

2020: A Year of Perseverance



Albuquerque Oasis
2020 Annual Report



Greetings from Oasis

2020 certainly was a year of perseverance—and patience, persistence, purposefulness, and pluck here in Albuquerque! In the early days of the COVID-19 shutdown, we were confident things would return to normal quickly. As infection and death rates increased with each passing day, we gradually and reluctantly came to the realization things would not return to normal anytime soon.

After the initial shock wore off, Oasis staff rallied to create a different model for offering our programs. At first, we were apprehensive about using Zoom video to deliver classes. But over time—not absent of challenges—we became competent! We trained Oasis instructors and participants to use the platform and slowly but surely began offering online classes. We continued producing a catalog—one of our best means to keep in touch with you.

In July of 2020, as public health guidelines loosened, we began offering simulcast (or hybrid) lectures with a few people in the classroom, along with in-home participants on Zoom. All in-person programming adhered to the latest CDC guidelines, including social distancing, mandatory mask-wearing, and stringent sanitizing procedures. We were determined to continue operating our tutoring program to aid elementary school kids who, at the time, needed the extra help more than ever. In the Fall of 2020, 110 volunteer Oasis tutors adopted an entirely new method to facilitate working with students—virtually—using online apps like Whiteboard and Google Classroom to read to and with their students. While living through a pandemic presented a multitude of unforeseen challenges, there were some silver linings in that we all learned new things that will sustain us beyond the pandemic. In the end, we got through 2020, and things look very bright for 2021.



Kathleen Raskob

Executive Director
Albuquerque Oasis

Locally, nationally, and globally 2020 was a year like no other. The social and economic impacts of a pandemic were most acutely felt by lower-income communities, families with children at home due to school closures, and those most vulnerable to symptoms of the disease—older adults. Oasis centers across the country were forced to suspend all in-person operations. Exercise, lifelong learning, and social events, classes, and programs were canceled. Tutors were abruptly cut off from the students they were mentoring with our nearly 700 elementary school partners across the country. By the end of March, we faced the immense challenge of sustaining our mission when everything about the way we connected with participants and communities was no longer possible.

Local and national Oasis leaders and teams quickly shifted focus to a contact-free form of engagement, launching virtual classes through national and regional platforms. In June of 2020, our virtual national Oasis center, oasiseverywhere.org, was born, and within months over 1,000 people were enrolling in live interactive classes. Local Oasis network centers quickly pivoted in sync, offering virtual courses to their Oasis communities, and simulcasting their best content on Oasis Everywhere. The virtual programs allowed participants to continue lifelong learning while following stay-at-home orders, protecting their health and community. Oasis quickly attracted current Oasis participants, as well as new participants discovering us for the first time as a virtual education resource.

As a leader in technology education, we are committed to teaching new digital adopters the basics of safe internet use and building confidence in navigating a digital world. Conversely, the pandemic revealed the reality of living without home internet. The “digital divide” is very real for hundreds of thousands of American families and seniors. Barriers to technology exist across a range of demographic boundaries. As a result, our virtually engaged audience is less diverse. We recognize the need to span these gaps of disproportion to reach ALL older adults. As we emerge from the pandemic and begin operating as dual-venue centers, offering the option of in-person and online classes, we are addressing disparities between our participants. Through new and renewed partnerships, resource communication, presence in community events, and programs not dependent on technology we are continuing our mission to serve seniors across the country in every economical circumstance. Perseverance got us

through 2020 making us stronger and expanding our mission. We will emerge resilient and look forward to being together again.



Paul Weiss, PhD

President
Oasis Institute

Opening New Worlds to Children

As a retired pediatrician, Fred Gambort knows a thing or two about children. Over his 35-year career, he saw many children who struggled with learning difficulties. So once he retired six years ago, Fred switched gears from stethoscopes to books to try to make a difference as a tutor through Albuquerque Oasis.

“Some children haven’t had as much experience with reading and I felt I could instill an interest in reading and act as sort of a grandfather to them,” Fred says.

Yet his tutoring impact has been much more than quiet reading sessions with students.

His experience as a pediatrician prepared him well as a tutor. “Knowing how kids develop and learn is helpful,” he says. “I’m patient with kids, and I’m tolerant of them having less interest in reading some days than I’d hoped. I give them the one-on-one time they need, and I try to introduce other educational pieces into what we’re reading.”

One example is a book Fred reads to children about a red balloon. The story is set in France. To expand children’s worlds, Fred then talks about France as he reads the book. “Reading is a channel to reach them and share new experiences,” he says. “Yet I have no expectations of children appreciating what we’re doing. I enjoy being around them, and I hope that comes across to them.”

The soft-spoken pediatrician-turned-tutor says it’s rewarding to see children’s improved confidence as he tutors them. “Children demonstrate their resilience by being willing to try more in the classroom as their confidence increases. And some mothers have told me their child is more interested in reading since we worked together. If kids enjoy it, that’s enough for me.”



“Some children haven’t had as much experience with reading and I felt I could instill an interest in reading and act as sort of a grandfather to them. ”

A Virtual Opportunity for More Connections

The Oasis Intergenerational Tutoring Program was virtual during the 2020–21 school year. Instead of a barrier, that became an opportunity for Lew Wallace Elementary School, says Principal Anne Marie Strangio.

“Our urban school is in the heart of Albuquerque with very little parking,” she says. “It’s hard to get into so that has made it challenging for tutors to come to our school in the past. But the pandemic brought us 28 new virtual Oasis tutors.”

Principal Strangio and others ran workshops to teach the tutors how to run Google Meet and Google Classroom and provided other virtual instruction tips.

“It was so cool,” she says enthusiastically. “I was impressed with the tutors. They had to shift content and learn how to adjust when it was challenging to hold a student’s attention online. Fred was one of the first who was willing to dive in. He committed to sticking with it, even though it was hard.”

She says in-person connections between students and tutors usually takes about 20 minutes. But virtually, it often took four weeks and then another four weeks to develop a real relationship.

“Fred is so patient. One of his students was a boy who had a hard time connecting at school and felt like an outsider. Fred was masterful in asking questions to guide the sessions without being intrusive.”

Fred admits virtual tutoring was challenging and he misses in-person time with students. Yet he perseveres to build confidence, open doors and make connections with children one book at a time.

While in-person Oasis tutoring is often focused on children who are struggling with reading, this year the school team identified students who were not engaged or thriving during the pandemic. Some children were lost in the large group setting of a Google Meet virtual classroom.

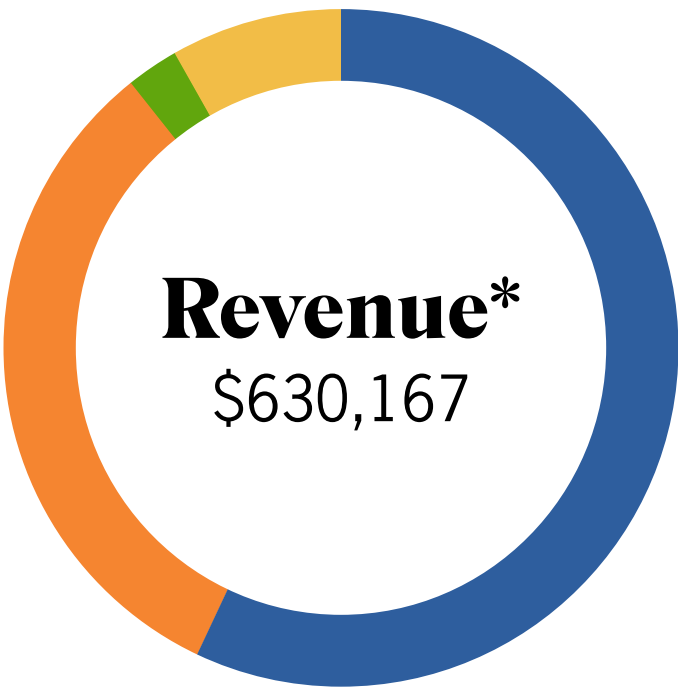
“It was not as much about reading as pairing students with an adult who cared about their academics and made an individual connection,” Principal Strangio says. “Both children and older adults needed a social-emotional connection to thrive during the pandemic.



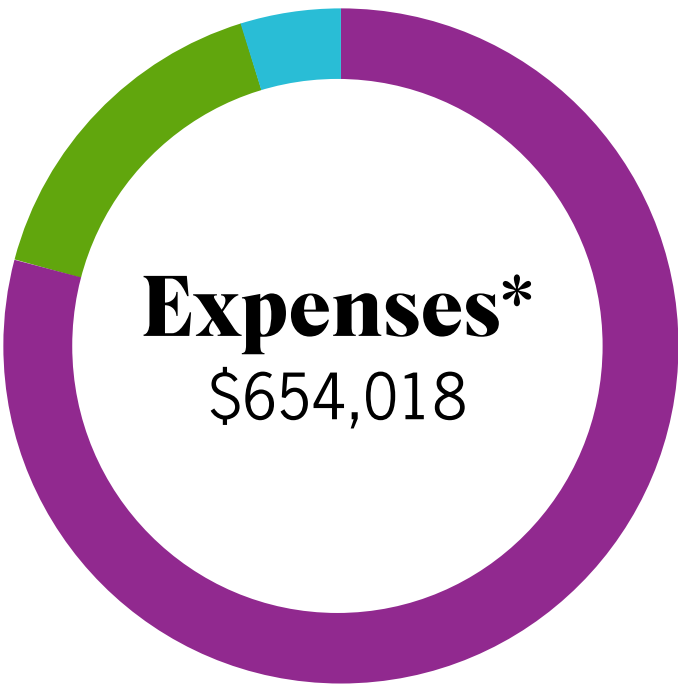
Oasis gave us an amazing opportunity to put kids and older adults together and let them talk, write, and read. And the connections they made will take them far beyond this year.”

She continues: “I’m so grateful for the 28 seniors who tutored our students this year. I hope they see the difference they made.”

Local Impact



<div></div> <div>\$51,500</div> <div>Other</div>	<div></div> <div>\$359,507</div> <div>Contributions & Grants</div>
<div></div> <div>\$202,960</div> <div>Program Revenue</div>	<div></div> <div>\$16,200</div> <div>In-Kind</div>



<div></div> <div>\$30,567</div> <div>Fundraising</div>	<div></div> <div>\$517,400</div> <div>Program Services</div>
<div></div> <div>\$106,051</div> <div>General & Administrative</div>	

* Source: 2020 Consolidated Financial Audit

National Impact

657

Schools

4,500

Volunteers

1,362

Communities Served

4,015

Tutors

82,675

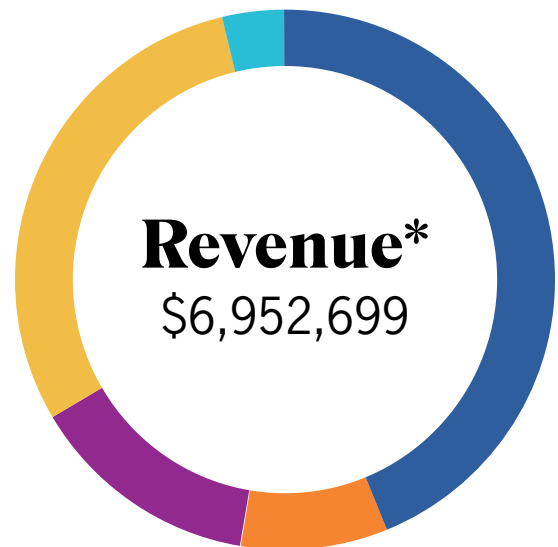
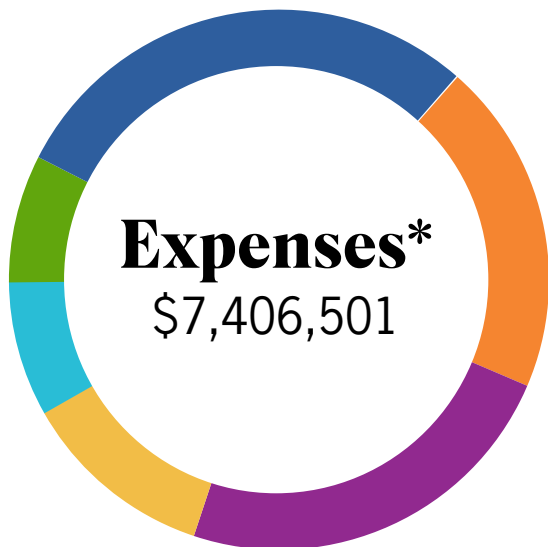
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Spreading Music & Harmony for Miles

As a self-described “starving composer,” Jane Ellen began teaching music appreciation at Albuquerque Oasis 25 years ago. Today students flock to her classes for repeat performances no matter where she lives.

“I’ve stayed so long because Oasis offers a tremendous educational value for lifelong learners,” Jane says. “It also has given me the opportunity to explore all kinds of topics that interest me and in turn I share with students.”

Jane recently moved to Florida but will continue to teach remotely from there. The pandemic has already transitioned Oasis classes to Zoom so Jane’s class presentations from Florida will be seamless.

“The possibilities through technology are one of the silver linings of COVID-19,” Jane says. “I’m thrilled at the opportunity to continue teaching from Florida.”

She says once people adapted to technology, she saw a huge rise in attendance in her classes from around the country. “Oasis opened doors to more people. This is the teaching model going forward and can reach people who are thirsty to learn but can’t attend in person.”

The talented musician wears many hats in the music world, from publishing music, writing the theme songs for television documentaries and international movies, composing music for jazz trios and chamber orchestras, and serving on international commissions.

She also has her own website, janellen.com, that includes samples of her beautiful music.

Yet despite her successes, teaching has been the feather in her cap. “It has been most fulfilling to reach so many people about a topic I love,” she says. “I think the most important thing people can do is keep learning through their lives, and I admire older adults who are hungry to continue learning. I’m in awe of them. They could have their choice to do anything else, and they choose my class.”

Many of Jane’s classes focus on a combination of history and music appreciation. “People are very interested in music of wars,” Jane says. In fact, Jane composed music for a documentary called “The Man Who Lost the Civil War.”

Over the years, she has covered 2,000 years of music history, from ancient music of the Romans and Greeks to pop genres. She also covers biographies of iconic



musicians and explores the contributions and influences of various cultures on music.

“It’s fun to do these things because we’re hoping to expand people’s horizons and help them look at familiar music in a different way,” she says.

She admits she spends significant time reading and researching for her classes. Her secret to success to make classes interesting are a flare for storytelling and a good sense of humor. “Those go a long way to communicate what could be dull, dry history. My favorite comments are when someone tells me they thought they knew the subject well but they still learned something different and new from me. I find that amazing.”

In addition to teaching, Jane spent the past 12 years as director of Oasis Entertainers, which is a 100-voice volunteer choir group. During COVID-19, the group was silenced.

“We were hoping to get out to perform one last time before I moved but it didn’t happen,” Jane says. “Last year was the group’s 30-year anniversary, and we had a special performance planned that we couldn’t do because of the pandemic. But I’m confident I’m leaving the group in good hands, and they will continue well into their fourth decade.”

After 25 years, Jane is grateful to Oasis. “They believed in my abilities and gave me the opportunity to continue teaching to reach so many people. The students and organization have changed and enriched my life. Now I’m excited about what the future holds for all of us.”

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2020: A Year of Perseverance



Indianapolis Oasis
2020 Annual Report



Greetings from Oasis

Throughout 2020, the world was a unique and challenging place. Indianapolis Oasis is grateful for our steadfast participants, volunteers and community partners who were flexible and patient as we adjusted our programs to keep you active, engaged, and safe. Although the programs and volunteer opportunities we offered looked different last year, we are proud that we were able to continue serving older adults in the Indianapolis community. Some highlights include:

- Nearly 200 classes offered throughout 2020 via Zoom video and in-person combined. Class covered a range of topics, including a virtual Kurt Vonnegut Museum and Library Tour, memoir writing, hot topics from news headlines, and a number of exercise classes.
 - Virtual classes offered participants the flexibility to log in from home. No more worrying about where to park, fighting traffic, or bad weather!
 - Socially distanced fitness classes held in the fall allowed participants an opportunity to get together and exercise.
- Oasis worked hard to keep our tutor volunteers engaged. In November and December 2020, virtual tutor trainings were held for volunteers. Beginning in 2021, Lawrence Township School District participated in tutoring with 12 tutors working virtually with approximately 28 students. Funding from the Noyes and Brave Heart Foundations helped us continue the tutoring program.
- Oasis transitioned the Aging Mastery Program to a virtual format. This 10-class program aims to help older adults take key steps to improve their overall well-being, add stability to their lives, and strengthen their involvement in the community. Classes are held once a week for two hours and include: Navigating Longer Lives: The Basics of Aging Mastery, Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medication Management, Community Engagement and Falls Prevention.

Oasis looks forward to our return to in-person classes in the fall of 2021 and beyond, and we are excited about the future of Oasis programs in Indianapolis.

Your Indy Oasis Team

Locally, nationally, and globally 2020 was a year like no other. The social and economic impacts of a pandemic were most acutely felt by lower-income communities, families with children at home due to school closures, and those most vulnerable to symptoms of the disease—older adults. Oasis centers across the country were forced to suspend all in-person operations. Exercise, lifelong learning, and social events, classes, and programs were canceled. Tutors were abruptly cut off from the students they were mentoring with our nearly 700 elementary school partners across the country. By the end of March, we faced the immense challenge of sustaining our mission when everything about the way we connected with participants and communities was no longer possible.

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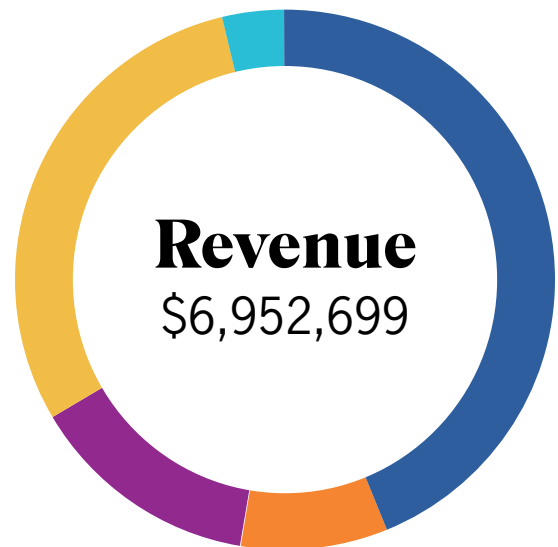
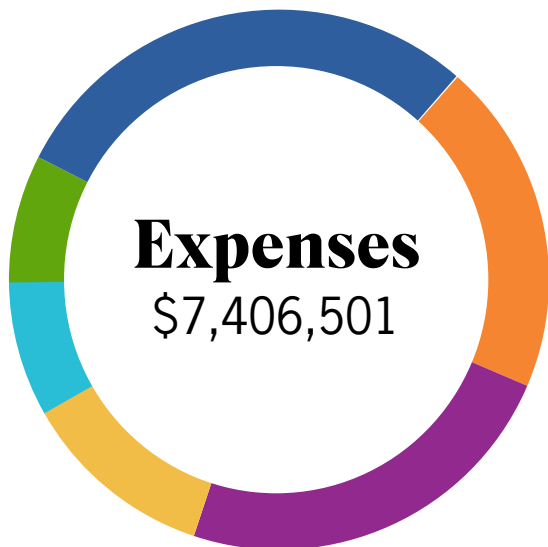
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*Source: 2020 Consolidated Financial Audit

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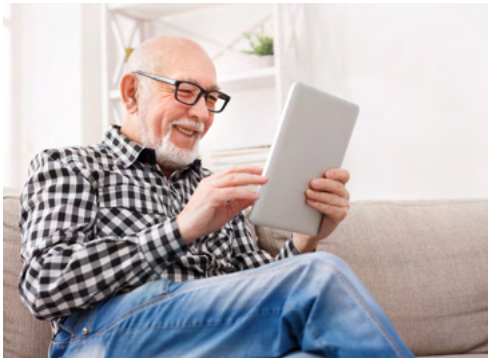


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317.396.3751 | oasisindy.org



2020: A Year of Perseverance



Oasis Rochester
2020 Annual Report



Greetings from Oasis

The word perseverance is defined as ‘continued effort to do or achieve something despite difficulties, failure, or opposition.’ This seems to perfectly describe Oasis Rochester in 2020. When we closed our doors on March 12, 2020 per executive orders of the Governor, we honestly did not know they would remain closed throughout the remainder of the year and beyond. While it took us a bit to find our sea legs, we pivoted to providing a varied cross section of our classes via Zoom and Vimeo digital platforms. Our instructors took up the challenge and found new and creative ways to share their knowledge and love for learning with our participants. Without missing a beat, hundreds of Oasis Rochester participants learned new skills and information, including Zoom itself. Who could have predicted that ‘you’re on mute’ would become a source of humor and frustration at the same time?

I am grateful to our instructors and participants for their loyalty to Oasis Rochester and immensely proud of how they adapted to a new way of learning.

Perseverance...

Our longtime partner, Lifetime Care informed us they would no longer continue sponsoring Oasis Rochester. While grateful for the years of support—we are excited to transition and about the freedom it brings—offering new programs and expanding services for Oasis participants. Oasis Rochester is now a fully formed 501c3 non-profit agency. I appreciate the guidance and support we’ve received from our national Oasis Institute staff through this shift and moving forward.

Perseverance...

We are an organization with strong roots in the community and the lives of our participants. We look forward to new beginnings, planning a fall re-opening, and growing together in 2021.



Ann Cunningham

Executive Director
Oasis Rochester

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Starting a New Chapter

When Linda and Don Campese moved to Rochester in 2013, they soon sought out new friendships by joining a book club through Oasis.

“We enjoy the book club as a way to meet new people who share common interests,” Linda explains.

Don enjoys the variety of people he has met through the book club. “The people are always interesting with different ages, experiences and backgrounds. It has been nice to be part of a group and see each other each month.”

The book club chose one book a month to read. “I read books that I wouldn’t have otherwise read if I wasn’t in the book club,” Linda says. “They weren’t always my prime interests but I’m always glad after I read the books.”

When the pandemic hit, the book club went on hiatus for a couple of months as a Zoom version was being created.

“It took some coordination and there was a learning curve for many members to learn Zoom,” Don says. “The logistics and dynamics of conversation were really different on Zoom. But the virtual format is convenient because we can get there right away and don’t have to worry about parking or weather.”

While the book club has fewer members than usual right now, the group has gotten more comfortable with the format, the technology and each other, Linda adds.

The Campeses recognize how staying engaged has strengthened their resiliency. “Everything has changed this year,” Linda says. “The book club was another thing we could do to keep ourselves healthy and social. We could have chosen to opt out but then we would lose all the things we’ve gained. We still enjoy the book club and will keep doing it as long as Oasis offers it.”

Don agrees. “No matter what format—whether in-person or virtual—the book club is a great program to be involved in.”



“I read books that I wouldn’t have otherwise read if I wasn’t in the book club. ”

Hooked on Oasis

Over the years, Joan Edelstein has tried a variety of exercise options in gyms, classes and online. But she had trouble sticking to them—until she discovered Oasis Rochester.

“I never hooked onto anything until Oasis,” Joan says. “I even tried yoga before but didn’t like it until I joined Oasis. The classes have always fit my needs and I never feel out of place like I did in some gyms or classes elsewhere that were too intense for me. Oasis classes remove all barriers.”

For the past four years as an Oasis member, Joan has consistently taken three movement classes each semester, including yoga. “The classes and instructors are beyond fabulous,” she says. “I’ve seen a difference since I started taking the classes. I have increased stamina, flexibility and my bones are stable.”

When the exercise classes transitioned to Zoom after the pandemic hit, Joan persevered through a few bumps in learning how to use Zoom and is still a loyal class participant.

“I feel I have adapted quite well to virtual learning,” Joan says. “I love the energy of a group but the transition wasn’t difficult and there are definitely plusses to the virtual format: the commute is short, parking is always available and the weather and wardrobe are never a problem. During the pandemic, the classes helped me organize my days, gave me something to look forward to, and gave me energy.”

Her resiliency even led her to become a *class sampler*. “The summer classes were only four weeks long so I liked the idea of a shorter commitment if I didn’t like a class,” she explains. “It allowed me to experiment and put my toe in to try ballet and pilates.”



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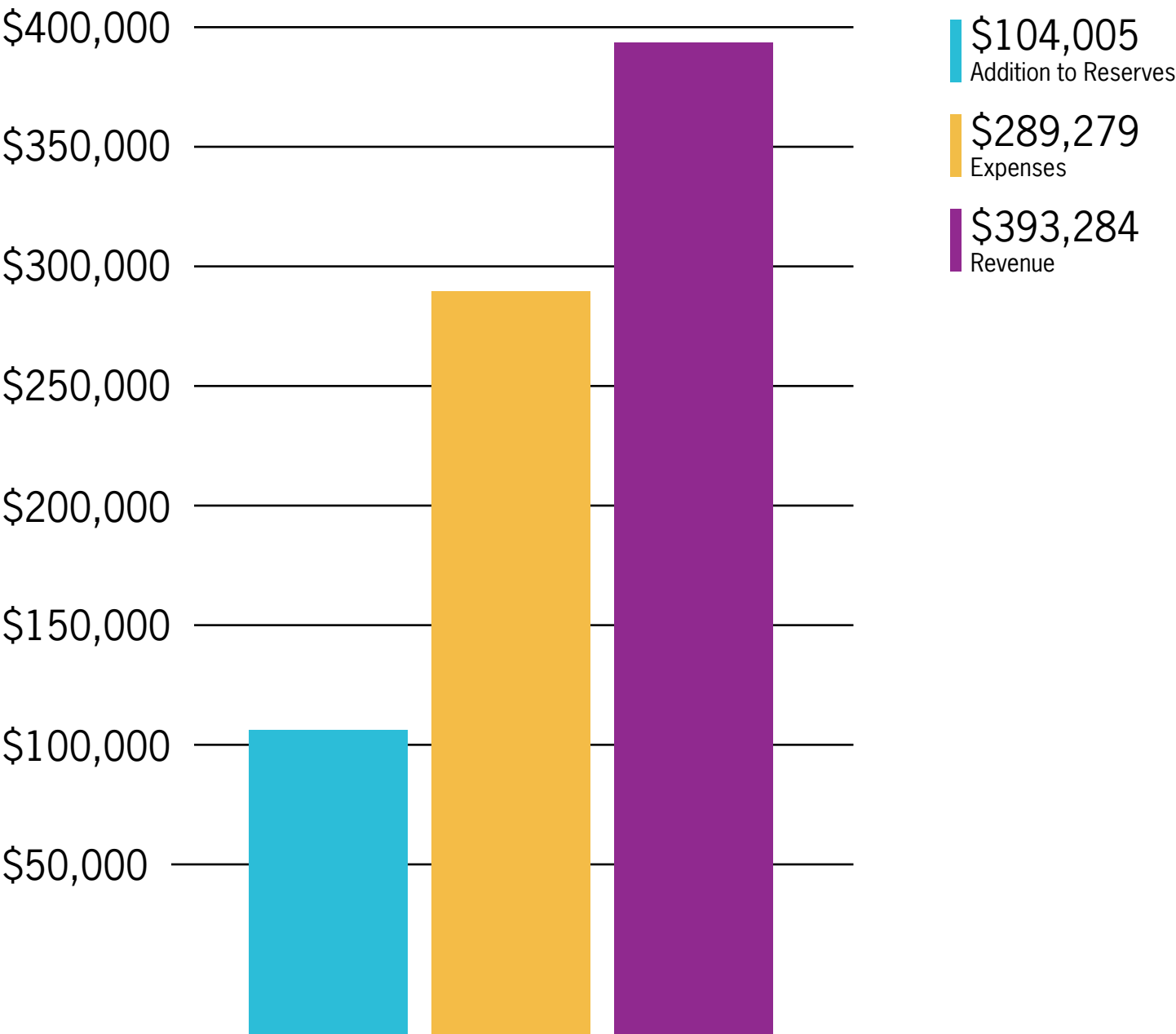
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197
Volunteer Hours

11
Volunteers

1,099
Participants

3,903
Class Enrollments



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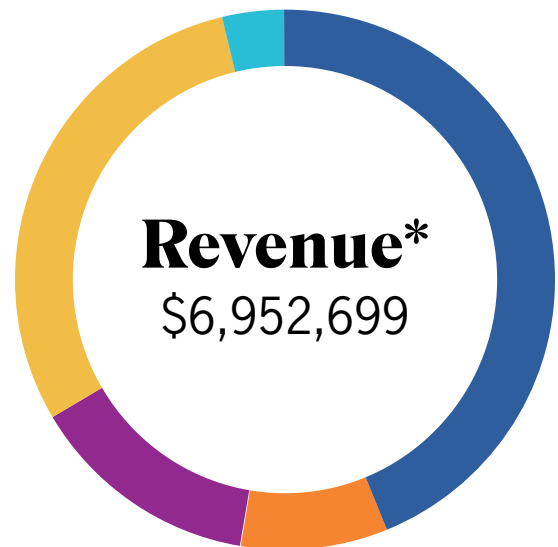
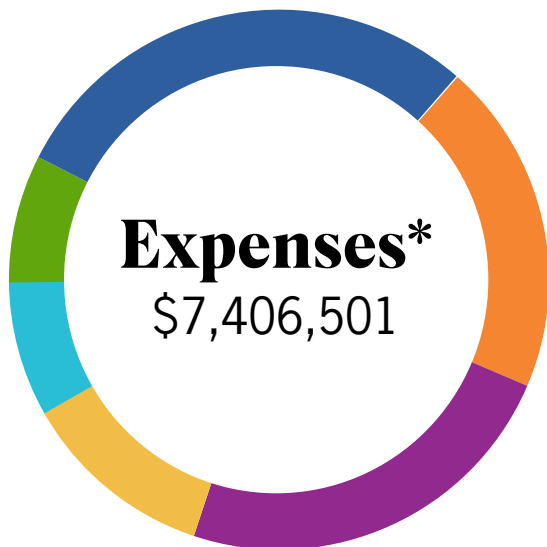
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Fitness Without Boundaries

Oasis Rochester fitness instructor Rosalind Walker understands resiliency. She started teaching fitness on the side in 1993 when she was an IT manager in corporate America. It was a healthy outlet to counter her desk job.

"In my day job, I often found myself working on things that didn't really impact anyone," she recalls. "I wondered who I was helping."

So in 2004, she took a leap and started her own full-time fitness business, Victory Fitness, to help others be healthier. Four years later, she started teaching a variety of fitness classes for Oasis.

Then 2020 cast its dark cloud that put a temporary halt to the fitness classes. When classes transitioned to Zoom, Rosalind admits she was hesitant. "At first I didn't want to teach online but I love it now. It's a big timesaver and through Oasis Everywhere we can reach out to people who couldn't join before. We can include friends and families from anywhere."

One of those distant members is Rosalind's mother, Mary Jane Henry, who lives in Atlanta. Through Oasis Everywhere, she faithfully takes Rosalind's exercise classes.

"I like seeing her there exercising with me even though we live in different cities," Rosalind says. "It also gave me peace of mind to know she was OK through the pandemic. My mom is 73 and very consistent with her exercise. She finds it beneficial for keeping her body healthy and she recommends the classes to others. We've even had classes that are like family reunions with four to five family members all in different locations."

Rosalind has made many adjustments along the way to fine tune her virtual classes. She created a Zoom class studio in her home by removing all the furniture. She also had to go through three different laptops to find the right fit with the right size screen.

"The technology can be challenging because the music, visual and audio have to be in sync and Wi-Fi connections can be spotty," Rosalind explains. "In addition, different classes have different movements, from the floor to standing, so I have to adjust the camera so my whole body is in view for participants."

Her efforts have paid off with a growing class list. "We have more people participating virtually than we did in person and we don't have the physical space limitations," she says. "People who went online enjoy the flexibility and accessibility of the classes from wherever they live."

As someone who has been through a lot of change over the years, Rosalind believes the pandemic has made everyone more resilient. "It has helped open people's minds up to new ways of doing things and the possibilities and opportunities that come with that. People have been bouncing back from adversity for generations but this is the first pandemic in our lifetime. Now we know we can do hard things."



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“ Thank you for giving us the opportunity to stretch and grow and to nurture our minds, bodies, and spirits during a time that was so vital to care for one another and all the while keeping us all safe and healthy! ”

Rhonda Wright, Instructor



To connect with Oasis, call or check us out online.

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2020: A Year of Perseverance



San Antonio Oasis
2020 Annual Report



Greetings from Oasis

2020 was a challenging year for all of us. In March, we had to suspend classes due to the Covid pandemic. In trying to figure out how to continue serving you best, we quickly transitioned from in-person programming to online learning, podcasts, and making calls to reassure our participants. Our goal was to adapt to keep you, our members, safe and offer new ways to keep you engaged, informed, and connected.

We sincerely appreciate the support of our sponsors, partners, and donors who went “above and beyond”—helping Oasis stay financially stable. Additionally, we appreciate your help getting the word out of the transition to the community. I want to thank the Oasis staff for their commitment and dedication in 2020 and beyond. It is with teamwork that we were able to persevere through an incredibly challenging situation.

In September of 2020, we began offering in-person classes once again. However, we continue hosting online courses for participants who feel more comfortable remaining virtual.

San Antonio Oasis remains dedicated to our mission of promoting healthy aging through lifelong learning, active lifestyles, and volunteer engagement in whatever capacity we can to sustain a solid connection to our quality programs. We look forward to expanding our services to even more older adults in the San Antonio community for years to come.

You have kept us strong and focused through not only your generous support but your interest and appreciation of Oasis. Thank you for standing by us!



Brenda Schmachtenberger
Executive Director
San Antonio Oasis

Locally, nationally, and globally 2020 was a year like no other. The social and economic impacts of a pandemic were most acutely felt by lower-income communities, families with children at home due to school closures, and those most vulnerable to symptoms of the disease—older adults. Oasis centers across the country were forced to suspend all in-person operations. Exercise, lifelong learning, and social events, classes, and programs were canceled. Tutors were abruptly cut off from the students they were mentoring with our nearly 700 elementary school partners across the country. By the end of March, we faced the immense challenge of sustaining our mission when everything about the way we connected with participants and communities was no longer possible.

Local and national Oasis leaders and teams quickly shifted focus to a contact-free form of engagement, launching virtual classes through national and regional platforms. In June of 2020, our virtual national Oasis center, oasiseverywhere.org, was born, and within months over 1,000 people were enrolling in live interactive classes. Local Oasis network centers quickly pivoted in sync, offering virtual courses to their Oasis communities, and simulcasting their best content on Oasis Everywhere. The virtual programs allowed participants to continue lifelong learning while following stay-at-home orders, protecting their health and community. Oasis quickly attracted current Oasis participants, as well as new participants discovering us for the first time as a virtual education resource.

As a leader in technology education, we are committed to teaching new digital adopters the basics of safe internet use and building confidence in navigating a digital world. Conversely, the pandemic revealed the reality of living without home internet. The “digital divide” is very real for hundreds of thousands of American families and seniors. Barriers to technology exist across a range of demographic boundaries. As a result, our virtually engaged audience is less diverse. We recognize the need to span these gaps of disproportion to reach ALL older adults. As we emerge from the pandemic and begin operating as dual-venue centers, offering the option of in-person and online classes, we are addressing disparities between our participants. Through new and renewed partnerships, resource communication, presence in community events, and programs not dependent on technology we are continuing our mission to serve seniors across the country in every economical circumstance. Perseverance got us through 2020 making us stronger and expanding our mission. We will emerge resilient and look forward to being together again.



Paul Weiss, PhD
President
Oasis Institute

No Better Place

It's rare to find Frances Stull at home. The busy "people person" volunteers at San Antonio Oasis four days a week, and is the travel coordinator for multiple trips that Oasis plans for members each year.

Frances joined Oasis in 2001 and began volunteering with administrative duties. Sometimes she went on day trips with staff members to help. In 2010, she became the dedicated volunteer travel coordinator, also known as the Oasis escort, to plan multiple trips each year.

Her natural organizational skills come in handy as she works with travel agencies and coordinates all the necessary documents, reservations, payments and itineraries for each trip. She also keeps track of participants to make sure no one is left behind and everyone is doing okay.

"We look out for each other on trips," Frances says. "I really enjoy doing this. I'm happiest around other people. When we travel together, I ask for trip suggestions and we recognize birthdays. It's lots of fun."

The groups have gone on fascinating trips near and far, including Fredericksburg, Georgetown, and San Marcos, as well as trips to wineries, breweries, and local galleries.

"I love to hear that people enjoyed the trip," Frances says. "It feels good to get people out of their houses to do things they say they would not have done on their own."

After one day trip in early 2020, the remainder of the trips were canceled for the year. However, they are back on the books for 2021. The trips include Yellowstone National Park, Mount Rushmore, Nashville, and Dickens on the Strand in Galveston.

Frances says Oasis has become a second home to her since her husband passed away in 2014. "I don't know what I would do with my time if I didn't volunteer at Oasis. It's lonely to stay at home day after day. I can feel yucky when I first wake up, but I get up, get dressed and go to Oasis and forget my aches and pains because I'm involved and around people. I think Oasis is the greatest thing ever for seniors."

As a volunteer and a donor, Frances was an important part of creating the new Oasis center in San Antonio. "I can't think of a better way to spend my money than to donate to Oasis," she says. "There's no better place."



“I’m happiest around other people. When we travel together.”

Walking Safely Through the Pandemic

For the last three years, Alonso Jasso has explored a different park every Friday as part of the San Antonio Oasis Senior Steppers. The walking group meets every week to walk two to three miles in various parks around the city. It's a social and exercise experience Alonso looks forward to and continued to enjoy even through the pandemic.

"We kept going through the pandemic, although with fewer numbers," Alonso says. "It was nice to get outside during that time and was the only thing I was doing during the pandemic. We stayed safe by social distancing and wearing masks. Now it's good to see more people coming back."

The Senior Stepper instructor scouts the park to map out where to walk, considering things like paved trails, the level of incline and distance. Then each week, the Senior Steppers meet at the designated park to walk together.

"We look out for each other and have a chance to talk and get to know each other," Alonso says. "The core group of people are very positive, upbeat people. Being part of Senior Steppers is good socially and physically. When I finish walking, I feel a sense of accomplishment. I wish I had joined this group even earlier."

Edie DeVilbiss moved to San Antonio in July 2020 after she retired as a chaplain. Her sister, Carita, was already part of Senior Steppers, so Edie joined her to meet people in her new city. Both sisters are widows and live together now. "For months of COVID-19, Senior Steppers was my social life since I didn't know people in San Antonio," Edie says. "It was very helpful because I met wonderful people. I also love seeing the parks. I wouldn't know anything about San Antonio if I wasn't part of this."

Edie realizes the health benefits of Senior Steppers are vital. "The movement and being outdoors is so good physically, mentally and spiritually. And the social connections have made me feel more resilient because isolation is devastating for mental health. Senior Steppers is keeping me lively."



Local Impact

189

Volunteers

6,656

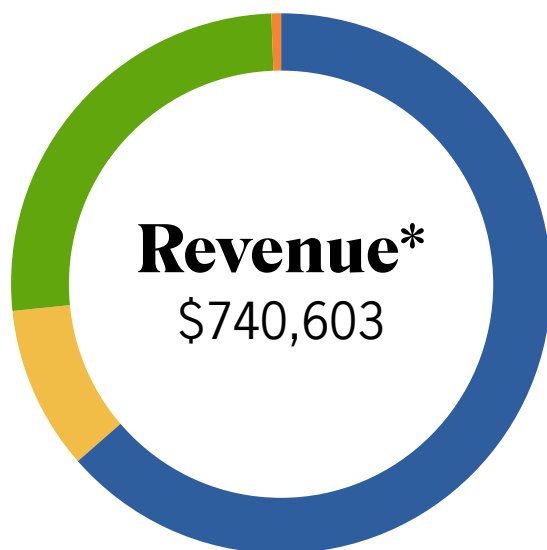
Volunteer Hours

1,258

Participants

8,796

Class Enrollments



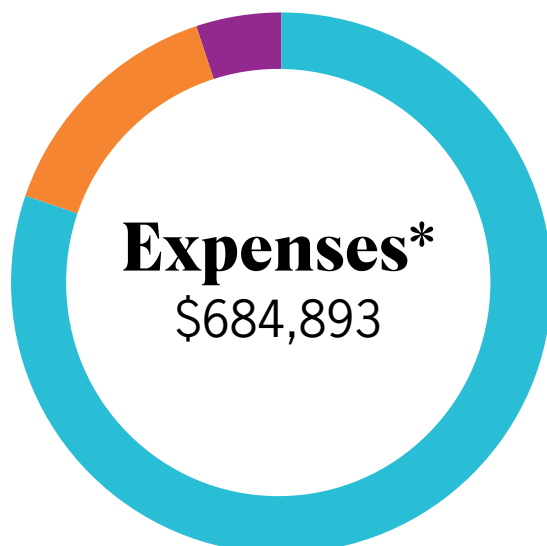
Revenue*
\$740,603

\$470,599
Contributions & Grants

\$192,753
In-Kind

\$73,067
Program Revenue

\$4,184
Other



Expenses*
\$684,893

\$549,852
Program Services

\$100,280
General & Administrative

\$34,761
Fundraising

* Source: 2020 Financial Audit

National Impact

657

Schools

4,500

Volunteers

1,362

Communities Served

4,015

Tutors

82,675

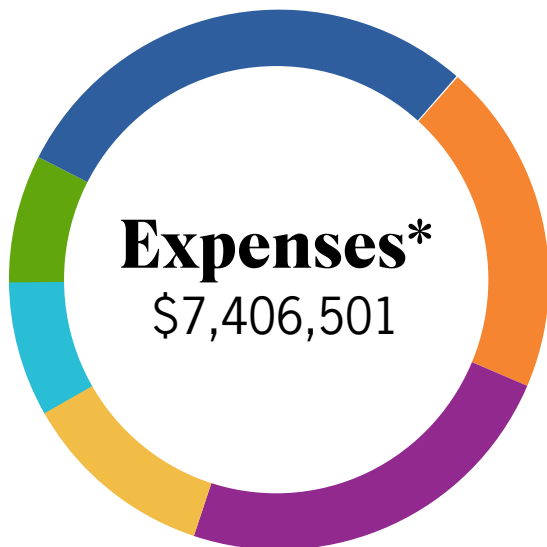
Class Enrollments

115,000

Volunteer Hours

27,250

Participants



\$2,139,445
Health Programs

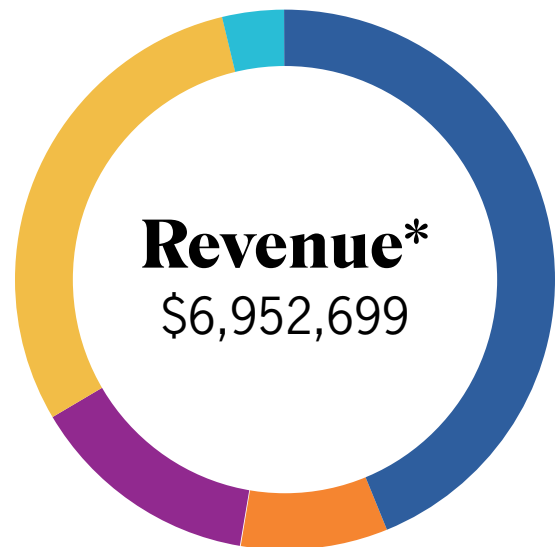
\$561,469
Technology Literacy

\$1,488,532
Education Programs

\$1,750,172
General & Administrative

\$862,741
Volunteer Programs

\$604,142
Fundraising



\$3,049,109
Contributions & Grants

\$609,670
In-Kind

\$2,074,862
Government Grants

\$257,121
Other

\$961,937
Program & Partner Revenue

*Source: 2020 Consolidated Financial Audit

Striving to Stay Fit with Texercise

Geoffrey KongQue and his mother, Dorothy, began taking classes with San Antonio Oasis about two years ago. Dorothy suffered a stroke five years ago that resulted in her developing vascular dementia. Participating in classes at Oasis has made a tremendously positive impact on both Geoffrey and Dorothy's physical and mental health. Geoffrey first learned of Oasis after attending a seminar at the VA on caregiving. He describes the experience: "Oasis gave a comprehensive lecture as part of a program funded by the Roslyn Carter Trust. It was an excellent program with lots of helpful information and handouts." After the presentation Geoffrey browsed through Oasis classes and signed his mother up. Geoffrey and Dorothy took their first Oasis class together and they were hooked!

Dorothy's favorite class is Texercise, which compliments the Sit and Be Fit program she watches on TV at home. "She gets 45 minutes at Oasis and then another 30 minutes at home. It is very important for seniors to keep moving and these programs are very effective at accomplishing this," says Geoffrey.

When the global pandemic hit, ensuing a total shut down—the realities of living through it gradually manifested into health problems for both Geoffrey and his mother. Geoffrey explains, "We take blood sugar, blood pressure, and weight every morning. When we were shut down the numbers got bad." Not only did they suffer physiological effects, but Geoffrey also noticed a decline in Dorothy's mental health. He states, "Folks with cognitive challenges need schedules and routine to help them through the day."

In February of 2021, Geoffrey says he and his mother were "finally" vaccinated and started to get out more. When the San Antonio Oasis center re-opened the two were "very happy to attend face-to-face." He says, "When we restarted the numbers got better." Referring to those of the daily blood sugar, blood pressure, and weight monitoring. "Mother's numbers look like a 20-year-old!" he exclaims.

Geoffrey describes San Antonio Oasis as "spot on in delivering services to the community." He goes on to



talk about how much they enjoy the exercise classes as well as the lectures. He mentions a class he recently took on the French Revolution and described it as "great" and noted how well attended and very interesting it was. Geoffrey concludes by saying "I can't wait for the class on cacti and succulent—I keep killing mine!" The story of Geoffrey and his mother is just one of many reporting the benefits of lifelong learning. The pandemic presented unimaginable challenges, but Oasis, along with its participants persevered.

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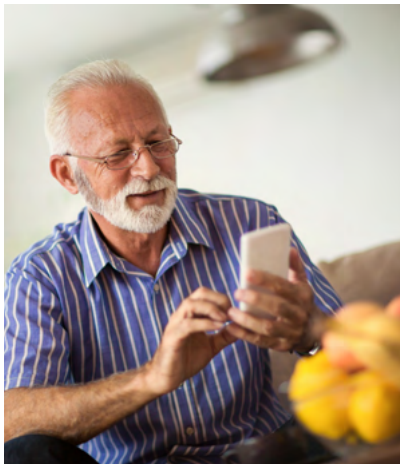
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2020: A Year of Perseverance



San Diego Oasis
2020 Annual Report

Greetings from Oasis

2020 proved to be an amazing year in ways we could never have imagined. With fears of isolation and loneliness looming, we constantly worked to reinvent how we connected. In addition to converting over 200 classes a month for virtual access, we connected with our partners and funders to develop new and expanded programs that fit the changing conditions.

Our annual “Get Connected: Technology Fair for 50+” became a four-morning virtual event that was attended by over 2,500 people, a record for San Diego Oasis. We hosted 197 cities, 22 states and 3 countries, and had another 3,000 views on YouTube at the conclusion of the event. We plan to do the event virtually in 2021 as well.

A new project called “Bridging the Digital Divide” was well received by funders who made it possible for us to serve 350 low-income seniors by providing each a Samsung tablet (to keep), technological training, internet access, and Oasis classes for six months. The program made a significant impact in the lives of these individuals by providing a new channel for communication and connectivity.

While in-person intergenerational tutoring was not possible, the school districts conveyed that students would appreciate receiving books to encourage their love of reading. We worked with each school to combine efforts by using the free-lunch drive-through to distribute books, ultimately supplying 30,000 books to students in need.

Only with support from you as champions and donors are we able to continue to be adaptive, innovative, and expansive in our work to ensure that older adults in our community thrive.



Simona Valanciute, MBA

President & CEO
San Diego Oasis

Locally, nationally, and globally 2020 was a year like no other. The social and economic impacts of a pandemic were most acutely felt by lower-income communities, families with children at home due to school closures, and those most vulnerable to symptoms of the disease—older adults. Oasis centers across the country were forced to suspend all in-person operations. Exercise, lifelong learning, and social events, classes, and programs were canceled. Tutors were abruptly cut off from the students they were mentoring with our nearly 700 elementary school partners across the country. By the end of March, we faced the immense challenge of sustaining our mission when everything about the way we connected with participants and communities was no longer possible.

Local and national Oasis leaders and teams quickly shifted focus to a contact-free form of engagement, launching virtual classes through national and regional platforms. In June of 2020, our virtual national Oasis center, oasiseverywhere.org, was born, and within months over 1,000 people were enrolling in live interactive classes. Local Oasis network centers quickly pivoted in sync, offering virtual courses to their Oasis communities, and simulcasting their best content on Oasis Everywhere. The virtual programs allowed participants to continue lifelong learning while following stay-at-home orders, protecting their health and community. Oasis quickly attracted current Oasis participants, as well as new participants discovering us for the first time as a virtual education resource.

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through 2020 making us stronger and expanding our mission. We will emerge resilient and look forward to being together again.



Paul Weiss, PhD

President
Oasis Institute

Turning Pages During a Pandemic

For several years, the San Diego Oasis Intergenerational Tutoring Program has collected books to distribute to children to help improve their reading skills.

“Tutors told us many kids didn’t have books to take home as their own,” says Jolyn Parker, Vice President of External Relations for San Diego Oasis. “That was the beginning of the book distribution initiative.”

During a typical year, Oasis tutors collected books and then schools would have a book day once a year where students could select three books to take home.

When the pandemic hit, in-person tutoring stopped and schools and libraries closed, which made books more important to learning than ever. That drove Oasis to ramp up their efforts to collect and distribute the books while the world socially distanced.

Oasis connected to the area’s Free Lunch Program already in place where families would drive through and pick up lunches at various sites. It was a perfect partnership to allow an Oasis drive-through book giveaway in conjunction with the lunch program.

“We coordinated with the teachers and some of the tutors and Oasis staff to give books to all the children in each car along with their lunch,” Jolyn says.

Creative minds took the program a few steps further. Teachers added a portal to school websites so students could pick out their books online and then come for individual days to pick up the books at their school.

“The school administrators, teachers, parents and students were so grateful for all the donated books,” Jolyn says. “They told us thanks for remembering them and said they felt someone really cared.”

So far, San Diego Oasis has distributed 30,000 books during the pandemic. “We believe we provided an opportunity to encourage kids to continue a love of reading,” Jolyn says. “In the future, we plan to continue this effort to engage students and distribute books to school districts.”

And that’s a relief to the dedicated Oasis tutors who strive to build reading skills and instill a love of reading.



“We coordinated with the teachers and some of the tutors and Oasis staff to give books to all the children in each car along with their lunch.”

The Digital Divide Program Connects Technology to the Most Vulnerable

At the beginning of the pandemic, San Diego Oasis identified an entire group of older adults left out of the technologic movement that came with quarantining. Oasis reached out to low-income senior living facilities to help reach this population.

“Oasis created a Digital Divide program for low-income senior adults who are the most vulnerable during this pandemic,” explains Jolyn Parker, vice president of external relations for San Diego Oasis. “The goal of the program is to engage people to prevent isolation.”

The solution was to provide low-income older adults with a technology package that includes a tablet, technology training either in-person or by phone, Zoom support, six months of free Internet access and free Oasis virtual classes.

Through community partnerships, Oasis identified many low-income senior housing organizations with whom we had never worked before.

“We reached people who rarely get offered a lot,” Jolyn says. “More than 75% of them are living alone so the program opened the door for reaching people who are significantly isolated. And more than 50% of this population are minorities so now we’re attracting a more diverse population.”

Jolyn was excited about the positive response to the Digital Divide program. Oasis distributed more than 500 tablets and 75% of the people reached are now taking Oasis classes from the safety of their homes.

Yet Jolyn admits launching the program wasn’t easy. “It took three months to get it working well. We needed a lot of coordination and it took significant effort and multiple phone calls to reach participants. Then we organized a task force of volunteers to deliver the tablets and provide training over the phone and in-person when possible.”

To further support tablet recipients, the team created a reference manual to accompany the devices. Oasis also



collaborated with the city’s Parks and Recreation team to implement the phone training program.

The efforts were all worth it, Jolyn adds. “Seniors said the program has changed their lives. It has given low-income older adults more confidence in their ability to navigate technology so they can connect to family and friends, benefit from telehealth appointments and take classes to reduce isolation.”

Donors were essential in developing the Digital Divide program. “Without the donors, this program wouldn’t be possible,” Jolyn says. “Their support allows us to provide the tablets, internet services and the staff time to implement the program. We’re grateful to the organizations that funded this program so we can reach the older adults who need help.”

Significant funders included the Gary and Mary West Foundation, the North County COVID Recovery Fund, the San Diego Foundation COVID-19 Community Response Fund, and SDG&E, the local utility company.

As the pandemic has worn on, Oasis has received additional funding so the Digital Divide program can continue as more low-income people are found who can benefit.

“We worked with 15 different organizations and that’s just the tip of the iceberg,” Jolyn explains. “So many people are on the low-income scale. They often can’t afford the technology or don’t know how to use it. The program helps them be part of the 21st century.”

Local Impact

693

Volunteers

15,100

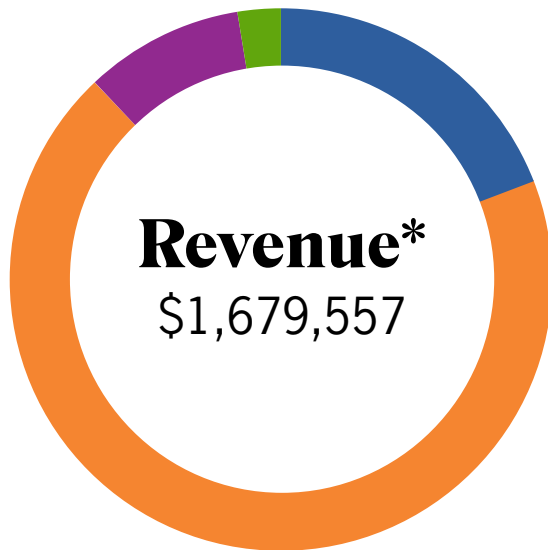
Volunteer Hours

3,444

Participants

20,809

Class Enrollments



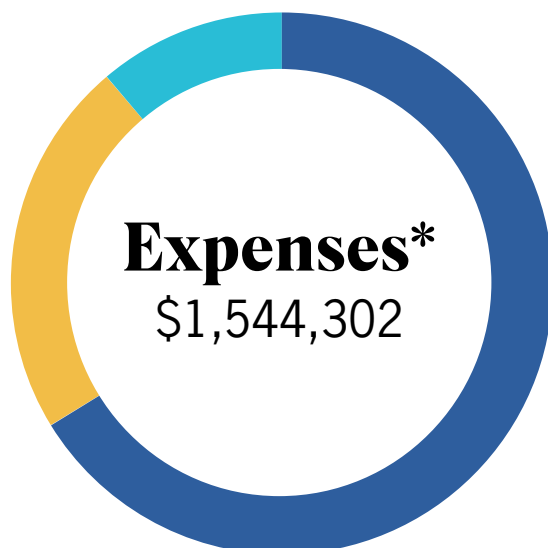
Revenue*
\$1,679,557

\$1,141,678
Contributions & Grants

\$316,759
Program Revenue

\$157,512
In-Kind

\$63,608
Other



Expenses*
\$1,544,302

\$1,023,620
Program Services

\$173,050
Fundraising

\$347,632
Administrative

* Source: 2020 Financial Audit

National Impact

657

Schools

4,500

Volunteers

1,362

Communities Served

4,015

Tutors

82,675

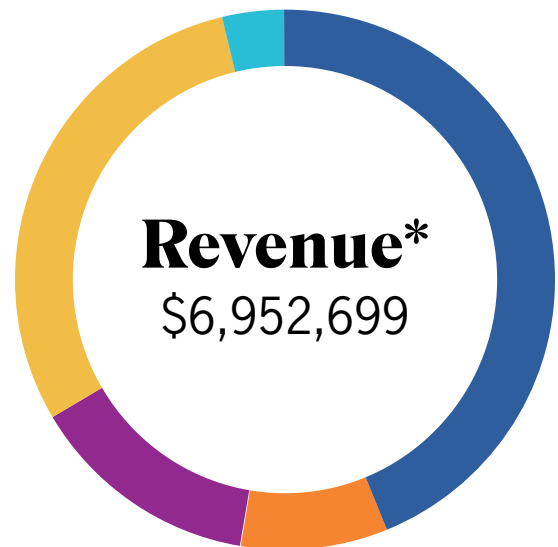
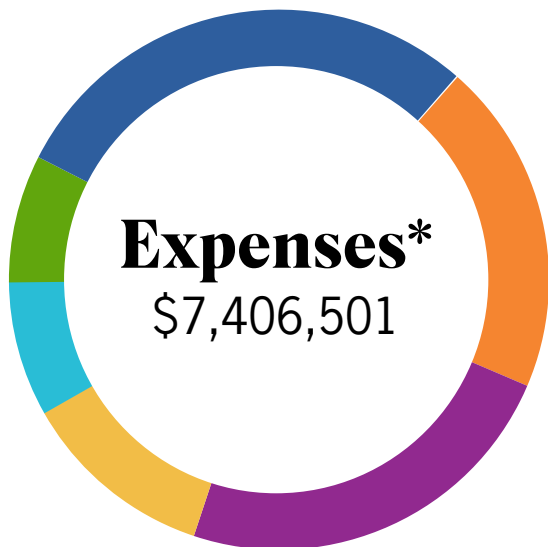
Class Enrollments

115,000

Volunteer Hours

27,250

Participants



\$2,139,445
Health Programs

\$561,469
Technology Literacy

\$1,488,532
Education Programs

\$1,750,172
General & Administrative

\$862,741
Volunteer Programs

\$604,142
Fundraising

\$3,049,109
Contributions & Grants

\$609,670
In-Kind

\$2,074,862
Government Grants

\$257,121
Other

\$961,937
Program & Partner Revenue

*Source: 2020 Consolidated Financial Audit

Eliminating Fear & Isolation Through Virtual Classes

When Jan Garbosky was widowed in 2013, she needed to rebuild her life. For the retired educator and life-long learner, that included taking classes through various organizations, including San Diego Oasis.

In January 2020, Jan—who had been otherwise healthy and a consistent exerciser—was diagnosed with double pneumonia that led to a heart condition. As the pandemic was looming in early February, Jan underwent a procedure to treat her heart condition.

“I was so frightened because I was normally so healthy and lived alone,” Jan says. “I had to monitor my heart and blood pressure as I recovered and was worried I would get COVID-19. I quickly became a bubble of one.”

Isolated at home, she relied even more on Oasis. She became a prolific learner. Since the pandemic began, Jan has taken more than 120 virtual classes through Oasis.

“Oasis virtual classes have been a lifesaver,” she says. “During quarantine, I signed up for everything that would fit into my day. With no travel time, I can pack in a lot of things! I needed something to fill my days and offer contact with people, even virtually. I take whatever strikes my fancy and appreciate the wide range of classes available. I’ve also taken some classes through Oasis Everywhere. The incredible instructors know their stuff and are always well-prepared with materials and visuals.”

Jan’s learning curve for Zoom was short. She says the Oasis staff support was responsive in helping her get started. Learning Zoom opened up opportunities to her for learning, socializing, and new conversations with friends and family.

“The classes helped me structure my days and took away my feelings of isolation and fear,” Jan says. “I’ve also gone to monthly virtual happy hours with Oasis and gotten to know classmates and the staff better. So I’ve added new people in my life. Taking these classes has given me more to talk about with friends and family on Zoom, too. I’m eternally grateful to Oasis.”



“Oasis virtual classes have been a lifesaver.”

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2020: A Year of Perseverance



St. Louis Oasis
2020 Annual Report



Greetings from Oasis

Locally, nationally, and globally 2020 was a year like no other. The social and economic impacts of a pandemic were most acutely felt by lower-income communities, families with children at home due to school closures, and those most vulnerable to symptoms of the disease—older adults. Oasis centers across the country were forced to suspend all in-person operations. Exercise, lifelong learning, and social events, classes, and programs were canceled. Tutors were abruptly cut off from the students they were mentoring with our nearly 700 elementary school partners across the country. By the end of March, we faced the immense challenge of sustaining our mission when everything about the way we connected with participants and communities was no longer possible.

Local and national Oasis leaders and teams quickly shifted focus to a contact-free form of engagement, launching virtual classes through national and regional platforms. In June of 2020, our virtual national Oasis center, oasiseverywhere.org, was born, and within months over 1,000 people were enrolling in live interactive classes. Local Oasis network centers quickly pivoted in sync, offering virtual courses to their Oasis communities, and simulcasting their best content on Oasis Everywhere. The virtual programs allowed participants to continue lifelong learning while following stay-at-home orders, protecting their health and community. Oasis quickly attracted current Oasis participants, as well as new participants discovering us for the first time as a virtual education resource.

As a leader in technology education, we are committed to teaching new digital adopters the basics of safe internet use and building confidence in navigating a digital world. Conversely, the pandemic revealed the reality of living without home internet. The “digital divide” is very real for hundreds of thousands of American families and seniors. Barriers to technology exist across a range of demographic boundaries. As a result, our virtually engaged audience is less diverse. We recognize the need to span these gaps of disproportion to reach ALL older adults. As we emerge from the pandemic and begin operating as dual-venue centers, offering the option of in-person and online classes, we are addressing disparities between our participants. Through new and renewed partnerships, resource communication, presence in community events, and programs not dependent on technology we are continuing our mission to serve seniors across the country in every economical circumstance.

Perseverance got us through 2020 making us stronger and expanding our mission. We will emerge resilient and look forward to being together again.



Paul Weiss, PhD

President
Oasis Institute

Building Consistency & Strength During the Pandemic

Elizabeth Hines has always enjoyed exercising. But with a busy lifestyle, she didn't always exercise consistently. When she joined St. Louis Oasis in 2016, she discovered how to make exercise part of her weekly schedule.

"Now that I have some health issues, I don't have a choice but to exercise consistently," Elizabeth says. "I used to just walk but realized I needed stretching and strengthening, too. I feel better with exercise. It helps your mind stay more alert and helps you move better. So I sign up for an exercise class every session. I also like to step out of my boundaries and meet other people through these classes."

When the pandemic hit, Oasis exercise classes were paused. "I tried to pump myself up to get out to walk but I didn't do it consistently," Elizabeth says. "If it's left up to me, I can talk myself out of exercising."

Once the exercise classes transitioned to Zoom, Elizabeth says her challenge was finding the right device to use. First she used her cell phone but found the screen too small. Then she used an older iPad model, but the Zoom app didn't function well on it. Finally, her son bought her a Mac laptop and Elizabeth was quickly back in exercise mode.

"I've found it's a time saver because I don't have to drive anywhere," Elizabeth says. "The class helps create a routine for me. I do miss the personal interaction with classmates though."

Elizabeth typically takes one class at a time that equates to two exercise classes a week. And it's paying off for her mentally and physically.

For each virtual class, she moves some of her furniture out of the way. "I noticed I can now pick up a chair to move it for exercise class—I couldn't do that before," she says. "Overall, my body is more toned."



She continues: "These Oasis classes have been a very positive thing for me. It's easy not to involve yourself and get in a rut if you're not working. But this is a way to meet people and stay active. I will be doing this for the rest of my life."

The Beat Goes On

When Gene Rauscher began teaching an Oasis concert band class in 2019, he got the nearly 30 older adult musicians “back in shape” to hopefully perform at senior living facilities in the future.

“We had some students who had played consistently, some who played in high school or college, and some who hadn’t played an instrument in years,” Gene says. “It was a wide mix of skills and abilities but we rehearsed and had a true community band experience.”

The band’s last group performance was at a funeral for a former band member. “It was an honor to play a song as a tribute to him. Then the pandemic hit and when we walked away, we didn’t realize how long it would last.”

While the group continued to connect by Zoom for a few weeks to primarily socialize, rehearsing by Zoom wasn’t feasible.

With the pandemic raging on, Gene transitioned to teaching a virtual theory and jazz improvisation class with another music ensemble conductor. Many of the previous concert band class members participated in his class.

“The challenge when I switched to the theory and improvisation class was that as a drummer and a pianist, I never had to do improvisation where you make up music on the spot,” he explains. “I had to teach myself so it was a big growth experience for me. When the students learned improvisation, they felt they had learned something of value, too.”

He feels the pandemic led him to focus on being a better teacher and musician. “This time has been very exciting and freeing because I’ve been learning as much as I had when I was in college. I felt the world getting larger not smaller. I think my students have benefited from my excitement. And they’re more confident to push themselves more. It’s inspiring when you see students have that ‘aha’ moment when the lights go on behind their eyes.”



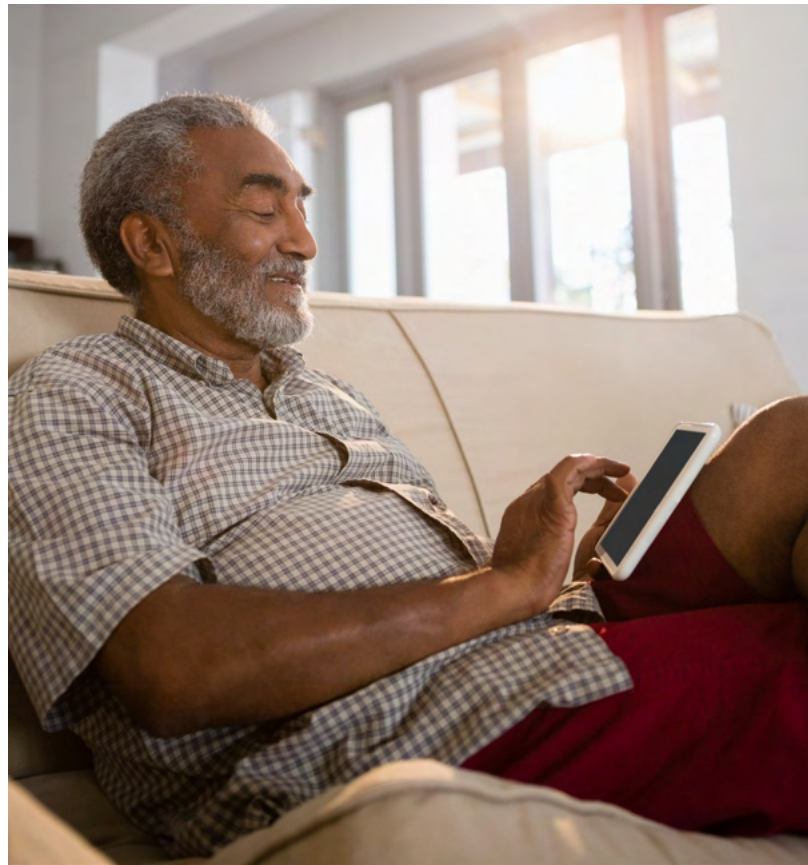
“When the students learned improvisation, they felt they had learned something of value, too.”

What Oasis Participants are Saying

A friend suggested I become a member after retirement and that we could take this cooking class together. After attending several classes with my friend, **I soon enjoyed attending classes whether I went with her or by myself.** Being able to choose from a smorgasbord of talks, tours, and classes on various topics was very appealing. —Cindy Blair

Oasis classes have helped me with my memory and recall abilities; I've discovered that **even at the age of 74, I can still learn new things!** —Mary Wyss

Once participants start attending classes, whether in person or by Zoom, they will start to recognize faces that were in other classes they attended. These occasions will bring about social conversations which will lead to asking each other what activity the other person is going to register for next time. **These are the moments that friendships start to develop.** —Alice McHugh



National Impact

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4,500

Volunteers

1,362

Communities Served

4,015

Tutors

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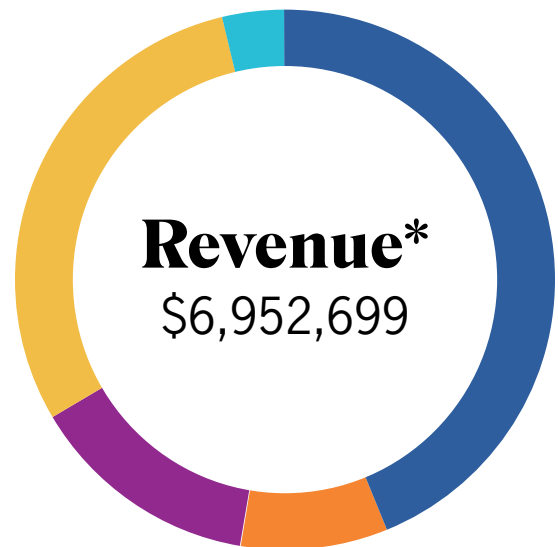
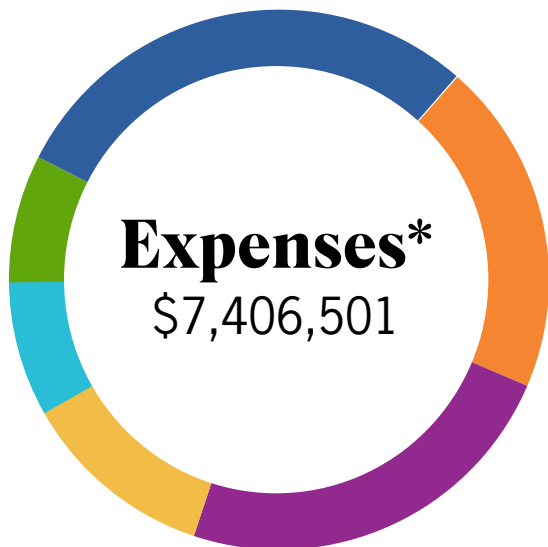
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\$2,139,445
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\$257,121
Other

\$961,937
Program & Partner Revenue

*Source: 2020 Consolidated Financial Audit

Discovering the Healing Art of Conversation

Marilyn Brown was first attracted to Oasis because of the Women's Roundtable group, which she joined in 2014. Since then, she has stayed with the group through various changes, including the global pandemic.

"We enjoy real conversations on real topics, along with female companionship," Marilyn says. "Everyone is open. It's a very congenial group."

A successful multi-media artist and published writer, Marilyn is a self-confessed introvert. She turned to the Women's Roundtable "because it was time to try an extrovert role."

"I had friends but I didn't have a very active social life after my divorce," Marilyn says. "I needed a new source of social interaction and the Women's Roundtable has been very helpful in that."

Healers are a theme throughout Marilyn's art, whether it's abstract painting, wood carving or digital art. She often includes angels in her art, or sometimes rabbis, bishops or nuns. The healer theme is personal to her because of her life experiences but she knows it can help others, too.

Her participation in the Oasis Women's Roundtable has been another form of healing. "I believe we all need healing in some way," she says. "And healers are everywhere—mostly in unsuspected places."

While she misses the camaraderie of the in-person Women's Roundtable, she says the virtual meetings have helped with loneliness during the pandemic. She also appreciated the convenience of attending the meetings virtually when it has been cold, snowy or too hot outside.

"We did lose some participants when we started having virtual meetings because some weren't comfortable with the technology," Marilyn says. "When we go back to in-person meetings, I hope the group expands. I'm looking forward to getting together again."



“We enjoy real conversations on real topics, along with female companionship. ”

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Corporation for National &
Community Service

Dollar General Literacy Foundation

Emerson

Great Rivers Greenway

Jefferson Foundation

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

Margaret Blanke Grigg Foundation

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May & Stanley Smith Charitable Trust

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Mastery Program

United Way of Greater St. Louis

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Commerce Bank, Trustee

Graybar Foundation

AgeSmart

Productive Living Board of
St. Louis County (PLB)

RRF Foundation for Aging

The Saigh Foundation

Senior Fund City of St. Louis

St. Louis County CARES Act Fund

Stanley & Lucy Lopata
Charitable Foundation

State of Illinois Department of Aging

The Trio Foundation of St. Louis

The Bridgeton Landfill Community
Project Fund, a component fund of the
St. Louis Community Foundation

To connect with Oasis, call or check us out online.

The Center of Clayton | 50 Gay Avenue, St. Louis, MO 63105
314.862.4859 | stloasis.org



2020: A Year of Perseverance



Upstate Oasis
2020 Annual Report



Greetings from Oasis

We will long remember the past year for a global pandemic that caused the world to shut down and disrupt every aspect of our “normal.” With very little time to craft a plan, we halted our regular in-person programming and prepared to work remotely from home. I recall driving home from my office that day in mid-March, frantically making phone calls to equip us for conversion to virtual learning. I needed to acquire Zoom licenses and schedule training sessions to quickly transition our Oasis classes to an online format. As the world was shutting down, Upstate Oasis was “gearing up”—we were ready to persevere.

The word resilient comes to mind when I consider all that our staff, instructors, volunteers, and participants did at Upstate Oasis in 2020. We transitioned to Zoom and continued quality programming. We met regularly with our colleagues across the national Oasis network. We forged ahead, making new friendships and curating content to be shared nationwide as “Oasis Everywhere,” providing a more robust experience for all Oasis members. Each center shared its best programming, and participants were able to join in classes from across the entire country.

I could not be more proud of the way that we managed operations during this once-in-a-lifetime global event. Despite the pandemic shut down, we were able to add 486 new participants. Many of them joined from other states due to current participants sharing their love of Oasis with friends and family searching for things to do while in quarantine at home. Our donors contributed more than ever before, resulting in Upstate Oasis reaching our highest-earning Spring Appeal ever! These events define perseverance, poising Upstate Oasis to move forward more robustly than before as we further the mission of healthy aging in

Central New York and beyond. I look forward to building on our shared accomplishments!

Cynthia Woods

Executive Director
Upstate Oasis



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through 2020 making us stronger and expanding our mission. We will emerge resilient and look forward to being together again.

Paul Weiss, PhD

President
Oasis Institute



Continuing Classes Miles Apart

The pandemic has proven to be the mother of invention—and new opportunities.

After living in Syracuse for 50 years, Grace and Michael Flusche moved to the Washington, D.C. area in August 2020 to be closer to family members—including a 2-year-old grandson. Even with a location change and a national shutdown, the Flusches' access to Oasis classes was seamless.

Over nearly 15 years, the Flusches have taken dozens of classes at Upstate Oasis in Syracuse. Thanks to the virtual opportunities through Oasis Everywhere, the Flusches continue to take a steady stream of classes in their new home hundreds of miles away.

"We've been able to continue taking the kind of classes online that we've been taking in person," Michael says.

Virtually, the Flusches loyally participate in a yoga class with their Syracuse instructor, Pam. "Even in Zoom, our yoga instructor greets us all by name, and we all catch up and have a social time," Michael says. "The classes are very personal."

In addition, Grace and Michael take French, history and other classes through Upstate Oasis. And through Oasis Everywhere, they've accessed a San Diego Oasis class on the history of the English language, among others.

Each semester, the couple is immersed in two to four classes at a time. "We always want to stay engaged and be challenged and enriched," Michael says. "For us, 'staying alive upstairs' is incredibly important. Oasis has high-quality instructors and has made good use of the rich talent pool Syracuse has. We're interested in a lot of things Oasis offers so we've been consistently enrolled in classes. For us, it's a natural thing to do."

He admits he was disappointed at first when classes went virtual. "But I quickly got over it and found out Zoom works well. The online classes are so convenient because they come right to us. Weather and travel aren't issues."



Grace and Michael also appreciate the routine the classes brought to their lives during the pandemic. "The Oasis classes were a salvation in an otherwise dismal situation," Michael says. "It was nice to have classes scheduled each week. We felt less isolated."

The class content is the biggest draw for Michael and Grace. But the sense of community Oasis classes offer is more important to them than ever. "Right now, Oasis is a very valuable means of staying connected and is a source of enrichment that we feel lucky to have," Michael adds.

Rallying Together

When Mary Pat Olier was Vice President of Human Resources at SUNY Upstate Medical University more than 20 years ago, she was part of the university team that helped establish Upstate Oasis in Syracuse. Even then, she recognized its value.

"I thought Oasis was a marvelous opportunity for employees as they retired," Mary Pat says. "Then when I retired the first time in 1999, I began taking Oasis classes."

Mary Pat's retirement didn't last long. She soon took a job with the university's foundation until she retired for good in 2016. Yet she stayed involved with Oasis through both retirements, serving on the Oasis Advisory Council for the past 12 years and as the chair for the last four years.

The last year has probably been the most challenging as the Oasis staff and their Upstate partners successfully transitioned in-person classes to virtual Zoom classes during the pandemic.

"It was a bold experiment," Mary Pat says. "We were concerned participants may not adjust to online classes but it was astounding to see how quickly people adapted. Upstate offered instruction on how to use Zoom and people jumped on it. In some classes that became virtual, we've had the largest enrollment ever. More people enjoyed exploring opportunities through Oasis Everywhere, too."

With all the changes and new processes, volunteers and Oasis staff members were more critical than ever during the pandemic.

"During 'normal times,' Oasis has a wonderful volunteer core but during the pandemic, that in-person support wasn't possible," Mary Pat says. "The Oasis staff was fabulous during very trying circumstances. They really stepped up without complaint."

So did Mary Pat. In addition to being the Advisory Council chair, Mary Pat became a volunteer class coordinator for Oasis during the pandemic.

"Oasis needed help as the class coordinator role became more involved due to the virtual format," she says. "I was familiar with Zoom from other organizations I'm involved with, so I stepped in to help. Many other volunteers and Advisory Council members also shifted seamlessly to become class coordinators. We rallied together to get through this."

Joe Smith was another volunteer who became a class coordinator. His background as the former director of Educational Communications at Upstate was invaluable to help instructors learn to teach virtually and to launch the Zoom classes.

"For many instructors, this was the first time they've had to teach virtually so they had a significant challenge," he says. "So much work was done in the background to make this possible for participants. Instructors really progressed, especially those with multiple courses."

In his role as class coordinator as well as a knowledgeable resource, Joe serves as co-host for the Zoom meetings and gets online before the class to test the presentation visuals and other technical details so the classes go smoothly.

"It has been rewarding to share my knowledge and skills to help," Joe says.

Mary Pat says Oasis is forever changed because of the pandemic—but in a positive way.

"We learned a lot this past year. Circumstances forced us to be creative and the response from participants has been so rewarding. The virtual classes have given us all something scheduled on a regular basis despite the quarantine and lockdown. Through Oasis, we could still connect and learn together."



Local Impact

102
Volunteers

2,767
Volunteer Hours

1,384
Participants

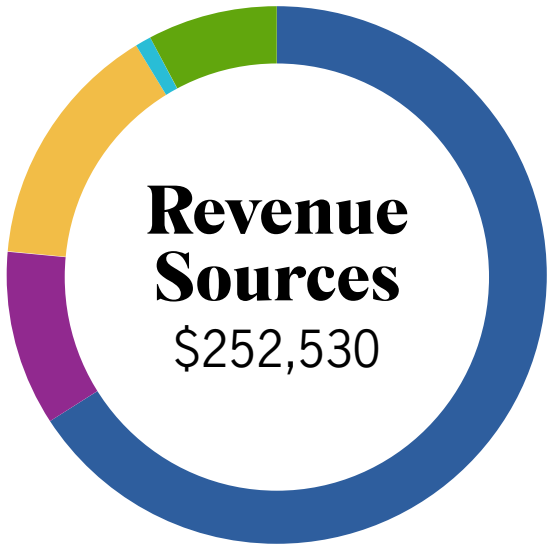
4,001
Class Enrollments



\$252,530
Revenue

\$242,055
Expenses

\$10,475
Surplus



\$166,545
Earned Revenue

\$37,426
Partner Support

\$26,706
Individual Contributions

\$19,501
Investment Income

\$2,352
Grant Support

NOTE: Endowment funds as of 12/31/2020 had a balance of \$281,531

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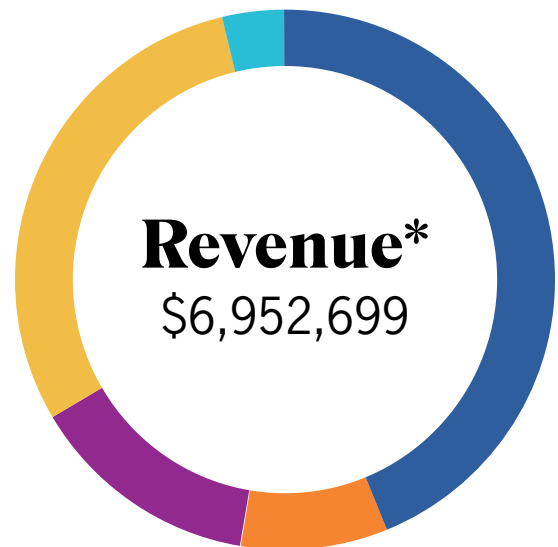
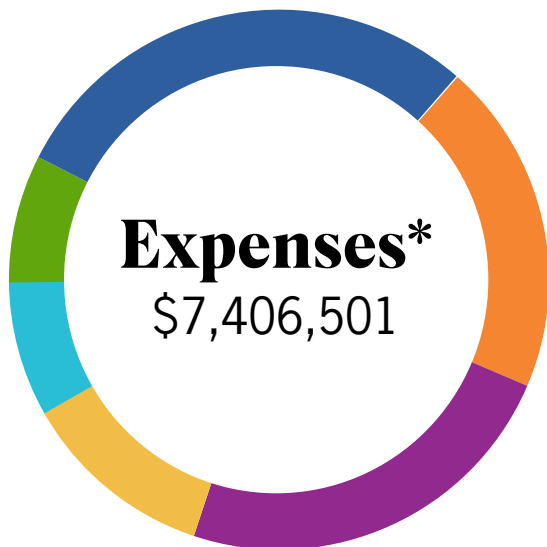
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Opening Up a New World

The COVID-19 pandemic had devastating consequences across the world. It hit many populations hard, especially older, underserved people who were often left in isolation due to lack of access to technology. So Upstate Oasis took action.

Using Oasis scholarship funds, Oasis hired an instructor to provide this population with the technology education necessary so they could connect with family, friends and the rest of the world.

With assistance from instructor Kaitlyn Jackson, Oasis first worked with the Syracuse Housing Authority to survey the elderly housing population to find out what they needed most. Next, Kaitlyn posted sign-up boards at each of the ten buildings for older adults around the city. She then called everyone on the sign-up lists to invite them to a Zoom class.

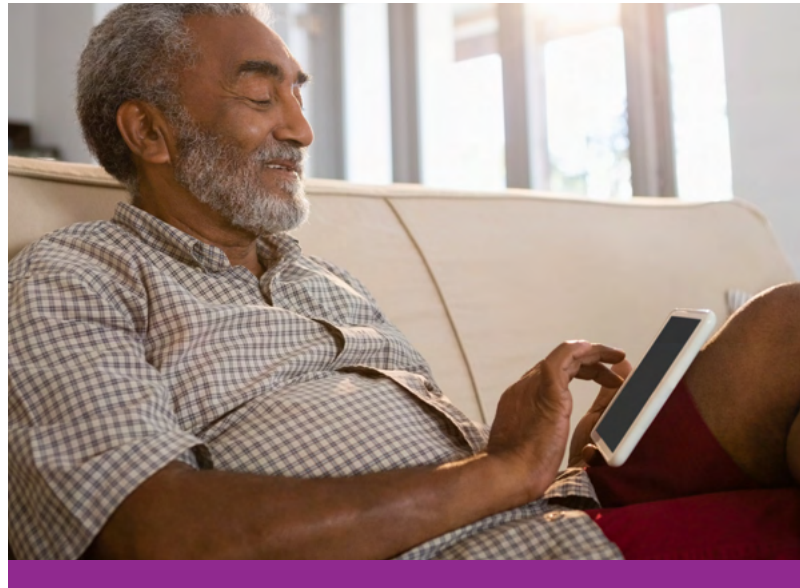
“The lower-income population often has limited access to computers and may not have anyone to teach them how to use technology,” Kaitlyn says. “We focused on teaching the older adults computer basics, Zoom and how to use their smart phones. Many were astounded what they could do with their phones.”

Many buildings in Syracuse Housing Authority feature community areas with desktop computers and some individuals had their own computers. Kaitlyn brought Chromebooks for participants to use during each class so participants could follow along through hands-on learning.

“Our goal was to help them reconnect, so they don’t feel so isolated, especially if we have another shutdown or another pandemic ever happens again,” Kaitlyn says. “This class made them more resilient. They felt empowered because they now have the ability to reach out to others and connect.”

Beginning in late October 2020, the classes were safely taught in-person with social distancing in a large community room with limited class size.

“We’ve had seven classes so far, and they have been really successful,” Kaitlyn says. “Once the students realized they were all in the same boat, they all felt comfortable to ask questions. It’s been so rewarding. In addition to the positive comments we receive at the end of the class, I saw in their faces how appreciative they



were that we took the time to teach them. One student called me to tell me she had just used FaceTime for the first time on her own. She was so excited.”

Tara Harris was a student in Kaitlyn’s Zoom class. She is also secretary of the Tenant Association for her building. She took the class for her own knowledge as well as to help others.

“With the pandemic, a lot of our residents are isolated and don’t know how to do Zoom,” Tara says. “Prior to the class, I knew very little but now I can show others how to use Zoom because Kaitlyn showed me how. The class was eye-opening. Before I used my phone for a lot, but learning how to do things on the computer and seeing things on a bigger screen was a different experience.”

The class opened a new world for Tara. “Now I do all of it—Microsoft Teams, Zoom and dialing into things,” she says. “I went from basic knowledge and being anxious to feeling like a pro due to Kaitlyn’s training. Now I am asked weekly to show others how to use Zoom, so people can access different meetings and events virtually.”

The computer training has allowed housing tenants to join important Tenant Association meetings safely through Zoom. This ability is especially critical now because the building is about to go through a major development.

“Being able to use the technology for the meetings keeps our elderly residents informed,” Tara says. “During the pandemic, a lot of residents were scared to go anywhere, but now we can all join the meetings from home through Zoom and get the same information as those who attend in person.”

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2020: A Year of Perseverance



Washington Metro Oasis
2020 Annual Report



Greetings from Oasis

In 2020, our lives and lifestyles changed dramatically as we sheltered for safety from the COVID-19 pandemic. While I have missed seeing you, I am proud of how you and the rest of our community adapted to the evolving science and public health edicts. Your Oasis may have closed its physical doors, but our passion and dedication to delivering quality and meaningful programming to you during a time of isolation has never been more necessary.

Yes, our world has changed, and our future will include a hybrid of virtual and in-person lifelong learning. Our reopening plans will incorporate your safety and the feedback received after surveying you. We look forward to seeing you in-person and online this fall and winter. Stay tuned as we plan for our newest normal and remain Oasis strong.

The Washington Metro Oasis Team wants to acknowledge the dedicated community of Oasis volunteers who supported our operations throughout the pandemic. We are forever grateful to you, and most of all we are relieved you remained safe. Special gratitude goes out to our volunteer tutors, who braved venturing out to be fingerprinted during a pandemic to be certified for mentoring students. Thank you to Sue Moser, our program coordinator, for her resilience in transitioning tutoring to a much-needed virtual format.

I cannot wait to see you in person in 2021. Until then, please keep love in your hearts and in your mind the joy of learning and aging together.

Peace and good health to you and yours,



Anna Stokes,

Executive Director
Washington Metro Oasis

Locally, nationally, and globally 2020 was a year like no other. The social and economic impacts of a pandemic were most acutely felt by lower-income communities, families with children at home due to school closures, and those most vulnerable to symptoms of the disease—older adults. Oasis centers across the country were forced to suspend all in-person operations. Exercise, lifelong learning, and social events, classes, and programs were canceled. Tutors were abruptly cut off from the students they were mentoring with our nearly 700 elementary school partners across the country. By the end of March, we faced the immense challenge of sustaining our mission when everything about the way we connected with participants and communities was no longer possible.

Local and national Oasis leaders and teams quickly shifted focus to a contact-free form of engagement, launching virtual classes through national and regional platforms. In June of 2020, our virtual national Oasis center, oasiseverywhere.org, was born, and within months over 1,000 people were enrolling in live interactive classes. Local Oasis network centers quickly pivoted in sync, offering virtual courses to their Oasis communities, and simulcasting their best content on Oasis Everywhere. The virtual programs allowed participants to continue lifelong learning while following stay-at-home orders, protecting their health and community. Oasis quickly attracted current Oasis participants, as well as new participants discovering us for the first time as a virtual education resource.

As a leader in technology education, we are committed to teaching new digital adopters the basics of safe internet use and building confidence in navigating a digital world. Conversely, the pandemic revealed the reality of living without home internet. The “digital divide” is very real for hundreds of thousands of American families and seniors. Barriers to technology exist across a range of demographic boundaries. As a result, our virtually engaged audience is less diverse. We recognize the need to span these gaps of disproportion to reach ALL older adults. As we emerge from the pandemic and begin operating as dual-venue centers, offering the option of in-person and online classes, we are addressing disparities between our participants. Through new and renewed partnerships, resource communication, presence in community events, and programs not dependent on technology we are continuing our mission to serve seniors across the country in every economical circumstance. Perseverance got us

through 2020 making us stronger and expanding our mission. We will emerge resilient and look forward to being together again.



Paul Weiss, PhD

President
Oasis Institute

Finding a Class That Sticks for Life

After Pam Gates tried numerous times to find a yoga class where she felt comfortable as a novice, she finally found it through Washington Metro Oasis. For the past six years, Pam has been a loyal participant in the Gentle Yoga class, taught by instructor Kim Brooks.

“After many false starts in classes where people twist themselves into pretzels, this is the yoga class I’ve been looking for,” Pam explains. “Kim is a great instructor and a relatable, real woman. This class has stuck.”

She recognizes how beneficial yoga has been for her balance, flexibility and even fine motor skills. “Kim really gets our minds and bodies working, but we also laugh a lot,” Pam adds. “When I first started this yoga class, I couldn’t get up off the floor easily. Now I can.”

The former runner and athlete already had a knee replacement in 2009 before she ever took yoga. Then she had her other knee replaced a couple of years into her Oasis yoga class. “I credit Kim with getting me back to full function,” Pam says. “She worked closely with me on modifying exercises and positions to improve my strength, flexibility and balance. She plants ideas in your mind such as standing on one foot in the grocery store line or picking up things with your toes to help us continue gaining balance outside of class.”



Even a pandemic couldn’t stop Pam’s commitment to her yoga class when Oasis transitioned it to Zoom. “It’s amazing how much the class didn’t change,” Pam says. “On Zoom, we were still able to see Kim doing the movements. All we needed was a chair or mat to adapt at home.”

She continues: “Virtual yoga class has many benefits. It gave new people a chance to try yoga without feeling awkward because if someone is self-conscious, no one can see you. It also meant we could attend class no matter what the weather or traffic was.”

During the months of isolation in 2020, Pam says the yoga class was the bright spot in her week that continues today. “It provides human interaction even virtually where we can laugh and see each other’s faces, which is good for all of us mentally and physically.”



Rediscovering a Passion for Teaching

Although Pat Sellner planned to become a teacher when she graduated college, the job market at the time steered her in another direction. However, she found her teaching education helpful throughout her life, noting that “everything you do and learn you use along the way.”

Once Pat retired, her path led back to teaching. She became a tutor for Washington Metro Oasis, where she has happily been helping children for seven years. Tutoring was a natural fit.

“When I meet a child who doesn’t know which way the pages turn, I realize they have never been read to so I like to be part of the solution,” Pat says. “I’ve always been a researcher and enjoy discovering whatever the students are interested in. I also want to widen their horizons.”

When schools closed their doors during the height of COVID-19, Pat offered to participate in Oasis’s virtual tutoring program. This required tutors to learn how to function at a high level with Zoom while working with their students and sharing online resources. All training was virtual and required significant individual innovation and time.

“I really had to practice for the virtual tutoring by setting up two laptops,” Pat says. “It took a while to get all the steps correct so I would sometimes ask my student in Zoom tutoring sessions to help out, which she was happy to do. I explained that we would figure it out together. She has been a real delight.”

Pat feels she is helping the student as well as her family. “My student’s home includes several children all doing remote learning and the parent is stretched very thin. I can’t imagine how hard it is for the mother so if I can do anything to help it feels wonderful.”

Pat continues: “I’ve gotten as much out of the tutoring as the kids. It just highlights my day. The children say things from a different perspective and can be so funny. It has been a joy to be an Oasis tutor.”



“I’ve gotten as much out of the tutoring as the kids. It just highlights my day. ”

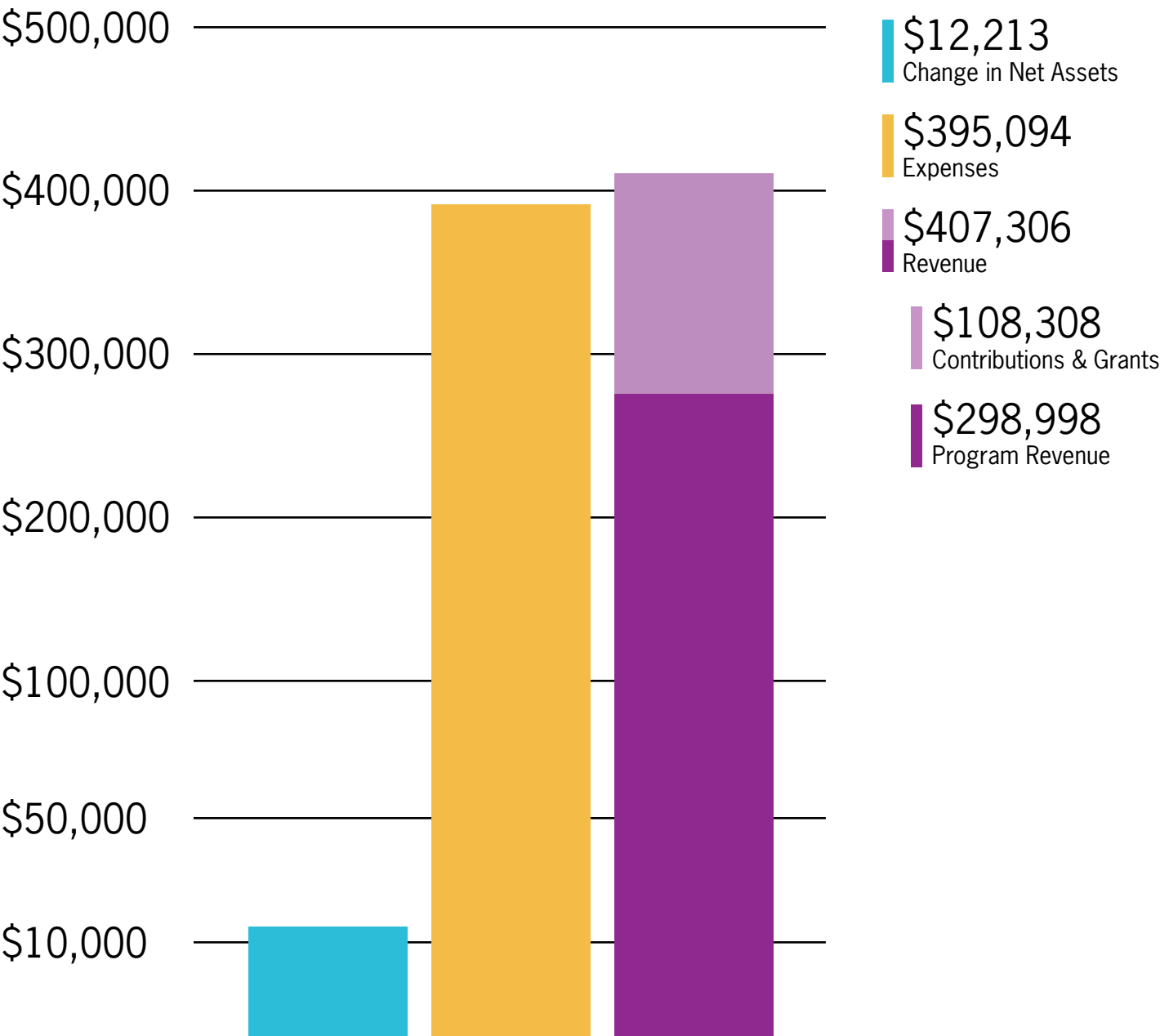
Local Impact

55
Volunteers

1,188
Volunteer Hours

2,309
Participants

19,084
Class Enrollments



National Impact

657

Schools

4,500

Volunteers

1,362

Communities Served

4,015

Tutors

82,675

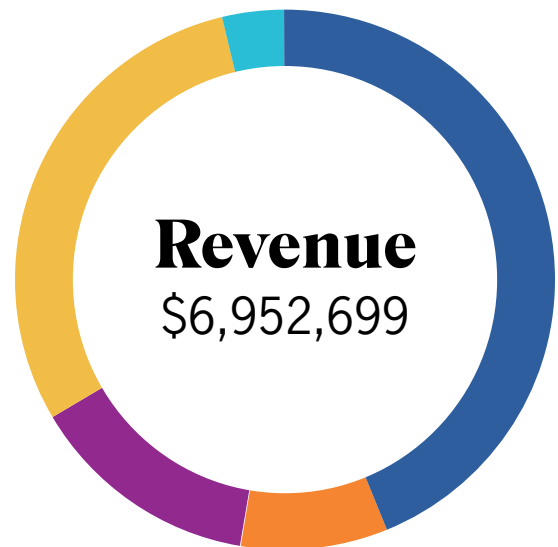
Class Enrollments

115,000

Volunteer Hours

27,250

Participants



\$862,741
Volunteer Programs

\$2,139,445
Health Programs

\$604,142
Fundraising

\$1,488,532
Education Programs

\$561,469
Technology Literacy

\$1,750,172
Administrative

\$257,121
Other

\$3,049,109
Contributions & Grants

\$2,074,862
Government Grants

\$609,670
In-Kind

\$961,937
Program & Partner Revenue

*Source: 2020 Consolidated Financial Audit

Bringing Classes to Life on Zoom

When life gives you lemons, make lemonade. In fact, Washington Metro Oasis instructor Dan Sherman made gallons of it after the COVID-19 pandemic in the form of multiple in-demand virtual classes.

While he has been teaching in-person classes for Oasis since 2017, the retired economist was busier than ever teaching during the pandemic, especially with a class on Hamilton, the musical, and other musical theater topics. He estimates that he has taught about 20–25 classes over the past year alone.

Even before the pandemic, Dan's in-person classes were designed to be visual with multiple performance clips, audio clips, and photos that he displayed on screen. "That made the switch to Zoom easy," Dan says. "The classes were ready for the screen."

To further elevate the classes, Dan adds subtitles to musicals and includes lyrics onscreen with audio clips so the class can follow along and discuss the lyrics.

In addition, he rehearses with the host before class to ensure the embedded clips work properly and to check volume controls to create the best experience for class participants.

Dan's reputation for interesting, well-prepared lectures has grown throughout the area and he has lectured for many organizations. However, he has taught more for Oasis than for any other group.

His class topics are "all over the map," he says, from lectures on mathematics to Rockefeller to Oscar Hammerstein to film music, and his repertoire continues to expand.

He tries to plug history into his classes, no matter the topic. But the common theme is well-researched information with captivating photos, video and audio and an enthusiastic instructor.

"The courses are popular because I try to curate the material well so it's seamless," Dan says. "I'm also a good ad libber and believe teaching is an art. It's fun and I appreciate being able to do it while meeting a need."

He creates additional value for his classes by sharing video links and sending extra material to participants after each class. Students often respond with questions and comments that open more dialogue.



"Teaching at Oasis has been a great experience," Dan says. "Older adults are inspiring. They bring something to the class because they often have experience with some of the topics and they will share personal stories about it. It's a trip down memory lane for them."

From Dan's perspective, the "lemonade" made during the pandemic includes class participants not having to travel, which opens up time to do other things.

"Zoom makes classes more available to people anywhere. I'm actually reluctant to go back to in-person classes because I can do more virtually. Zoom and I have gotten along very well."

Community Partners

AT&T
Bethesda Chevy Chase Rotary Club
Bethesda Regional Services Center
Capital City Nurses
Family & Nursing Care
Kay Family Foundation
Kensington Park Senior Living
Macy's Foundation

The Richard E. & Nancy P.
Marriott Foundation
Montgomery Art Association
Montgomery County Community
Grants Program
Montgomery County Historical Society
Montgomery Public Schools
Montgomery County Recreation

Potomac Community Village
Rotary Club of Rockville Maryland
Starbucks Coffee
Suburban Hospital, Johns Hopkins
Medicine
Sunrise of Bethesda
Washington Performing Arts Society

Thoughts from the Team

An urgent call for all hands on deck came from the president of Oasis' sponsoring hospital, Suburban Hospital, Johns Hopkins Medicine, to help set up a COVID-19 testing site in the hospital garage. The assignment was one I could have never envisioned as Executive Director of Oasis. But, my passion for nursing often presents unlikely forks in the road. **The testing site opened quickly, and people poured in with a mix of emotions, but they all left expressing gratitude and kind words.** I'm honored the hospital had faith in me. The experience has increased the breadth of my clinical lifelong learning skills. At 62, I can attest to the fact that you can teach an old dog new tricks. —Anna Stokes, Executive Director

Working at the Suburban Hospital vaccine clinic filled me with pride and purpose. Even more than Disneyworld, it was indeed the "happiest place on earth." I so admire the nurses and other health professionals who staffed and ran the clinic, day after day, with smiles, listening ears, and a gentle touch. —Janice Pliner, Program Manager

I joined the Suburban Hospital COVID-19 testing site team in October 2020. Working out of a parking garage turned makeshift clinic had its challenges, from cold weather and storms to pollen and cicadas. But, participating in this much-needed service was incredibly rewarding nonetheless. The testing clinic was constantly busy from open to close. Still, our team of staff and nurses worked so efficiently; we always hit our targets. **I'm proud to be part of this high-energy team that will undoubtedly leave its mark on history.** —Karla Lazarte, Health & Wellness Program Coordinator

Working in the Suburban Hospital COVID-19 vaccine clinic—often described as the "happiest place in the hospital" was immensely rewarding. Operating primarily as a greeter, I met and assisted countless members of our community, including many Oasis participants! Many arrived donning smiles—plainly visible even behind a mask. Others appeared anxious. I was happy to provide a smile, share a laugh, and offer reassurance they were in good hands with the incredible nurses in the clinic. **The experience was indeed an honor, and I am grateful for the opportunity to work alongside such amazing colleagues,** providing this vital service for our community. —Leah Russi, Office Manager/Volunteer Coordinator

To connect with Oasis, call or check us out online.

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