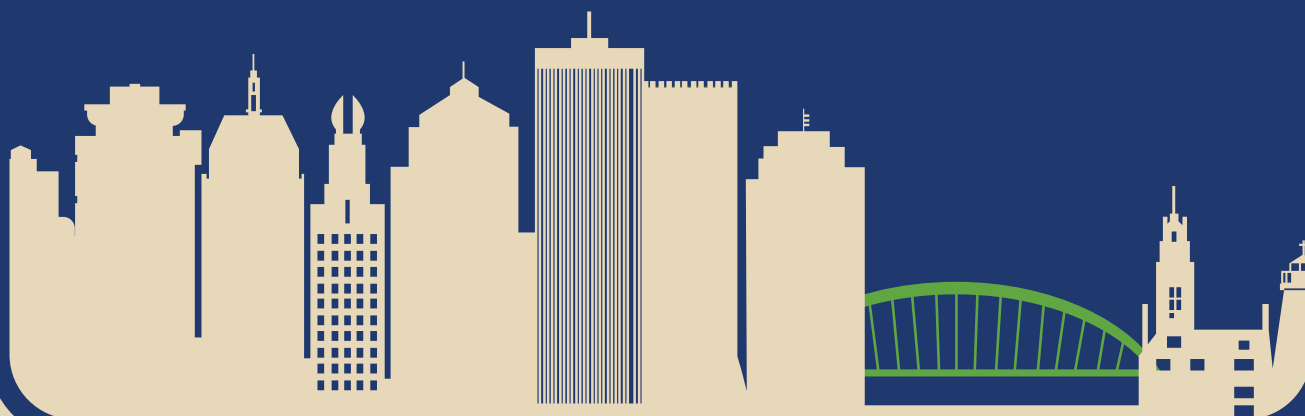


REIMAGINE



AGING



2019 Annual Report

GREETINGS FROM OASIS

The past year at Rochester Oasis was one of continued lifelong learning opportunities tinged with unexpected changes.

We expanded our learning opportunities with new and exciting classes in the arts, humanities and history. Our tutoring programs in the Greece and Churchville Chili Central School Districts have flourished as well, with new tutoring volunteers reaching more children than ever before.

We've seen some changes as well. Lifetime Care, our sponsoring organization, merged with Rochester Regional Health in October, 2019. We are looking forward to new programming and partnership opportunities in the future. In July 2020, Lifetime Care moved closer to us on Monroe Avenue and we are excited to have them as a new neighbor.

Everything changed in March 2020 with the onset of COVID-19, which forced the closure of our office. Thanks to our resilient and resourceful participants and instructors, we quickly moved from in-person to virtual learning. We are growing and connecting in ways we never imagined and I am proud of how new technology and modalities have been embraced and accepted.

We will manage this together and be stronger for it when we are able to come back together in safe and meaningful ways.

Thank you for your confidence and support in Oasis Rochester!



Ann Cunningham

Executive Director
Rochester 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

SING ALONG WITH THE OASIS CHORUS

“Music is a great communicator; even people with dementia can sing lyrics—it makes them smile. Nothing compares to knowing you made someone happy,” says Linda Klimek, member of the Rochester Oasis Community Chorus. Members perform throughout the community, allowing them to spread their love for singing with all of Rochester. “I love to perform,” says Linda. “I’ve met so many people and made many new friends. **We have a woman who sings with an oxygen tank. Another member will be 99. It’s a great feeling, all of us coming together—and we sound good!**”

When Linda retired after working full-time and raising three kids, she and her husband were looking to join an organization to keep busy. “My husband takes some of the history and film series courses, I’ve taken some exercise and meditation classes with Oasis,” says Linda. **“Oasis views the process of aging not as a limitation, but as a process of becoming. You can go as far as you want here. You don’t get to 55 and stop learning.”**

Linda says her favorite thing about being in the chorus is working with the Director, Rhonda Wright. “A couple of years ago, Rhonda asked me if I wanted to do a solo. I’ve done over five solos now; Rhonda is one of the most generous, compassionate, and competent chorus directors I’ve ever worked with.”

After joining the Oasis family in 2001 as a fitness instructor, Rhonda started the Rochester Oasis community chorus a year later and has been the director of the program for 18 years. “I began

this program when I was 39 and had a different idea about what the older years were like,” says Rhonda. **“When I got to know the members and how active they were, it completely opened my eyes and altered my view of retirement. I have a new perspective.”**

The chorus group travels to local places to perform, such as charity events, and at senior living facilities. They perform several times a year for the Sisters of St. Joseph. “One of our sisters is part of the chorus, and we are always thrilled when they are able to come perform for us,” says Martha Mortensen-Kolkmann, Enrichment Facilitator at Sisters of St. Joseph. “The chorus allows older adults to follow their passions. It allows people of all ages and abilities to come together. They bring a lot of joy to our sisters. Oasis does a wonderful job of creating sophisticated programming for older adults and treating them with respect.”

Rhonda says her chorus members inspire her, and she enjoys creating a place where everyone is welcome, feels safe, and can grow.

“One of our members, who just celebrated her 97th birthday, plays flute solos. To see all they are choosing to do in their later years of life is pretty incredible.”

Pictured Zoom Interview: Left, Rhonda Wright; Right, Julianna Fellows (Oasis Staff Member)



ROCHESTER OASIS

2019 Financial Snapshot

\$31,154

Increase in
Net Assets

\$337,523

Total Expenses

\$368,677

Total Revenue

\$1,000

\$25,000

\$50,000

\$200,000

\$225,000

\$250,000

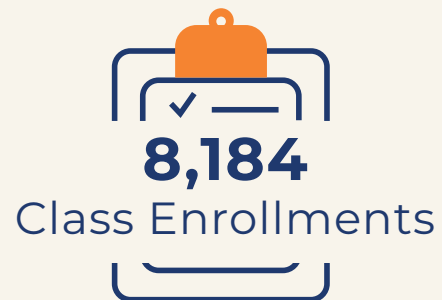
\$275,000

\$300,000

\$325,000

\$350,000

\$375,000



TAKING AWAY THE FEAR OF TECHNOLOGY

“I always start off my classes saying ‘Alexa is the best long-term relationship I’ve ever had’,” says Pat Martinez, jokingly. Pat started her journey with Oasis as a yoga participant, but when she noticed there were hardly any classes in the catalog for technology, she volunteered to give a class on basic computer skills. Since then, the technology program in Rochester has greatly expanded under Pat. **When Alexa came out, Pat developed her own class and has helped people know how to link to 911 and the police department, doorbell, etc.** She’s also taught classes about Excel and Amazon Echo.

“People come to my class and tell me they are afraid of their phones,” says Pat. “Their grandkids have grown up with nothing but technology, and using technology is a way for older adults to bond with their grandkids with things like video-chat. Technology has helped bring family members back to them.”

Pat says her participants are always surprised with how much Amazon Echo can do for them. Her favorite feature of Amazon Echo she enjoys teaching is the “ask a buddy feature,” where you can program up to 5 people to dial in case of emergencies. **“My friend bought an Amazon Echo, and one day when she was standing between the couch and the wall, she fell down. And she was able to say, ‘Alexa, ask my buddy to call everyone.’ It’s important for them to learn about things like that which can be life-saving.”**

One class Pat enjoys teaching is about cutting the cord with their streaming services to help older adults better manage

their fixed income. “People sometimes think about money in the short term, but cutting the cord saves them money in the long term. So many of my participants tell me they are paying for 100 channels when they only watch 8. I come to class with a comparison chart, and I tell them to look at the chart and the channels that they offer, and the one that meets your needs the best, that’s the one you choose.”

Pat has also done one-on-one technology tutoring with students, including working with Oasis participant Suzanne Shaw to improve her Excel skills. “Pat helped me figure out how to set up an Excel workbook to track things for my work, and she also helped me develop my own personal budget template using Excel,” says Suzanne. “Pat led me through the logic of the formula and helped me when I would get stuck. Pat was always so enthusiastic when it comes to Excel. I love technology, but I’m not always up on the latest, and Pat is so patient.”

Pat says that her goal is to make her participants self-sufficient. **“Technology is there to help people, and my role is how it can help them in their daily lives.”**

Pictured: Pat Martinez



NATIONAL IMPACT

2019 *Basis Institute*

5,900
Volunteers

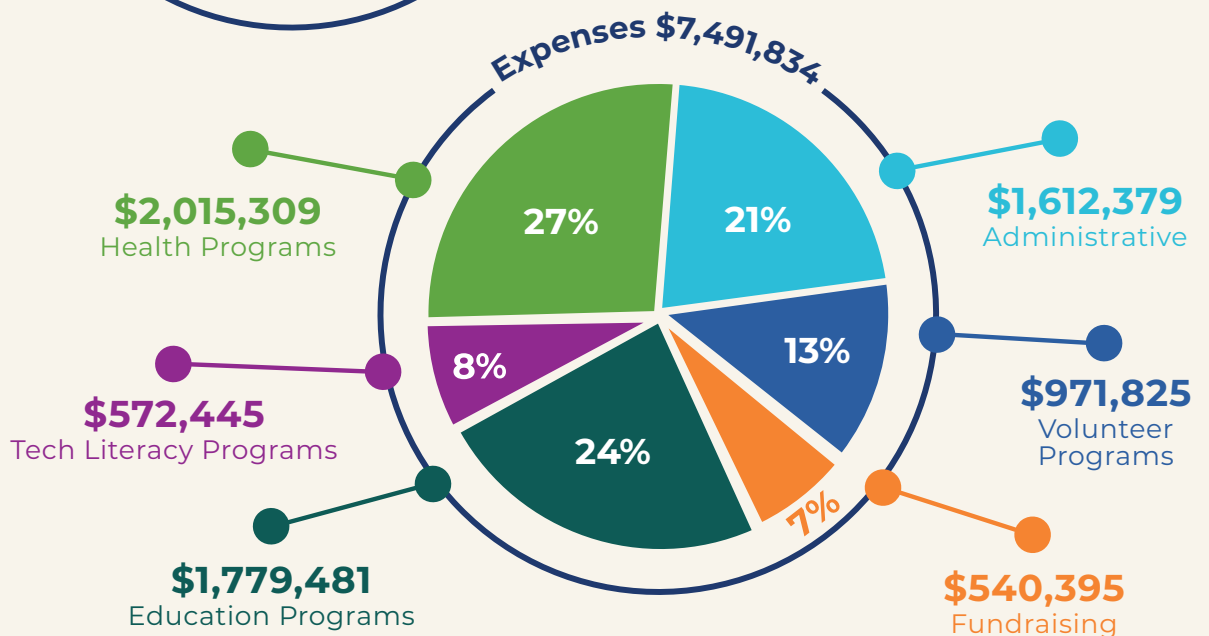
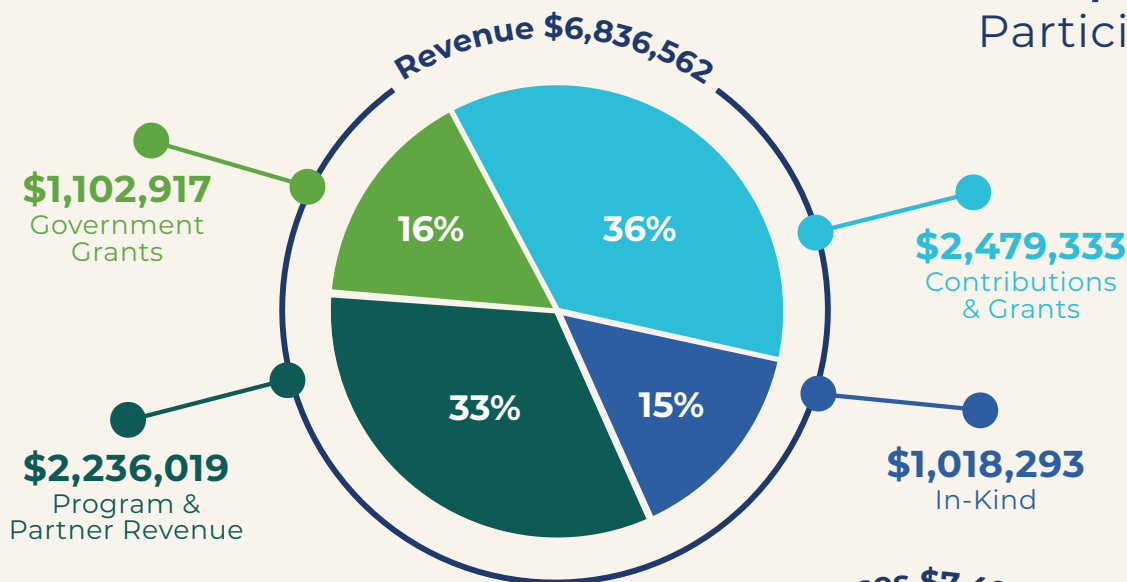
147,500
Class Enrollments

643
Schools

408,000
Volunteer Hours

4,500
Tutors

49,400
Participants



Source: 2019
Consolidated
Financial Audit

TURNING TO TUTORING

“Three years ago, when I retired, I was looking for something to do. We have a lot of teachers in my family and I know that when kids don’t have a strong foundation in reading, it’s harder for them to become successful later in life,” says Rudy Weidert, an Oasis tutor in the Greece School District. **Rudy has been tutoring for Oasis for three years, working mainly with second graders.**

One thing Rudy has noticed since becoming a tutor is that you can’t assume things when it comes to kids. “You just can’t assume that all boys like dinosaurs. The local library has a variety of books that I try to bring for the kids based on what they are interested in. It’s a little disconcerting that a lot of seven and eight-year olds have decided they hate reading. **You have to find some ways to make it fun for the kids. I tried a book with Dr. Seuss where I would read a line, and then the student would read a line. He got so excited when he understood how to make it rhyme. That’s when I learned if you can make it fun for the kids, they will get more involved in learning to read.**”

Rudy says that relationships with the students happen slowly, but eventually, he’s gotten to the point where students will greet him at 7 am in the cafeteria with a big hug. **“It can always be awkward for a kid to meet someone who is 68 years old. But then they learn that I’m just a nice old man who is there to spend time with them once a week, and I’ve learned that if you are patient with them, they will start to trust you, and like you.”**

One thing Rudy tries to do at the end of each session with a student is ask, “How did I do today? Did I do a good job today?” **Rudy says the students give him honest feedback, and they help him put together a new lesson**

plan for the following week. “If you can identify how that kid learns, you can help them with their confidence, and they can also help you.”

Rudy has noticed that many students that he works with have never been introduced to reading as a hobby at home. “When you ask an 8-year-old kid their favorite book, and they don’t have an answer, that’s a sign no one is reading to them at home. **There are more kids that would benefit from a tutor than there are tutors to help. It’s a great program, the kids benefit from it, but so do the tutors. We are more of ‘reading facilitators’ than we are tutors, we are there to make reading fun for kids.**”

“The Oasis Intergenerational Tutoring Program is extremely important to the students,” says Kristen Giuliano, Coordinator of EduCare for Greece Central School District. **“The tutors provide the one-on-one instruction and attention that many of our students need in order to become successful and confident readers.** We are so happy to have the Oasis program in Greece this year and look forward to working with the tutors for many years to come.”

Pictured: Rudy Weidert



ADVISORY COUNCIL

2019 Rochester Oasis

Dick Butler
President
Community Volunteer

Jennifer Clar
Director of Communications
Lifetime Care

Susan M. Friedman, MD, MPH
Professor of Medicine
University of Rochester
Medical Center

Suzanne Jaschik
Community Volunteer

James Hartman
Community Volunteer

T.C. Lewis
Community Volunteer

Pat Martinez
Community Volunteer

Steve Newcomb
Aging Services Administrator
Monroe County Office for the Aging

Peter Nilsson, JD
Community Volunteer

Jody Rowe
COO Corporate Compliance
Lifespan

James A. Termotto, Sr.
Program Director
North Coast Radio WJZR

Lloyd Theiss
Director
The Highlands

Mary Ann Wolfe
Community Volunteer

SPONSORS

Lifetime Care Home
Health Care & Hospice

North Coast Radio WJZR

Monroe County Office
for the Aging

“

I'm happy to say I have been associated with Oasis for several years, both as a presenter and a participant. In that time I have met dedicated and knowledgeable instructors fully engaged with their classes, and new and interesting participants who have become friends. **I am amazed every year by the variety of classes offered, giving us all the opportunity to try new things and grow by cultivating new interests. Oasis is truly a gem!**

Kathy Johncox

Instructor and Member, Rochester Oasis

”

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

Monroe Square | 259 Monroe Avenue, Rochester, NY 14607
585.730.8800 | oasisnet.org/rochester

