



# changing *the face of* aging



# Oasis Consolidated 2018 Annual Reports

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# 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.

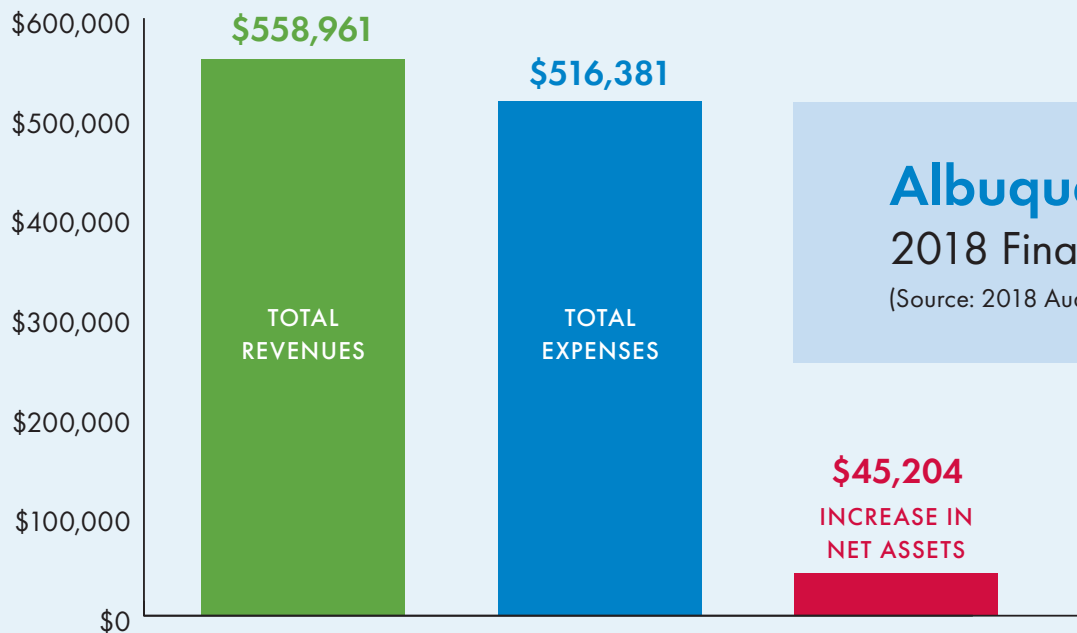
“Children have different learning styles,” says Mary. “After we’ve read and talked, it makes it really fun for them if there’s something we can do.”

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.”

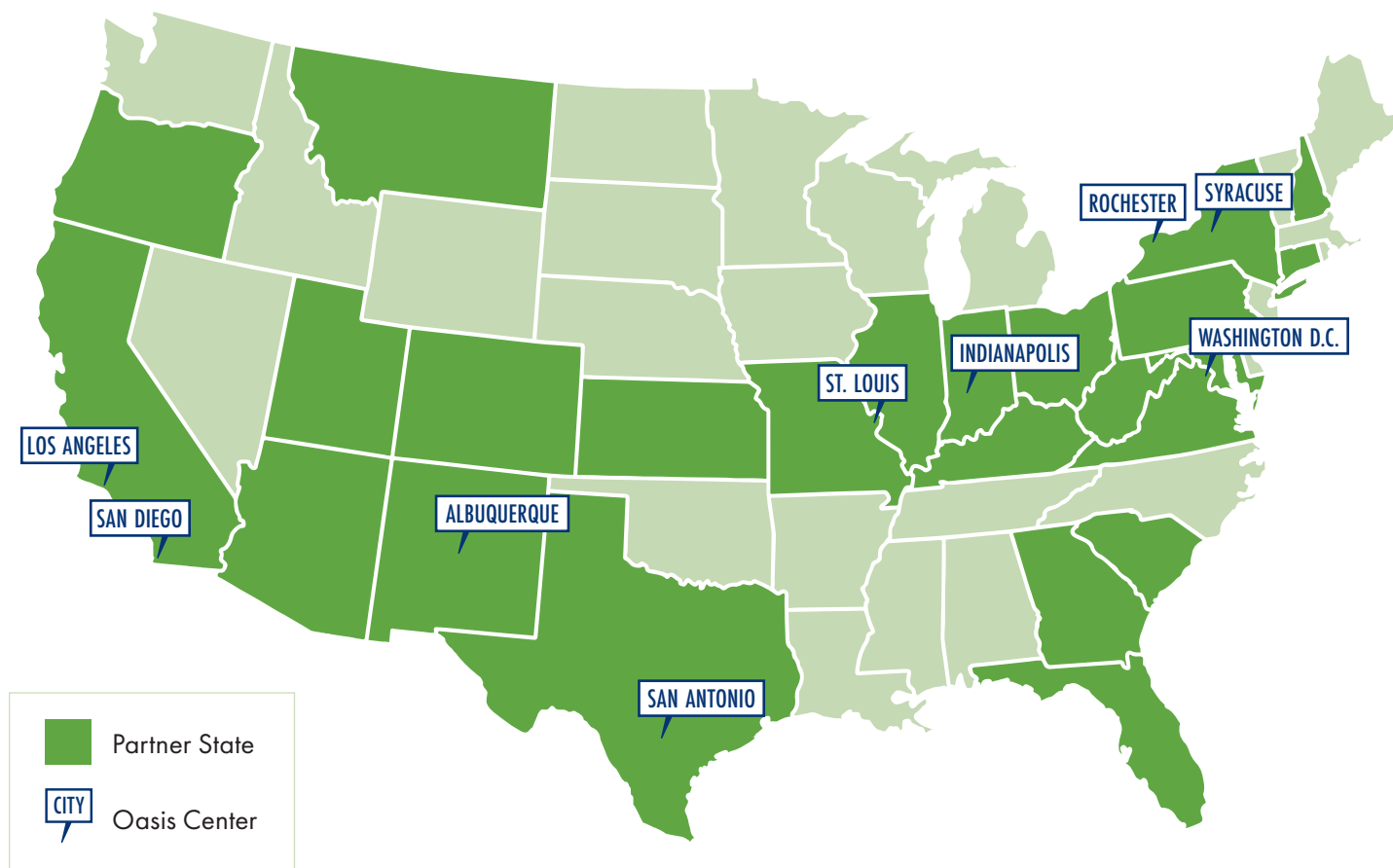


## Albuquerque Oasis 2018 Financial Snapshot

(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!



**52,000**  
participants



**4,000**  
tutors



**630**  
schools



**6,100**  
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**332,000**  
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**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.

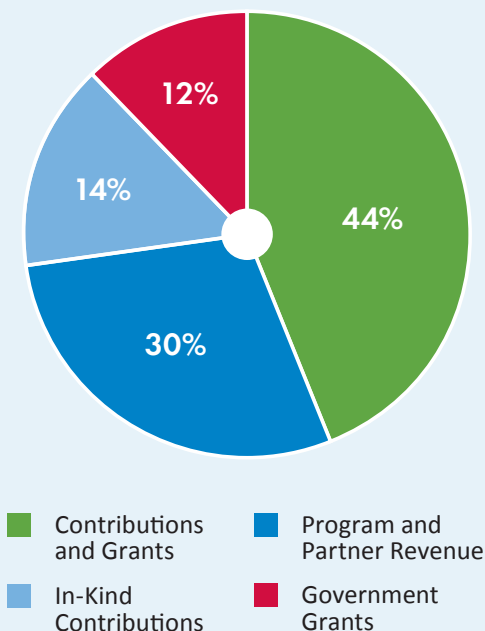
Since 1982, Oasis has inspired thousands of older adults through programs that encourage lifelong learning, active lifestyles and volunteer engagement. In 2018, 95 percent of participants surveyed indicated they recommend Oasis to friends. Here's why:

- > **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.
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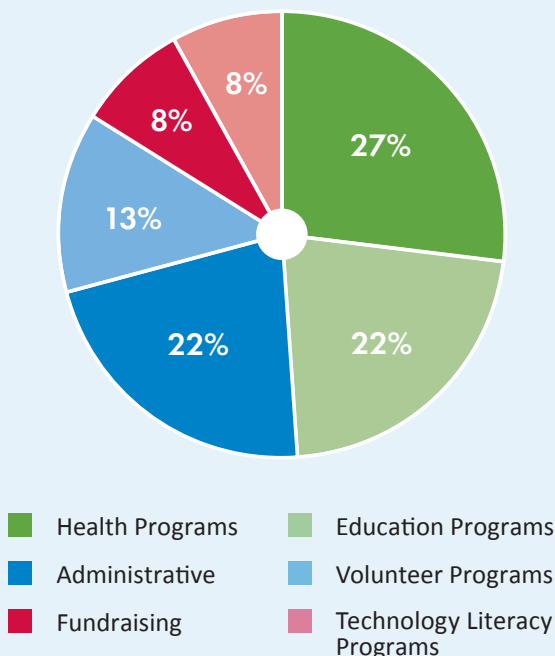
## 2018 Oasis Institute Statement of Activities

(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

American Square Shopping Center  
3301 Menaul Blvd NE, Suite 18, Albuquerque, NM 87107  
(505) 844-4529 | [oasisabq.org](http://oasisabq.org)





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# Dear Oasis Friends,

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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*?

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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.

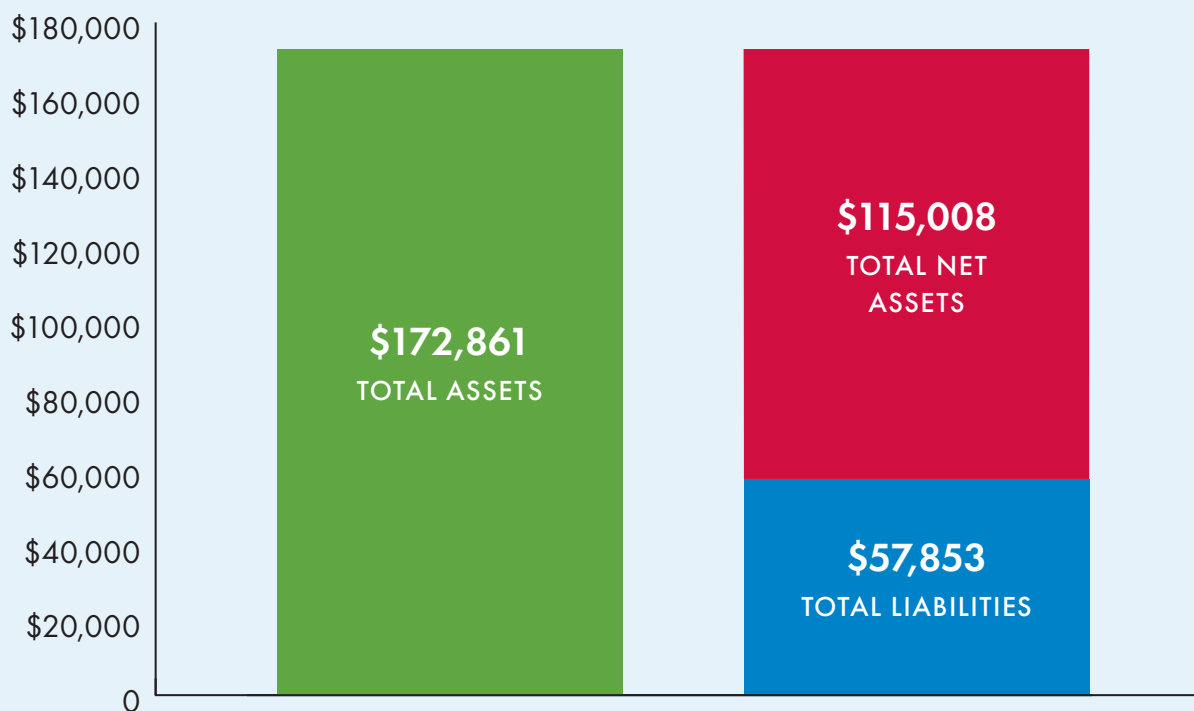
"I was impressed by the credentials of the instructors, but more so by how soon and how well they established rapport with those taking the classes," says AMP graduate Arthur Sterne.

"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."

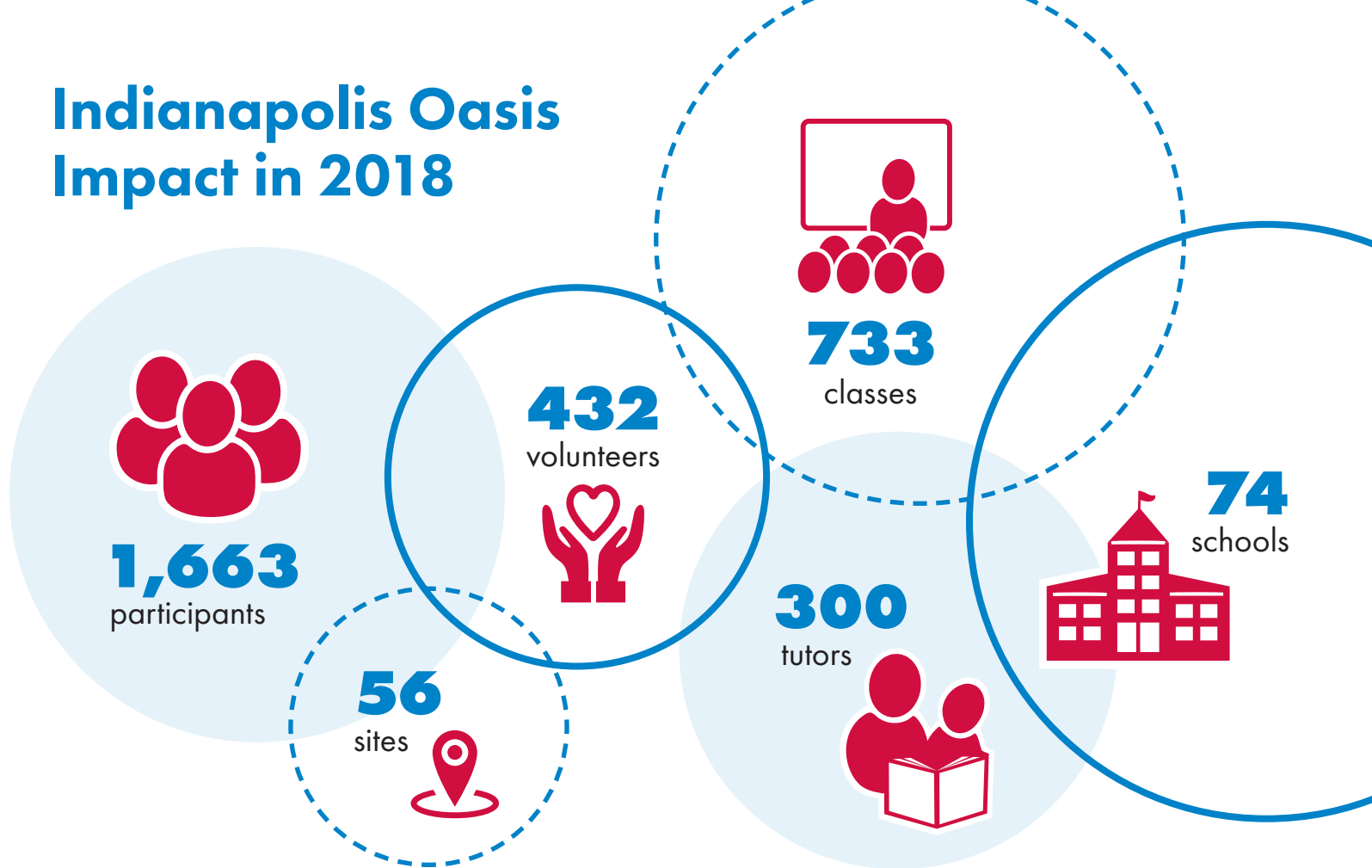
Dorothy Suther volunteers as an AMP facilitator and presenter. "One of the pleasures of leading a group is the opportunity to see the same people for 10 weeks and get to know them," she says. "Attendees become comfortable with each other and participate freely, sharing their experiences."

## 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."

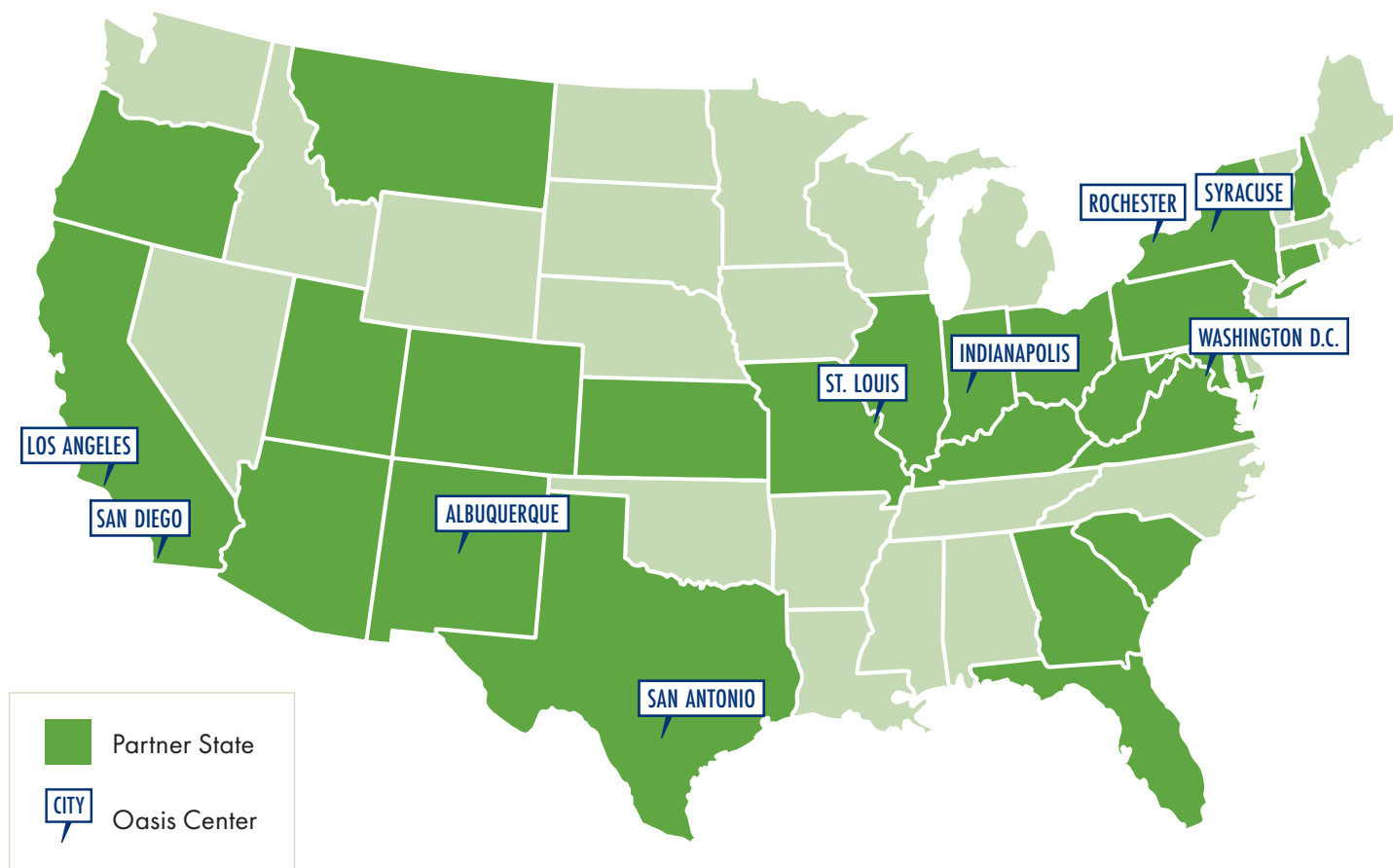
Becky and Donna join a dedicated force of volunteers who take on a number of tasks that keep Indianapolis Oasis a vital resource for hundreds of older adults each day. From greeting visitors at the front desk to assisting behind the scenes, volunteers share their time and talents in a variety of ways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



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

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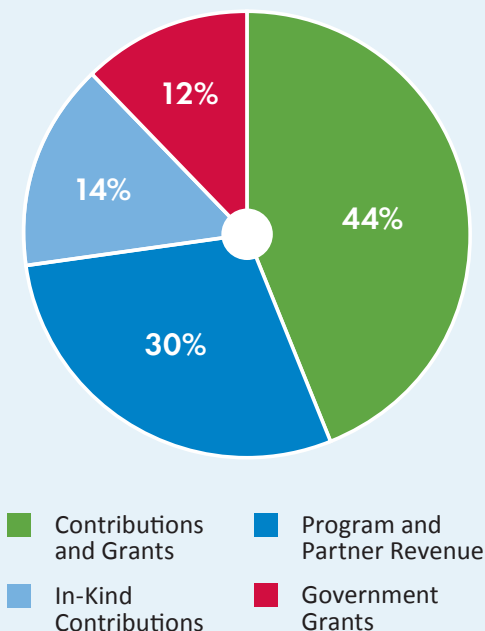
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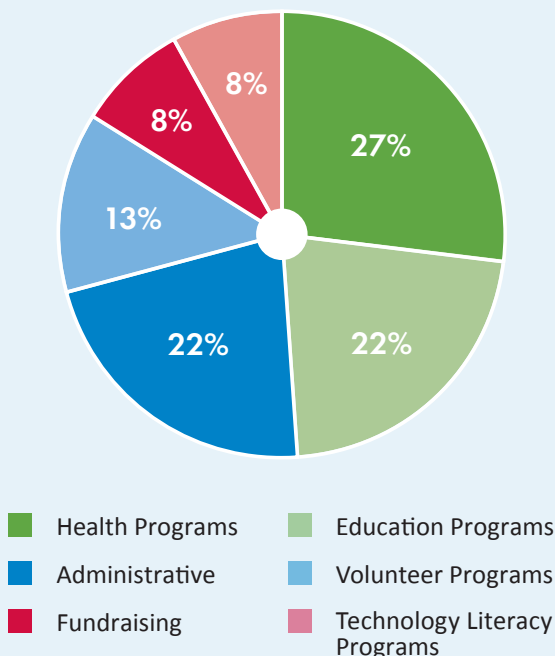
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## Thanks to all of our 2018 community partners, grantors and sponsors!

### 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

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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

10800 E. Washington Street, Indianapolis, IN 46229  
(317) 396-3751 | [oasisindy.org](http://oasisindy.org)





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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.”



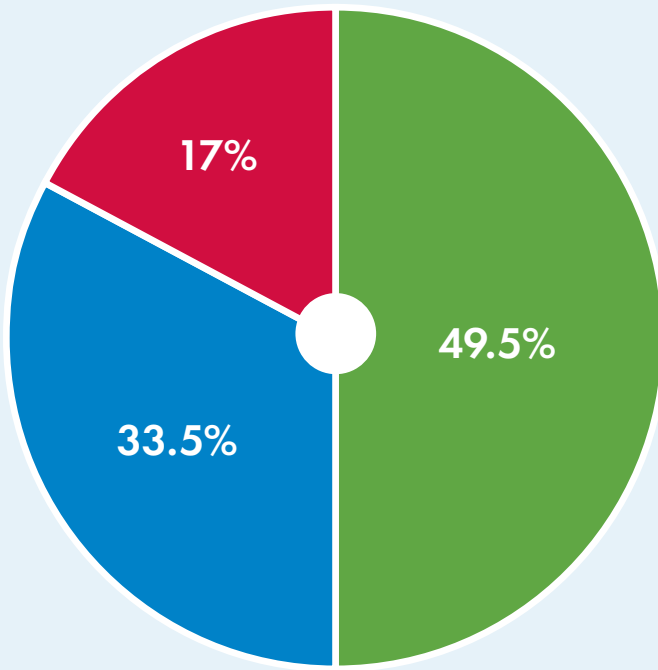
## Sharing Words and Wisdom



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

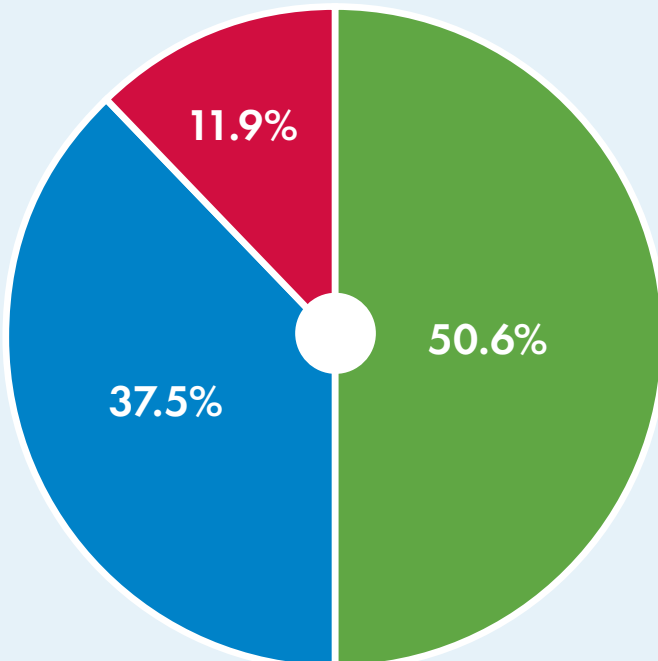
Fiscal year ended December 31, 2018



## Support & Revenue – \$378,737

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

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

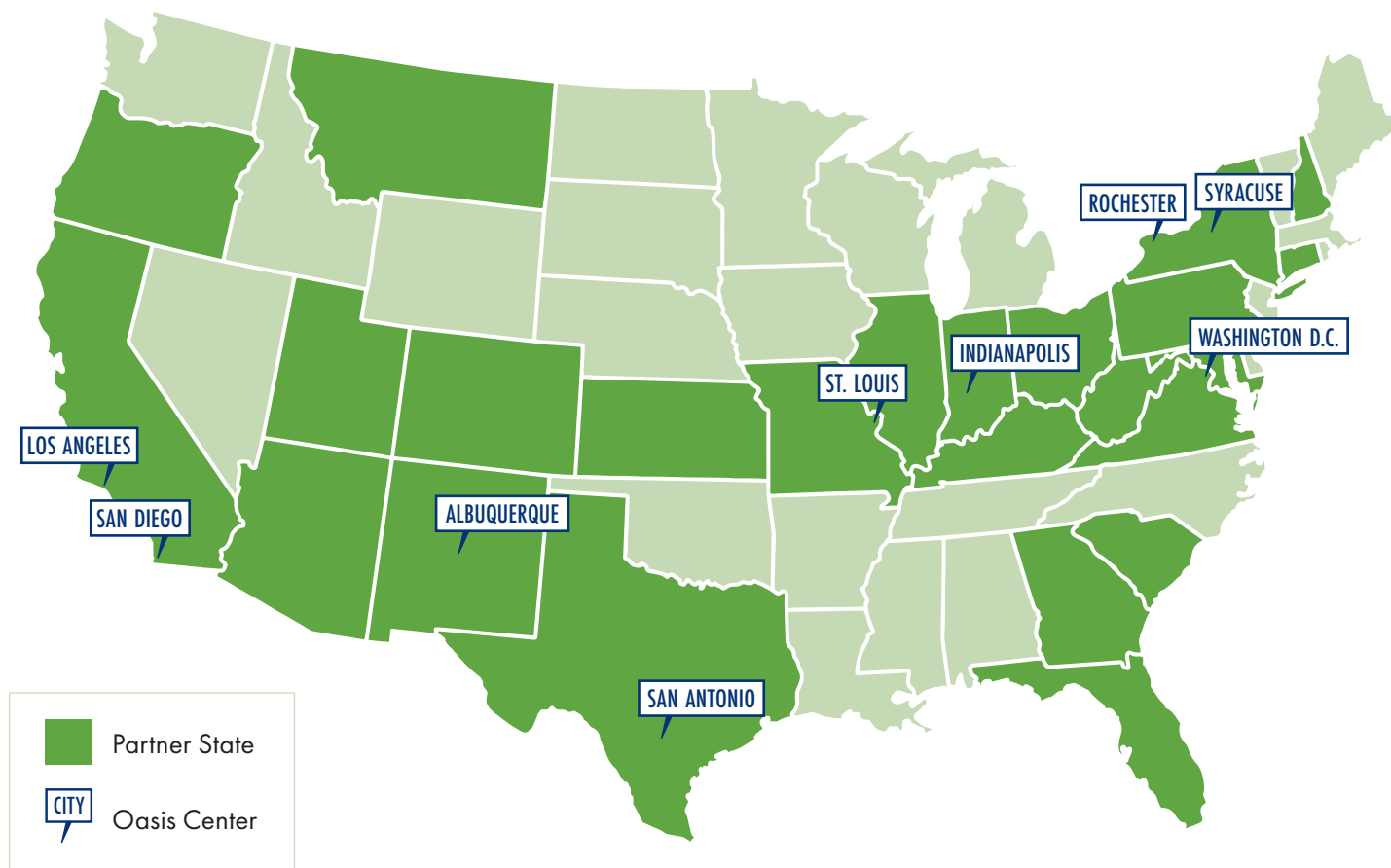


## Expenses – \$361,098

- 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.

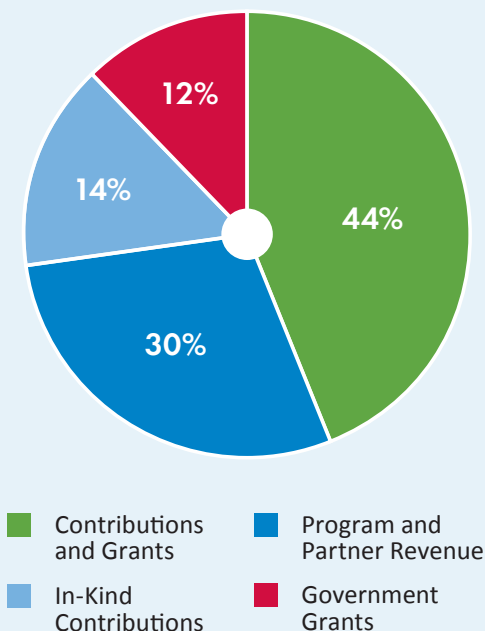
Since 1982, Oasis has inspired thousands of older adults through programs that encourage lifelong learning, active lifestyles and volunteer engagement. In 2018, 95 percent of participants surveyed indicated they recommend Oasis to friends. Here's why:

- > **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.

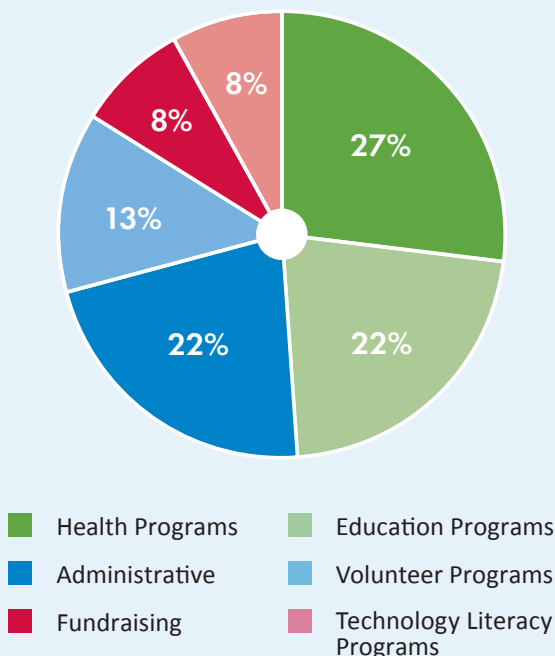
## 2018 Oasis Institute Statement of Activities

(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

Beverly Davis, CPA

Sharon Fine

Selma Framson

Janie Yuguchi Gates, EdD

Nat Hutton, MBA

Marie Johnson, PhD

Iao Katagiri

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](http://oasisnet.org/losangeles)





# 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



There are abundant reasons to go back to school. We can learn a new skill, broaden our knowledge base or add to our resumés.

Research shows that participation in ongoing learning opportunities may help you live longer and better. It is part of a broader approach called "active aging." The World Health Organization defines this as "the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age." Does that sound familiar?

While technically not a "school," Rochester Oasis provides opportunities for lifelong learning and healthy living in a comfortable and inviting atmosphere.

We don't see aging as a number, but as a time of opportunity for continued growth. The shared sense of community through new and renewed friendships can add to the quality of the experience as well.

At Rochester Oasis there is room for it all. Last year, we continued many of the exercise and wellness classes such as **NIA (Non-Impact Aerobics), Yoga, Tai Chi** and **Senior Spunk** that have become an important part of our overall health programming.

We are learning to "Break Up with Sugar" and "Age Well with Buff Bones." And of course, we are expanding our lifelong learning offerings with new and exciting history, arts and humanities classes.

This coming year, we will continue to learn and grow as we broaden our horizons in an effort to reach out to even more people who are inspired to age actively with Rochester Oasis!

Best,  
**Ann Cunningham**  
Executive Director  
Rochester Oasis



# Inspiring Joy through Dance

It's hard to sit still watching the Oasis Tappers. Inevitably, the audience starts moving their feet and even singing along. There are lots of smiles, too. That's the Tappers working their magic and spreading joy.

"Being in front of people and seeing their reaction is what makes it special," says Kathlyn Greene, who dances with the Oasis Tappers. "My most memorable moment was seeing the faces of adults with dementia light up the minute the music started and watching them swaying and clapping along."

*"They all inspire me and teach me new things every day."*

Instructor Erika Atkinson directs and choreographs the Tappers, and has been with the program for 18 years. She teaches all levels of tap along with other dance classes at Rochester Oasis. "I have many participants who have danced since they were young, as well as students new to dance who have worked hard, persevered through their classes and are now part of Oasis Tappers," she says. "They all inspire me and teach me new things every day."

Rochester Oasis began offering tap dance twenty years ago, starting with a beginner class and the Tappers performance troupe. Tap has grown into a full-fledged program with multiple levels. The Tappers currently have 18 members, ranging in age from 62 to 101. To join requires at least intermediate level tap experience. The group practices and performs year-round at a variety of venues, including senior centers and public events throughout the Rochester area. A highlight for the group was taking the stage at the historic Geva Theatre.

Lois Amato has been dancing since she was five and also taught dance for many years. She says being part of Oasis Tappers is awesome. "It keeps you young," Lois says. "When you're learning the steps, you're doing it mentally as well as physically." Tapper Pat Klein also touts the health benefits and "the friendships and camaraderie. It's wonderful."

"The Tappers exemplify the three primary goals of Oasis: lifelong learning, healthy living and volunteerism," says Ann Cunningham, executive director of Rochester Oasis. "The dancers are always learning and practicing new routines, which requires mental focus. Of course, dance is a great way to keep fit. The mind-body connection is very important. And by going out into the community to share their talents, they are giving back."

Oasis Tapper Marion Fahy has been dancing for nearly nine decades. "It's been the biggest part of my life, since I was 12," she says. "I love it. I just can't give it up."



# Keep Moving for a Better Life

"Nothing makes me happier than helping older adults get moving," says Nancy Alexander. "We need to keep physically active to have a better life!" As a licensed physical therapist and ACE certified senior fitness specialist, Nancy oversees and teaches classes for the **Buff Bones®** fitness program offered at Rochester Oasis. Designed to help adults achieve lifelong mobility, the program combines Pilates, strength training, functional movement and balance exercises that work together to improve bone and joint strength and longevity.

While it is normal to lose some bone mass as we age, the right exercises can strengthen bones and their supporting muscles, thereby reducing the likelihood of falls and resulting fractures.

Oasis offers introductory and advanced level **Buff Bones®** classes, as well as a chair-based class for those with less mobility. All three are popular and fill up quickly. Class sizes are small to allow for adequate space and personal attention.

"Nancy is great at explaining why we are doing a specific movement and what it is designed to work on," says Cristine Scherline, who credits the program with making a huge improvement in her range of motion, which had been severely impacted by back pain. Pain, it turns out, is often what prevents many people from working out.

"I've had a lot of people in my classes tell me that they did not exercise in the past because it hurt too much," adds Nancy. "As a physical therapist, I know how to easily modify some of the exercises based on a participant's health history and current fitness level. Students love these classes because they can finally participate."

*"I'm working to make my later years be my best [years]..."*

**Buff Bones®** classes have also benefited Jean Schafer, who reports improved strength and balance. "I especially like the variety of exercises we do in class," adds Jean, who believes that Nancy's enthusiasm is also what makes the program so popular.

Nancy is especially suited to her role with Oasis, bringing both professional and personal experience with her. In addition to 25 years working with older adults, she spent 18 years caring for her father who had dementia. She's written a book about her experiences as a caregiver and continues to provide lectures, classes and workshops on topics about health and aging well.

*"I'm working to make my later years be my best, and I love inspiring others to do the same," she says.*



# How Do You Say “Friend?”

Learning a new language is a great brain exercise at any age. But during foreign language classes offered at Rochester Oasis, something more is happening: communities of friends are formed.

“The majority have been here year after year, so there is a real sense of community,” says Spanish instructor Kristine Hannon. “Some have formed lasting friendships. What I love about teaching my adult students is that they are there because they want to be.”

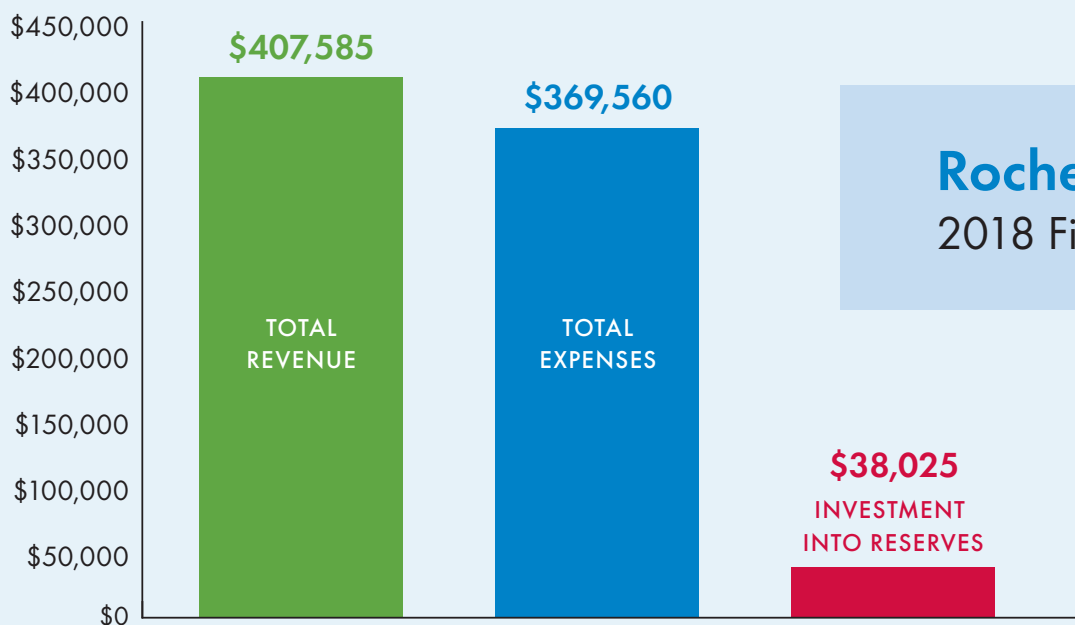
Oasis language students are enthusiastic learners. Some get together outside the classroom to practice, and many have planned trips abroad together to get real world experience. The Spanish and German classes end their semesters by visiting restaurants specializing in cuisine native to their language countries.

“Lessons are a perfect balance between learning grammar and highlighting culture,” says Connie Barrett, who has taken Spanish with her husband at Oasis for four years. “Kristine is an excellent teacher, and we look forward to seeing our classmates each week.”

Ingeborg Oberdörster has been teaching German at Oasis since 1989 and has watched many students advance from beginners to near fluency. “Those with close German relatives are thrilled to finally understand songs sung to them as children, and are spurred to further investigate their ancestry,” says Ingeborg.

Instructor Kevin Finnigan taught French and Latin in public middle and high schools for 40 years before teaching at Oasis. “Learning a new language at Oasis creates a bond among the students and with the instructor,” he says. “Teaching at Oasis keeps my hand in my academic fields and allows me to interact with lots of new folks, which I find enjoyable.”

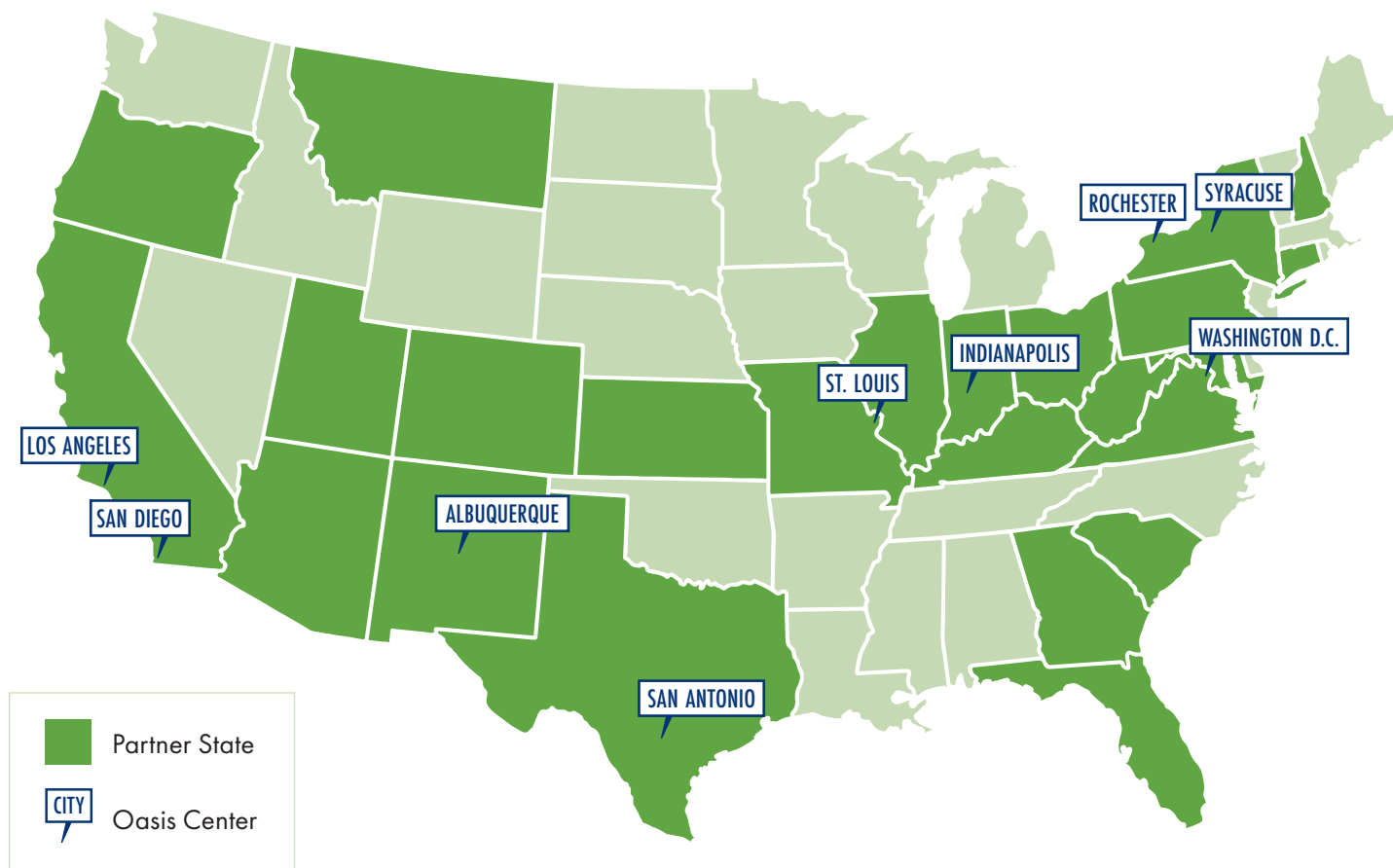
Foreign language classes are part of robust lifelong learning programs offered by Rochester Oasis that include a wide variety of classes in the arts, literature, history and current events.



## Rochester Oasis 2018 Financial Snapshot

# National Impact in 2018

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**52,000**  
participants



**4,000**  
tutors



**630**  
schools



**6,100**  
volunteers



**332,000**  
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**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.

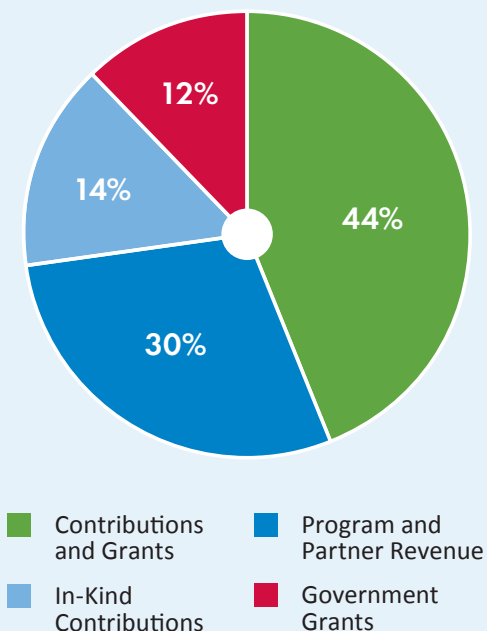
Since 1982, Oasis has inspired thousands of older adults through programs that encourage lifelong learning, active lifestyles and volunteer engagement. In 2018, 95 percent of participants surveyed indicated they recommend Oasis to friends. Here's why:

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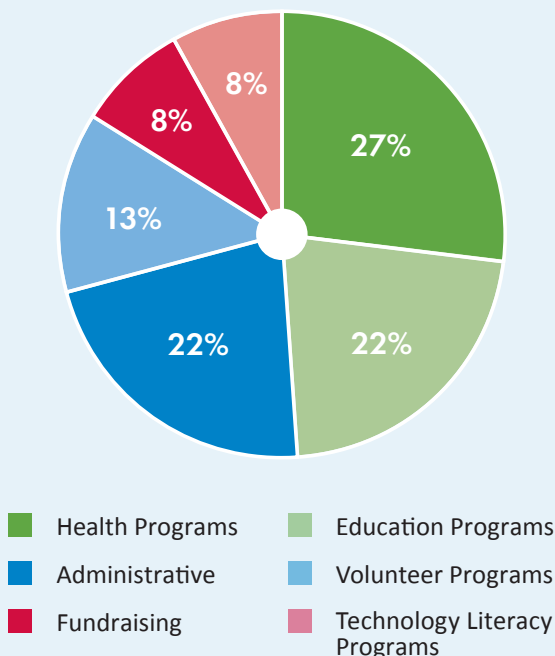
## 2018 Oasis Institute Statement of Activities

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

Support & Revenue – \$6.13 million



Expenses – \$7.24 million





# A Love of Learning Leads to Legacy Gift

Lizzie Bell was encouraged by a friend to check out Rochester Oasis in 2009. That was more than 150 classes ago and counting. A wide range of topics have piqued her interest, everything from watercolor painting to ballet to Medicare counseling to writing and journaling.

“I love to learn and have met so many lovely people who have traveled along similar life journeys as my own,” says Lizzie. “The varied subjects, the engaging instructors and the supportive people I know at Oasis helped me through some very difficult life challenges.”

She enjoyed taking classes so much, that Lizzie started leading some classes. A retired pastor, she has led classes in Qur’an, the Bible, the Gnostic Gospels and a book club. “There have been so many topics I always wanted to explore when I was younger, but I never had the time. Teaching helps me learn along with my students,” she says.

In 2018, Lizzie named Rochester Oasis in her will. “I am proud that Rochester has wonderful opportunities for growth, socialization, learning and physical activity,” says Lizzie. “I want to make sure these opportunities are here long after I am gone.”

## 2018 Rochester Oasis Sponsors

Lifetime Care Home Health  
Care and Hospice

Monroe County Office for the Aging

North Coast Radio WJZR

## 2018 Rochester Oasis Advisory Council

**Dick Butler - President**  
Community volunteer

**Jennifer Clar**  
Director of Communications  
Lifetime Care

**Susan Friedman, MD**  
Highland Hospital

**Suzanne Jaschik**  
Community volunteer

**James Hartman, JD**  
Community volunteer

**T.C. Lewis**  
Community volunteer

**Pat Martinez**  
Community volunteer

**Julie Murawski**  
Director of Development, Lifespan

**Steve Newcomb**  
Aging Services Administrator  
Monroe County Office for the Aging

**Peter Nilsson, JD**  
Community volunteer

**James Termotto**  
Program Director  
North Coast Radio WJZR

**Lloyd Theiss**  
Director, The Highlands

**Mary Ann Wolfe**  
Community volunteer

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

### Rochester Oasis

Monroe Square, 259 Monroe Avenue, Rochester, NY 14607  
(585) 730-8800 | [oasisnet.org/rochester](http://oasisnet.org/rochester)





# 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.

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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*?

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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.”

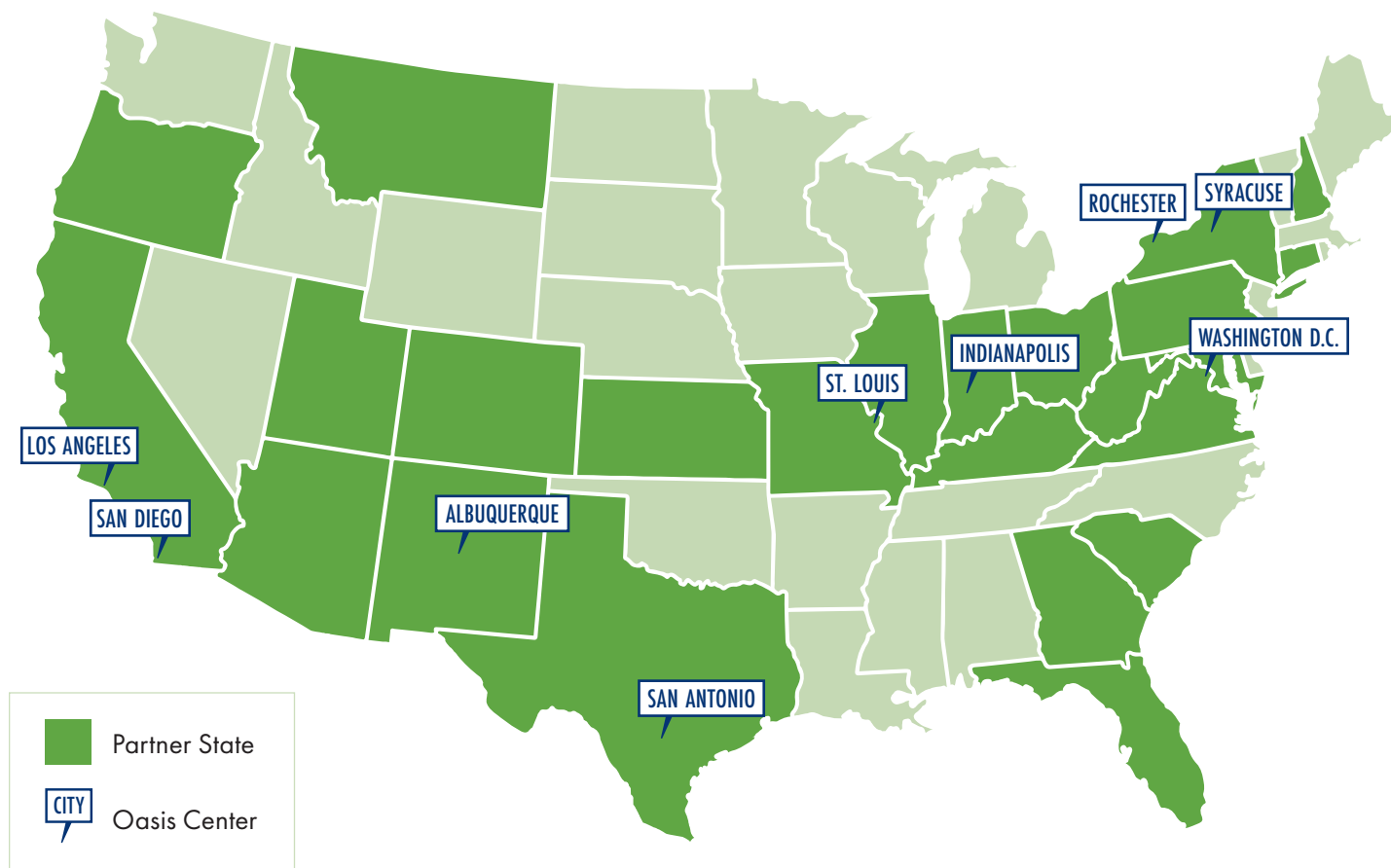
David A. Wood, Jr., PhD, Associate Professor of Astronomy at San Antonio College, has been sharing his passion for all things celestial with his Oasis students for the past two years. “I see the same faces many times, and it is fun to see everyone get excited by new ideas,” he says.

“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!



**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.

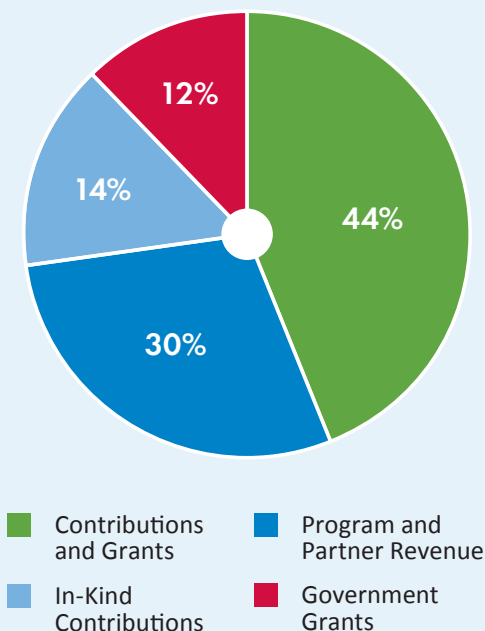
Since 1982, Oasis has inspired thousands of older adults through programs that encourage lifelong learning, active lifestyles and volunteer engagement. In 2018, 95 percent of participants surveyed indicated they recommend Oasis to friends. Here's why:

- > **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.

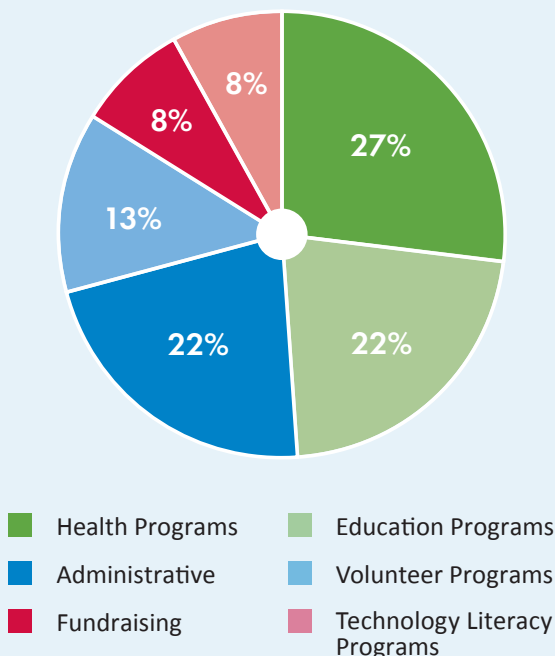
## 2018 Oasis Institute Statement of Activities

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

Support & Revenue – \$6.13 million

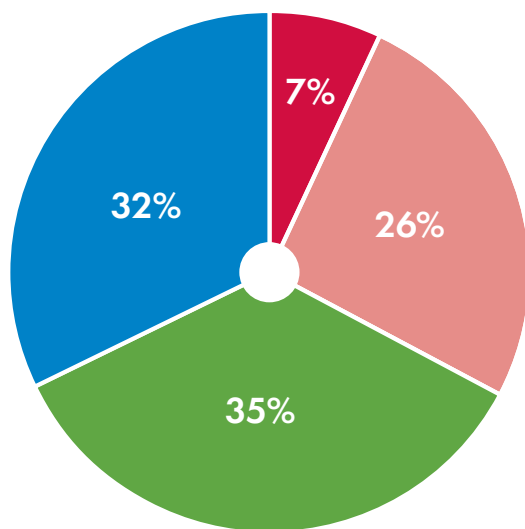


Expenses – \$7.24 million



# 2018 San Antonio Oasis Statement of Activities

Support & Revenue – \$543,133



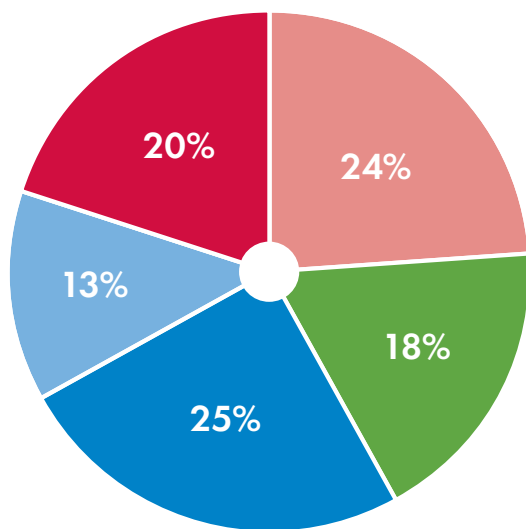
- Individual Contributions
- Program Revenue
- Government Grants
- Grants Foundation / Corporations

## 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  
San Antonio, TX 78229 | (210) 236-5954 | [oasisnet.org/sanantonio](http://oasisnet.org/sanantonio)





# 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 [sandiegooasis.org](http://sandiegooasis.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

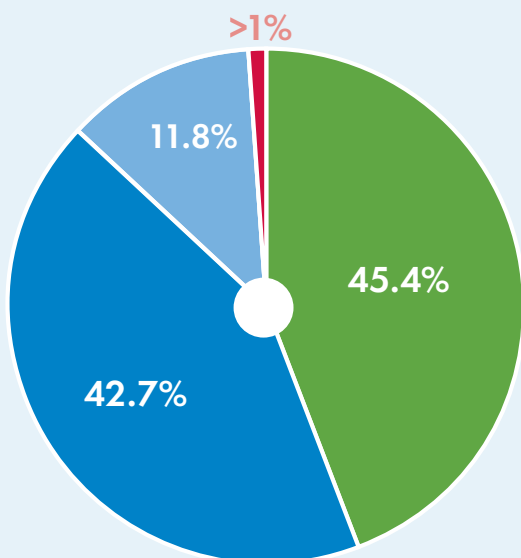


**2,800**  
classes and activities

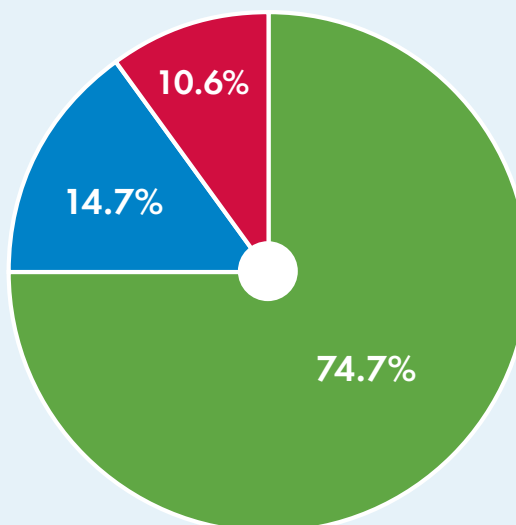
# 2018 San Diego Oasis Statement of Activities

Support & Revenue – \$1,444,787

Expenses – \$1,573,892

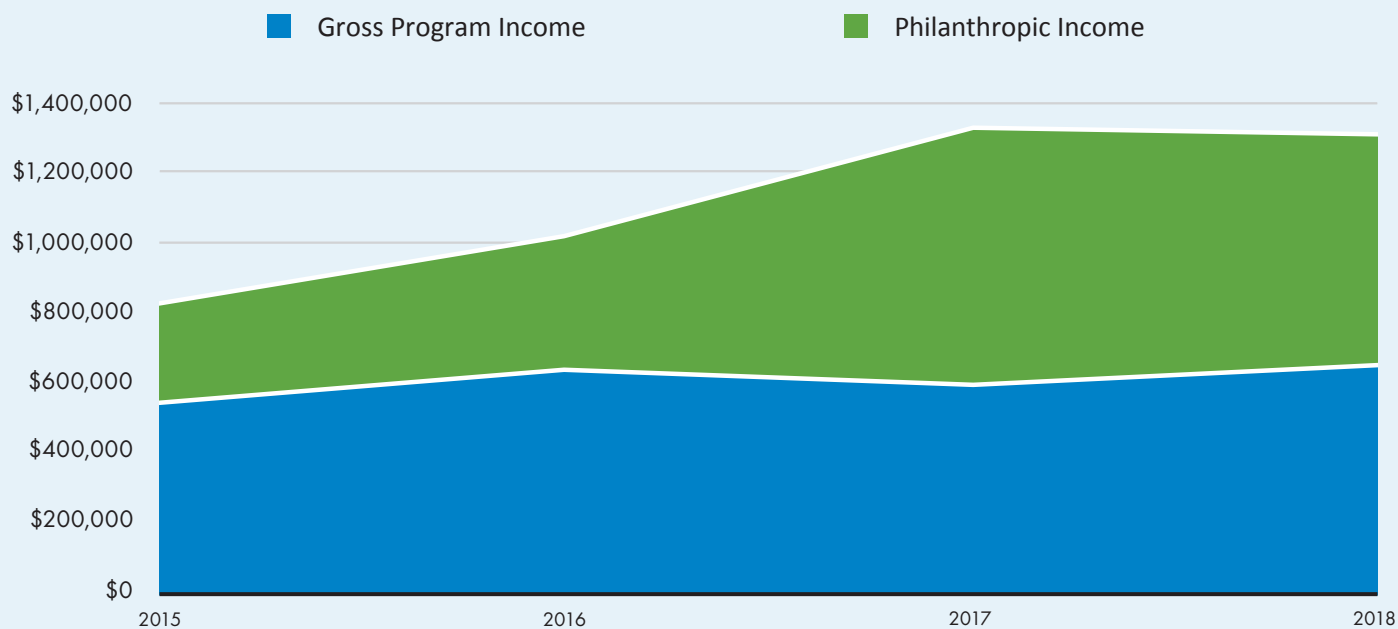


■ Program Revenue - **\$655,410**  
■ Contributions / Grants - **\$617,593**  
■ In-Kind Contributions - **\$169,845**  
■ Investments / Other - **\$1,939**



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

## San Diego Oasis Annual Income Trends

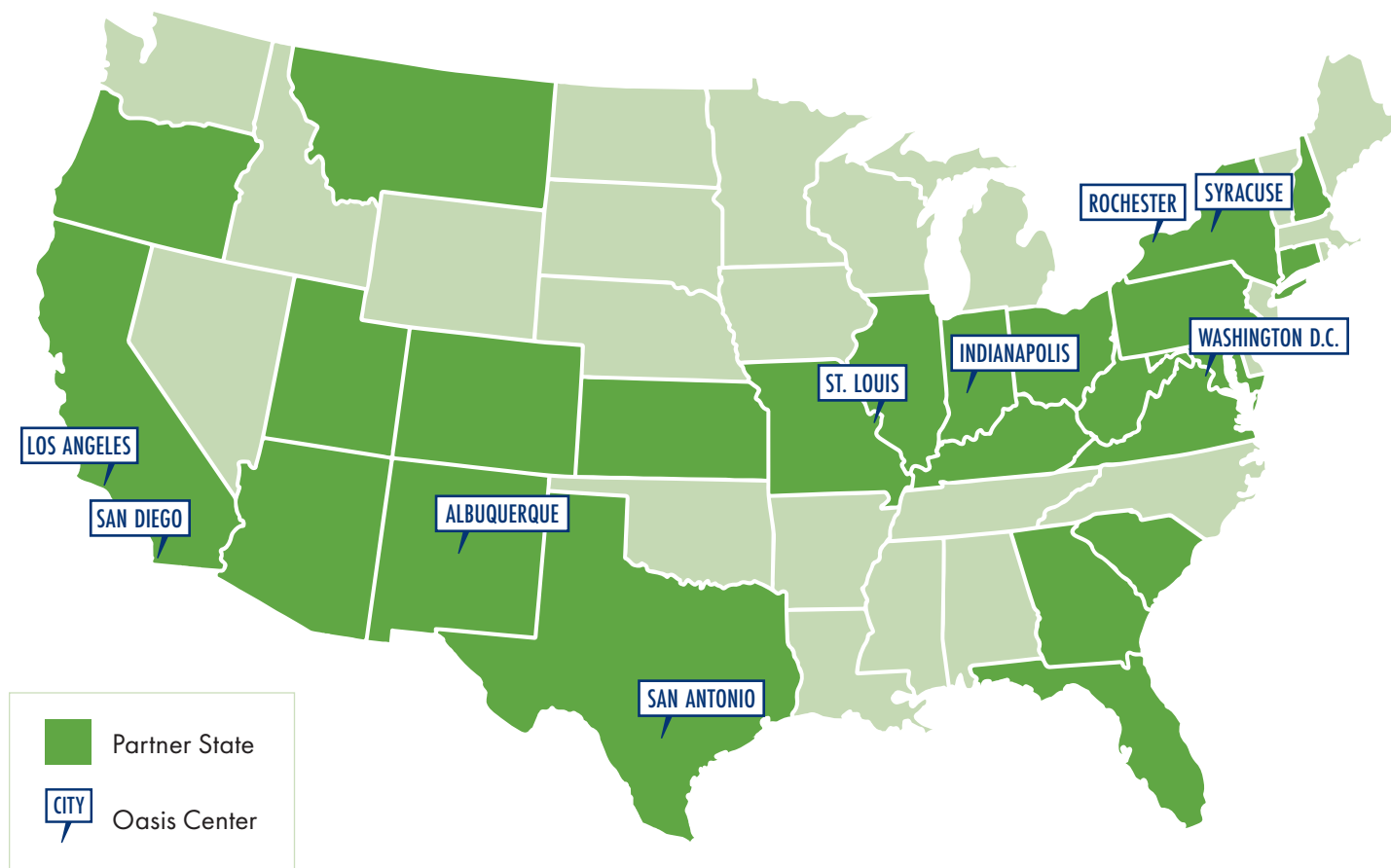


NOTE: Excludes in-kind and investment revenue

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

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**4,000**  
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**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.

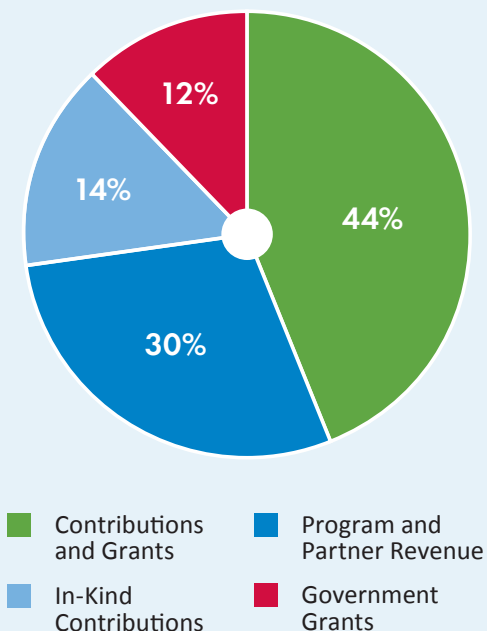
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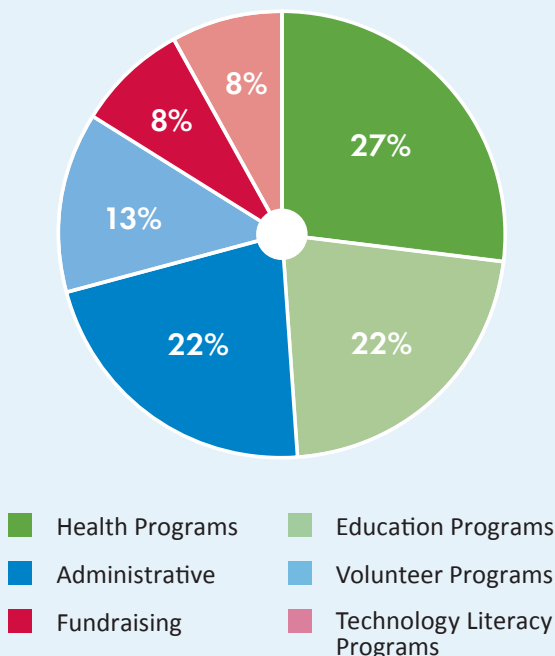
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## 2018 San Diego Oasis Sponsors

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

## 2018 San Diego Oasis Legacy Circle Members

Anonymous	Emily Keeler
Claire & Carlos Arias Family Trust	Rupert Keesler*
Krishna & Bonnie Arora	Sandra Nimitz Lawhon
Donald & Nadene Bruders	Trevalyn Tracy Lawler*
Heather Chisolm-Chait	William & Jolyn Parker
Donna Dotson	Herma G. Sullivan*
Cynthia Haney	Glenn Walker
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John & Colette Michelle Hessler	

(\*) indicates deceased

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Paul Weiss, PhD

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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

5500 Grossmont Center Drive, Suite 269, San Diego, CA 91942  
(619) 881-6262 | [sandiegooasis.org](http://sandiegooasis.org)





# changing *the face of* aging



# Dear Oasis Friends,

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Warmly,

**Paul Weiss, PhD**

President, The Oasis Institute



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**Paul Weiss, PhD**  
President  
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Professor, Washington University

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Wiggins, Williams & Wiggins

**Sanford J. Zimmerman** (*Emeritus*)  
Retired Chairman, Intergenerational  
Community Development Corporation

# St. Louis Oasis: Where Inspiration Began and Continues to Grow

At St. Louis Oasis, we believe that opportunities to grow don't end just because we get older. The Oasis mission to promote healthy aging through lifelong learning, active lifestyles and volunteer engagement got its start in St. Louis in 1982.

We're proud that more than 35 years later, Oasis programs continue to enrich the lives of older adults nationwide and locally. Today, St. Louis remains the home of our national office and a community impacted by Oasis programs that empower and inspire adults to rethink the possibilities for themselves as they age.

Thelma Lewis (shown here at right) has been on a lifelong adventure with Oasis for 18 years and counting! In addition to taking classes, she's part of a dedicated group of volunteers giving of their time to ensure that St. Louis Oasis runs smoothly. For Thelma, it's time well spent.

"I can certainly say that my life has gotten better since becoming an Oasis participant," she says. "I have learned more about myself and how to keep my body and my mind healthy. I've also learned how to be a leader. I get so energized by Oasis, and I see so many other people who are being energized too!"



In 2018, 95 percent of participants indicated that they would recommend St. Louis Oasis to a friend.

## St. Louis Oasis At-A-Glance



**17,177**  
class enrollments

**22**  
school districts



**2,000**  
tutors



**224+**  
community partners



**2,100**  
volunteers



**6,715**  
participants

**5,000**  
classes



**156,000**  
volunteer hours



# Creating New Paths Through Lifelong Learning

When she enrolled in a creative writing skills class at St. Louis Oasis, Vivian Gibson could not foresee just how far down the path toward publication she'd be in just a few years' time. "I've had two stories published and am currently working on a manuscript for a memoir scheduled for release in 2020," says Vivian.

"The workshop has been more surprising and rewarding than any new experience I could have imagined," she says. "I joined with limited expectations of getting feedback on writings I had accumulated over the years, but the support I received led to stimulating discussions that significantly improved my writing skills and bolstered my confidence."

The class is led by instructor and accomplished author Kim Lozano, who appreciates the variety of backgrounds, life histories and experiences that students bring with them. "I love getting the opportunity to help people who want to write get better at it," says Kim. "Whether someone is looking to publish their work, wants to record family stories for their loved ones, or just wants to write for their own enjoyment, it's a pleasure getting to be a part of the process." Lozano's writing class is one of hundreds of lifelong learning opportunities offered by St. Louis Oasis each year.

Humanities classes covering a variety of topics in literature, history, arts, music and current events often turn newcomers into Oasis "regulars," just like Vivian. "My Oasis classes have become valuable additions to my weekly schedule, and I plan most all other activities around them," she says, pointing out another very important Oasis perk. "Oh yeah, I've made some great new friends, too!"

## Moving With Purpose

When an exercise class starts with 10 people and quickly grows to more than 60, something right must be happening. Volunteer instructor Pat Atkins, who leads the popular **ExerStart** classes offered by St. Louis Oasis at High Ridge Library and the House Springs Senior Center, says the secret to success is pretty simple: enthusiasm.

"Seeing class members show up, and wanting to be there, gives me the drive to keep doing this," says Pat, who hasn't regretted her decision to dive right in teaching Oasis classes after retiring in 2014. "Their enthusiasm for life, independence and staying healthy encourages me."

Janet Mertsensmeyer has attended Pat's **ExerStart** class for four years and might be responsible, at least in part, for the increase in enrollment. "I recommend this class and the instructor to everyone," Janet says. "I love it! We socialize, release stress, sing along to the music. It's a great aerobic exercise."

**ExerStart** is one of many community-based programs offered by Oasis designed to provide a path to health and wellness for older adults right where they live. **Matter of Balance, Tai Chi for Arthritis for Falls Prevention** and several other fitness classes also help to improve balance, flexibility, strength and mobility.

As the instructor, Pat agrees that the sense of community that has developed among the **ExerStart** participants is really something to experience. "We have fun and laugh a lot," adds Pat. "We are like family."

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





## Staying Connected with New Technology

Keeping up with today's ever-changing technology is a lot easier with a lifelong learning mindset.

Marge Williams is comfortable navigating iPhones, tablets, personal computers, the internet and just about any new tech device that comes along, but she knows not everyone brings that level of confidence to a new tool. She enjoys the impact she can have in her role as a volunteer instructor with **Oasis Connections**, a national digital literacy program designed specifically to equip older adults with the technology skills they need to access services and stay connected with family and friends. "I'm impressed at the determination of the students who come to my classes," says Marge. "They want to stay active and are willing to keep learning."

Marge is part of a team of 16 volunteer instructors who offered more than 60 Connections classes through St. Louis Oasis in 2018. For 11 years, she has been teaching classes and answering questions through Ask-A-Techie, a free program that provides one-on-one help to older adults who have specific questions about their technology.

"It's very rewarding interacting with people, and to know that you're helping them," adds Marge.

Nationwide, nearly 1,800 Connections classes were offered in Oasis centers and through collaborations with senior centers and residences, faith-based organizations, libraries and other partners committed to providing high-quality technology education in their communities. Connections is made possible with support from AT&T, the Consumer Technology Association Foundation and Charter Spectrum.

## Renewing Purpose Through Tutoring

His new friends call him "Mr. B." And Dean Barnes is just fine with that. When he decided to volunteer with the **Oasis Intergenerational Tutoring** program not long after retiring, Dean fully expected he would be helping children with reading. But he couldn't predict just how hooked he would become on his new role as a tutor.

"The relationship that I've been able to build with these kids has been really rewarding," says Dean. "I'm there because I want to be, and the children pick up on that. If you think about it, everyone benefits from some one-on-one attention."

In his first two years as an Oasis tutor, Dean has worked with 14 different students in two St. Louis area school districts, Parkway and Rockwood. Typically, Oasis tutors meet individually with students in grades K-3 for one hour a week during the school year.

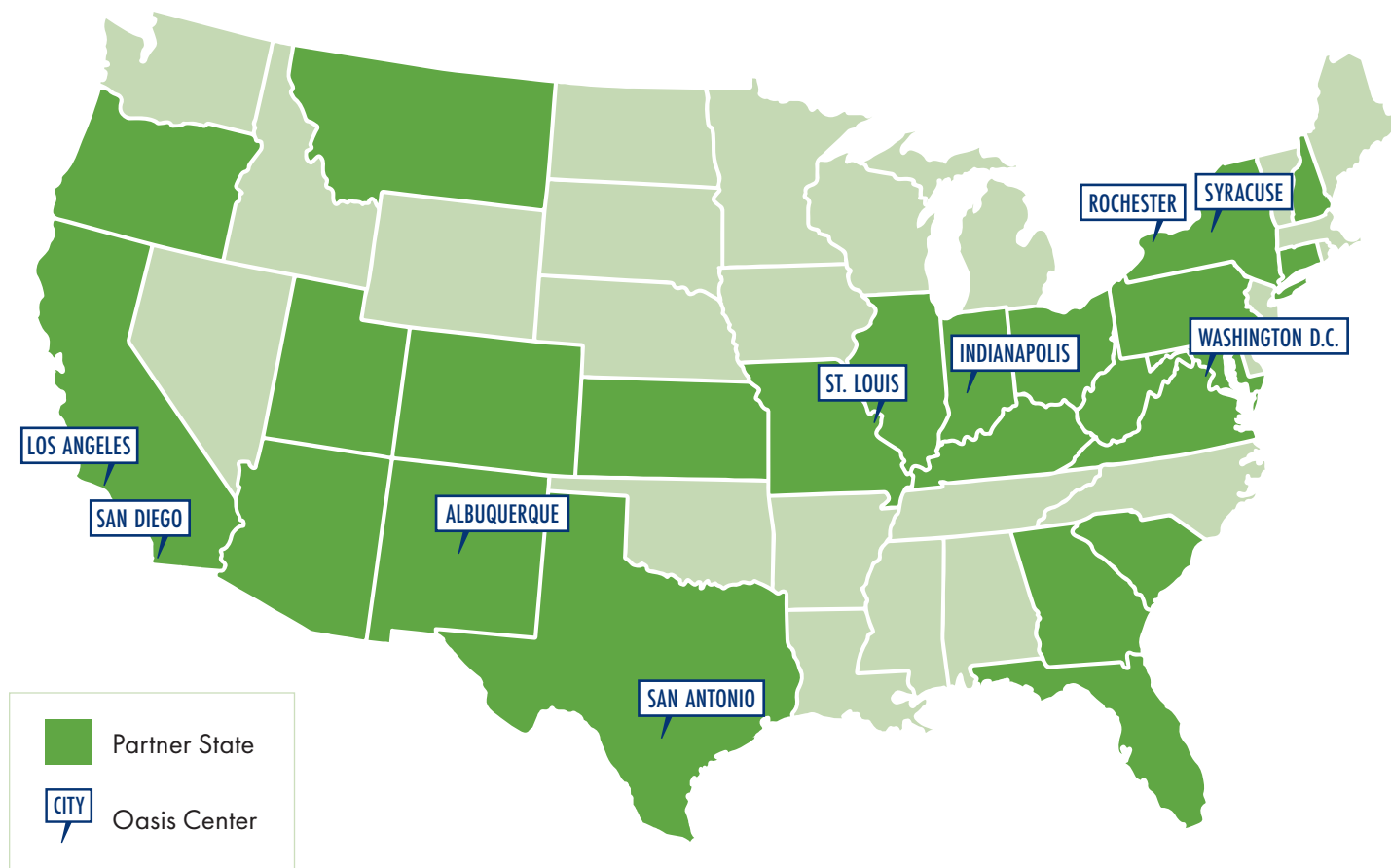
"My experience with Oasis is very rewarding. I have been on the receiving end of the joy that a student can display from having positive supporters help with academic or social issues. I find developing meaningful and purposeful relationships with students a privilege," adds Dean.

Dean is among 2,000 Oasis tutors who volunteered in 22 St. Louis area school districts in 2018. He joins the ranks of over 4,000 older adults volunteering as tutors with the program nationwide.



# 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.

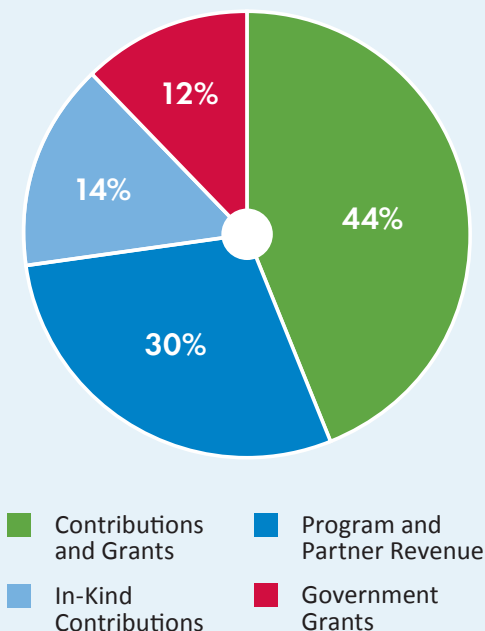
Since 1982, Oasis has inspired thousands of older adults through programs that encourage lifelong learning, active lifestyles and volunteer engagement. In 2018, 95 percent of participants surveyed indicated they recommend Oasis to friends. Here's why:

- > **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.

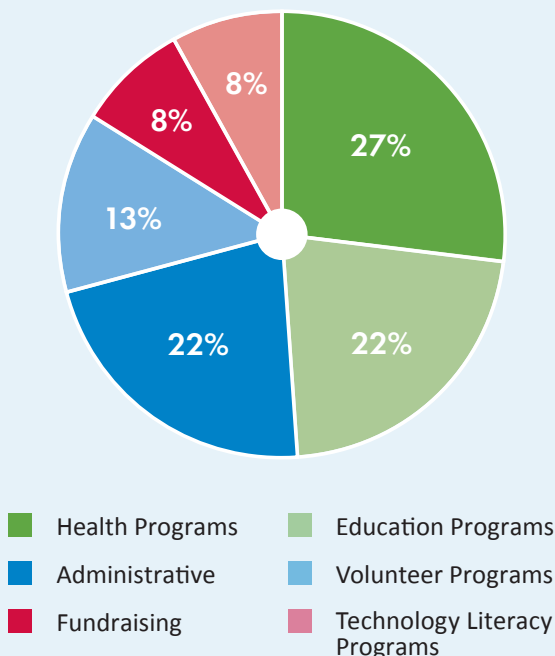
## 2018 Oasis Institute Statement of Activities

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

Support & Revenue – \$6.13 million



Expenses – \$7.24 million





# Impacting the Community by Giving

Don and Shirley Sher began their Oasis adventures more than 20 years ago. Shirley became interested in learning the Russian language. When she discovered that St. Louis Oasis offered lessons, she quickly signed up to participate. It wasn't long before Shirley realized Oasis was not only a great place to learn, but also to develop new friendships.

She shared her newfound excitement with Don, who also joined Oasis and became a tutor. He tutored children for more than 10 years at Marvin Elementary School in the Ritenour School District. "I always felt I gained more than I gave," says Don. "I met so many interesting children, and there are lovely people devoted to this work. It amazed me to see the vast number of ordinary people who served as tutors. All of us simply wanted to make a difference."

As the Shers' connection to Oasis grew over time, so has their commitment to championing the mission through generous giving. Their donations to St. Louis Oasis have steadily increased over the years.

"Having donors like Don and Shirley, who have been personally impacted by our programs and see the value of our mission to the community, is the kind of grassroots support that we really need to sustain our programs and reach more people," says Paul Weiss, president of The Oasis Institute. "When donors are personally connected to what is at the heart of an organization, the giving is all the more valuable."

In addition to being fond of Oasis tutoring, the Shers are excited about supporting efforts to expand the Oasis reach to more underserved communities in St. Louis. "We give back because we're lucky, and we want to positively impact the community. It is a sense of true accomplishment," says Don.

## 2018 St. Louis Oasis Sponsors

AARP® Medicare Supplement Plans,  
insured by United Healthcare Insurance

Administration for Community Living

Anthem Foundation

AT&T Foundation

Barnes Jewish Hospital Foundation

BJC HealthCare

Charter Spectrum

Corporation for National Community Service

Dollar General Literacy Foundation

Doris E. Wolff Trust

The Earle K. Fleischmann Revocable Trust

Emerson

Express Scripts Foundation

Graybar Foundation

Jane Tschudy Charitable Trust

Larkins and Bessie Birchler  
Charitable Trust, U.S. Trust,  
Bank of America, N.A., Trustee

Maritz, Inc.

Mary Ranken & Ettie Jordan Charitable  
Foundation, U.S. Bank, N.A., Trustee

May & Stanley Smith Charitable Trust

National Council on Aging

Phyllis R. Tirmenstein,  
Roland Quest Memorial Fund of  
the St. Louis Community Foundation

Productive Living Board of St. Louis County (PLB)

Qsource Cares

Retirement Research Foundation

The Saigh Foundation

Senior Fund, City of St. Louis

Sigmond & Marie P. Baer Charitable Trust

St. Louis Community Foundation

Stanley & Lucy Lopata Charitable Foundation

Washington University of St. Louis

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

### St. Louis Oasis

The Center of Clayton, 50 Gay Avenue, St. Louis, MO 63105  
(314) 862-4859 | [stloasis.org](http://stloasis.org)





# 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

*Upstate Oasis is growing!*

In 2018, we added 548 new participants. There are many reasons that Oasis is evolving from the best-kept secret in Syracuse, NY, to the go-to resource for older adults who are looking for inspiration and exploration.

Our programs are at the heart of our success. We offered 482 classes in 2018 and the most classes ever in one trimester. Our nationally-recognized *State of the Union* series continued to draw enthusiastic crowds, and we were excited to launch other promising new programs, including **Tai Chi for Arthritis, beginning and intermediate tap dancing, Sound Healing with Gong Meditation, After World War: A New World** and **Egyptian History**.

We have also become more accessible. Collaborating with community partners to offer our programs in more locations means that nearly 12,000 people who look to Oasis for lifelong learning and personal growth simply have more paths to find us.

The **Oasis Intergenerational Tutoring** program has grown by 150 percent in 2018. We have added several new schools in the Syracuse City School District, and now have Oasis tutors working one-on-one with students in other area districts as well, including Liverpool, Central Square and Marcellus.

All of these gains have inspired more donors than ever who share our belief that getting older represents opportunities for growth and impact. I'm proud of this growth and so thankful for those who support Upstate Oasis in keeping people active, engaged and aging well.

Sincerely,  
**Cynthia Woods**  
Executive Director  
Upstate Oasis



# Staying On Your Feet with Tai Chi

Sandra Gowing rides a bike, plays tennis and is generally steadier on her feet these days. She credits taking **Tai Chi for Arthritis** classes at Upstate Oasis for her newfound confidence.

"I used to fall all the time," says Sandra. "But taking Tai Chi has helped me become more aware of my footfall. I feel stronger and more in control of my body, so I'm no longer afraid of falling."



*"I feel stronger and more in control of my body, so I'm no longer afraid of falling."*

Studies show that fear of falling actually increases one's risk for future falls, which prompted Upstate Oasis to step up their falls prevention efforts. In collaboration with the Onondaga County Office for Aging, Oasis secured grant funding to offer free **Tai Chi for Arthritis** classes, along with chronic disease self-management courses, in area senior centers in 2018.

**Tai Chi for Arthritis** helps people improve balance both mentally and physically, significantly reducing the rate of older adult falls. Additional benefits include improving vitality, posture, even immunity. Those taking the class report reduced knee pain, as well as improved blood pressure, memory and ability to concentrate.

Longtime instructor Genoa Wilson, who teaches all of the **Tai Chi for Arthritis** classes at Upstate Oasis, says it's all about the breathing. "The slow, sustained breathing we do in class, combined with moving your feet helps with lung capacity and opens up the ribcage," Genoa says. "The focused breathing triggers a relaxation response that helps slow down our brain waves. As people progress through the classes, we're developing a new vocabulary of movement."

## Have a Seat with the Choose-A-Chair Challenge



People attending events in the Lecture Hall at Upstate Oasis will be seated in style by Fall of 2019, thanks to a fund started by longtime participant and volunteer Diana Biro. "I'm trying to plant a seed," says Diana, who launched the Choose-A-Chair Challenge to make possible the purchase of new chairs for a space that is used by hundreds of older adults who come to Oasis for classes and events. With her jumpstart gift of \$1,000 and a promise to match additional donations, the project is well on its way. For Diana, it's not really about the chairs. "It's my hope that this challenge will inspire people to think about other things that are important for Upstate Oasis," she says.



# Music Programs Grow After Grand Piano Donation

Imagine being able to attend concerts featuring both local and international classical music artists without having to buy a ticket. That's something participants at Upstate Oasis enjoy regularly, and it all started with a magnificent piano.

In 2011, Harold and Barbara Jones gifted Upstate Oasis with an Ivers and Pond grand piano, which was built in 1918. They created an endowment in 2013 to ensure upkeep and maintenance of the piano, followed by another gift in 2018, which made it possible to offer concerts free of charge for all.

"Our participants really do appreciate musical events and education," says Upstate Oasis Executive Director Cindy Woods. "This year, nearly 600 people enjoyed seven exceptional concerts in our Lecture Hall at no cost, thanks to the generous gift of Harold and Barbara."

## Leaving a Lasting Legacy

"Oasis has become my new passion and a central part of my life," says Mary Pat Olier, who serves as chair of the Advisory Council for Upstate Oasis and has been taking classes for over eight years. Mary Pat recently made a gift to Oasis through a charitable gift annuity, and will be recognized on a new Legacy Donor Giving Tree. "Now that I am retired, I have more time to renew old friendships and make new ones, to learn new skills, consider my life experiences from a new perspective and share these insights with others. It has led me to wonder, 'Shouldn't all older adults have the same opportunity to get the most out of life?'"



## Working with Children One-On-One

After four years as an Oasis tutor, William Cohen doesn't mind the new name his young friends have for him: "Mr. Bill." He has worked with as many as 24 children, mostly second graders, since his first day as a tutor. He's come a long way. "After I retired, I was looking for something to do that was meaningful," says William, who admits he was reluctant at first, primarily because it had been so long since he'd even been in a classroom. "I didn't want to fail, but the teacher has been very supportive. It's nice to see when a child makes progress, and I've reached a point where I look forward to my tutoring days. It's nice to be expected somewhere!"



William is among the 122 tutors who volunteered with the **Oasis Intergenerational Tutoring** program in 2018, working one-on-one with children in grades K-3 in Syracuse City, Central Square Central, Liverpool Central and Marcellus Central Schools.

It was tutoring stories much like William's that inspired longtime Upstate Oasis participant Glenys Tobin to make the program a charitable priority in 2018. A retired teacher who volunteers at the front desk at Upstate Oasis, she was moved by what she heard at a volunteer luncheon and established the Glenys and John Tobin Oasis Tutoring Program Endowed Fund. "It's a way to help ensure that at-risk students have a chance at a brighter future and that caring adults have the opportunity to give them the special attention they need," says Glenys.

# Encouraging a Love of Learning

She simply loves being a student. Classical music, history and yoga are just a few of the classes that Annette Ferris has sampled over the years at Upstate Oasis, and thanks to the generosity of someone who loves learning and Oasis just as much, she's been able to keep participating. Annette was among the first five participants to benefit from the Elinor J. Spring-Mills Tuition Assistance Fund.

"I feel very blessed to receive the scholarship," says Annette. "This allows me to enjoy the classes I love without the stress."

It's exactly what Elinor Spring-Mills (pictured at right) had in mind when she created the endowment last year. In addition to providing tuition assistance, the fund also covers instructor expenses for Upstate Oasis community outreach efforts in under-served areas.

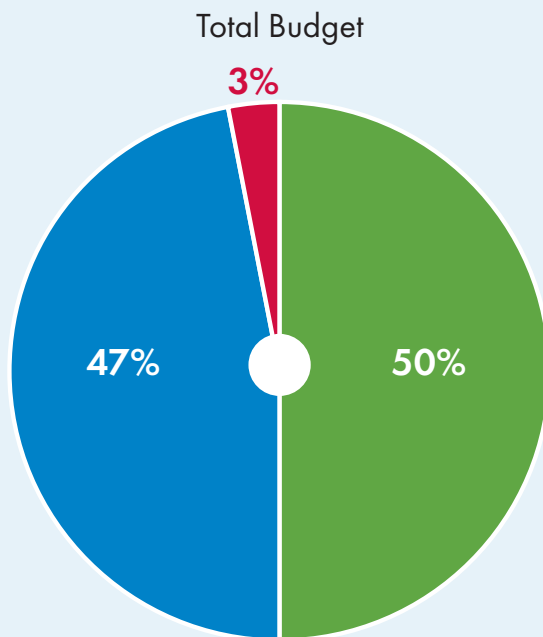
"I have explored new subjects, refreshed others and made many interesting new friends," says Elinor. "I have seen the joy Oasis brings to my classmates, and I want others to be able to participate now and in the future."

The added benefits of Oasis aren't lost on Annette, either, who considers the impact life-changing.

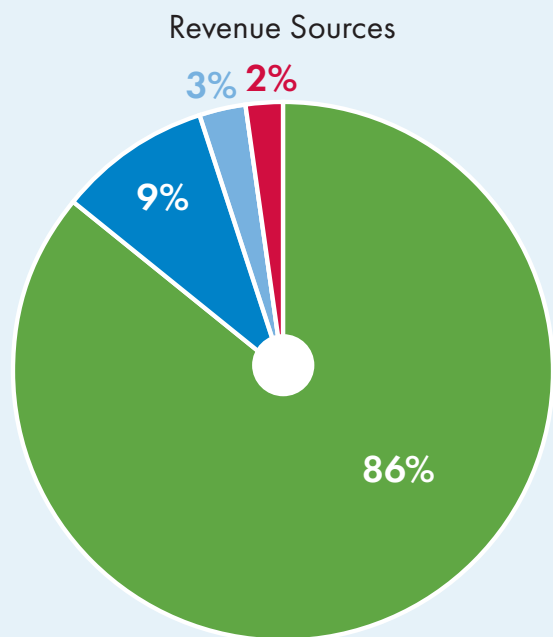
"I have made new friends here and would say that Oasis has been spiritually uplifting for me. I know I would be at a loss if I didn't have Oasis to turn to for connections and just learning. I love to keep learning!"



## Upstate Oasis 2018 Financial Snapshot



■ Total Revenue - **\$415,452**  
■ Total Expenses - **\$388,235**  
■ Surplus - **\$27,217**



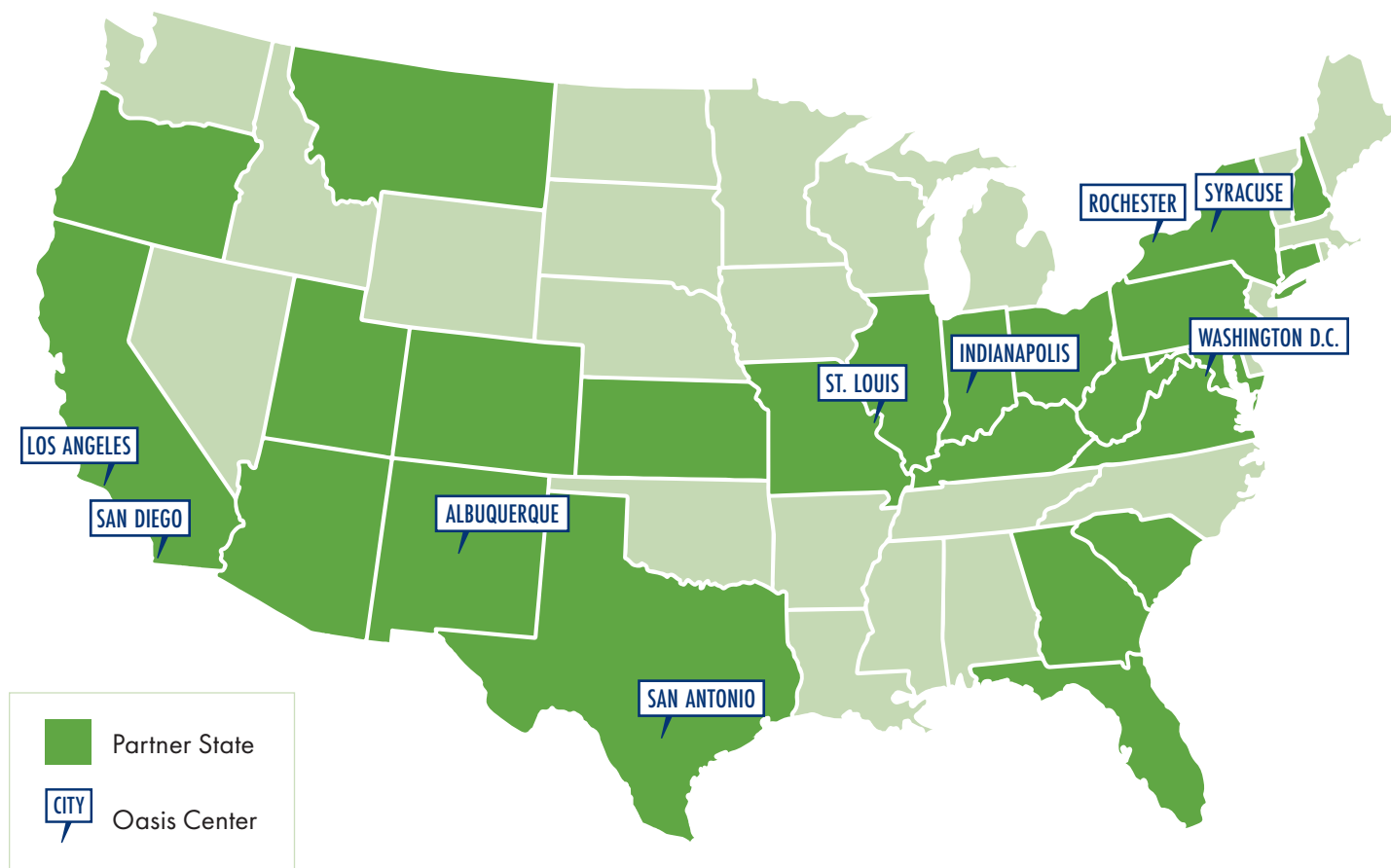
■ Earned Revenue - **\$358,051**  
■ Individual Contribution - **\$34,911**  
■ Partner Support - **\$13,131**  
■ Grant Support - **\$9,359**

**NOTE:** Excludes \$389,389 in in-kind support from Upstate Medical University and endowment funds totaling \$171,000

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

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# Growing Population, Growing Opportunity

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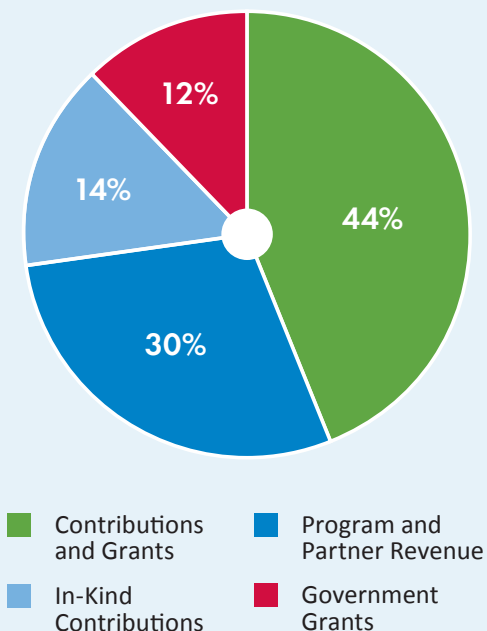
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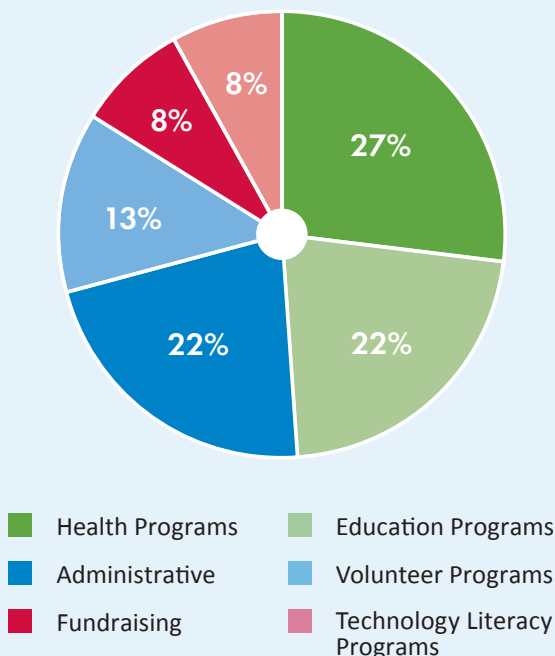
## 2018 Oasis Institute Statement of Activities

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

Support & Revenue – \$6.13 million



Expenses – \$7.24 million





# Honoring an Oasis Champion

Former Upstate Oasis Executive Director Lauren Feiglin and her husband, David, established a legacy fund to honor the memory of Roslyn Bilford, who passed away in 2018. In addition to serving as the first commissioner of the Onondaga County Department for Aging, Ros was an Oasis champion, whose guidance helped to establish Oasis in Syracuse. The fund will be used to support operational needs of Upstate Oasis.

## 2018 Upstate Oasis Sponsors

The AT&T Foundation

The Advocates of Upstate Medical University

Dollar General Literacy Foundation

Upstate Medical University

Onondaga County Department of Adult  
and Long Term Care Services

## 2018 Upstate Oasis Advisory Council

Mary Pat Olikier, Chair

Tom Henry, Vice Chair

Diana Biro

Jim C. Bresnahan

Beth Broadway

Eileen Deuell

Laura Hand

Gary Hartman

Pete Headd

Michael Ratner, MD

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Cynthia Stevenson

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Sharon Brangman

Leah Caldwell

Eileen Pezzi

Cynthia Woods

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

### Upstate Oasis

6333 State Route 298, East Syracuse, NY 13507  
(315) 464-6555 | [oasisnet.org/syracuse](http://oasisnet.org/syracuse)





# 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.

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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



During a recent family dinner conversation, our 26-year-old son, who was studying for a developmental psychology course, noted that people in their 30s and 40s were "very, very old." He could not fathom being that old or beyond. I am sure many of us have had the same youthful perception.

I've just celebrated a milestone birthday myself. At 60+, with Oasis as my model, I believe what studies tell us: our 60s, 70s and beyond can be some of the happiest times of our lives.

We also know that staying young at heart and healthy requires a curiosity to keep learning, growing and engaging with others.

In 2018, Washington Metropolitan Oasis proudly served a community of 2,600 lifelong learners who collectively participated in more than 24,923 classes. Our popular discussion groups met over 360 times, covering compelling topics while strengthening social connections. And I'm especially proud of the growing number who have discovered the benefits of volunteering with Oasis. More than 280 volunteers shared their time and talents by teaching classes, supporting our daily operations or working one-on-one with elementary school children through the **Oasis Intergenerational Tutoring** program.

I hear from so many participants about how much Oasis means to their well-being and growth. Their inspiring approach to life, combined with the efforts of our committed team of staff and volunteers, and the tremendous amount of support from the community tells me that our work matters.

Gratefully,  
**Anna Stokes**  
Executive Director  
Washington  
Metropolitan Oasis



# Finding Confidence to Prevent Falls

Bernice Bode had fallen four times in her own home before she decided to participate in “Stepping On,” an evidence-based falls prevention program offered by Washington Metropolitan Oasis. She found the classes so helpful that she didn’t miss even one.

“This class was something I needed and truly enjoyed,” Bernice says. “The teacher was excellent. She taught us how to go over curbs, how to sit down and get up from chairs, how to use stairs and how to better maintain our balance.”

As a choir member in her church, Bernice had previously tripped over her choir robe. She also stands and sits frequently in the choir. When Bernice spoke up about these issues, the class instructor personalized some solutions, so she could do these things more comfortably and safely.

Nearly 30 percent of older adults who fall lose their self-confidence and start to go out less often. This inactivity leads to social isolation as well as loss of muscle strength and balance. In turn, the risk of future falls increases.

“Stepping On” helps older adults appraise their falls risk realistically and learn important safety practices. The class covers fall risks; strength and balance exercises; safe footwear and walking; vision and falls; home and community safety; medication review and management; bone health; and coping after a fall.

The seven-week program is offered in partnership with AARP Medicare Supplement Insurance Plans, insured by United Healthcare and in collaboration with the local Area Agency on Aging and the Scotland Recreation Center. The first class had a waiting list.

“We were thrilled with the participants’ engagement and dedication to the program,” says Anna Stokes, Washington Metropolitan Oasis executive director.

Since the Scotland Recreation Center is in Bernice’s neighborhood, Bernice also benefited from additional exercise walking to class each week. “At first, it was difficult to walk up the hill, but it got easier each week,” she says. “I also met other older adults who live around my neighborhood. Overall, I feel more confident because of the class and hope it is offered here again.”



# Making Life Better Together as Oasis Volunteers



Married for 55 years, Bonnie and Larry Fields have shared a lot of adventures together, including volunteering at Washington Metropolitan Oasis. Bonnie serves as an office volunteer and offsite class coordinator and Larry puts his handyman skills to good use, while also serving as a class coordinator and teaching a class on budget travel. The Fields agree that volunteering with Oasis is good for them. “Maintaining relationships with people is the core of it all for us,” says Bonnie. “It gives us a sense of self-worth and we like being productive.”

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

## Let's talk!



When Libby Merrill started taking classes at Washington Metro Oasis, she was intrigued by the men's discussion groups that her husband, Ron, was engaged in at the center. She decided to launch the center's first women's discussion group in 2009 and has been leading the growing group ever since. "This provides a wonderful opportunity to interact with interesting people I didn't know before," says Libby. "We talk about current events, climate change, relating to siblings and adult children, and many other topics."

Ron enjoys the connections as well. "I enjoy the mix of people from different professional backgrounds. We get pretty deep into things," he says. "With the advent of cell phones, iPads and other technology, we enjoy the personal interactions we have through Oasis. They have evolved into friendships we wouldn't otherwise have."

## Teaching History with a Twist

David Lindauer is a master storyteller. It comes naturally to this military historian and retired Army lieutenant colonel and is the secret to the wildly popular classes he teaches as an instructor at Washington Metropolitan Oasis.

Since 2014, David has taught more than a dozen classes on a wide range of topics—mostly tied to history. He taught one of his classes on the Medici family three times to accommodate demand.

"People love stories about wealth, power, conniving and skullduggery," David explains.

His approach is to "peel back the skin of the onion" to tell the rest of the story not always covered in textbooks. "I enjoy doing the research for these classes and finding out new things about subjects I thought I knew," he says.

David spends about 150 to 200 hours researching, writing and preparing for each new class. This detail results in engaged, enthusiastic students who often become "groupies" of his classes.

"It's gratifying to interact with the students and see them understand and enjoy what I've presented," he says.

David's next venture is teaching classes commemorating the 75th anniversary of D-Day.

"Oasis promotes interest in learning that is both amazing and gratifying. It's why I'm both a student and an instructor with Oasis. It gives me a chance to broaden my horizons. My grandfather taught me that learning is an integral part of living. Oasis is a lifeline to the world of learning," he says.

Each year, more than 525 lifelong learning classes covering a variety of topics, from history to current events to the arts and literature are offered through Washington Metropolitan Oasis.



# Gaining New Perspective Through a Child's Eyes

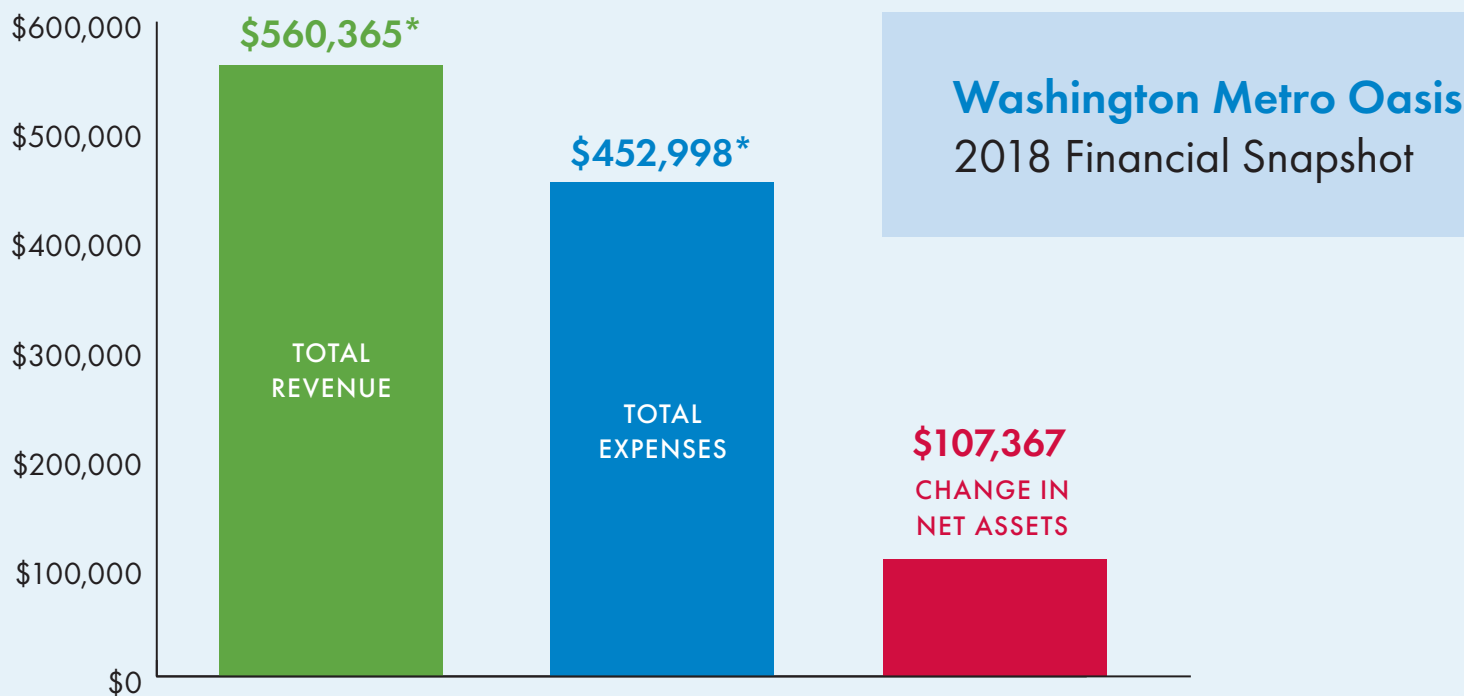
After retiring in 2016, Dena Saltzman Puskin, Sc.D, was ready to do something new. "I was looking for things to meet my intellectual needs and to meet new people," she says. "I wanted to fill in my dance card in a way that makes a difference for others."

The answer was Oasis. Dena began taking classes, joined the program planning committee and eventually discovered **Oasis Intergenerational Tutoring**. The volunteer program pairs older adults with children in grades K-3 to work one-on-one each week as their tutors, mentors and friends. Dena's first students were two boys who arrived after the school year had started and were significantly behind their new third grade classmates. "The students I tutored made a huge jump in skills by the end of the school year," Dena says. "It was a wonderful experience."

One of her favorite memories was when one her students made a card for her that said, "I love you, Dr. Puskin." "It was the best reward that I have ever gotten in my whole career," she says. "Tutoring gives you a different perspective on life. I've learned so much from these students."

Dena continues to tutor and impact lives through other roles. "It's a joy and honor to be associated with Oasis and I believe very much in its mission," she says. "Oasis provides a way to give back, continue to learn and a reason to get up in the morning."

Dena joins the ranks of more than 4,000 Oasis tutors who volunteer in over 20 U.S. cities. In 2018, Oasis tutors helped 20,000 children in 630 schools across the country. Launched in 1989, **Oasis Intergenerational Tutoring** is the largest older adults tutoring program in the U.S., having reached more than 485,000 children.

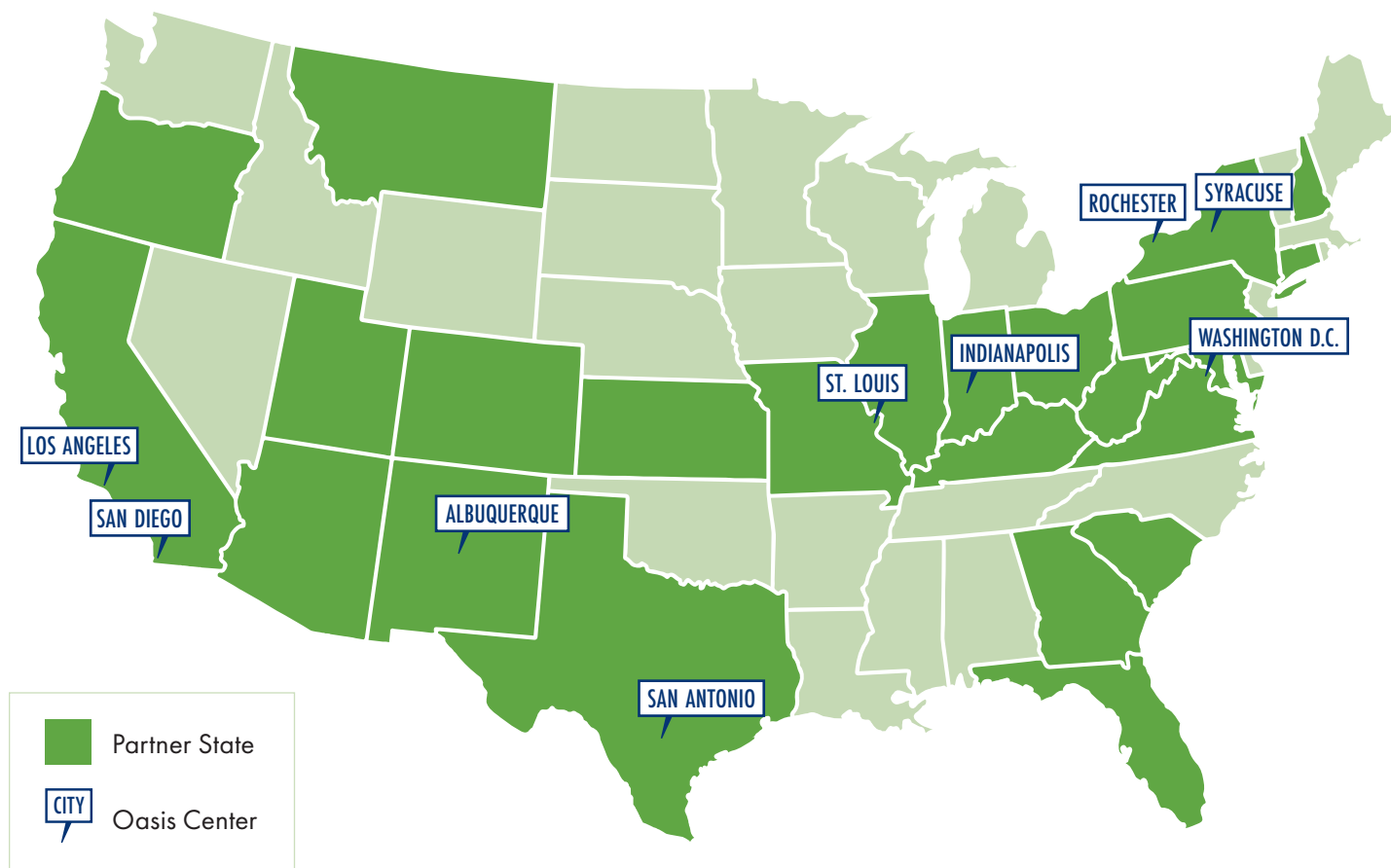


\*Excludes \$259,264 in in-kind contributions of space, instructor services and financial and administrative services

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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.

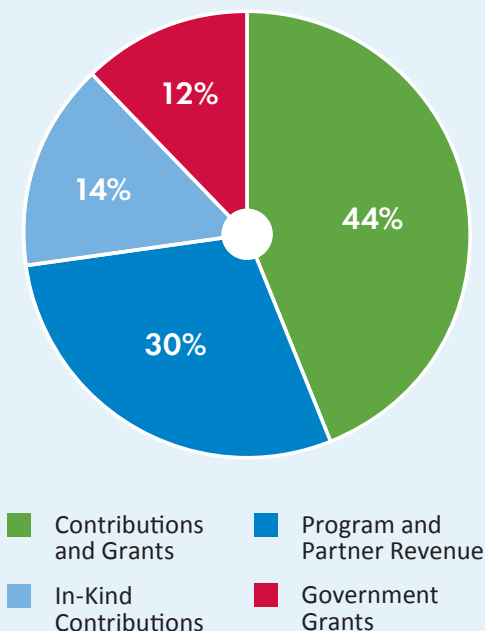
Since 1982, Oasis has inspired thousands of older adults through programs that encourage lifelong learning, active lifestyles and volunteer engagement. In 2018, 95 percent of participants surveyed indicated they recommend Oasis to friends. Here's why:

- > **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.

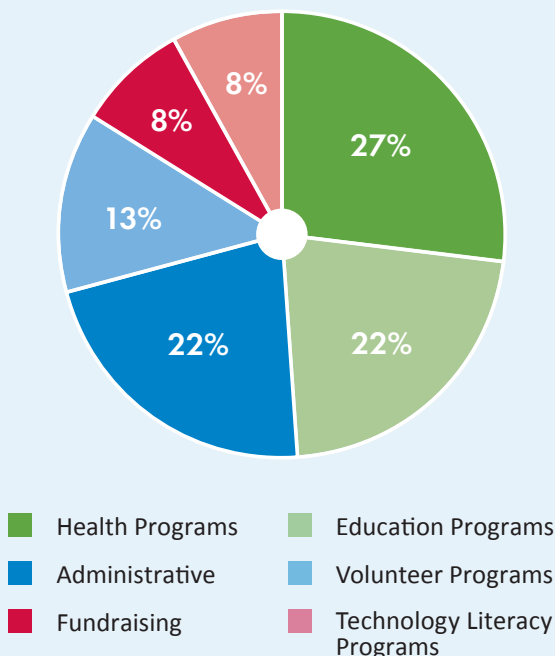
## 2018 Oasis Institute Statement of Activities

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

Support & Revenue – \$6.13 million



Expenses – \$7.24 million





# Teaching Technology Provides Front Row Seat to Priceless and Ageless “Aha” Moments

In 2002, Gary Cahn retired from the corporate world and began volunteering for a number of organizations, including Washington Metropolitan Oasis. Much of his volunteer work involves his first love, teaching, and is focused on helping older adults learn to use computers.

“Gary is a Renaissance man with a big heart who loves to teach,” says Janice Pliner, the center’s program manager.

Since 2003, Gary has taught nearly 400 classes at Oasis, logging more than 400 volunteer hours each year. He creates his own comprehensive, yet easy-to-understand curricula and student materials. His classes are usually full thanks to his reputation as an interesting and helpful teacher. For Gary, having a front row seat to an “aha” moment makes teaching especially satisfying.

“There’s nothing like teaching somebody and see them ‘get it,’” he says. “It doesn’t matter if they are eight years old or 80. When that light bulb goes off and they realize what technology can do for them, it’s very rewarding.”

Gary serves as the unofficial Oasis IT department, maintaining, updating and fixing computers in the center’s computer lab. He also founded Recycle My Computer, a program that collects used computers, refurbishes them and then gives them to individuals, primarily older adults, who otherwise couldn’t afford a computer.

## 2018 Washington Metropolitan Oasis Community Partners

AARP Medicare Supplement Plans  
insured by United Healthcare

ArcLight Cinemas

AT&T

Bethesda-Chevy Chase Rotary Club

Bethesda Regional Services Center

Go4Life

Family and Nursing Care

Macy’s Foundation

The Richard and Nancy P. Marriott Foundation

Montgomery Art Association

Montgomery County Community Grants Program

Montgomery County Historical Society

Montgomery County Recreation

North Potomac Community Center

Potomac Community Village

Rotary Club of Rockville Maryland

Starbucks Coffee

Suburban Hospital, Johns Hopkins Medicine

Sunrise of Bethesda

Washington Performing Arts Society

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

### Washington Metropolitan Oasis

Macy’s Home Store, Westfield Montgomery Mall

7125 Democracy Blvd, Bethesda, MD 20817

(301) 469-6800, press 1, ext. 211 | [oasisnet.org/washington](http://oasisnet.org/washington)

