



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

When I think of a “typical” Albuquerque Oasis participant, these words come to mind: *active, engaged, educated, enthusiastic and curious.*

One thing is clear: our participants share a passion for learning and helping others. I’m constantly amazed to hear about the many ways they impact our community – mentoring children in the **Oasis Intergenerational Tutoring** program; volunteering at hospitals, our BioPark, our many world-class museums, service organizations, other amazing non-profit organizations, libraries and senior centers. Many are also caregivers for family and friends.

We are grateful that even with busy lives, Albuquerque area retirees are looking for high-quality educational and volunteer opportunities, and their go-to organization is Albuquerque Oasis!

Over the past five years, as we’ve added classes, volunteers and staff, a new need has emerged. We needed more room to grow! You will see our space double in size in the summer of 2019, with expansion at our current location.

There is an abundance of possibilities with this new space, and we are energized as we think about all the ways it will be utilized.

Our work is made possible with support from our community - the people who come to Albuquerque Oasis every day to volunteer and learn, our donors and friends, and our dedicated staff – Melody, Lisa, Vicki, Cynthia, Becky and Yvonne. All have been instrumental to our growth and success. Thank you!

Best,  
**Kathleen Raskob**  
Executive Director  
Albuquerque Oasis



# Achieving Better Balance and a Better Life with Oasis

Nina Love likes to get out and explore interesting places by car, and on foot, and she brings her dog along some of the time. Despite balance challenges that led to a number of falls, she's able to be out and about with a lot more confidence these days, thanks in part to **Better Balance** classes offered at Albuquerque Oasis.

"I know my body really well," says Nina. "My energy level is higher and I'm so much more willing to stay active because of the kind of education I'm getting at Oasis. I'm with people who treat me well and respect my desire to stay active and safe. My choice is to live my life, and I'm doing that."



*"My energy level is higher and I'm so much more willing to stay active because of the kind of education I'm getting at Oasis."*

**Better Balance, Tai Ji Quan Moving for Better Balance, Tai Chi for Arthritis for Fall Prevention and A Matter of Balance** classes were offered at low or no cost at Albuquerque Oasis with a Blue Cross and Blue Shield of New Mexico Healthy Kids, Healthy Families® grant in 2018. All four classes focus on increasing physical activity through effective, age-appropriate exercise and avoiding falls through risk awareness and reduction.

## Getting a Taste of Oasis

Fitness instructor Ilene Dunn's falls prevention demonstration was one of several offerings newcomers to Albuquerque Oasis had the opportunity to sample during the Taste of Oasis open house event in September 2018. The third annual Taste, sponsored by Blue Cross and Blue Shield of New Mexico, featured brief lectures, a mini concert, health food samples and free medical screenings, drawing more than 350 interested in learning more about Oasis programs and volunteer opportunities.





## Creating a Space for Local Artists

Participants who come for classes and events are regularly treated to rotating art exhibits on display in the gallery space at Albuquerque Oasis. In 2018, works by local artists group Mosaic New Mexico (pictured here), were featured, as well as two other exhibitions: *Ordinary Magic: Works by Rachel Popowcer* and *Central Avenue: Paintings by Chuck Gibbon*.

## Volunteering is at the Heart of Oasis

Community engagement is an integral part of the mission at Albuquerque Oasis. Yvonne Mangrum-Spicer and Mae Lockett (shown at right), are among the more than 500 volunteers who gave their time to the center in 2018, serving as tutors, volunteer instructors and supporting operations.



## Exploring New Places with Oasis

Whenever Nancy Thobe receives the latest catalog from Albuquerque Oasis, she's eager to discover where she can go next. "It's like a treasure trove," she says. "The trips are the first things I look over."

Nancy discovered Oasis eight years ago, and typically signs up for two or more local trips or tours each trimester. In 2018, Oasis participants had more than 65 outings from which to choose – featuring everything from local businesses to historic sites, parks and other attractions.

"I still do some exploring of the area by myself, but there are a lot of places I'm more likely to visit if I go with a group," says Nancy. "The other thing that's really nice about exploring with Oasis is that I have the opportunity to meet new people." Nancy and others who favor the trips have learned that it's best to register early, as the excursions almost always sell out.

"Participants love the tour programs," says Melody Mock, programming coordinator. "They are a hit because they offer insights into local businesses and organizations that might not be available otherwise, like the recycling center or the air traffic control center."

The Albuquerque Museum is a popular destination for Oasis adventures.

"Oasis participants are always an enthusiastic, informed and curious bunch who bring vitality and inquiry," says Museum Director Andrew Connors.



# One Tutor, One Child, Two Lives Changed Forever

Mary Dickson brings an enticing bag of fun to her weekly reading sessions with the elementary school children she meets as a tutor with the **Oasis Intergenerational Tutoring** program. Pool noodles, memory games, craft sticks and a joke jar are just a few of the creative ways she shakes things up to engage and build relationships with students.

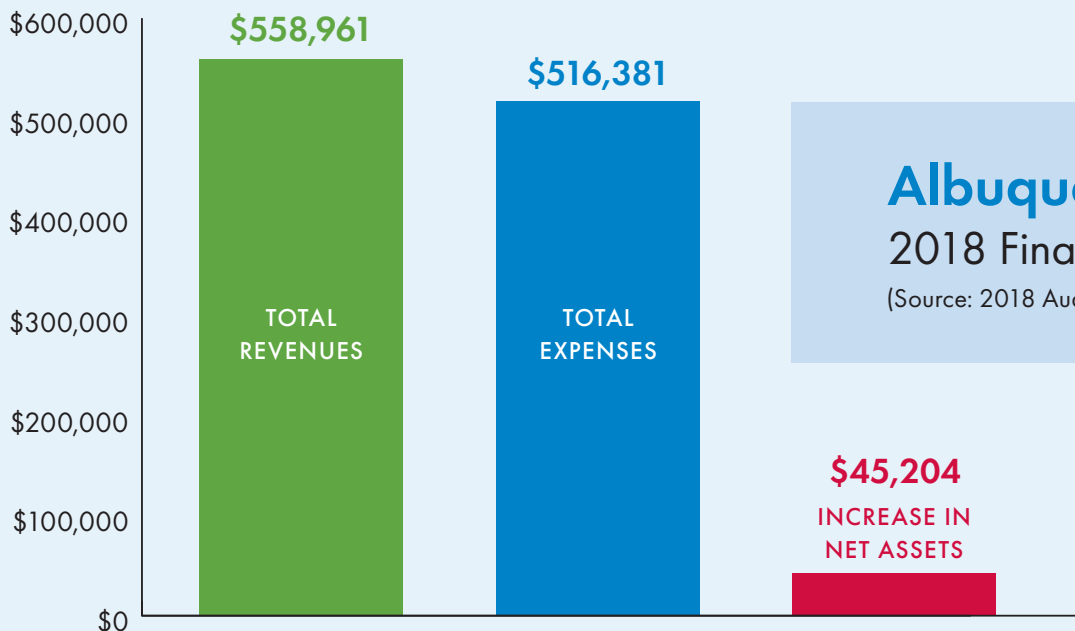
“Children have different learning styles,” says Mary. “After we’ve read and talked, it makes it really fun for them if there’s something we can do.”

A retired middle school teacher and former owner of a Montessori preschool, Mary also shares her tutoring trade secrets with other Oasis tutors who work with children in grades K-3 through the program at Albuquerque Oasis, serving schools in Albuquerque, Bernalillo and Rio Rancho Public Schools. In 2018, the program expanded to include six new schools and 105 new tutors. These tutors join the ranks of over 4,000 older adults volunteering with the program nationwide.

In 2018, **Oasis Intergenerational Tutoring** in Albuquerque received generous support from Molina Healthcare, making possible the creation of a promotional video developed by EcoMedia. To see this video, visit [oasisabq.org/tutoring](https://oasisabq.org/tutoring).

At the heart of the Oasis tutoring program are the relationships fostered through adults and children spending critical one-on-one time together.

“This year, I’m working with a little girl who was pretty hard to reach in the beginning,” Mary says. “There was no smiling. But as the year progressed, and we’ve come to know each other better, she’s come out of her shell. I’m getting a smile.”

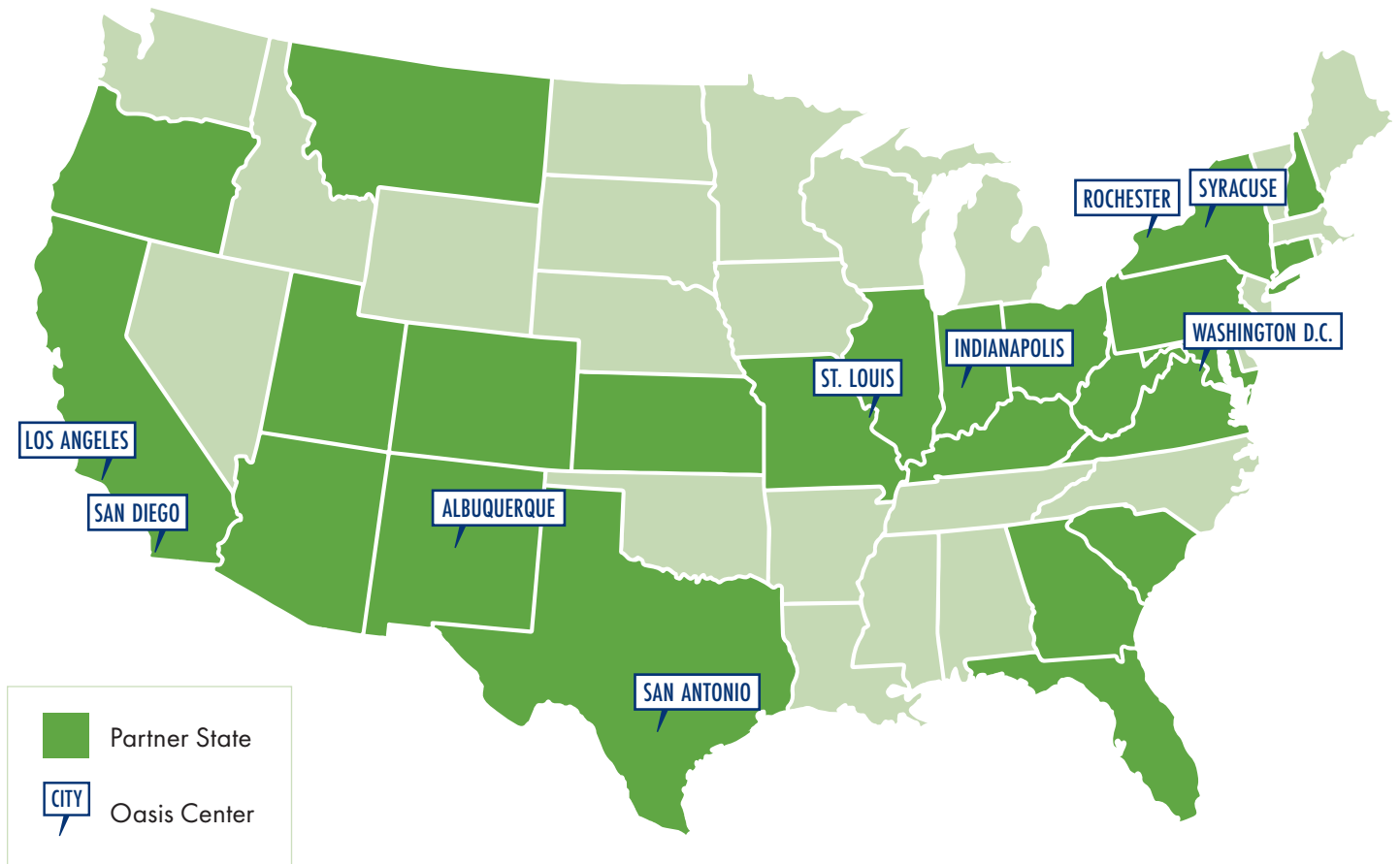


## Albuquerque Oasis 2018 Financial Snapshot

(Source: 2018 Audited Financial Statements)

# 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.

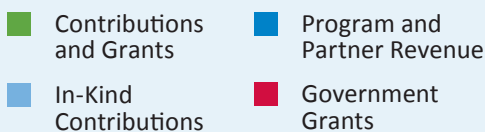
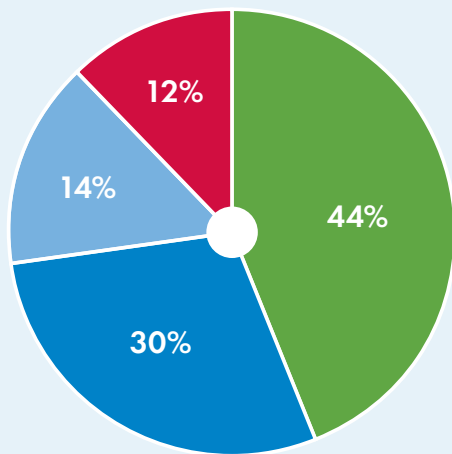
Since 1982, Oasis has inspired thousands of older adults through programs that encourage lifelong learning, active lifestyles and volunteer engagement. In 2018, 95 percent of participants surveyed indicated they recommend Oasis to friends. Here's why:

- > **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.

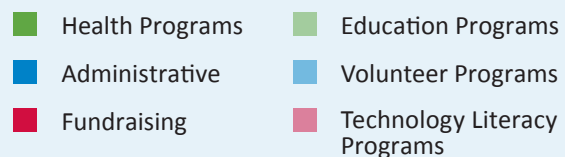
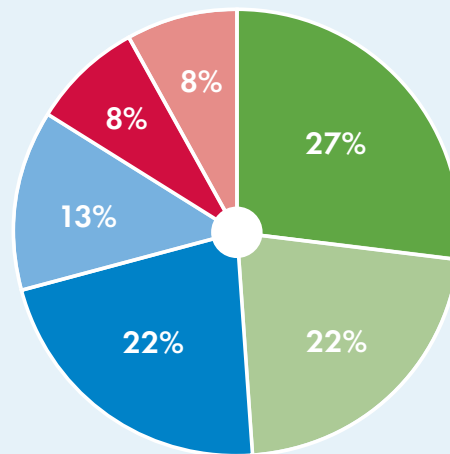
## 2018 Oasis Institute Statement of Activities

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

Support & Revenue – \$6.13 million



Expenses – \$7.24 million



## 2018 Albuquerque Oasis Board of Directors

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## 2018 Albuquerque Oasis Sponsors



## New Mexico Leadership Summit

Albuquerque Oasis is proud to have partnered with Central New Mexico Community College for the first ever New Mexico Leadership Summit, held in August 2018.

The full-day conference featured national and local speakers sharing their unique personal stories and

leadership experiences. The event drew hundreds of community members interested in reflecting upon their leadership styles and making meaningful change across New Mexico and the Southwest.

*The 2019 Leadership Summit is scheduled for Friday, August 16, 2019. Register today!*

**To register, call (505) 884-4529 or visit [www.cnm.edu/nmls](http://www.cnm.edu/nmls)**

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

### Albuquerque Oasis

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