

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.

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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

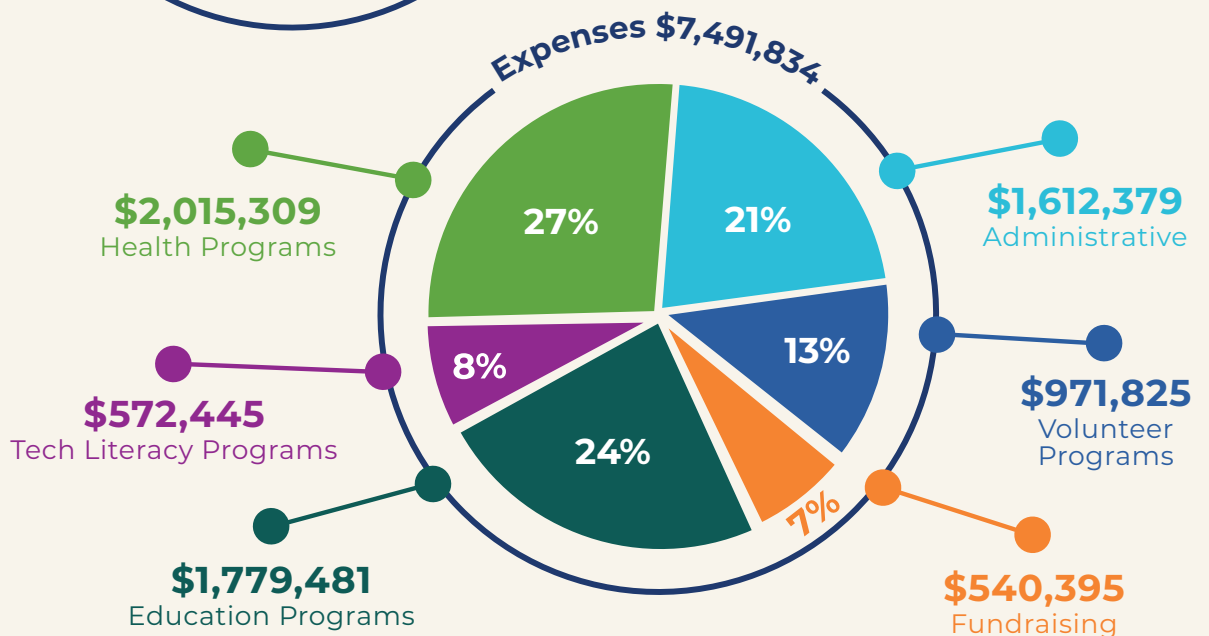
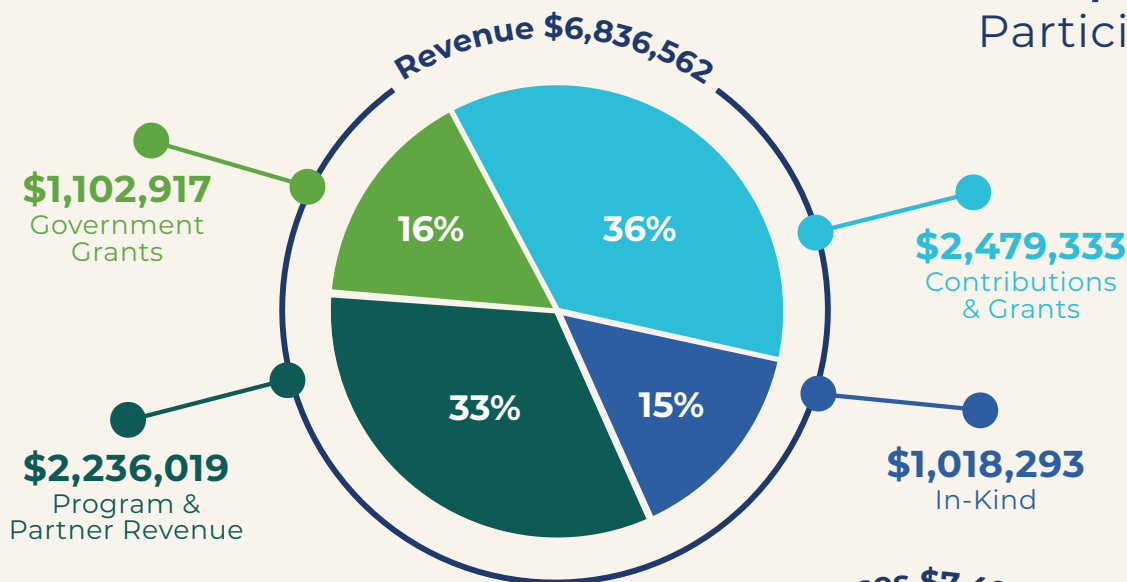
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Schools

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408,000
Volunteer Hours

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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



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

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REIMAGINE



AGING



2019 Annual Report

GREETINGS FROM OASIS

For nearly 30 years, thousands of Hoosiers looking for opportunities to learn, grow and give back to the Indianapolis community have turned to Oasis.

In 2019, Oasis focused on expanding the reach of our programs throughout the Indianapolis metro area. We began offering multiple new lifelong learning classes as well as health, wellness and exercise programs in four new community-based locations. Our expansion has allowed us to broaden the impact and meet the needs of the growing older adult audience.

Our goal is to continue to make Oasis offerings more accessible and convenient for the entire community. Since the onset of COVID-19, we have worked to ensure continued programming for hundreds of older adults. We quickly transitioned Oasis lifelong learning programs to a virtual format and trained our audience on the utilization of new technology. While our method of delivery is much different than we originally envisioned, we quickly evolved to meet the needs of our constituents.

While we all miss the in-person contact, we are working hard to deliver quality programs that continue to enrich the lives of older adults.

As we make this transition together, we appreciate your patience and willingness to adapt. We are so thankful for your ongoing support during this time of uncertainty and for your continued trust in Oasis.



*Your Indy
Oasis Team*

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Paul Weiss, PhD
President, The Oasis Institute

ALWAYS EXPANDING

Deb Persic is a recent retiree and avid Oasis participant. Her husband, Dave, was a tutor in the Indianapolis Public Schools through Oasis. **“When we first received a course catalog in the mail, I picked it up and thought, ‘wow!’ I had heard of Oasis but was not yet retired.** In the workforce, I took continuing education classes, so after retiring, I wanted more. I take courses all over the city, including YMCA locations. **I made a commitment to myself upon retirement to continue learning. There’s a quote that always resonated with me, ‘When you’re through changing, you’re through.’ by Bruce Barton.”** Deb insists that she is not through changing!

Deb talks about the number of classes she takes at Oasis. **“My shopping basket becomes quite full when the catalog is released each trimester!”** She enjoys taking classes on healthy aging, self-help, cooking, technology and photography. She especially loves classes that take her on interesting trips, and ones presented by notable guest speakers in her community. Deb’s active involvement in a variety of classes and locations led her to join the program committee. **“We have a class wish list from a brainstorm of ideas. We’re always trying to ‘step out of the box’ and acquire new speakers.”** One instructor, Dr. Pierre Atlas from Marian University, is well-educated on the constitution. “He gave a phenomenal presentation on the Second Amendment. I think it’s important to hear views on more than one side of a discussion. I would like to see more programs that challenge us to do so.”

Deb had an idea to approach the owner of a popular, new upscale restaurant in town. “I wanted to see if we could partner with the restaurant to develop an affordable class for seniors.” They agreed! Before the pandemic, they were working

together with the pastry chef on a class called “How to Make the Perfect Cake”. Also, there were plans for a test kitchen session within Fishers, including different chefs, cuisines, and a presentation on how the “Yard” got started, as well as plans for the future.

On the topic of how Oasis has changed and grown, Deb talks about program director, Angela Pellman, and what a wonderful job she’s done transitioning. She says Angela worked with Mary Dorney, the previous director, for quite some time before she retired, allowing her to maintain progress made by her predecessor while incorporating new ideas to make programs even better. **“Indy Oasis has had its fair share of challenges accommodating older adults in an ever-changing world. Angela reaches out to Oasis participants often to keep everyone informed about Zoom classes during the pandemic.”** Deb also praised the team of Oasis volunteers who keep things running.

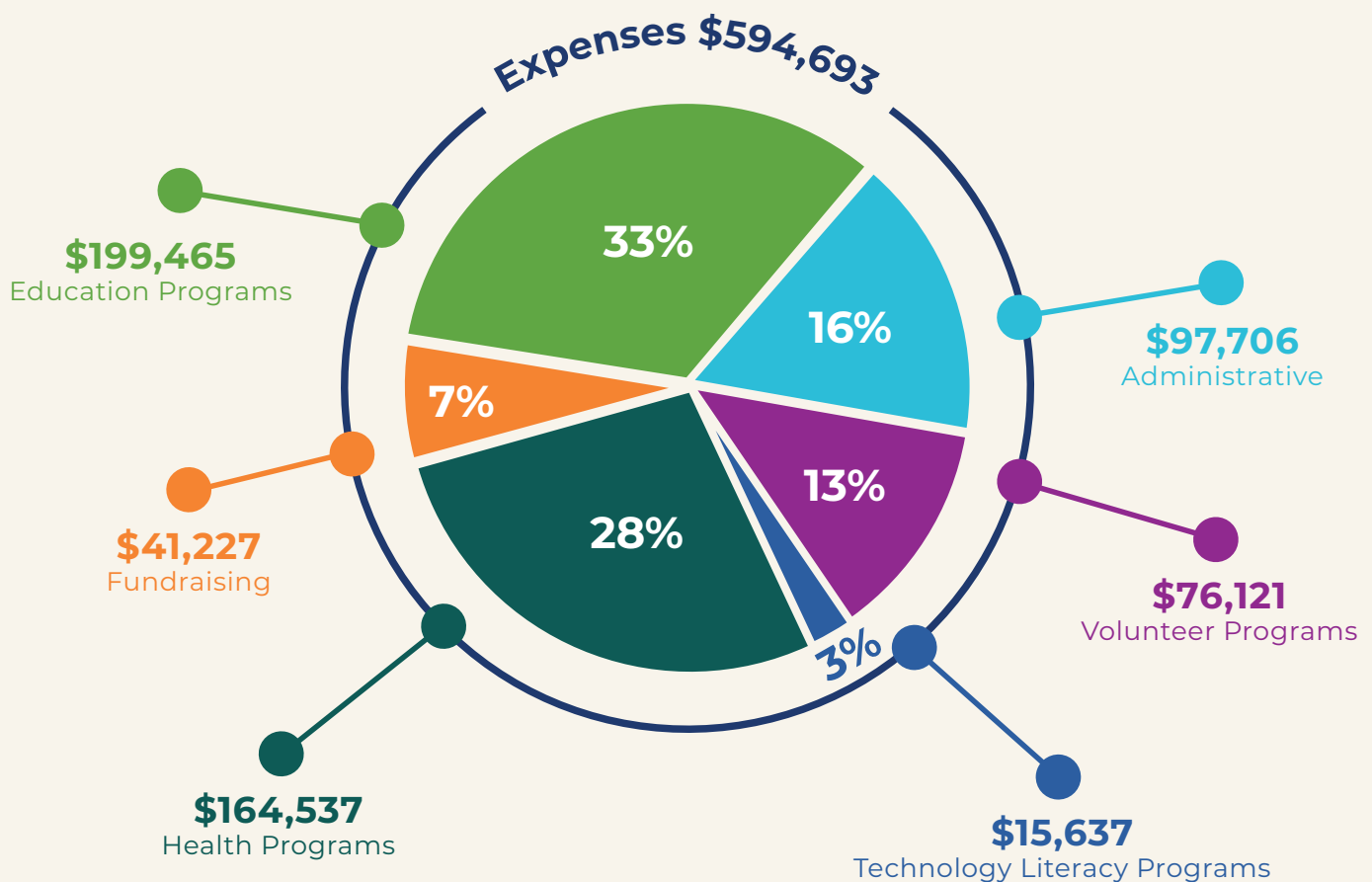
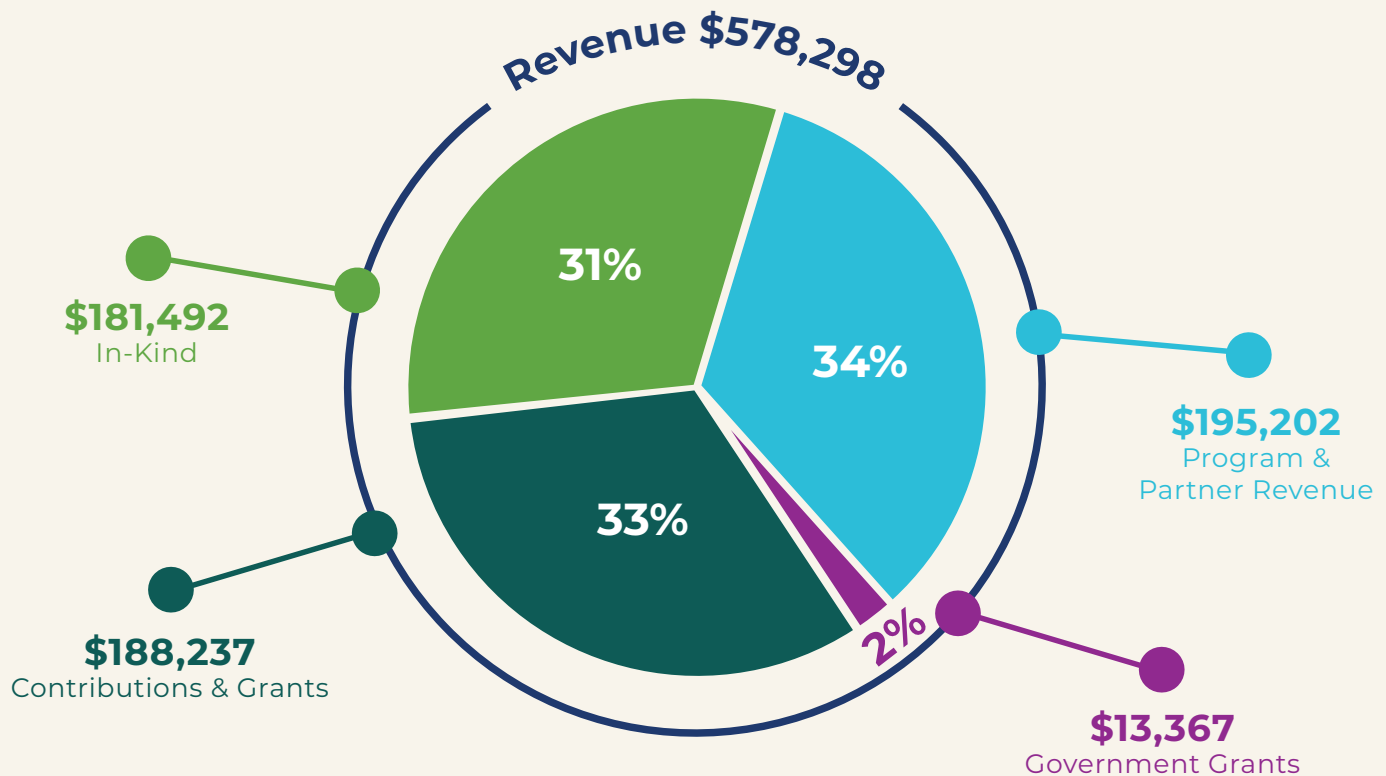
On reimagining aging, Deb believes Oasis helps older adults step away from the “sitting in a rocking chair” stereotype. **“Seniors possess a plethora of knowledge and experience. Data shows if we remain physically and mentally active, we age gracefully. Oasis helps me to see that 65+ is the new 50. We must never stop learning/moving! It’s up to us to figure out how to reimagine aging.”**

Pictured: Deb Persic



INDIANAPOLIS OASIS

2019 Financial Snapshot



Source: 2019 Financial Review

OASIS TUTORING KNOWS NO AGE

Tom Foster is no stranger to working with people. During his time in the Army and throughout his professional career, he collaborated, supervised and provided service to people of all educational backgrounds ranging from those who hadn't finished high school all the way to those with Master's degrees. **Sixteen years ago, Tom learned about the Oasis Intergenerational Tutoring Program and decided to volunteer so that he could get back to doing what he loves—working with people.** Even if they were much younger than he was accustomed to working with in the past. Tom says working with kids is his favorite, because they are the most fun.

Since 2004, Tom estimates that he has worked with about 20 kids at Westwood Elementary School in the Greenwood School District. **“One of the students I worked with several years ago had a lot of learning to do, but he worked hard and was a bulldog when you gave him something to do,”** says Tom.

He shared that **when students learn to read, it opens up a whole new world for them and expands their imagination.** He noted that learning literacy skills is important, but in addition to reading, some of the students he worked with

over the years (and their siblings) just needed someone to tell them they are loved and have people in their lives who care about them.

“Most of the children work pretty well with me, but some have a lot of things going against them. Each has a unique personality and you have to take a different approach with how your work with each individual.”

As Tom approaches his 96th birthday, he says he is glad he found the program. **“I am just a big kid at heart anyway. I enjoy the kids I have worked with and I hope I have helped them in some small way.”** Tom is one of more than 300 tutors in the Indianapolis area.

Pictured: Tom Foster



NATIONAL IMPACT

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5,900
Volunteers

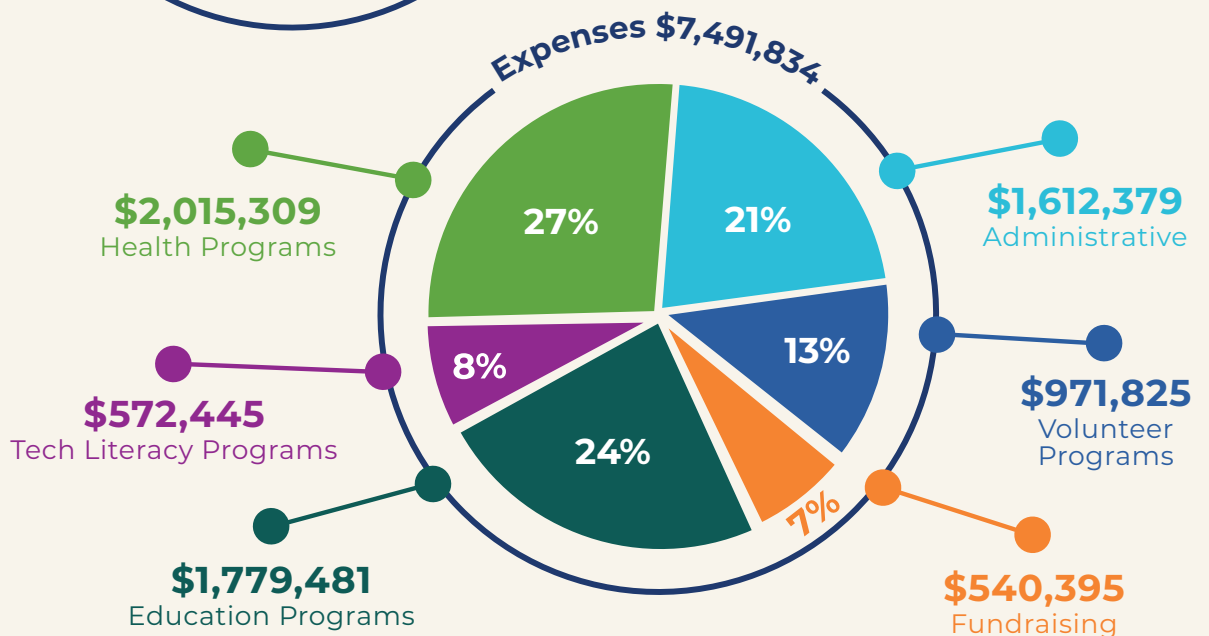
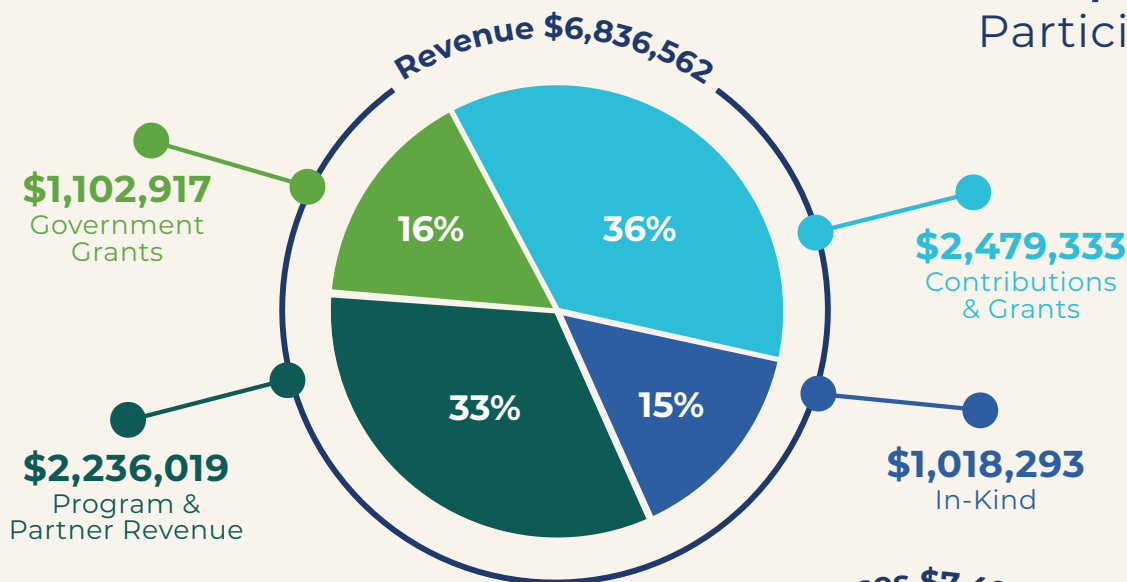
147,500
Class Enrollments

643
Schools

408,000
Volunteer Hours

4,500
Tutors

49,400
Participants



Source: 2019
Consolidated
Financial Audit

MOVING INTO NEW SPACES

In 2019, Indianapolis Oasis experienced growth.

Through new and expanded partnerships with the Healthplex and the YMCA, Indy Oasis began offering classes in several additional locations throughout the city. New locations have led to both program growth and increased participant reach.

“I think it’s great to have more locations throughout the community so people don’t have so far to drive. It’s smart to have the classes spread out,” says Dorothy Suther, who has taken nearly 200 classes with Oasis. Dorothy shared her enthusiasm for combing through Oasis catalogs, marking classes of interest with paperclips and narrowing down from there.

“When you get older, you can feel invisible. It’s very easy to withdraw. Going to Oasis made me realize I can stay involved. It’s gotten me out of my little bubble and keeps me connected to the wider world.” She says a memorable program she attended last fall was held at the new Healthplex location and featured Judge Robert Wilkins. Wilkins is an Indiana native who spoke on his remarkable journey becoming a federal judge and his role in establishing the Smithsonian National Museum of African American History and Culture (opened in September 2016 on the National Mall).

Judge Wilkins was recruited for the Oasis program by Nancy Busk, Oasis board member and volunteer with the Oasis programming committee. As Indianapolis Oasis expanded throughout the community, it also wanted to expand the types of programs that were being offered to its members. Nancy and several other Oasis participants are part of the programming committee who help plan speakers for Oasis.

“I believe the expansion of Oasis is extremely important because it benefits not only older adults, but also our city, which is full of communities that thrive on arts and humanities, current events, and discussion groups,” says Nancy. She recalls hearing about Oasis in the 90’s and regrets not taking advantage for her mother- and father-in-law when they moved to the area in 2004. She remarks, “They had a good five or six years of driving and getting themselves around and would have loved Oasis.” **Today she regularly encourages her friends to invite their parents to participate.**

Oasis participants and volunteers have enjoyed the recent expansion, but Oasis’ local partners also recognize the benefits. Ellie Schmink, District Vice President for the YMCA says, **“The YMCA has a strong commitment to serve our senior population. In some of our centers it is the safest place seniors have to socialize. Oasis allows the Y to offer a wider range of programming that draws a broader senior base.”** Ellie noted that after the YMCA fully opens again, there are plans to add two more centers for Oasis programming.

Although in-person classes were cancelled in 2020 due to COVID-19, Oasis volunteers handmade more than 500 masks for Y staff. **“Oasis has allowed us to help keep our staff safe while serving our community,”** says Ellie.

Indianapolis Oasis looks forward to its continued expansion throughout the community.

Pictured: Oasis class



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School

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Corporation

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Schools

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Indianapolis

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Public Schools

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Schools Corporation

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

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REIMAGINE



AGING

HOLLYWOOD



2019 Annual Report

GREETINGS FROM OASIS

Los Angeles Oasis continued to gain momentum in 2019 with increased offerings and participation at our centers in Baldwin Hills and Santa Monica/Westside. We increased our collaborations with healthcare organizations, bringing health lectures to our members from experts at UCLA Health, Kaiser Permanente, and Cedars-Sinai. Our Oasis volunteer tutors supported students in more than ten elementary schools, covering central LA and San Fernando Valley.

The COVID-19 crisis has created unique challenges. Our hearts go out to the families of those we have lost to COVID-19, and those who are still healing. The kindness and care shown by frontline responders is incredible—we are forever grateful for the risks taken by these heroes. I also recognize the social workers and other essential staff at WISE & Healthy Aging who stepped up to support the seniors and caregivers of those we serve, advancing their dignity and quality of life.

Like our Oasis colleagues across the country, our ability to pivot has been tested. With lemons, one makes lemonade! We appreciate the generosity and creativity of our instructors, who along with our Oasis staff, have kept things moving along. Bravo! Throughout the pandemic we shifted to using more technology to support our work. Although we have experienced some bumps in the road, we are continuing to improve our virtual offerings.

With much gratitude in our hearts, you can count on us to keep pivoting so that you are able to stay active and inspired as we adjust to life that has been altered so dramatically.

Stay safe and be well.



Grace Cheng Braun

President & CEO
WISE & Healthy Aging
Los Angeles Oasis

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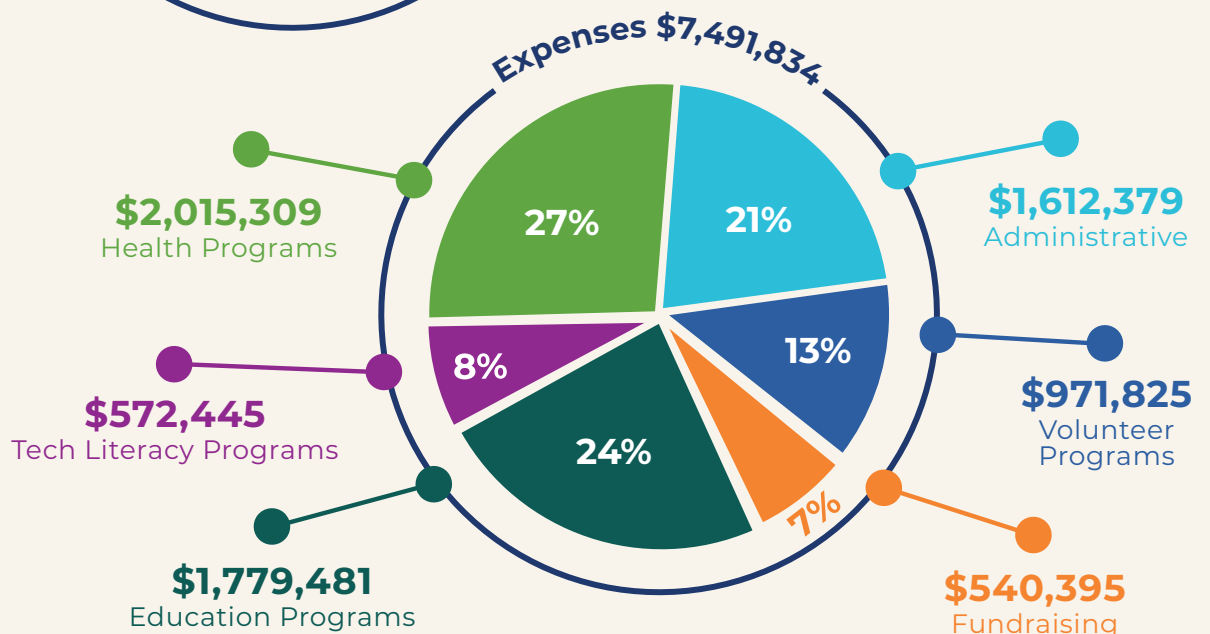
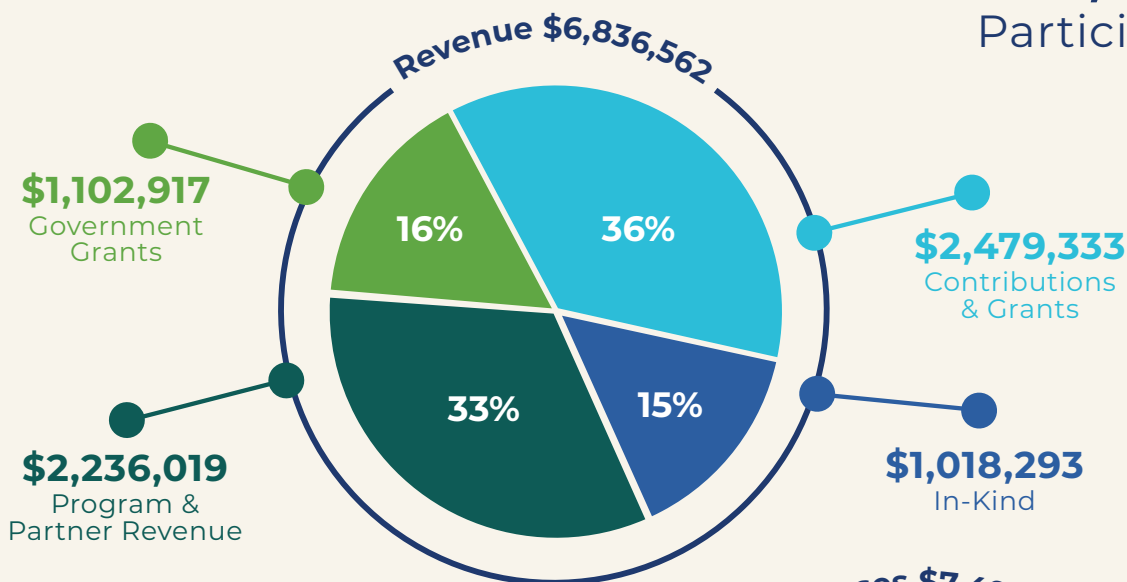
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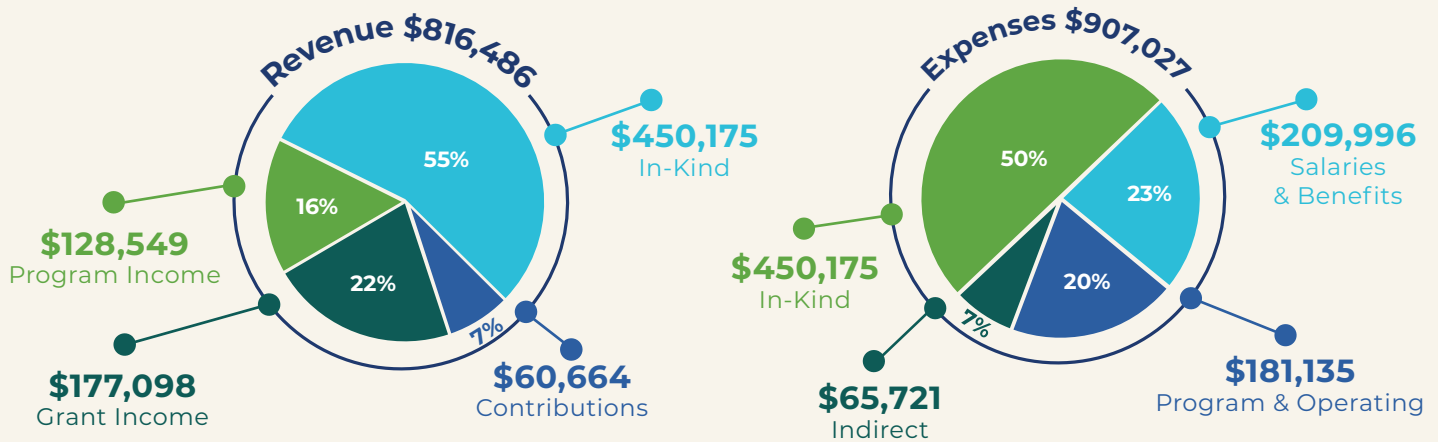
4,500
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49,400
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Source: 2019
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Financial Audit

FINANCIAL SNAPSHOT



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VOLUNTEERS ARE VITAL

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 LA Oasis. Our volunteers serve as mentors to elementary children through Oasis Intergenerational Tutoring, 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.

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

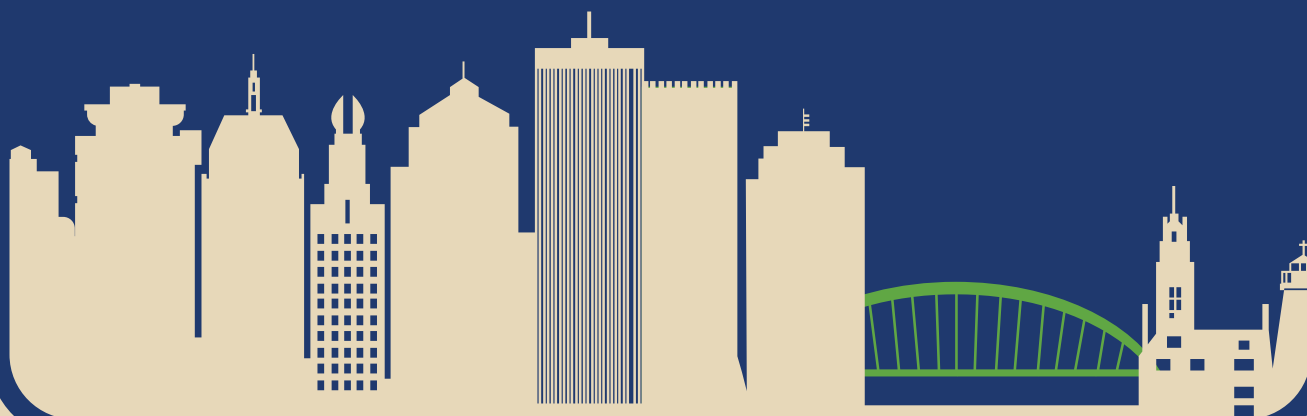
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The past year at Rochester Oasis was one of continued lifelong learning opportunities tinged with unexpected changes.

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?

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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

51
Volunteers

8,184
Class Enrollments

21
Tutors

3,442
Volunteer Hours

1,711
Participants

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

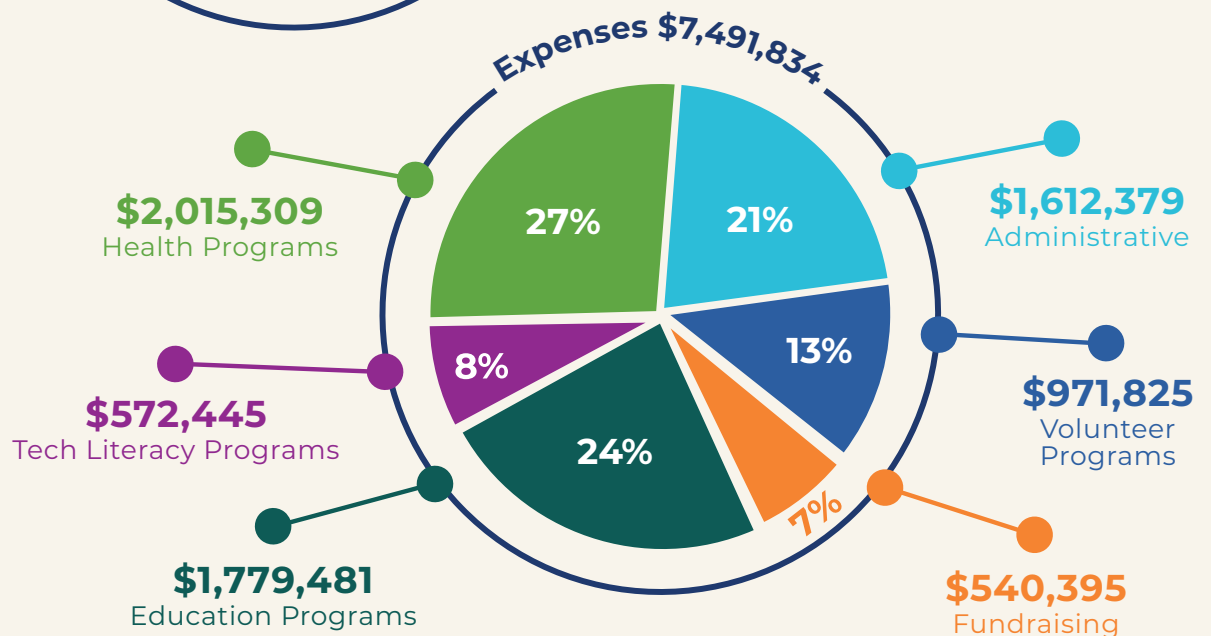
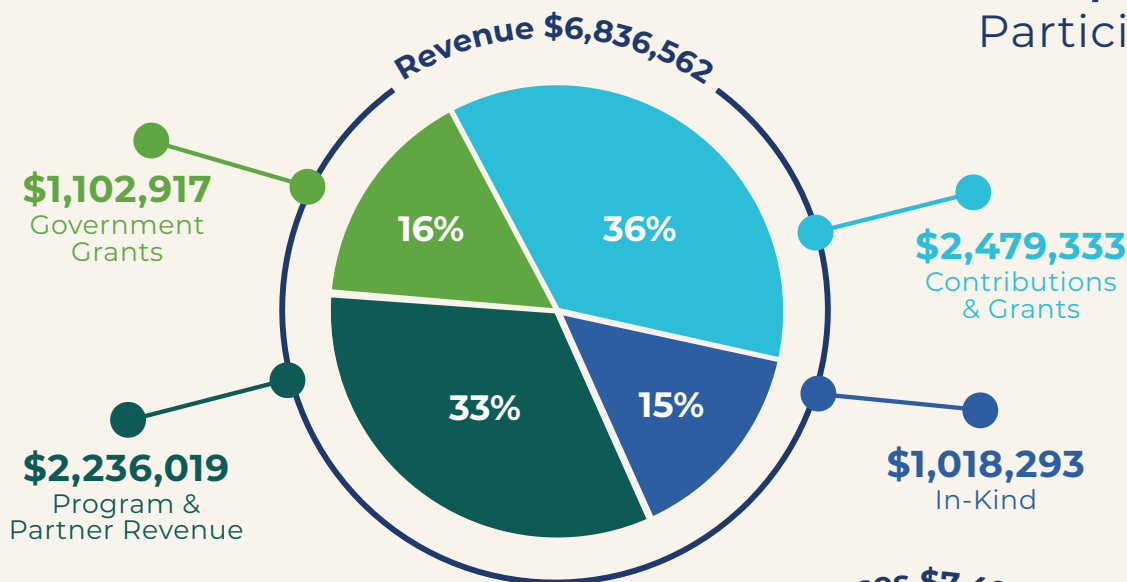
147,500
Class Enrollments

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



REIMAGINE



AGING



2019 Annual Report

GREETINGS FROM OASIS

2019 was a fantastic year for San Antonio Oasis. In September we opened our new center Oasis at the Meadows and held numerous grand openings and open houses for our members, donors and partners.

Morningside Ministries gave Oasis the opportunity to build a new Oasis Center on their campus by providing a building and the ability to refurbish it to meet our needs. The new center has given us the needed space to build capacity by having a dedicated fitness room and larger classrooms to reach more older adults.

San Antonio Oasis has expanded the selection of classes and the new center has given us more opportunities to achieve our mission to promote healthy aging through lifelong learning, active lifestyles and volunteer engagement.

This spring the effects of COVID-19 challenged us to transition quickly to online classes, podcasts and reassurance calls. These programs have helped our members stay engaged and informed during these

challenging times. Oasis will continue to serve our members in the future. We are here for you!



*Brenda
Schmachtenberger*

Executive Director
San Antonio 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.

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Paul Weiss, PhD
President, The Oasis Institute

TAKING ON TUTORING

Debra Tapley began tutoring in 2018. **She currently tutors five children in the School of Science and Technology (SST), and one in the Northside School District.** She heard about Oasis while volunteering in the library at SST. At the time **she was experiencing what she describes as “the grandparents empty-nest” when the grandchildren she was taking care of were old enough to go to school.** She says, “Tutoring became an extension of what I do with my grandkids.”

Debra finds tutoring most rewarding when she notices a boost in a student’s levels of confidence, comfort and ease in reading. A teacher shared her excitement over one of Debra’s student’s improvement reading at grade-level. **She explains that many of the children speak English as a second language. She says she knew the need for help was there when she quickly went from tutoring four students to five.** Since she started two years ago, she’s worked with ten children in all. When asked what made her want to take on tutoring more children, Debra says at SST **“the focus on tech and math are particularly critical, but if you cannot read then you will be behind in all of the subjects. If I can help one child succeed as they age and mature—if I can spend an hour with them a week, that’s what I’ll do.”**

She shares some tips for success in gaining trust and cooperation from the students. **“Patience” is her number one word of advice. “Boys take a bit longer to warm up than the girls.”** She develops games and uses sight words to keep lessons dynamic. She keeps a diary for each student to reflect on their progress. She also notes that working closely with the teachers is very helpful.

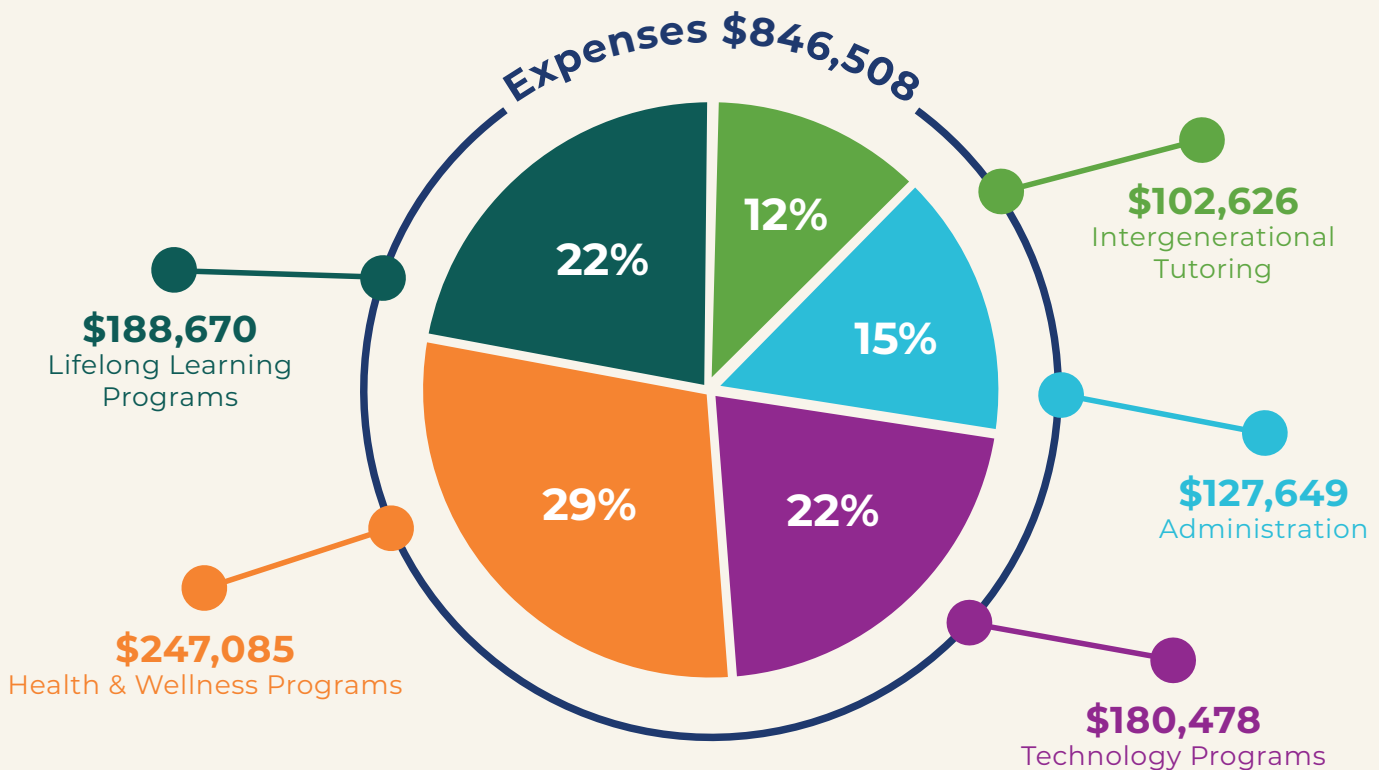
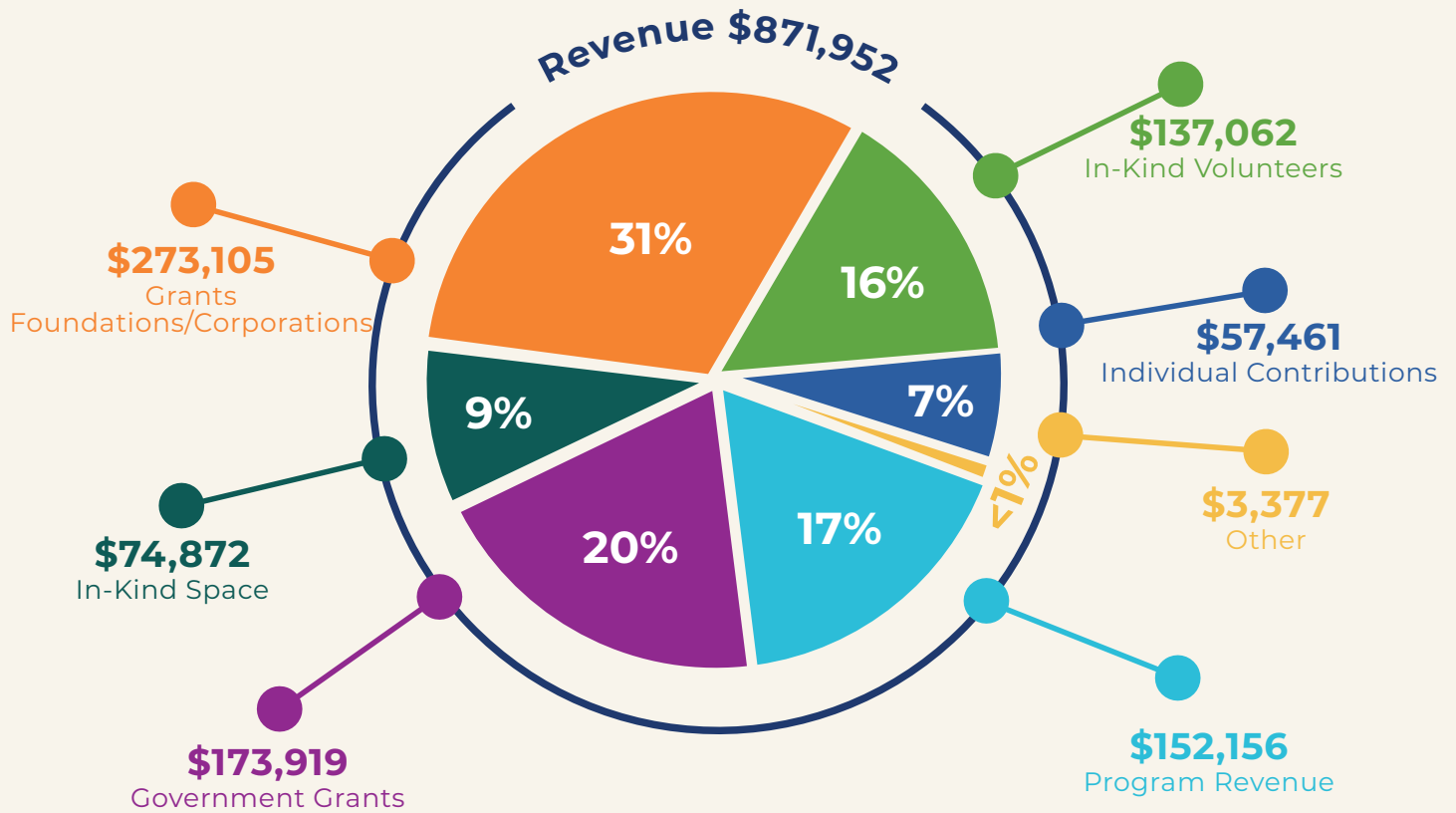
On the San Antonio Oasis Tutoring Program, Debra thinks the support and training is top notch. She advocates for reaching more older adults to recruit new Oasis Tutors. **Her belief on reimagining aging: “Getting retirees to help even just one child for an hour, can make a difference.”** Her personal goal, to receive the 25-year tutoring pin, is evidence of her pure dedication and immense passion for helping children succeed.

Pictured: Debra Tapley



SAN ANTONIO OASIS

2019 Financial Snapshot



PROGRAMMING IN NEW PLACES

Kathy Steves has been volunteering for Morningside Ministries for ten years and has been an Oasis participant for eight years. **She first heard of Oasis through a friend who was participating in classes and volunteering. Kathy took some classes and was hooked.** As time went by, Kathy fell in love with the program and became an Oasis volunteer.

She's gained countless friendships through class participation and volunteering. **What first appealed to Kathy was the diversity of the classes offered. She appreciated the variety of topics covering a range of interests from each end of the age spectrum, and easily found classes she felt comfortable in.**

The move into the new location at Morningside has been like "night and day" according to Kathy. **"Before, we were in the backside/bottom floor of a building built in the 1950's. Everything from the cooling system, larger classrooms, and the flooring in the fitness rooms—even the restroom facilities are more accommodating for older adults. The new space is at least ten times better than the old place."** As Kathy mentioned, the new center boasts a dedicated fitness area with floating floors to improve stability and comfort while working out.

The expansion demonstrates how Oasis reimagines aging every day through their dedication to grow, reaching even more of **the community.** Oasis helps Kathy and others recognize that people are constant learners—something often overlooked by older adults. **"Our bodies may be getting older, but our brains are not slowing down. We need to keep them strong and Oasis is a great avenue for that. It is the most wonderful place for expanding your knowledge."**

Pictured: Kathy Steves



NATIONAL IMPACT

2019 *Basis Institute*

5,900
Volunteers

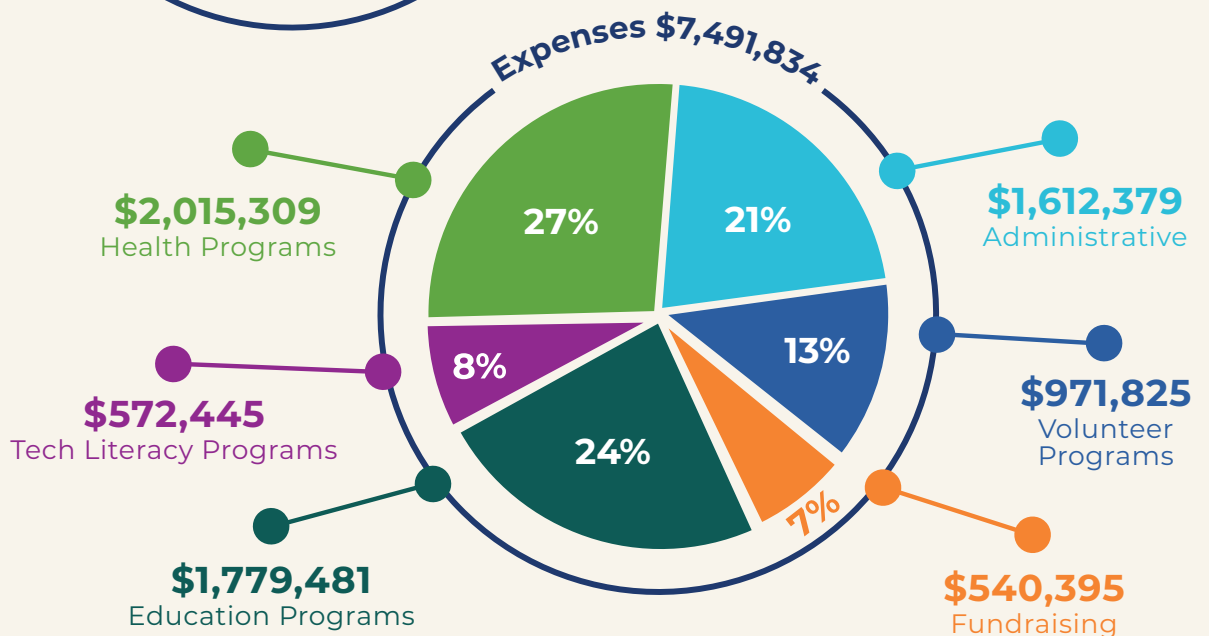
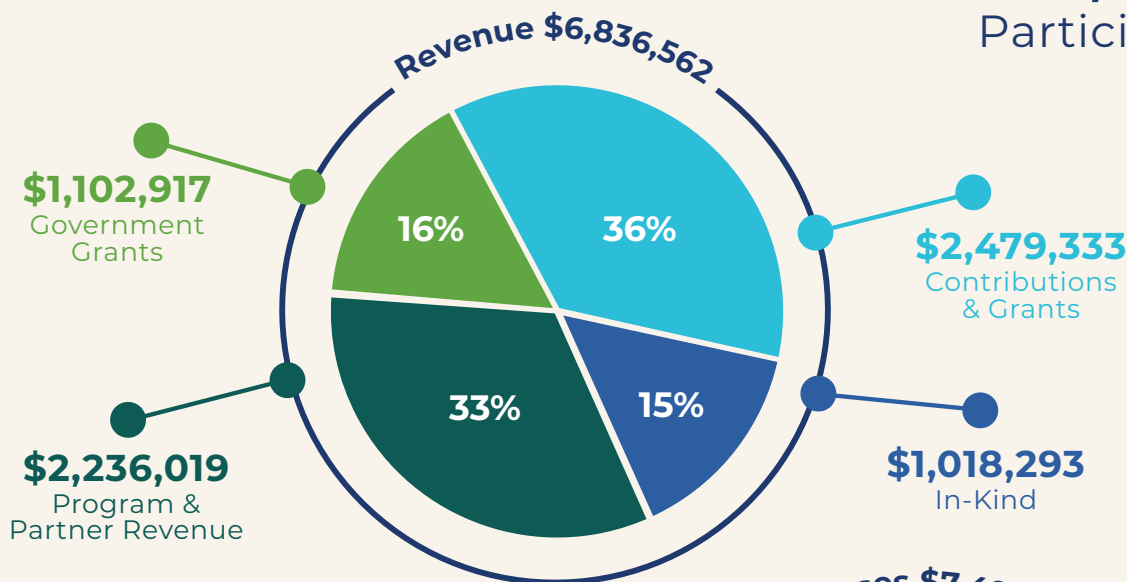
147,500
Class Enrollments

643
Schools

408,000
Volunteer Hours

4,500
Tutors

49,400
Participants



Source: 2019
Consolidated
Financial Audit

MAKING MOVES WITH MORNINGSIDE

In 2019, San Antonio Oasis moved to a new headquarters on the campus of Morningside Ministries. **The move has been great for participants and the community, offering much more space for classes, specifically fitness, and more chances for Morningside Ministries residents to get involved by not having to travel.**

The partnership allows Morningside Ministries residents to take Oasis classes for free. Khalilah Bilal has been taking classes with Oasis since 2002, back when they were located in Macy's department store. When travel became difficult, she had no choice but to stop participating. After moving to Morningside two years ago, she was ecstatic to learn Oasis was operating there. "I wanted to be in as many classes as possible!" **For Khalilah, Oasis is more than just a means for entertainment and education—the programs are therapeutic.** Khalilah suffers from depression and was diagnosed with Agoraphobia, a type of anxiety disorder in which you fear and avoid crowds and places or situations that might cause you to panic or feel trapped. Khalilah says with little motivation to socialize she needed something that required very little effort to get her out the door. With classes less than a five-minute walk from her home, participating became the emotional inoculation she needed to cope with her anxiety. **"I find I can get involved as much or as little**

as I want to be around people in a way that feels safe. It really has saved my life as far as my mental health goes."

She loves that there are so many people she has things in common with at Oasis and feels comfort knowing they can relate to each other. Khalilah's donations to Oasis is her way of "paying it forward" for the immeasurable support they provide her. She's grateful for the partnership with Morningside as she would not be able to participate otherwise, considering she doesn't drive. On reimagining aging, **"I don't know if it is going to make my life longer, but it encourages me to wake up each morning with a sense of purpose for the day."**

Pictured: Khalilah Bilal



BOARD OF DIRECTORS

2019 San Antonio Oasis

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Chairman

**Brenda
Schmachtenberger**
President

Chris Alderete

Deborah Billa

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Adela Gonzalez

Suzanne Huber

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Mays Family Foundation

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Myra Stafford Pryor Charitable Trust

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Northside ISD

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San Antonio ISD

SST Discovery School

Bexar County

Army Residence Community

Najim Family Foundation

Alamo Heights ISD

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

700 Babcock Road, San Antonio, TX 78201

210.236.5954 | san-antonio.oasisnet.org



REIMAGINE



AGING



2019 Annual Report

GREETINGS FROM OASIS

In 2019, we hosted our largest event ever, “Get Connected: Technology Fair for the 50+” with over 1,200 attendees. Little did we know how important our technology would be in 2020!

On the day we closed our physical doors, Friday, March 13, 2020, we knew we needed to serve our older adult population to prevent isolation and loneliness, as we sheltered at home. We completely reimaged Oasis over a weekend! The following Monday, we were offering virtual classes. Oasis has been building momentum ever since —offering at least 200 virtual classes per month. Older adults are joining us from all over California and beyond.

Our Intergenerational Tutoring program has also risen to the challenge of continuing to educate students at home. We created virtual tutoring. Oasis tutors engage with at-risk, low income elementary school students online, allowing them to feel connected to their very own mentor who makes a remarkable difference!

The need for connection and engagement is more important than ever. We do not know what the future holds, but one thing is for sure: San Diego Oasis continues to innovate and adapt, bringing new programs to meet the needs of our older adults and at-risk children. It is crucial that we have your support —as a champion and a donor— to ensure that older adults do not fall through the cracks, but instead continue to be a vital part of our

community. Older adults are a treasure to be nurtured and tapped for wisdom, knowledge and willingness to help. Join us!



Simona Valanciute

President & CEO
San Diego Oasis

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Paul Weiss, PhD
President, The Oasis Institute

WHERE BOOKS AND CHILDREN COME TO MEET

“We were in a meeting about four years ago, talking about ‘what can we do to keep in touch with students over the summer’ and that’s how it all started,” says Oasis tutor Linda Pusker. Linda started volunteering as a tutor with Oasis four years ago after retiring from 35 years of teaching. **Together, she and John Dunnicliff, San Diego Tutoring Coordinator, have grown a book drive that started out with only 375 books to a group of third graders in 2016, to a couple thousand books delivered across grades k-5 in 2019.** These books are delivered to students over the summer in districts served by Oasis tutors. “The children are happy because they get to go home with a couple of books over the summer,” says John. **“I still remember a student who came up to me during the book drive who was 6 and asked for a book for his 1-year old brother because he wanted to teach his brother how to read.”**

When the COVID-19 pandemic hit and schools closed for the remainder of spring, **San Diego Oasis ramped up efforts to continue serving students through the book giveaway program** to address the summer slide. Through a \$20,000 project, Oasis will provide several books for each student in grades 1-4 at schools in the

San Diego Unified School District where Oasis tutoring is present. All the participating schools in the district are considered free and reduced lunch sites. **“It’s been so nice to see district professionals, partners, and other organizations come together to help these kids learn; I’m so proud of our community and seeing our tutors rally around this,**” says Kristen Amicone, Director of Intergenerational Programs at San Diego Oasis.

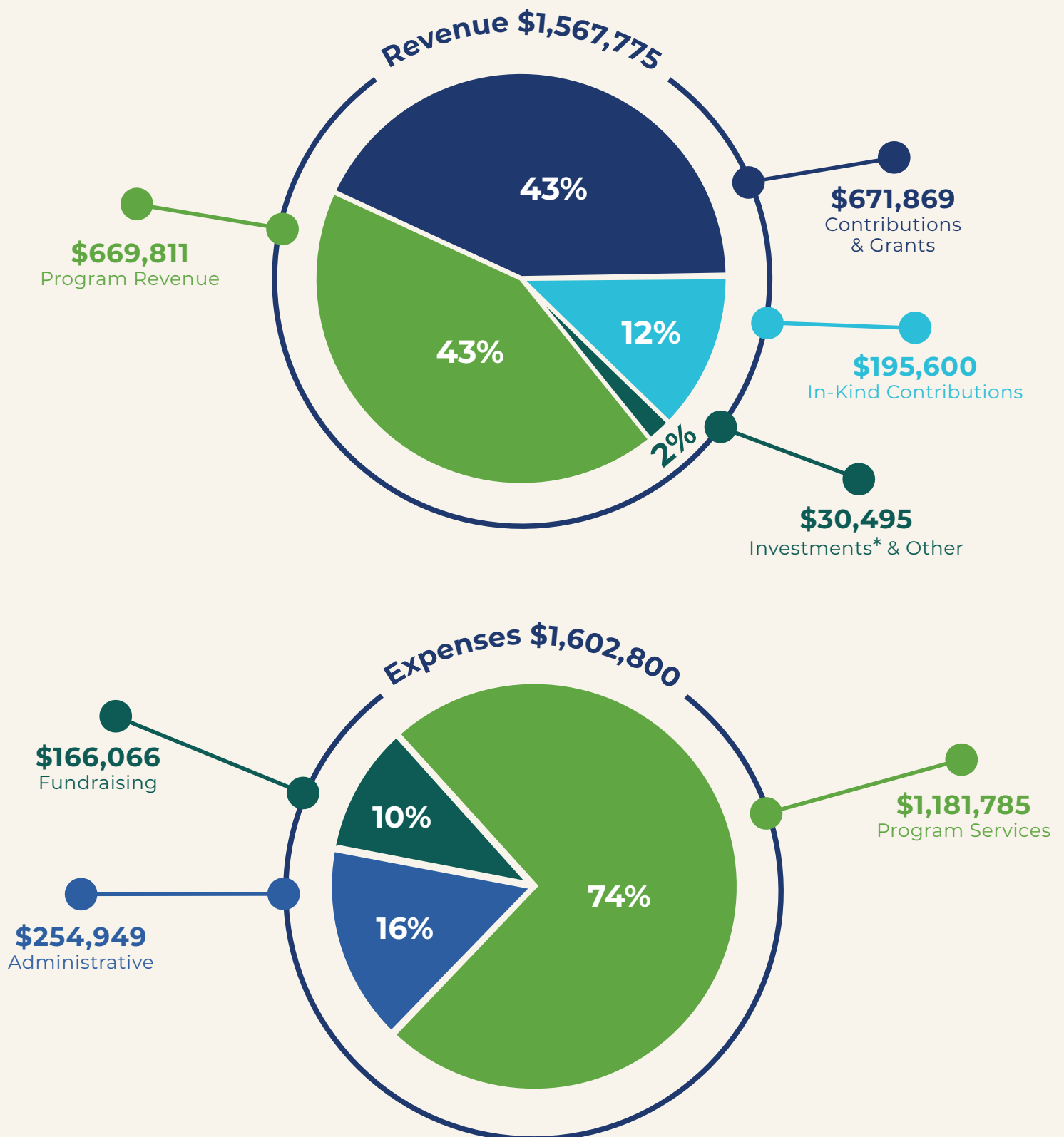
The program has provided Linda and other tutors the opportunity to stay involved with the Oasis tutoring program despite the pandemic.

Pictured: Book Giveaways



SAN DIEGO OASIS

2019 Financial Snapshot



Source: 2019 Financial Audit

*Excludes unrealized gain on investments

FLIPPING TO THE IPHONE

"I've taken Oasis' Conquering Your iPhone Part 1 class three times, Part 2 twice, and Part 3 three times, says Oasis participant Norma Mendenhall. **"Now, my grandkids say, 'Nana, you are pretty good at this'."**

Since enrolling in Oasis iPhone classes, Norma has transitioned from using her flip phone to now FaceTiming daily with her daughter who lives in Rome. "It's been a gift learning how to use my iPhone," says Norma. "I use it getting around town, I can communicate with all three of my kids, and friends, and now with COVID-19, it's been easy to stay in touch with my family and friends. **Everything I can do with my phone, it makes me feel younger; I'm 80 but I feel 50."**

Norma has taken all her iPhone classes with Oasis technology instructor Jacki Montierth. **"I just love Jacki's classes, her first comment to all of us on the first day of class was, 'this is going to be fun; this won't be frustrating, you need to learn how to do this',"** says Norma.

Jacki helped bring Apple technology into her school district in the 1980's when she was a middle and high school teacher. **After retiring from education, she started wiseboomer.com to provide an avenue for older adults who were retired to learn about technology.** Jacki started teaching Apple classes for Oasis three years ago, including classes on iPhone, iMac, iPad, and iCloud. "An 81-year-old man

came to class with a flip phone, and a year later, he's texting me on his iPhone 8," says Jacki.

"My favorite times are when I teach FaceTime with them; I pair them with another person and send them to different locations in the building. They come back to class absolutely thrilled to death, and then they FaceTime their kids across the country. It's pure joy watching them learn."

Jacki says the reason she keeps coming back to teach is for her students. "People can't imagine what something can do for you by the end of the class. Their whole demeanor and their whole lives have changed; they deposit checks on their phone, they shop on their phone, **they are reimagining their life as they leave the class."**

Pictured: Jacki Montierth



NATIONAL IMPACT

2019 *Basis Institute*

5,900
Volunteers

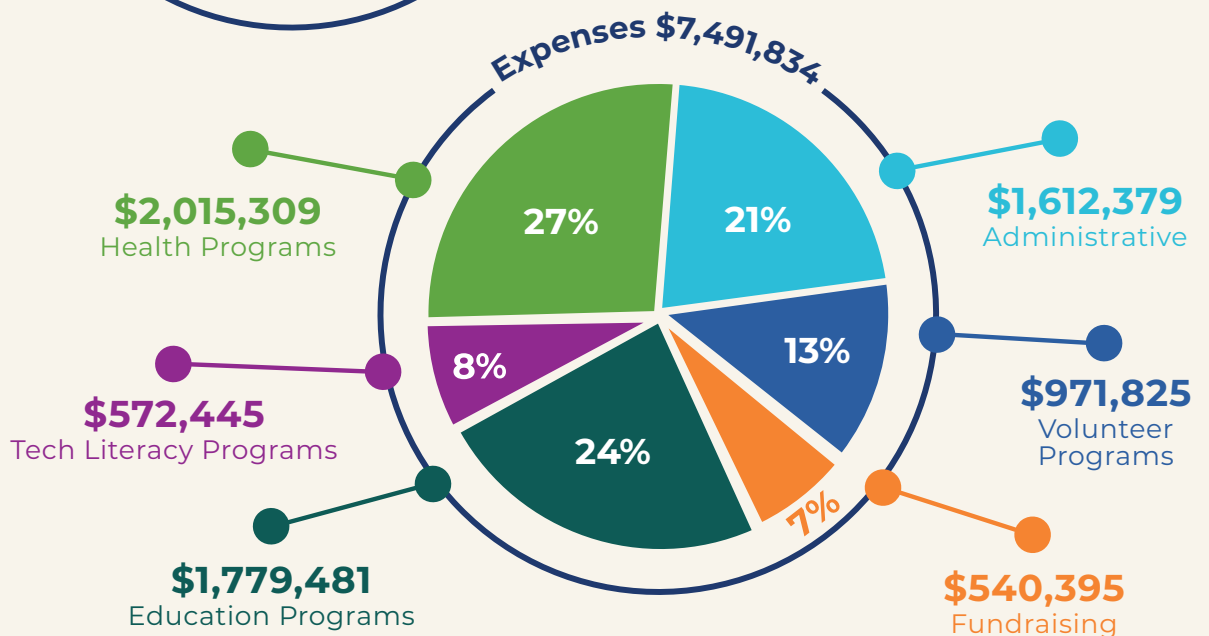
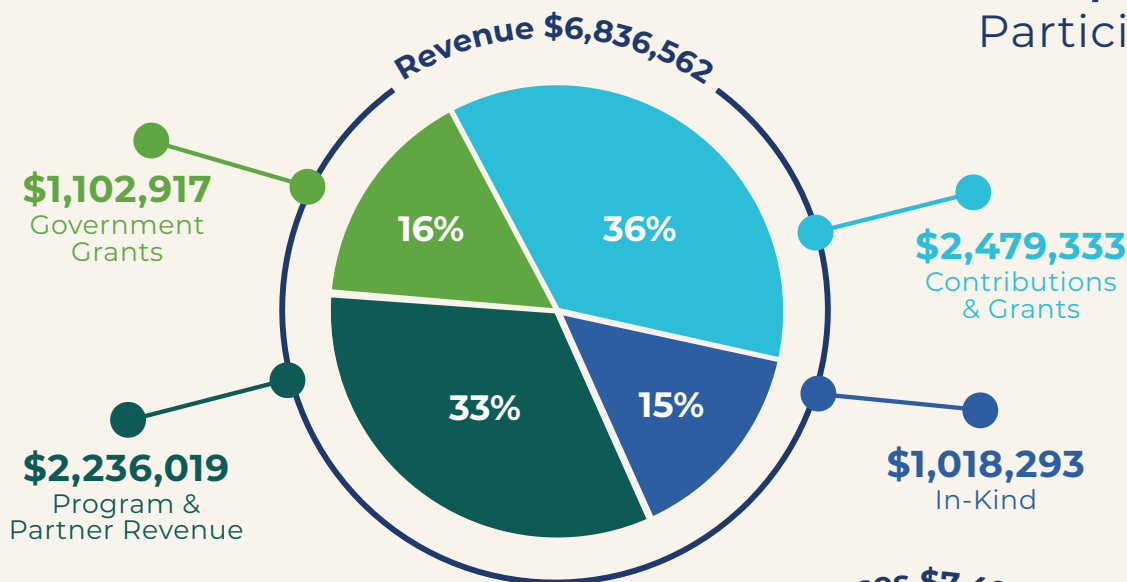
147,500
Class Enrollments

643
Schools

408,000
Volunteer Hours

4,500
Tutors

49,400
Participants



Source: 2019
Consolidated
Financial Audit

FRIDAY REFLECTIONS

Friday Reflections classes, led by Peter Bolland, a professor of Philosophy and Humanities at Southwestern College, is the most popular class that San Diego Oasis has had recently. **Friday Reflections invites people go deeper to reveal the wisdom hidden just beneath the surface of our everyday lives, and included new themes, questions, and readings every week.**

"When the COVID-19 pandemic hit, we started brainstorming ways we could continue to 'check-in' with our members in a more informal way, and so instead of doing my normal two-hour lecture classes, I now have weekly 30-min Friday Reflections classes that are hosted on Zoom," says Peter.

"It's an opportunity to get below the surface level of our everyday lives and get deep about issues that are happening locally. Then, see if there is a tool that we can use to help provide a lens of understanding. For example, in one of the sessions, we talked about Maslow's Hierarchy of Needs and how it connects to structural racism."

Peter has been teaching with Oasis for ten years and has a taught of variety of subjects related to philosophy and religious studies, and even poetry workshops. He even sometimes has concerts where he plays the guitar!

"I'm 61 years old, I was one of those veteran teachers that has never taught online before; those first few weeks were a

brutal learning curve, but we are all learning and adapting," says Peter. **"There have been so many wonderful connections that get made from the topics we are discussing; the chat feature is always very popular on the Zoom calls."**

Peter believes that Friday Reflections will be something that continues even after the pandemic, and that there will now always be a hunger to continue these Zoom classes. "We aren't here to amass more knowledge or to give them more information, what we are really after isn't the facts, it's the feeling of being alive. **When you feel your heart and mind opening, that's a thrill,**" says Peter. "What we want for our participants is an education experience that is life-changing."

Pictured: Peter Bolland

Photo Credit: Thom Vollenweider



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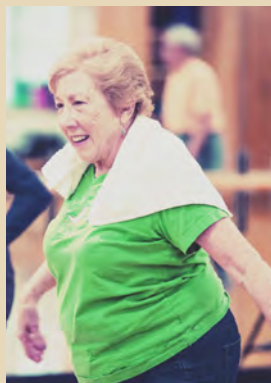
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REIMAGINE



AGING



2019 Annual Report

GREETINGS FROM 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 or 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, Oasis Institute



EXPANDING OUR FOOTPRINT

Diane White is the manager at The Pavilion at Lemay, a partner of Oasis. She was encouraged by how effective the classes were in helping participants. **“When Oasis contacted me at The Pavilion at Lemay in 2018, I already knew I**

wanted to find a way to bring their programs and workshops to the community.”

Diane believes it is important to offer Oasis programs at The Pavilion because it supports their mission to provide high quality educational and recreational programs to enhance the lives of members and guests. **“Partnering with Oasis allows The Pavilion to offer**



classes on a wide range of subjects and interests, providing participants a way to stay socially engaged while learning at the same time.”

Brenda Cummings Smith participated with Oasis in another new location. She first learned of Oasis more than six years ago, after receiving promotional materials in the mail and hearing peers give stellar reviews of the classes. She registered for an Oasis photography class held in Crestwood. **“I was impressed with the variety of classes and events offered through Oasis,”** Brenda says. At that time, programs were not easily accessible in North St. Louis County where she lived. Although Brenda didn't mind traveling the distance to attend classes, she thought was a deterrent to friends and family who could benefit from the programs.

At the time, Brenda was beginning her retirement journey and wanted to explore new means for self-improvement and entertainment during this phase of life. “I found that I was not alone in this quest and decided to form a group of like-minded individuals. **We became On The Move (OTM). I later contacted Oasis to see if we could have an exercise class and other activities for our group, pending an available location in North St. Louis County,”** Brenda recalls. It was not long before Oasis received a phone call from Christ Our Redeemer Church, the location she found. **After meeting with the church's team, Oasis realized this was the perfect partner to expand programs to the North St. Louis County area. From there, a beautiful partnership formed.**

“With the additional years all of us have been blessed with over the last century, we are more aware than ever that there is purpose in all lives, no matter the chronological age. As quoted in the curriculum for the Oasis Aging Mastery Program, ‘Longevity is a gift,’” affirms Brenda. **“We must learn to appreciate it and use it wisely as a benefit—not only to those who possess the longevity, but all who benefit from it.”**

Pictured: Top, Brenda Smith; Bottom, Rick Hopkins attending a Fitness Event at The Pavilion at Lemay

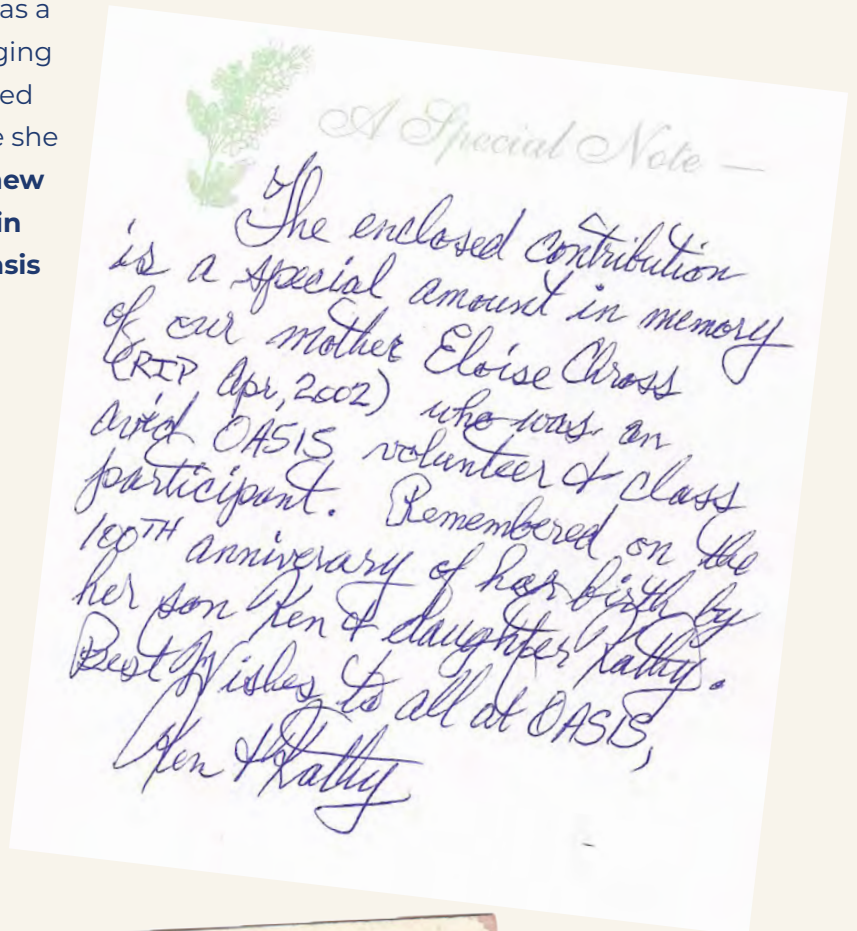
LOVE AND A LEGACY

Tribute gifts are a great way to honor life events or remember someone special. Siblings Ken Ashford and Kathy Greenhill have made tribute gifts to Oasis in honor of their mother since 2002. **This year would have marked their mother, Eloise's 100th birthday.** Eloise Chross was retired from the Missouri Employment Department in St. Louis, after starting her career as a hair stylist, having her own shop, and later managing a large department store beauty salon. She enjoyed working with people, and she enjoyed the people she met at Oasis. **Eloise loved learning and seeing new things in Oasis classes, along with taking part in Oasis bus trips. She volunteered at the local Oasis help desk whenever she could.**

By supporting Oasis with annual tribute gifts, Ken and Kathy can continue their mother's legacy and her love for Oasis.

If you would like to make a gift to Oasis in honor or memory of a loved one, please contact us at 314.862.2933 ext.235 or make a tribute donation at oasisnet.org/donate. **Your tribute gift will help Oasis support its mission to promote healthy aging.** Tribute recipients or their families will receive an acknowledgment card, without reference to amount, to notify them of your gift.

Pictured: Eloise Chross



TAKING TUTORING TO NEW PLACES

The tutoring program continues to expand as more school districts realize the positive influence community volunteers have on students and people look for purposeful avenues to share their wealth of experience and knowledge. **In 2019, Oasis tutoring expanded to schools in East St. Louis, Illinois, and Jefferson and Scotland Counties in Missouri.** Margret Carey, a school liaison for Officer Elementary School in East St. Louis, Illinois, learned of Oasis through her district facilitator. She shared that Oasis tutors have positively impacted students in need of intervention and notes the additional help greatly improved their reading and writing skills. She also loves that the students developed trusting relationships with their tutor and get excited about the lessons.

Flossie Hunt, an Oasis tutor working in East St. Louis School District 189, heard about Oasis through an informational session held at Greater New Hope Baptist Church. **She was eager to help students and teachers alike. She finds tutoring most rewarding when she sees a child overcome doubt and gain confidence.**

Alice Menne serves as district facilitator for Dunklin School District in Pevely, Missouri, where there is a large rural community of low-income families with children in need of one-on-one attention that they may not always get at home. When asked if she has noticed a difference in the students receiving tutoring she replied, **“Absolutely, students are confident and love the attention they receive from their tutor.”** She says it’s clear the tutors benefit from the services as well, “it gives them a sense of purpose and a reason to get out of bed.” Alice enjoys working with the volunteers as much as she enjoys watching the children grow.

Bill and Brenda Rigel learned of Oasis through their church. Both enjoy working with children, so they leapt at the chance to become tutors in the Dunklin School District through Oasis. They say that the school liaison is very supportive, checking in often, and offering assistance where needed, including helpful tips on working with children. **“Oasis gives my wife and I something to look forward to, and I think others like us would benefit as well.”**

Pictured: Top, Alice Menne; Bottom, Bill and Brenda Rigel



NATIONAL IMPACT

2019 *Basis Institute*

5,900
Volunteers

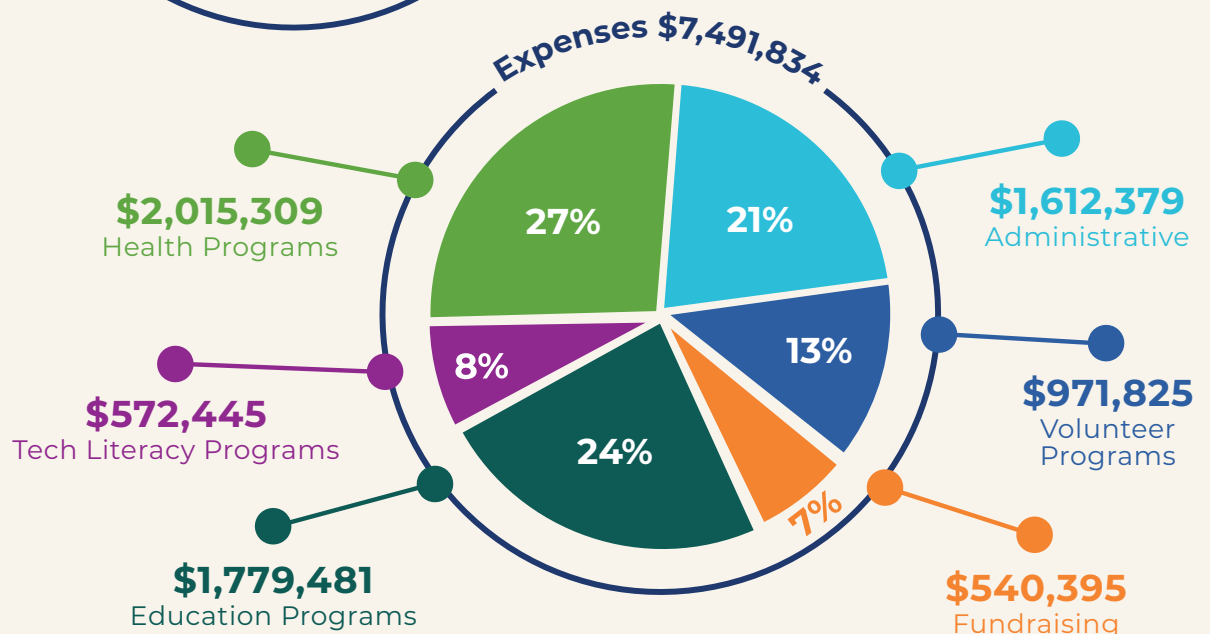
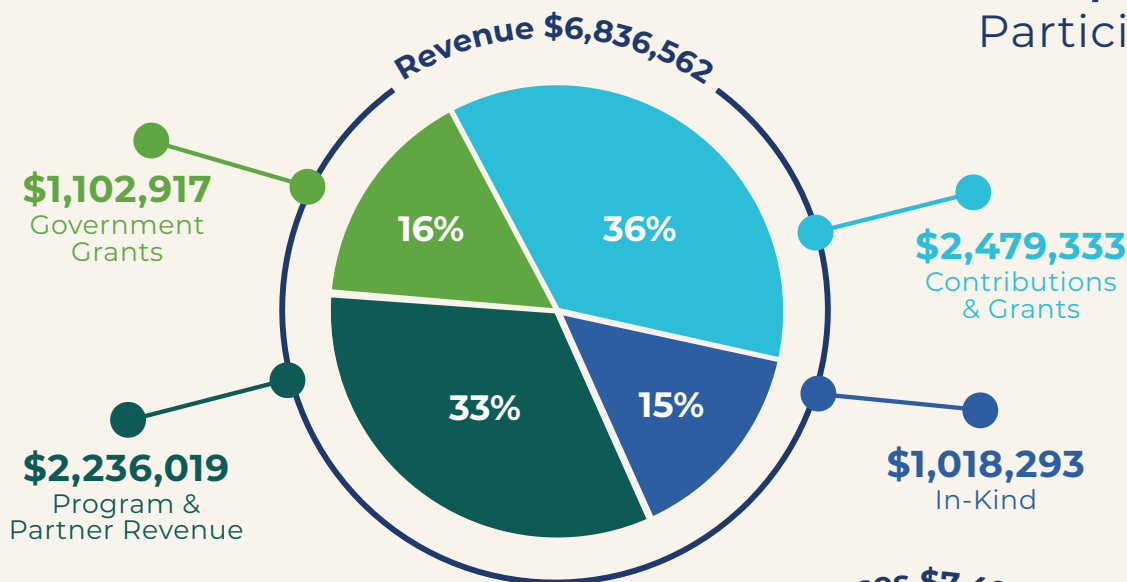
147,500
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Source: 2019
Consolidated
Financial Audit

TAKING ON TECH

For twenty years, Oasis has been enabling people to stay socially connected, tech-wise and cyber-safe through its Connections technology literacy training program. Today, technology literacy is especially important for people to access services and stay connected to family and friends. However, with increased reliance on technology comes an increased need to have a safe online experience. **Oasis offers a number of resources to help you stay safe online, including classes on cybersecurity topics.**

Martha Bogart, a retired teacher, has been volunteering as an instructor with the Oasis Connections program since 2017. **“For the last 15 years of my career I provided staff development for teachers and other education professionals about how to successfully integrate technology into the classroom.** So volunteering with the Oasis Connections program was right up my alley,” says Martha.

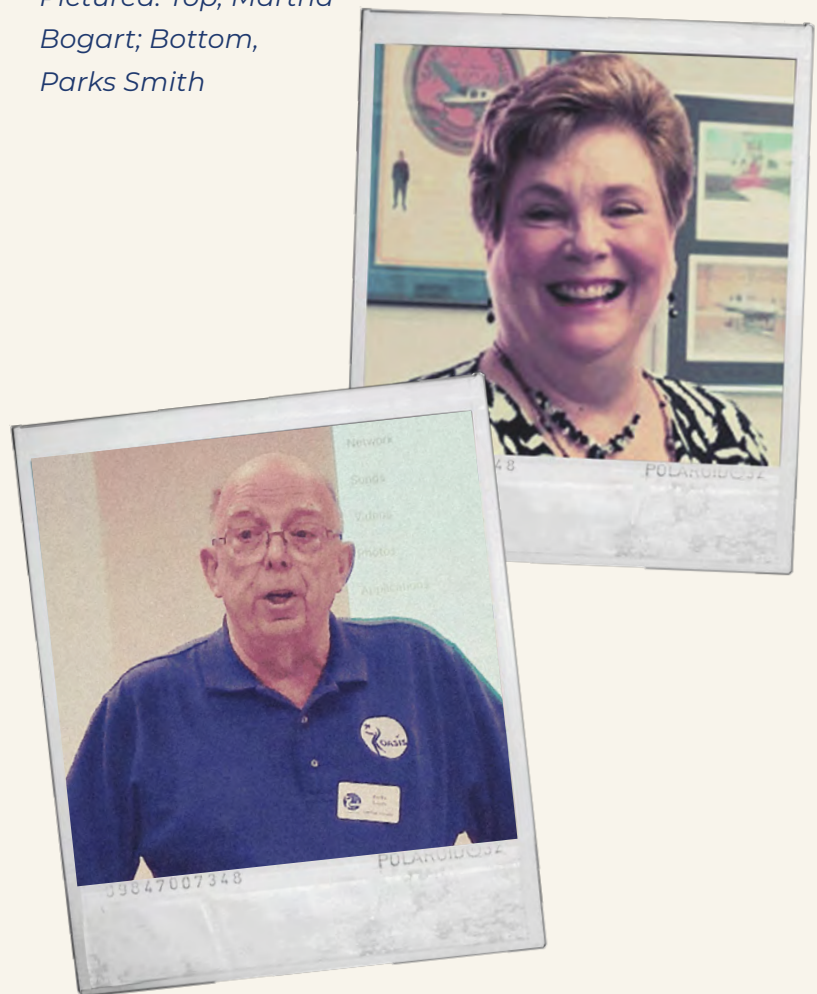
As an Oasis Connections volunteer, Martha has taught classes such as Google, iPhone, and Digital Safety Overview. “I love meeting new people and helping them with all their technology problems and issues,” says Martha. **“The program has provided me with a way to ‘keep my hand in the game,’ so to speak, while doing it at my own pace and time. It is very rewarding for me to be able to help others and see that ‘lightbulb’ of learning go on in their eyes. The students are always a pleasure to work with, and I get as much as I give.”**

The Digital Safety Overview class taught by Martha is just one of seven online safety classes taught by Oasis. Through generous support from the AT&T Foundation, Oasis has recently expanded its online safety and security offerings, including a series of seven videos, with interactive quizzes to test your knowledge.

Volunteer instructor Parks Smith acknowledges that previously his emphasis as an Oasis Connections instructor was on teaching people how to use their devices. In 2019, he began to teach classes about online safety. “People are concerned about online security, as they should be,” says Parks. **“I realized participants in my classes were overwhelmed at times. The Connections materials allowed me to teach about online security and share more detailed information, which gives them comfort.”** Parks says some of the tips he shares with people are to be careful using public Wi-Fi, sign up for alerts for payment card purchases, and frequently check your bank account balance.

These tips are just a few of many that Oasis offers. During the COVID pandemic, Oasis has shifted to online delivery of programs, as well as teaching people how to use Zoom properly. **To check out Oasis classes online, visit oasiseverywhere.org or check out the Oasis Connections website at connections.oasisnet.org**

Pictured: Top, Martha Bogart; Bottom, Parks Smith



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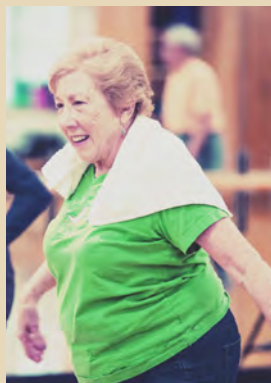
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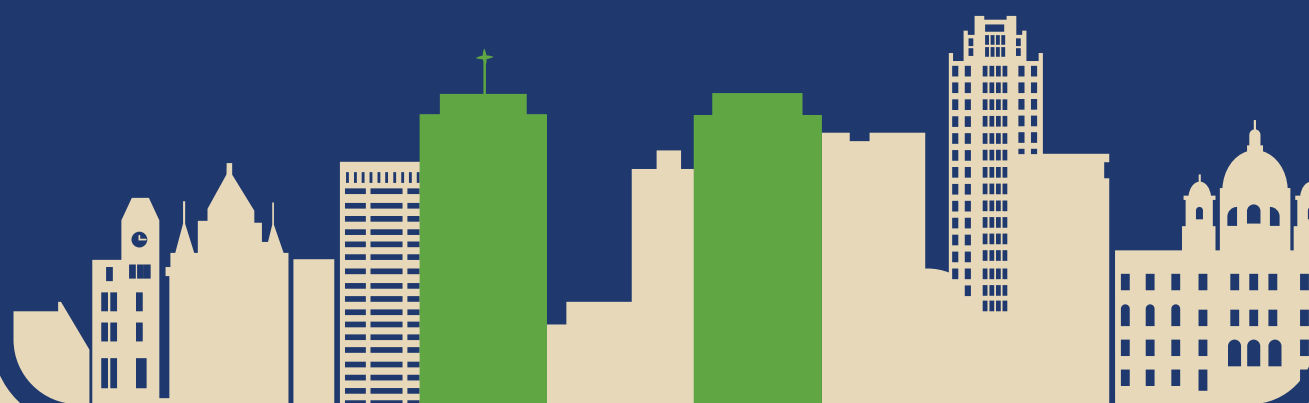
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REIMAGINE



AGING



2019 Annual Report

GREETINGS FROM OASIS

As you can see from this report, 2019 was a year of progress and transition for Upstate Oasis. We welcomed another 849 members. We offered 495 classes-17 more than the year prior! We embraced new partnerships in the community adding 4 new program sites. We increased our tutoring outreach as we added another new district; we also increased programming in underserved areas of our community as we partnered with the Salvation Army. More people live their best lives while managing their chronic conditions through our evidence-based health programming, and we welcomed the newest member of our team, Jennifer Michella, our Program and Volunteer Manager. All of this progress has inspired a 13% increase in gifts from our donors in 2019, for which we are grateful.

The work we do at Upstate Oasis is powerful! Its impact is felt locally and nationally as we work toward changing the narrative about getting older. As “social distance” becomes the new descriptor for 2020, we will continue to transition our Upstate Oasis programming in a way that will keep our members-those valued older adults in our community who may be at highest risk for COVID-19 complications- safe as they participate in Oasis classes and continue to remain resilient in their efforts to stay engaged and active.

The future may look different, but Oasis has been changing the face of aging for nearly 40 years, and I’m proud to be on this journey with so many of you. I am thankful for all those who support older adults, and I look forward with humble optimism to all that we can accomplish together.



Cynthia Woods

Executive Director
Upstate 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.

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Paul Weiss, PhD
President, The Oasis Institute

EXPANDING WELLNESS

Retired at age 55 after 31 years working for the state of New York, Linda Fabian Goodrich was looking for something more. Linda had a busy career that included training and working as a loan executive for the United Way. After the first month of retirement spent cleaning closets, she was ready to do more and give back to the community.

Linda received an email from Oasis, advertising a position for an instructor, that aligned with her previous role of training. **"When you retire, you have to remake your identity, and Oasis offered me a wonderful outlet. It is good to be involved again and share knowledge with others."** Linda enjoys her role with Oasis as a facilitator for Tai Chi and Chronic Pain Management. **"Adding Chronic Pain Management classes has proven helpful to many Syracuse participants who may have been impacted in some way by the opioid crisis."**

Linda notes, "Due to public awareness of opioids, there is an interest in new solutions for dealing with pain. Older adults want to remain ambulatory, and actively participate in life."

Charles Anderson, a retired school district truant officer, and now the Health and Wellness Committee Chairman for 100 Black Men of Syracuse, Inc., is a student of Linda's. He collaborates with community organizations to promote health prevention and awareness. He participates with other 100 Black Men of Syracuse, Inc. members in Oasis Tai Chi classes. **Tai Chi was an activity he enjoyed years ago, so when the opportunity presented**

itself, Charles said, "I jumped at it." Charles says, **"Linda encourages us to go at our own pace. She's very patient, making sure each member of the class is comfortable."** He continued, "I enjoy the movements and the exercise. The class challenges me. It makes me concentrate on the steps and the order. Tai Chi's focus on balance helps quite a bit—as you age, balance becomes very important."

Charles says, "Once we moved to Zoom classes, it was a little different. **There is great value to the virtual classes. It comes right into your living room. I was thankful we could continue. There is something about being with your friends in person, but if you cannot, it's helpful to see friends and talk after class—virtually.**"

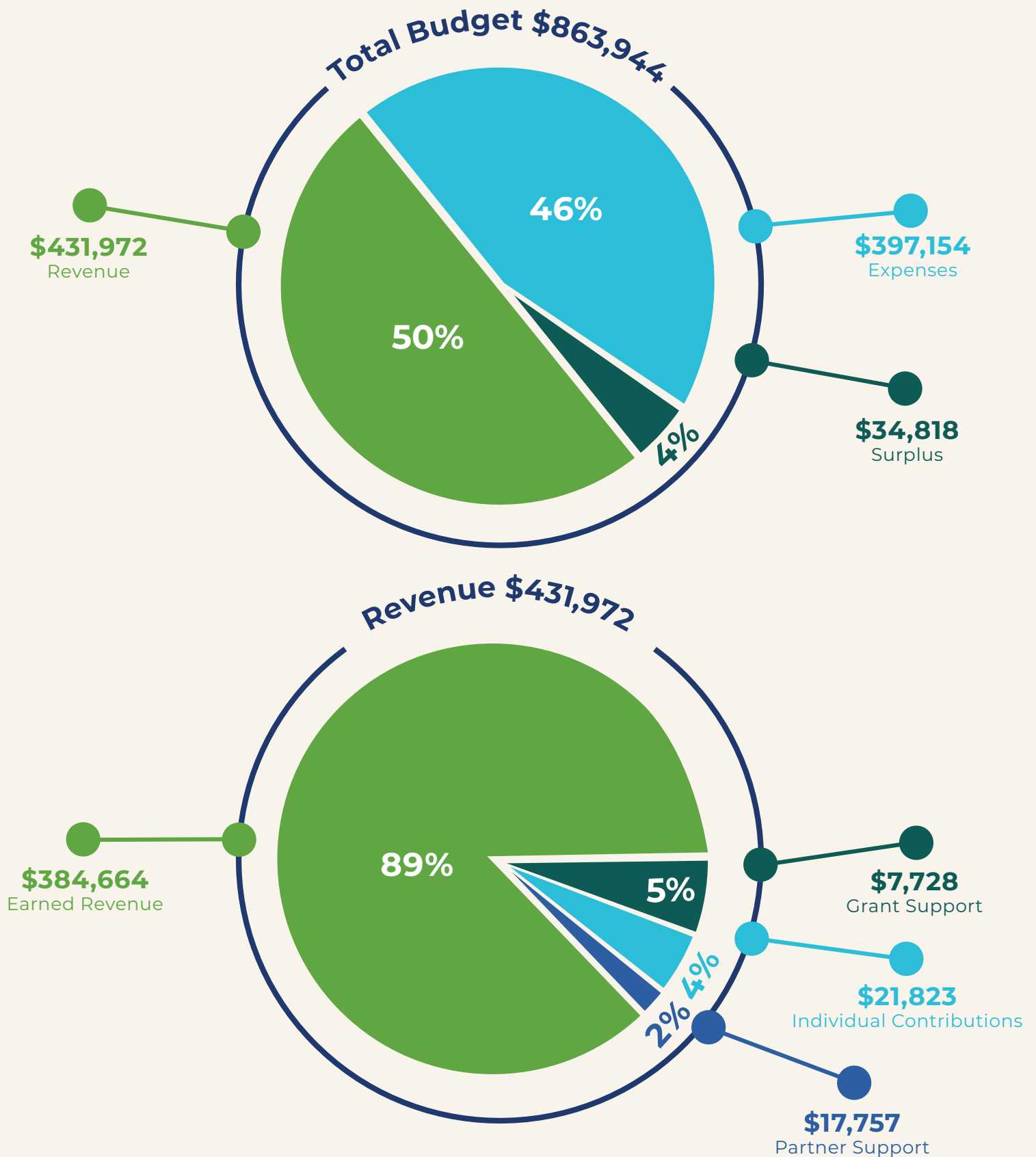
Linda also recognizes benefits of transitioning Tai Chi for Arthritis to a virtual setting. "We had wonderful participation for the in-person class, that transferred seamlessly to virtual. We opened the Zoom calls early and left them open for socializing after the class. The virtual classes are great for fostering a sense of community, which alleviates isolation and depression. **Friendships are forged. In that regard the programs are at times lifesaving,**" explains Linda. Charles and Linda see virtual classes as a new way for Oasis to reach even more of the community.

Pictured: Far Left, Linda Fabian Goodrich; Bottom Right, Charles Anderson



UPSTATE OASIS

2019 Financial Snapshot



Note: Excludes \$404,261 of in-kind support from Upstate Medical University and endowment funds totaling \$246,980

SPEAKING SPANISH

When former high school Spanish teacher Carol Stark joined Upstate Oasis as a Spanish instructor she didn't anticipate she would still be teaching classes brimming with students 18 years later. The popularity of Carol's classes has a lot to do with her teaching style. Whether it's a beginning, intermediate or advanced class, Carol uses creativity to provide solid practical knowledge for her students—all in Spanish. For one beginner class, she prepared her students for travel using mock passports and introduced them to Spanish vocabulary they would need for a trip—including going through customs.

Carol's own extensive travel experience as an exchange student in Callao, Peru, and then graduate school in Spain, set the stage for her love of the language and various cultures. **"Teaching classes brings me great joy and keeps me engaged."** Carol shares that her students are inspiring. **"It's uplifting to see students in class such as a lovely 91-year-old man who is very sharp, loves learning and traveling and brings joy out in others."** My students are very lively, demonstrating that you can continue learning and be active throughout your entire life. I learn as much from the students as they do from me."

Julia Harris has been taking Carol's Oasis Spanish Classes since 2002.

She was always interested in taking Spanish, so when she received an Oasis catalog in the mail, she signed up. She travels often with her husband and wanted to be able to communicate while in South America. Once while in Europe she stopped to speak to another tourist, and discovered their common language was Spanish—despite not being in a Spanish speaking country."

Julia has taken music, world history and world affairs Oasis classes and found all instructors to be "top notch." **But it's Carol's classes that keep her coming back. "Carol is a linchpin. She speaks Spanish like it's her native language. In Carol's class, we walk in with a smile, and leave with a smile. We laugh a lot. Carol makes us feel like we are part of a family. She makes learning easy and fun."**

Carol describes how quickly students bond over their mutual interests—learning another language, culture, and desire to travel. **"I often see participants forge friendships, even vacationing together."** Julia backs that observation saying, "An important part of Oasis programs are the people she has met along the way—many of whom have been part of Carol's Spanish classes for years." She describes her classmates as "bright, wonderful and well-read with diverse backgrounds." "I enjoy meeting people in my class, whom I never would have met outside of Oasis."

"When I reimagine aging, I think it's good for the soul to continue learning as you age. As Oasis offers virtual classes, there will be more opportunities for community outreach. I'm looking forward to serving more diverse communities," says Carol.

Pictured: Carol Stark



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Volunteers

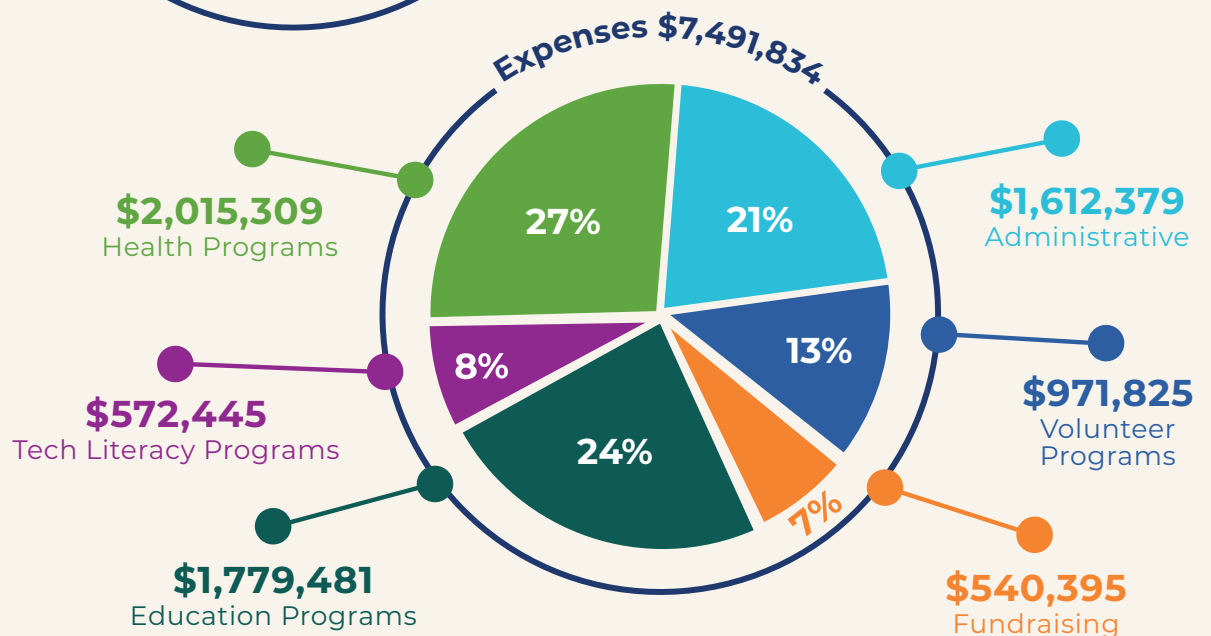
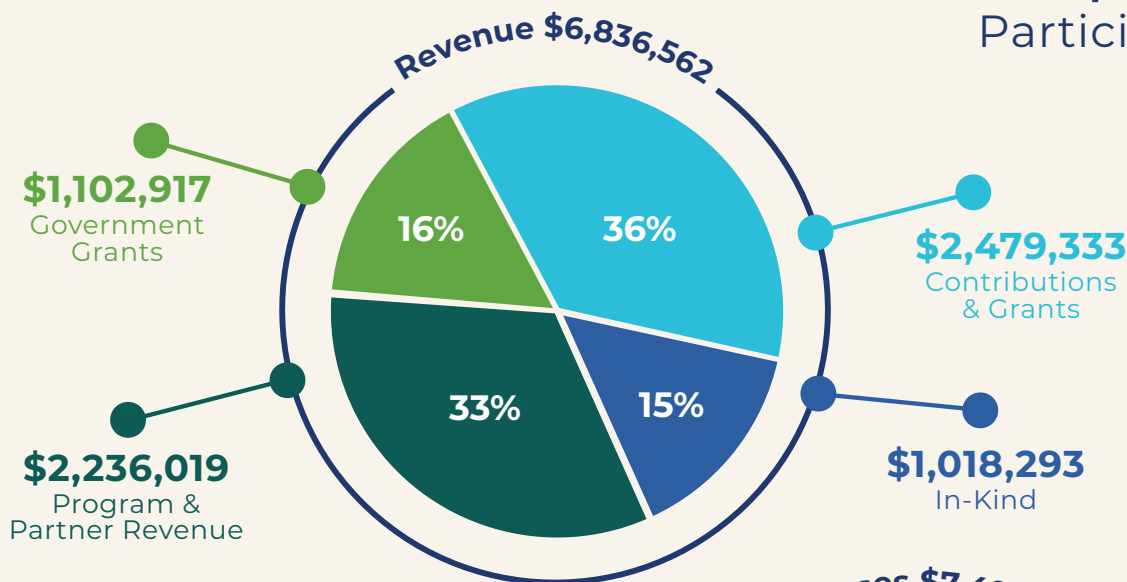
147,500
Class Enrollments

643
Schools

408,000
Volunteer Hours

4,500
Tutors

49,400
Participants



Source: 2019
Consolidated
Financial Audit

SUPPORTING EVERY STUDENT

“Reading is essential—I wanted to help kids read.” That is the reason Pat Fisher, who retired from managing a lab in the research department at Cornell University College of Veterinary Medicine, became involved in the Oasis tutoring program. Six years ago, Pat, aware of issues in the city schools where her own children attended, decided the next step for her was to volunteer in an underserved school.

During her working years, Pat taught at the university level, raised three children, taught Sunday school and welcomed half of the neighborhood into her home. She did not, however, have experience teaching children with learning challenges. **“I realized how lucky my own kids were, when I see children come to school hungry, from homes with ‘family issues.’”** With so many obstacles stacked against them, it’s a struggle for them to focus on reading. “This is why I tutor,” she says. “The students find it very exciting when they learn how to read, and they love the one-on-one attention. They love to see their tutors.”

Pat tutors approximately a dozen students in grade levels first through third. She says each grade level presents different challenges, but notes, **“Oasis provides a great training program. Our tutoring contact is very accessible if we have an issue. There is a lot of connection with the tutors.”** Pat explains that the tutors have meetings once a month where they share and learn from each other’s experiences.

“Oasis does a wonderful job in the Syracuse schools, which is necessary. As tutors we have to be very flexible.

At times, it is not what you expect.” Pat plans to tutor again this year, however, she is unsure of how the COVID-19 issues will affect the tutoring program.

Pat’s interest in education also includes lifelong learning with Oasis exercise classes, computer, history and writing courses. **Her advice on reimagining aging, to “keep older adults learning, reading and active, just like we do with the kids. Oasis tutoring gives me a purpose. It allows me to feel like I am accomplishing something, and helping someone, somewhere, somehow.”**

Pictured: Pat Fisher





THE DONOR TREE

In September 2019, Upstate Oasis installed a Donor Tree to recognize their supporters who had cumulatively given \$1,000 or more, and those who had created an endowed fund. Currently, Upstate Oasis has four endowed funds, supporting infrastructure, music, tutoring and education.

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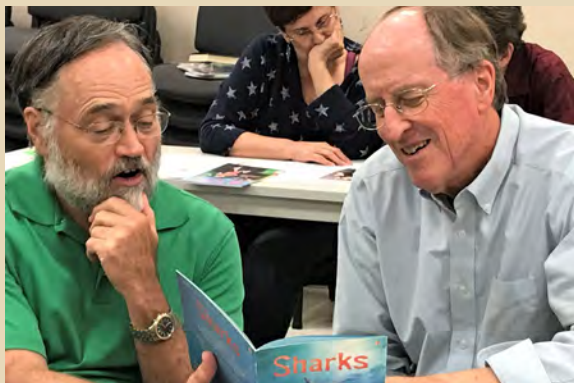
To reimagine aging with Oasis, call or check us out online.

6333 Route 298, East Syracuse, NY 13057

315.464.6555 | upstate.oasisnet.org



REIMAGINE



AGING



2019 Annual Report

GREETINGS FROM OASIS

2019 was a great year for Washington Metro Oasis! We attained a 10% growth in new members and a 7% increase in class participants. Our Oasis members thrived, sitting next to one another in classes and discussion groups, learning about current events, arts and humanities, how to remain healthy—to name a few. These activities help increase social engagement, reduce social isolation, and create a rich foundation for retirees seeking their next lifelong adventure.

In 2020, life as we know it changed due to the pandemic. Oasis shifted the delivery of its programs to a virtual format. While our world has changed, the joy of lifelong learning has not. “I really miss coming to Oasis—but I am grateful for all of the programs you are offering online,” says an Oasis participant.

I challenge you to take this time not to dwell on what we’ve lost, but what we can share once we reunite. We’re all in this together. We are a resilient community that will not take our health, a hug, or an in-person class for granted. We are Oasis strong.

I miss seeing all of you more than I can express. Seeing you in 2021 will be amazing. Until then, stay strong, combat loneliness with love and learning. Please, keep in touch.



Anna Stokes

Executive Director
Washington Metro 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

CONVERSATIONS THAT COUNT

“When they really open up and let loose and we go deep, it’s awesome and you feel such a human connection,” says Beth Kimel, a facilitator of the Conversations that Count (CTC) program. In 2019, Washington Metro Oasis launched the CTC program in partnership with Sunrise Senior Living of Bethesda. **CTC is a research-informed program designed to reduce social isolation and increase knowledge, skills, and self-efficacy on a range of health and wellness topics relevant to older adults.** CTC includes discussions about self- and life-care topics. With over 50 topics to choose from, participants provide input on what they would like to discuss. Participants engage in facilitated discussions one to three times per week for an hour with their cohort. Since the program launched, CTC has served 50 older adults.

“It is wonderful for me to hear how everyone is functioning, how everyone is handling being isolated, that I am not alone” says Gail Blatt, who has been participating in the program for over a year. “We talk about food problems as a result of COVID, aging issues and how we’re handling aging, the vaccine and whether we should get tested. **Having this group and being able to think about what other people said...this group is good for me. It’s nothing short of wonderful.”**

Beth McLean, Area Manager of Sales for Sunrise Senior Living, says that she was looking

for a program that would really support their needs and the challenges of the aging process. After working for a number of years with Oasis, she decided to bring the CTC program to their senior living center. **“We are always looking to increase quality of life in all older adults,” says Beth. “I would love to offer the program at other sites; I can see it potentially growing in our area and would love to continue to partner with Oasis.”**

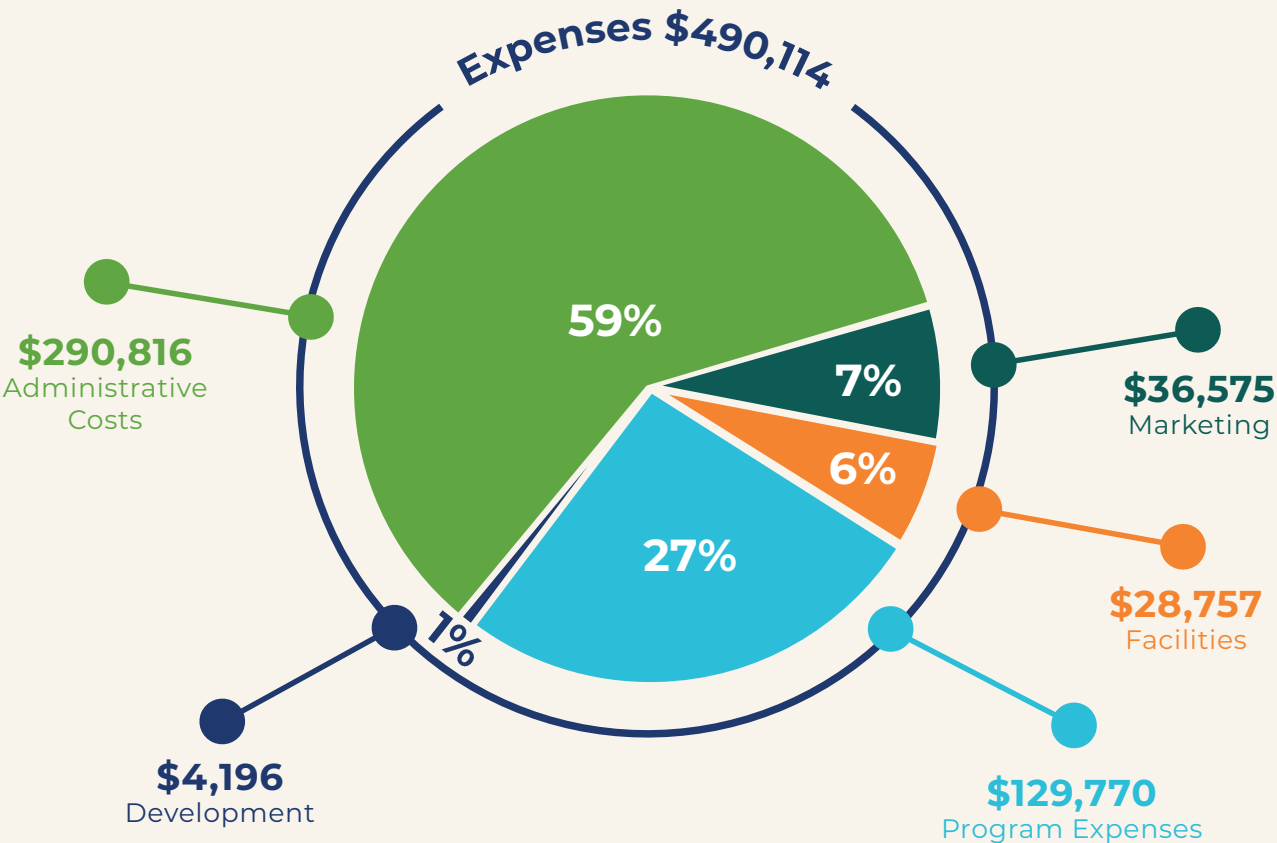
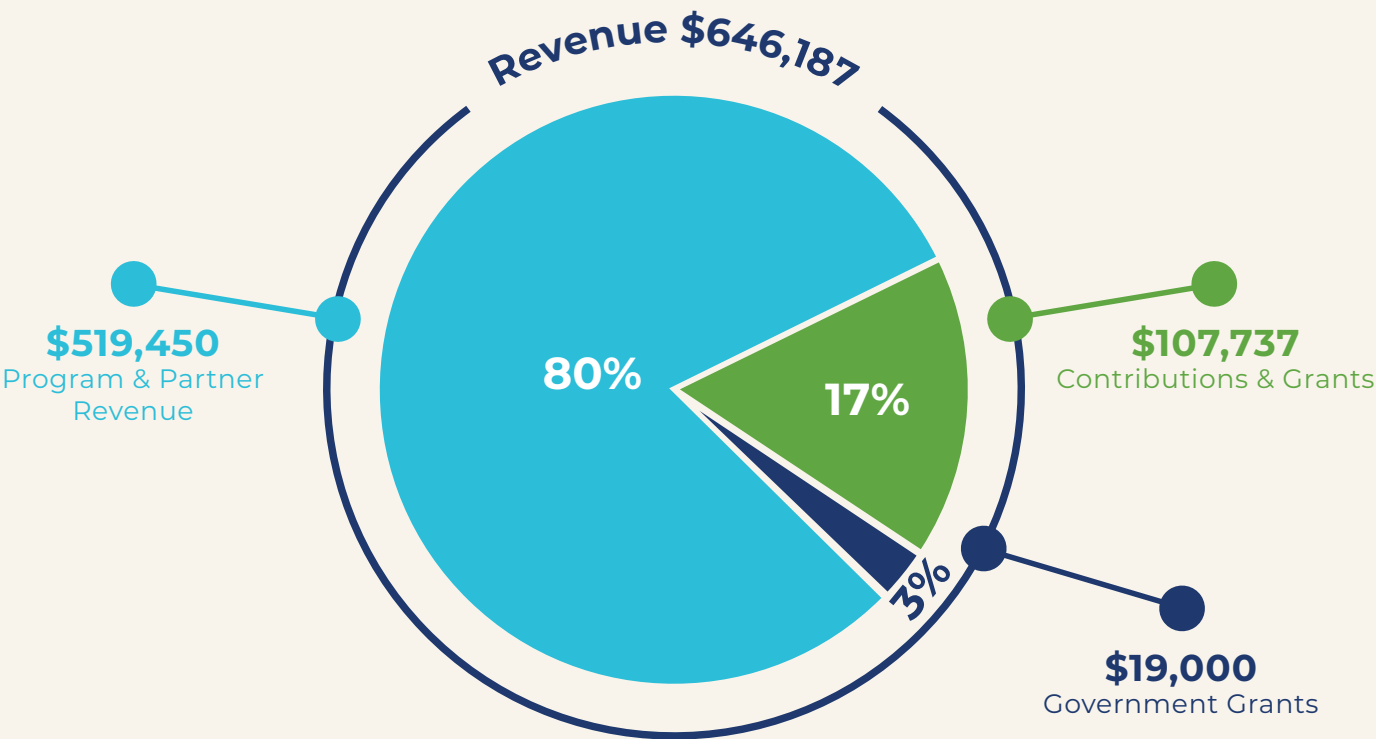
“Seeing the folks every week and the fact that they care so much about each other and really look forward to the group; that inspires me,” says Beth. **“They are like a “little” family, we’ve had laughter, and tears; if anyone has a problem, everyone discusses, and problem solves. This is a safe space.”**

Pictured: Virtual CTC Class



WASHINGTON METRO OASIS

2019 Financial Snapshot



SUPPORTING EVERY STUDENT

“My role is to help give the kids a sense of self; a chance to get a kid to see themselves other than a “victim” or “slow learner,” says Ray Lane, an Oasis Tutor at Hyattsville Elementary School in Prince George’s County. “Oasis tutoring is a wonderful opportunity that my parents didn’t have,” says Ray. “Through this program, I can help people have a better life.”

Ray is one of 175 tutors that volunteers with Washington Metro Oasis’ Intergenerational Tutoring Program, an in-school literacy-based mentoring program pairing trained older adult volunteers with academically at-risk elementary students reading below grade level. Ray and his wife have been involved in volunteering in public schools since the 1990’s, and two years ago, decided to become tutors with Oasis. **Since then, Ray has tutored over seven students in grades 3-5 who are boys, and he says, “the learning is just as much for me as the kids!”**

“Children can forget things,” says Ray. “That’s why with all my kids, I start the school year with a three-ring binder for each. Their name is written in large print on the front. It is not a ‘school-book.’ It is their book. Everything we do is captured in that binder. I include their drawings, little stories they write, the games we play, titles of books we read, and anything and everything that we do together.”

Ray says that tutoring has helped him work on his interpersonal relationships. “We can live in a bubble sometimes, and these kids push your bubble,” says Ray. **“I’m learning different worldviews from different lenses. In this world we touch**

people, and we can do it well or we can do it badly. Oasis gives you the opportunity to do it well.”

One thing Ray has noticed since he began tutoring with Oasis is that the kids benefit from a non-judgmental, pleasant adult who cares about them. **“It’s been a positive experience for them; they feel like they aren’t being ignored,” says Ray. “A boy I worked with had a troubled home life, and he was pleased that I came in and tried to work with him, I felt a sense of comfort from him.”**

Pictured: Ray Lane



NATIONAL IMPACT

2019 *Basis Institute*

5,900
Volunteers

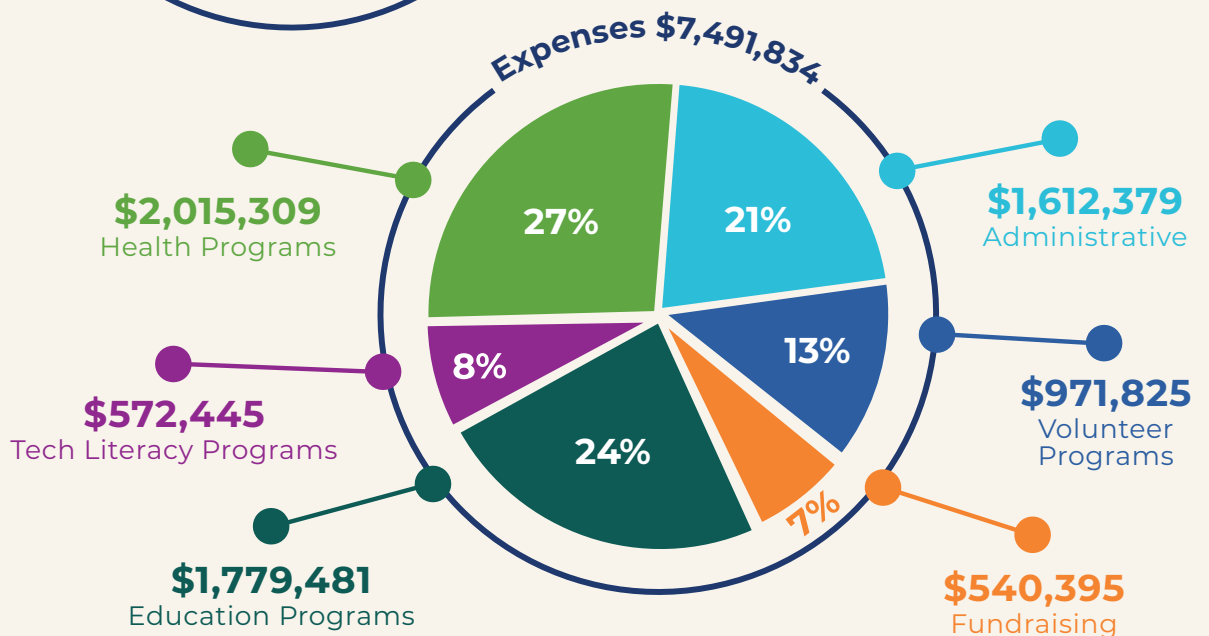
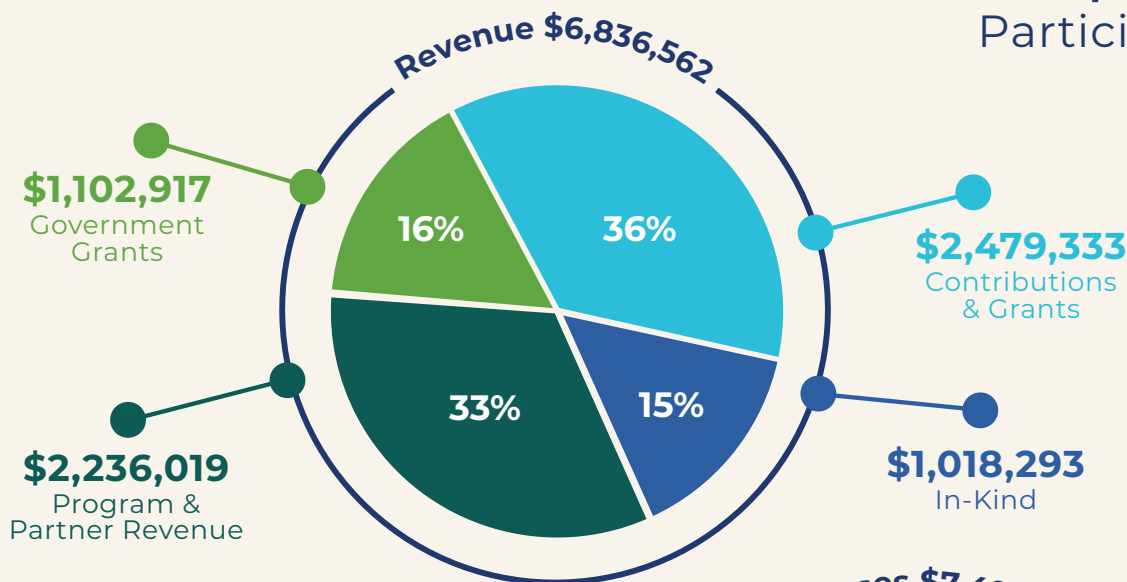
147,500
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Tutors

49,400
Participants



Source: 2019
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GOING VIRTUAL

After being involved with Oasis for about three years, Oasis instructor Victor Rezmovic decided to research the feasibility of setting up classes online for Oasis participants. **Two years later, he has taught a variety of classes online, including “Cutting the Cord”, a class on switching from cable TV to online streaming to help older adults save money.** Victor, alongside a few other volunteers, has greatly expanded Washington Metro’s online class offerings, and during 2019, Oasis offered 18 online classes, reaching over 270 participants. “After the virus hit, we were sort of already prepared for this,” says Victor.

Victor says the virtual programs started out as an experiment, and he would take an existing class and would offer the option of joining remotely, limiting to small groups at first. Victor thinks that online learning will continue to become even more common for older adults as a result of COVID-19. **“The majority of reactions are positive, and people still seem to enjoy learning from virtual classes,” says Victor. “People are still learning and being motivated to do things, which to me is the success of the class.”**

Lisa Friedman has been involved with Oasis for over 13 years, and last year, moderated many online classes for Oasis, including art history and meditation.

“I have seen people prefer Zoom classes to in-person classes because of the scheduling and they can save time by not having to drive,” says

Lisa. **“People really like the convenience of just ‘hopping on’ in the comfort of their own home.”**

When Alan Lipschultz moved to the DC area in 2013 and semi-retired from electrical engineering, he was looking to get involved in the community. Someone recommended Oasis to him, where he quickly volunteered as a tutor, and most recently added his newest role, helping moderate online classes. **He says his students have become Zoom experts, and that they have become the “go-to-experts” for family members during COVID.**

Pictured Clockwise: Lisa Friedman, Alan Lipschultz, Victor Rezmovic



COMMUNITY PARTNERS

2019 Washington Metro Oasis

AARP® Medicare Supplement Plans,
Insured by United Healthcare Insurance

AT&T

Bethesda Chevy Chase Rotary Club

Bethesda Regional Services Center

Go4Life

Family & Nursing Care

Macy's Foundation

The Richard & 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



A STAR VOLUNTEER

Fran Raab is known as Washington Metro's Oasis "star" program volunteer in recruiting high profile speakers including most recently NPR Host Diane Rehm and Deborah

Tannen. After retiring from her position as Director of Programming for the American College of Cardiology, Fran and her husband Robert began taking Oasis classes. Oasis is located in Westfield Montgomery Mall, about 30 minutes away from their home. They didn't mind the distance. They would make a day of it shopping, going out to lunch, running errands—it became an event they looked forward to. When an opening for the volunteer Program Committee became available, Fran immediately jumped at the opportunity. She

"selfishly" wanted the position to be more involved in choosing class subjects and presenters and eagerly began recruiting.

After 5 years, she is considered a recruiting "rock star". Fran is a go-getter, not shying away from cold contacting potential speakers of any prestige, conducting investigations to seek out emails, phone numbers, and even mailing addresses to make a pitch. While a loyal member, Fran takes classes outside of Oasis to evaluate speakers and gain new ideas for classes. "Oasis keeps my mind active, learning new things all of the time. I will take a class, become more interested on the topic, and Google it to learn more." As grateful as Fran is for Oasis, we are just as appreciative, if not more, to have her!

Pictured: Fran Raab

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

washingtonmetro@oasisnet.org | oasisnet.org/washington

