parents and taught the homeless how to dress professionally and interview for jobs.



**"I always hear people say, 'I learned something I never knew before.' That's what keeps people coming back to Oasis. We want to continue to learn."**

By the time she checked out San Diego Oasis in 2016, she was ready for a change, something that was fun, but still rewarding. Maggie spends her Thursdays at Oasis answering phones, giving tours and registering participants for classes. She also serves on the Oasis Program Council. As a founding member of this group, Maggie helps the programming team bring expert speakers to Oasis and plan new classes that meet the diverse needs of the people Oasis serves.

“I really enjoy the challenge of putting together relevant programs,” she says. “For many years, history and humanities have been the most popular classes, however, we are finding that our members are increasingly interested in learning about the latest technologies and scientific discoveries. Living in San Diego, we are so fortunate to have access to world-renowned scientists and researchers.”

Maggie often dedicates more than 18 hours each week volunteering at Oasis, but still finds time to take classes when possible. **Restorative Pilates** and **Zumba Gold** are two twice-weekly classes she never misses, and she fits in **Soul Line Dancing** when she can, as well as occasional special lectures that pique her interest.

Maggie recently became one of the first Lifetime Members at San Diego Oasis, an opportunity that will allow her to take as many classes as she likes and enjoy a number of added perks. For Maggie, the prospect of a lifetime of Oasis classes is pretty enticing and she finds herself thinking the same things she hears others say after attending one.

“I always hear people say, ‘I learned something I never knew before,’” says Maggie. “That’s what keeps people coming back to Oasis. We want to continue to learn.”

To learn more about the Lifetime Membership Program, visit [sandiegoasis.org](http://sandiegoasis.org).

See the full 2018 Annual Report online at [annualreport.oasisnet.org](http://annualreport.oasisnet.org).



# Getting Connected with San Diego Oasis

More than 900 people attended the sixth annual San Diego Oasis Get Connected 2018 Technology Fair. Participants had the opportunity to choose from 20 sessions, including **Conquer Your Passwords**, **What's a Podcast?**, **Robotic Advances in Hip and Knee Replacement Surgery** and **How to Outsmart Personal Information Thieves**. Year-round, San Diego Oasis offers a wide variety of technology programs; iPhone and Android device and applications classes are the most popular. With support from over 35 volunteers, this technology event was the largest ever at San Diego Oasis. We are thankful to our sponsors, AT&T, AARP, NBC/Telemundo, SDG&E, Rotary 33 and the County of San Diego Aging and Independent Services for helping make this event possible.

## One Student, One Tutor, Two Lives Changed Forever

"Being a tutor with Oasis is very rewarding," says Rose Cooper. "It's a wonderful feeling working with children one-on-one." Rose is among the ranks of thousands of older adults who have found joy and purpose by volunteering as tutors with the **Oasis Intergenerational Tutoring** program. In 2018, 600 tutors served over 850 students in 11 school districts throughout San Diego County. Tutors are paired with children in Grades K-3, meeting for one hour each week throughout the school year. Grants from The Walter J. and Betty C. Zable Foundation, Nordson Corporation Foundation, The Charitable Foundation, Boys and Girls Foundation, Charles & Ruth Billingsley Foundation, Defalco Family Foundation, Umqua Bank, Cushman Foundation and Lions Club of Downtown San Diego provided support for the program in San Diego in 2018.



## San Diego Oasis Impact in 2018

**5,200**  
active participants



**600**  
tutors



**55,000**  
volunteer hours

**50**  
locations



**1,000**  
volunteers

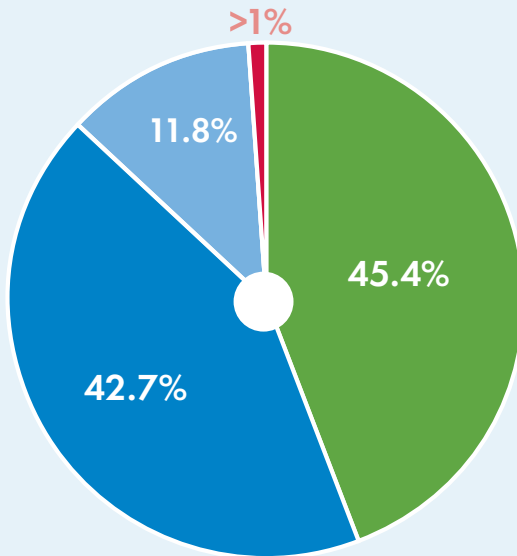


**2,800**  
classes and activities

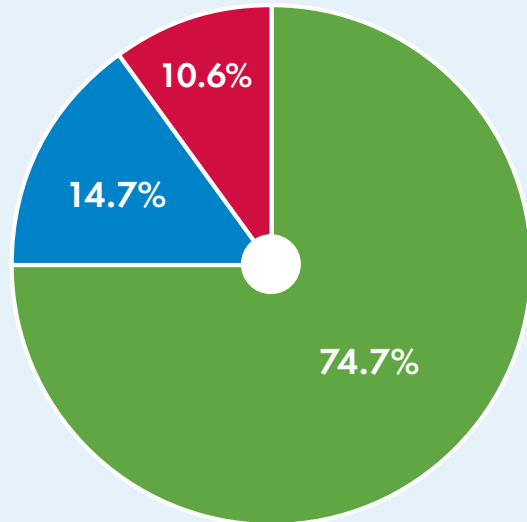
# 2018 San Diego Oasis Statement of Activities

Support & Revenue – \$1,444,787

Expenses – \$1,573,892

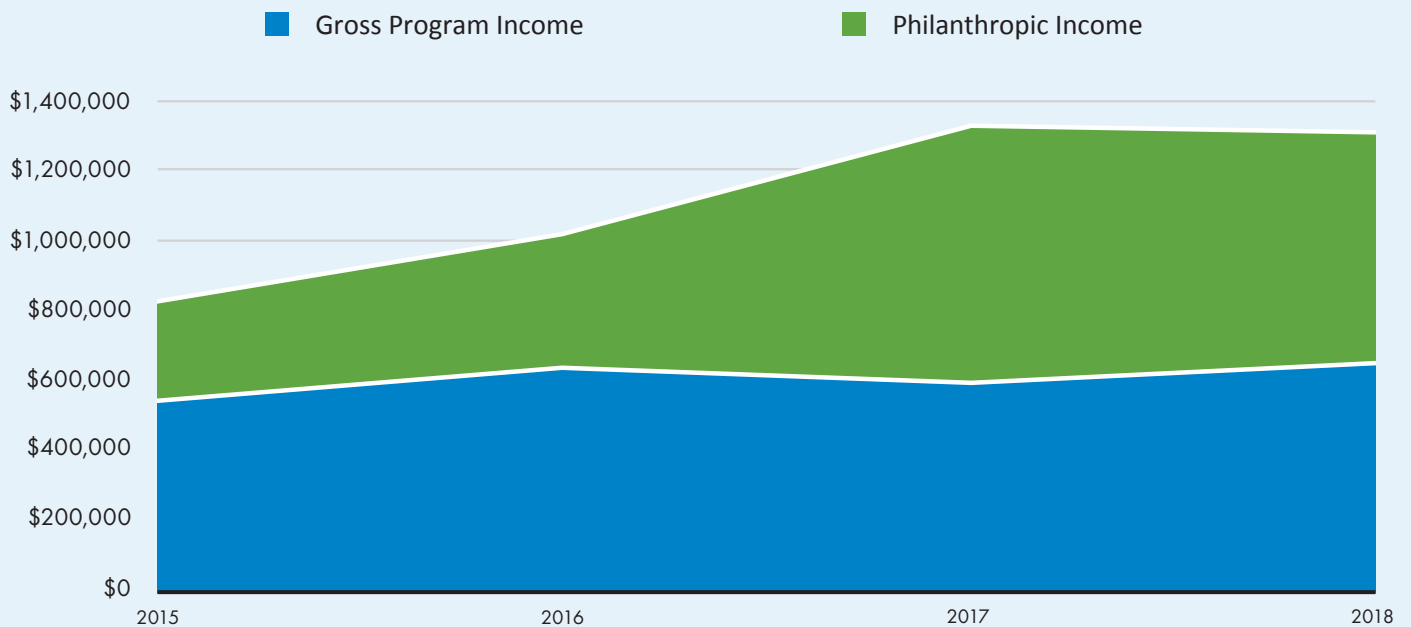


- Program Revenue - **\$655,410**
- Contributions / Grants - **\$617,593**
- In-Kind Contributions - **\$169,845**
- Investments / Other - **\$1,939**



- Program Services - **\$1,176,006**
- Administrative - **\$231,425**
- Fundraising - **\$166,461**

## San Diego Oasis Annual Income Trends

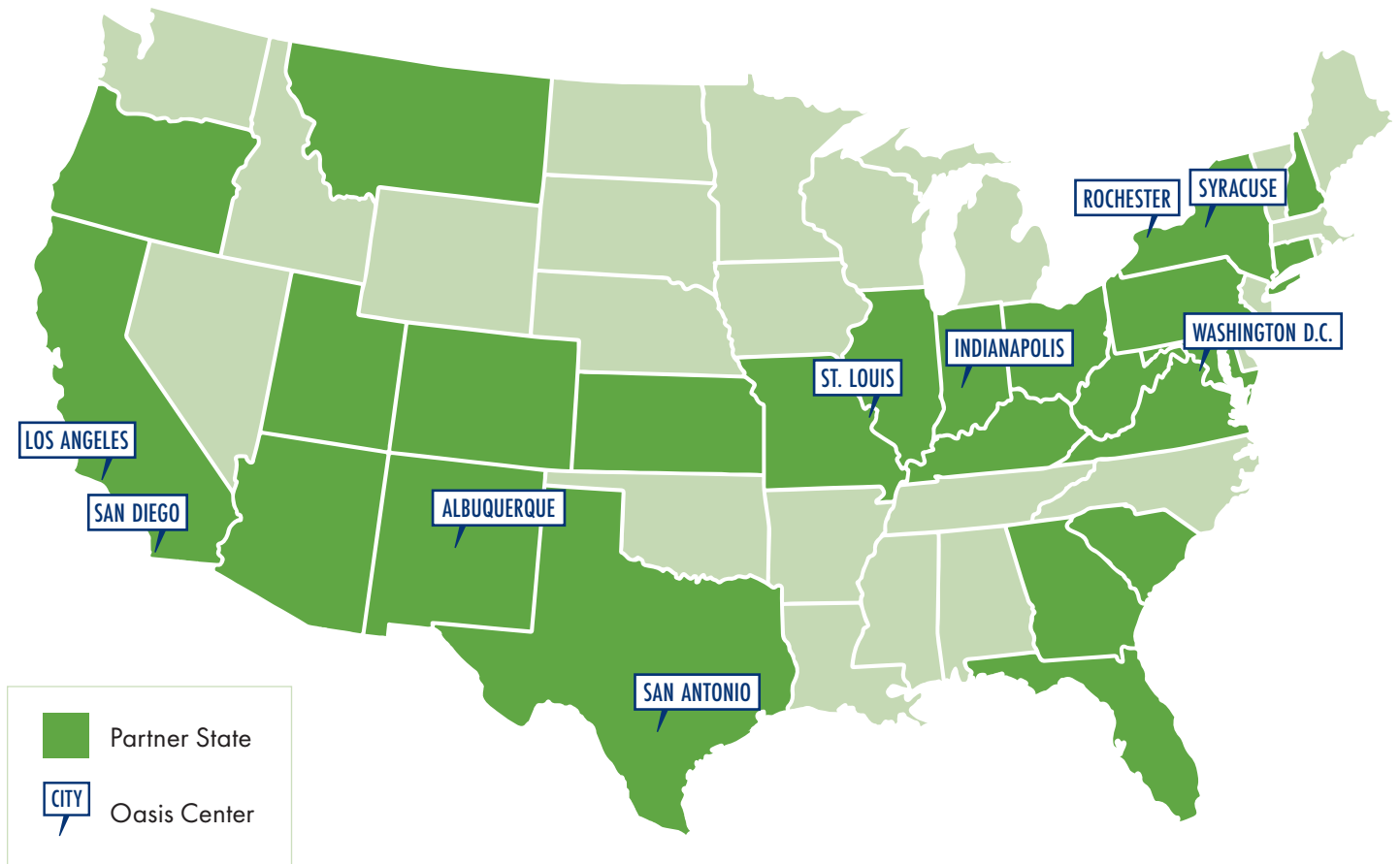


NOTE: Excludes in-kind and investment revenue

See the full 2018 Annual Report online at [annualreport.oasisnet.org](http://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



**6,100**  
volunteers



**52,000**  
participants



**630**  
schools



**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.

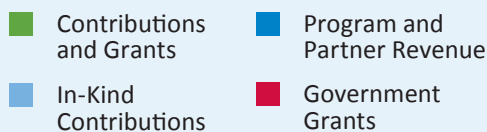
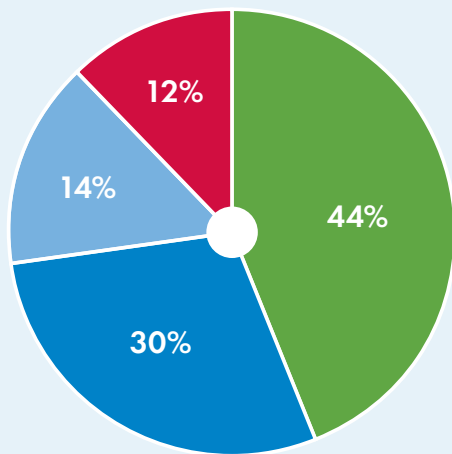
Since 1982, Oasis has inspired thousands of older adults through programs that encourage lifelong learning, active lifestyles and volunteer engagement. In 2018, 95 percent of participants surveyed indicated they recommend Oasis to friends. Here's why:

- > **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.

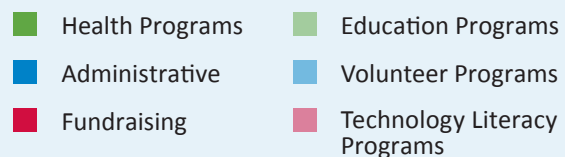
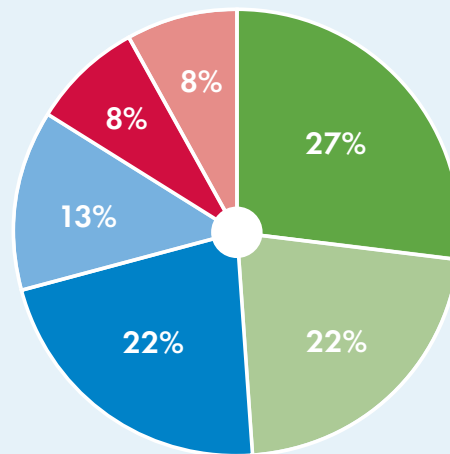
## 2018 Oasis Institute Statement of Activities

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

Support & Revenue – \$6.13 million



Expenses – \$7.24 million



## 2018 San Diego Oasis Sponsors

AARP  
Airbnb  
Anthem BlueCross  
AT&T  
Banker's Hill Ltd  
Boys and Girls Foundation  
Charles and Ruth Billingsley Foundation  
CoastCare Partners  
Cox California  
County of San Diego Aging and Independent Services  
Cushman Foundation  
DeFalco Family Foundation  
ESET North America  
Eva May Fleet Fund at TDSF  
Fletcher Funds at TDSF  
Grossmont Center Mall  
Harrah's Rincon Resort Southern California  
Harvey Family Fund at TDSF  
Home Instead Senior Care  
Jerome's Furniture  
Jones Family Foundation  
KIND Bars  
KPBS  
La Mesa Sunrise Rotary  
Lions Welfare Foundation SD  
Local Umbrella Media  
La Jolla Golden Triangle Rotary  
May & Stanley Smith Charitable Trust  
Mission Valley Credit Union  
NBC Universal/Telemundo  
Nordson Corporation Foundation  
Oasis Breads  
Palomar Health  
Rupert & Ray Fund at TDSF  
San Diego Rotary 33  
Scripps Health  
SDG&E  
Sharp Grossmont Hospital  
Stanley Stearns Fund at TDSF  
Submarina California Subs  
The Charitable Foundation  
The Parker Foundation  
The San Diego Foundation  
Thrivent Financial  
Umpqua Bank  
United Healthcare  
Warner Family Trust  
Weaver French Foundation  
Zable Foundation

## 2018 San Diego Oasis Legacy Circle Members

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Krishna & Bonnie Arora  
Donald & Nadene Bruders  
Heather Chisolm-Chait  
Donna Dotson  
Cynthia Haney  
E. Miles & Kathryn Harvey  
John & Colette Michelle Hessler  
Emily Keeler  
Rupert Keesler\*  
Sandra Nimitz Lawhon  
Trevalyn Tracy Lawler\*  
William & Jolyn Parker  
Herma G. Sullivan\*  
Glenn Walker  
Pitt Warner\*  
(\* indicates deceased)

## 2018 San Diego Oasis Board of Directors

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Charles Van Vechten

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

**San Diego Oasis**  
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