

# REIMAGINE



# AGING



*2019 Annual Report*

# GREETINGS FROM OASIS

2019 was an extraordinary year for Albuquerque Oasis as we took a giant leap forward and expanded our center, almost doubling the size. Little did we know that 2020 would bring a pandemic, a shutdown, stay-at-home orders, and a little-used center. Although 2020 has turned our worlds upside down, we are very optimistic about the future of Albuquerque Oasis! We will continue to offer classes in any format we can, and we will offer tutor mentors to our local school districts.

2019 may seem a dim memory now, but there were many Oasis highlights! Here are a few:

- 🍃 Opened a dedicated exercise room, dedicated tutor resource room, a new multi-purpose room, and an expanded art gallery.
- 🍃 Co-hosted the 2019 New Mexico Leadership Summit with CNM, which featured inspirational speakers including Sylvia Acevedo, Fr. Richard Rohr, Esther George, Steve McKee, and Michelle Otero.
- 🍃 Added Belen Consolidated School District to our Intergenerational Tutoring Program.
- 🍃 Honored by Albuquerque Public Schools with its Outstanding Public Service Award.
- 🍃 Added new partnerships with the Area Agency on Aging and the New Mexico Department of Health.
- 🍃 Named Albuquerque The Magazine's "Best of City" in the Adult Education category.
- 🍃 Welcomed Wei-Ann Bay, MD, to our board of directors and Sylvia Giomi to the Oasis staff.



*Kathleen Raskob*

Executive Director  
Albuquerque Oasis

As we look to the future, we reflect on the past. In 2019 every Oasis center experienced expansion in one way or another—class additions, tutoring growth, physical space, new participants, new partnerships, and new opportunities. Entering 2020 with significant momentum, seeds planted in 2019 were turning into green shoots. In March, COVID-19 changed everything, and Oasis swiftly pivoted in response.

When Oasis began shifting programs from in-person to online and via phone, participants quickly made the shift with us. Rather than conforming to stereotypes of older adults being averse to new technologies and change, I saw the exact opposite—Oasis participants embraced it, and we have been inspired by their resilience.

As we navigate the “new normal” in the thick of a global pandemic, we beg the question, “what happens next?” We are compelled to reprioritize and express our mission differently to meet unanticipated needs. Experts paint an altered picture of how life-as-we-know-it will look post-pandemic. How will voluntary social distancing—or lack thereof, affect the lives of older adults? How can we protect the health of aging communities while simultaneously avoiding the adverse effects of social isolation?

Older adults are most at risk of severe complications from COVID-19. But, the dangers of loneliness are not new; our aging family members and neighbors were more likely to experience social isolation before the pandemic and will do so well after.

Let's unite and reimagine aging in a new climate with both new risks and new opportunities. Whether for yourself or an aging loved one, neighbor, friend—Oasis' mission applies to all of us. Aging is inevitable. The choices we make influence HOW we age, and the Oasis community learns, expands, moves, and adapts as we grow older. Although we can't be together in person for the time being, we hope to connect with you through our virtual programs and volunteer opportunities.

Every tomorrow is in the future, and with it a new opportunity to learn, build confidence, and grow. We at Oasis are here for you. Let's reimagine aging together.



*Paul Weiss*, PhD  
President, The Oasis Institute

# EXPANDING OUR FOOTPRINT

Priscilla Weaver, a retired teacher, has been an Oasis tutor for three years, discovering Oasis through a friend participating in classes. She loved the wide variety of courses offered by highly educated instructors. **After receiving an email calling for tutors, she was immediately driven to volunteer. "I thought, 'I can do that.'" She enjoys the support Oasis provides and sweet nature of the children she works with.**

**She's thrilled with the expansion of the tutoring program as it reaches more kids that need help, but don't qualify for special services.**

Priscilla explains that while her students are learning through her, what she loves most, is how much she's learning from them and enjoys hearing about their interests and getting to know their families.

When Oasis in-person classes were suddenly cancelled due to the pandemic, she seized the opportunity to "give back" by opting to donate her class fees in lieu of a refund. Priscilla looks forward to the return of in-person classes and the opportunity to tutor again.

**"Oasis reimagines aging by respecting and encouraging us to keep learning."**

Jill Gatwood has been teaching Mosaics at Oasis since early 2017. This popular class is a member favorite.

**"I like teaching this class because some older adults feel intimidated about creating art. When they finish the class, they have this beautiful piece they made themselves."** These

moments are the most impactful for Jill while teaching at Oasis. Seeing pride in the eyes of participants when they line up their pieces and see just how beautiful they are, she feels that same pride in her heart.

**Jill loves the functionality and larger presence that the new center provides.** "The space is more conducive, allowing them to offer a wider variety of classes. I'm hoping to have an art show displaying work from Oasis classes."

When asked how Oasis is reimagining aging, Jill cites that many older adults are finding themselves in a transitional time in their lives, where they are no longer caregivers and are struggling to find their new identity. **"It's very courageous to be venturing out on their own. Oasis allows them to reimagine themselves as 'artists'."**

*Pictured: Top, Tutor Resource Room; Bottom, Front of Expanded Center*



# ALBUQUERQUE OASIS

## 2019 Financial Snapshot & Impact

**\$109,155**

Addition  
to Reserves

**\$643,833**

Operating Expenses

**\$742,966**

Total Revenue



**Source:** 2019 Financial Audit

**Note:** Albuquerque Oasis expended \$193,595 in 2019 on capital expenditures related to the expansion of program and administrative spaces; \$12,626 in Depreciation related to these capital expenditures is included in the operating expenses.

**570**  
Volunteers

**25,383**  
Class Enrollments

**400**  
Tutors

**19,121**  
Volunteer Hours

**3,442**  
Participants



# SHARING THE WELLNESS

2019 was an outstanding year for health and wellness program expansion. **Oasis gained new partnerships, allowing for more evidence-based programming in the community and at the newly expanded Albuquerque Oasis center.** Through working with the Bernalillo County Area Agency on Aging, **Oasis was able to offer evidence-based programming in two new communities, Los Padillas Community Center and North Domingo Baca Multigenerational Center.**

Programming at Los Padillas was especially exciting, as it is located in the south valley and generally considered an underserved area. Before Oasis, there was only one other program available for older adults at the center. Manager, Manuel Garcia, or “Mannie” heard of Oasis through one of his instructors who took Tai Chi classes. After discussions with seniors at Los Padillas on how they felt Tai Chi would benefit them, Mannie made the decision to partner with Oasis. Shortly after, advantages were immediately noticeable. Mannie shared that participants often express how classes have positively impacted their quality of life through improving their physical abilities. He says it’s rewarding to see them smile and interact with each other.

Mannie notes, **“Our senior population have expressed how grateful they are that the classes are free, and they get to participate. If Oasis has other programs to offer, I am positive our seniors and community members will give it a try.”**

A partnership with New Mexico Department of Health supported Oasis in offering a Matter of Balance coach training, enabling Oasis to increase access for those in who need. Additionally, a grant

from Blue Cross & Blue Shield of New Mexico through their Healthy Kids, Healthy Families program allows Oasis to help meet the demand for the evidence-based Matter of Balance program.

**Oasis offered classes at five offsite locations, including the Cherry Hills Library, a popular location which consistently has a waitlist.**

The physical center expansion in Albuquerque also helps Oasis increase health and wellness program offerings. **In its new center, Oasis has a dedicated exercise room, which allows them to offer more exercise classes per day.** In 2019, Albuquerque Oasis offered a total of 103 health and wellness classes at its center and throughout the community.

*Pictured: Top, Tai Chi Class; Bottom, Oasis Member Merrie Courtright and Instructor Erin McDaniel*



# NATIONAL IMPACT

2019 *Basis Institute*

**5,900**  
Volunteers

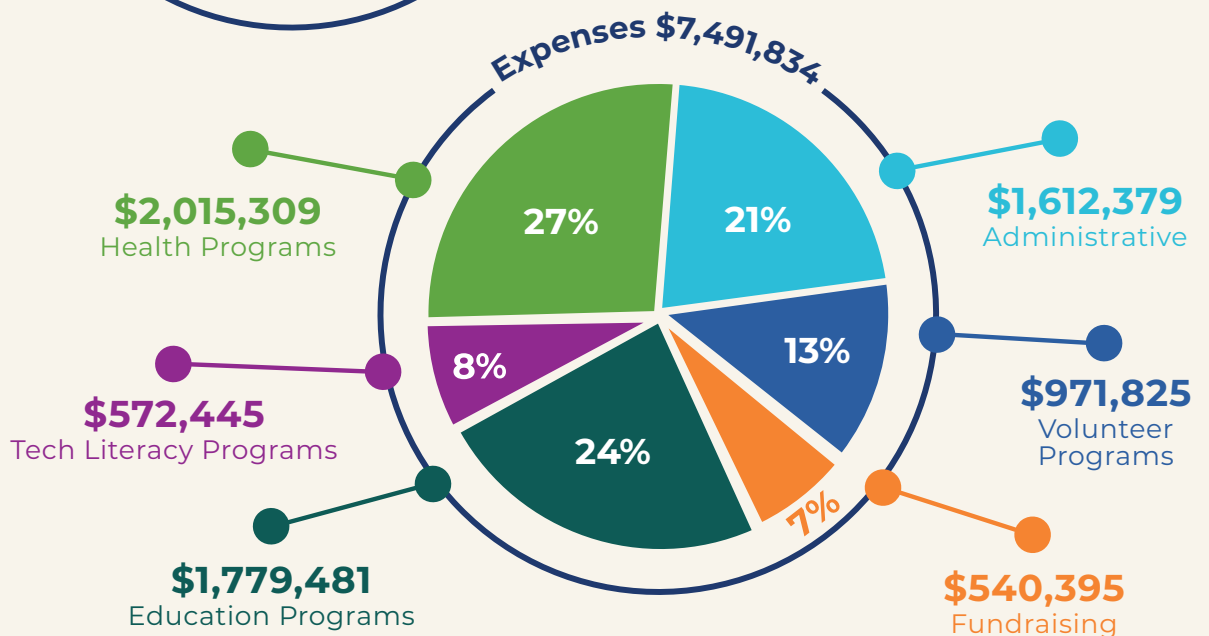
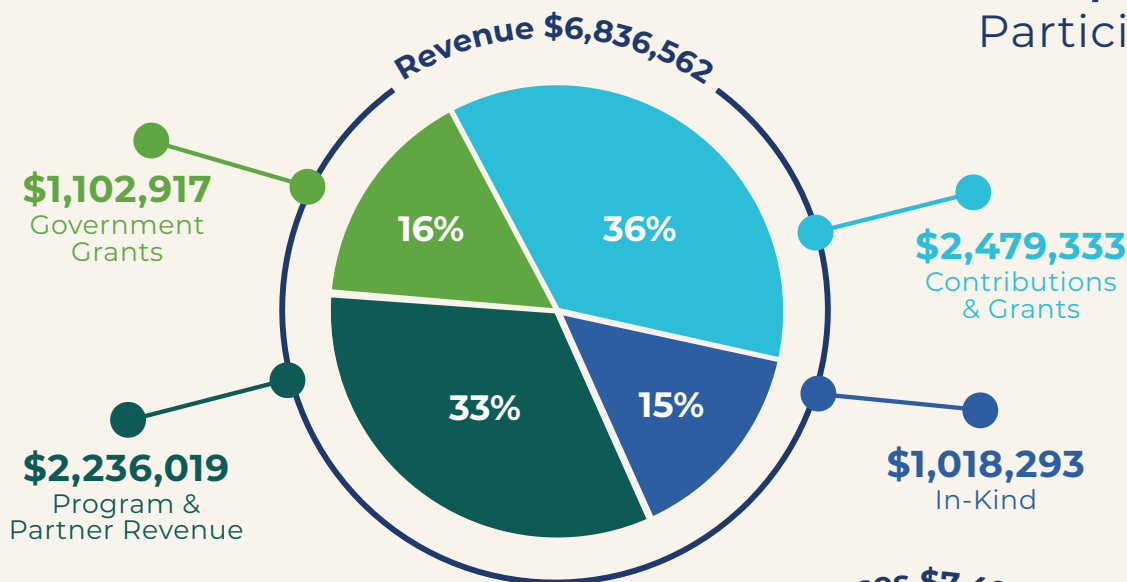
**147,500**  
Class Enrollments

**643**  
Schools

**408,000**  
Volunteer Hours

**4,500**  
Tutors

**49,400**  
Participants



Source: 2019  
Consolidated  
Financial Audit

# BRINGING TUTORING TO ALL

“Unicorns are everywhere,” That is one of the many things that tutor Janis Martson has learned from the students she tutors. **Janis became a tutor after hearing about it after a class.** “Vicki [Oasis Tutoring Director] made it sound very easy to do and I was immediately drawn to it. The orientation was impressive and the tutors that spoke had great ideas and suggestions to help us.” **The recent expansion to Belen School District has meant a great deal to her as well.** **“It’s a poor community with students who greatly need the help. For me it means giving back to my community.”** Janis also loves the new library at the Oasis center, citing that it’s always well stocked and there is always someone available to assist.

When asked how she feels Oasis “reimagines aging”, Janis says, **“It is tremendous to be able to attend lectures by people who talk to us like we have all of our faculties and our brains are great. They don’t treat us as if our abilities have diminished.** It is so wonderful to have all of this knowledge accessible to us. They have great speakers, one of the best classes I took was put on by a funeral home that provided a great amount of information and interaction.”

In addition to expanding to the Belen School District, Oasis also added some new schools, including Duranes Elementary, part of Albuquerque Public Schools. Alma Sanchez,

principal at Duranes connected with Oasis Tutoring through a previous school where she taught. She feels Oasis tutors meet needs far beyond academic, especially with one-on-one connection. **“By having tutors of all ages, you slow that age gap and allow children to connect with adults of all ages.** We have one student that was having some behavioral issues and it changed when he started working with his Oasis tutor. He was excited to see her every week and showed concern when she had to miss.” Alma expressed that she and her staff love Oasis Tutoring and so do the children.

*Pictured: Janis Martson*



# BOARD OF DIRECTORS

*2019 Albuquerque Oasis*

**Lorna M. Wiggins**  
Chairperson

**Bret Heinrich**  
Vice President

**Anne Sapon**  
Secretary

**William Willis, MD**  
Treasurer

**Dawn Anderson**

**Duane Ross, MD**

**Laurie Volkin**

**Wei-Ann Bay, MD**

## SPONSORS



**To reimagine aging with Oasis, call or check us out online.**

American Square Shopping Center  
3301 Menaul Boulevard NE, Suite 18, Albuquerque, NM 87107  
505.884.4529 | [oasisabq.org](http://oasisabq.org)

