

2022

Annual Report

I am always proud to lead Oasis

and be part of an organization with deep ties to our communities, especially as the leadership team has been working on a strategic plan following our 40th anniversary. The “Build the Future” plan focuses on several significant trends. **Over the next four decades, the anticipated average American lifespan will extend well beyond 100 years.** Advances in medicine and our understanding of the impact of lifestyle choices will add years of vitality to this long lifespan. At the same time, we will see a shift in the median age of Americans, meaning that **by 2034, adults over 65 will outnumber children 18 and under.** This shifting distribution of age ranges is already resulting in a shrinking of the American workforce, and this trend will likely outpace efficiencies gained through technological advancement. Similarly problematic is that older Americans are more likely to be alienated by swift technological advances in their personal lives and the workplace.

The Oasis “Build the Future” approach to an aging America will address these trends and challenges directly. **We are expanding our technology literacy curriculum to include relevant workforce development resources** that will help older adults navigate an increasingly virtual job search process, develop the basic skills needed to thrive in a modern work environment, and enable

older adults experiencing income insecurity to find meaningful work and meet the needs of employers during a time of increasing workforce scarcity. **Oasis will be expanding our intergenerational volunteer opportunities,** building a much larger literacy tutoring cohort of volunteers, and **we will develop a math and STEM tutoring program** to complement our work in childhood literacy and mentorship.

Oasis will continue our focus on community-based health improvement in partnership with BJC Community Health Improvement locally and with a diverse set of partners nationwide. A longer life needs to be a healthier life, a purposeful life, and a life filled with social connections. **Oasis is preparing for the next 40 years of work to improve older adults’ lives and our community** more broadly by positioning older adults as solutions to challenges in the workplace, in education, and for our overburdened healthcare system.

Thank you for believing in our mission and for your steadfast support. **Your partnership is essential as we build the future.**



Paul Weiss, Ph.D.
President
Oasis

For the last five years, I’ve had the pleasure of serving as Board Chair for Oasis.

During that time, the world has seen many changes, most notably the COVID-19 pandemic. During the pandemic, Oasis continued our important work with older adults, even though we shifted most of our programming online. **There were many challenges faced during this time, one of the most notable being social isolation and loneliness.**

As society emerges from the pandemic, **one thing that remains is the importance of social connection.** In fact, in May of 2023, the Surgeon General released an 85-page advisory declaring loneliness a new public health epidemic in the United States. The report states that **social connection is a critical and underappreciated contributor to individual and population health, community safety, resilience, and prosperity.** However, many Americans lack social connection in one or more ways, compromising these benefits and leading to poor health and other negative outcomes.

The good news is there are **organizations like Oasis that are addressing loneliness and social connection.** Expanding the social

footprint in the lives of older adults is the throughline for 100% of our work – and we’ve been doing this work for 41 years. Our long-standing history in the St. Louis community and **our work across the country has enabled Oasis to improve the lives of nearly 600,000 older adults.** As the nation’s demographics are shifting, and as social isolation increases, our work is even more crucial.

Whether people connect to Oasis through our expert-led lifelong learning, technology literacy and health and wellness courses, or by volunteering with our award-winning intergenerational tutoring program or in other roles, Oasis brings people together. **Whatever way you find yourself engaging with Oasis, we are glad you are here.** We look forward to keeping you socially connected for years to come.



Richard Miles
Board President
Oasis

Reading is a Springboard

“It’s the highlight of my week,” said Evan Bevirt when asked about his experience as an Oasis tutor. He currently tutors a first-grade student once a week, every week, in the Lindbergh School District.

Evan, a graphic designer, was **inspired to do something meaningful with his time when he retired.** For over six years now, Evan has been an active volunteer with Oasis Tutoring. Introduced to the program by a mutual friend, Evan quickly became a vocal presence in the room, sharing his experience, knowledge, and ideas with fellow volunteers.



During the pandemic, Evan created and published a color-along children’s book, “Pirate’s Treasure.” **He was inspired by the kids he tutored who struggled with both reading and writing,** and he thought his book might be one way to help. **“Reading is the springboard to everything,”** he said.

Here at Oasis, we agree! Reading is the springboard to everything, and we know our program is meeting a critical need. The Covid-19 pandemic had a significant and wide-reaching impact on childhood education and literacy. Missouri was among the states hit hardest, with **66% of Missouri students testing below grade level in reading in 2022.**

Additionally, it’s no surprise that the pandemic impacted the well-being of older adults across the country, specifically regarding mental health. Researchers from the National Academies of Sciences, Engineering, and Medicine (NASEM) reported that more than one-third of adults aged 45 and older felt lonely, and **nearly one-fourth of adults aged 65 and older were socially isolated.**

Oasis programs are created to address the problem of isolation in older adults. The throughline in all of our work is social connection.

Our unique Intergenerational Tutoring program trains older adults to become reading tutors and places them in elementary schools throughout their community. By pairing older adults with younger children, this program is intentionally designed to maximize both the academic and social benefits of mentorship, and the results are in the feedback.

“I think I get as much out of it as the kids do!” Evan remarked. His story is echoed by many other Oasis tutors who find fulfillment and purpose in their roles. The program has also seen great success on the student side; **98% of students participating in the Oasis Intergenerational Tutoring program showed increased reading scores and comprehension.**

While many Oasis tutors are retired educators or school administrators, Evan is an example of someone who thrives in the role without a background in education. His story proves that **anyone can reap the rewards of the Oasis tutoring program.**

Evan continues to advocate for Oasis and urges everyone to try tutoring. **“A bunch of my friends are retiring right now, and I’m like, great! I have the perfect thing for you,”** he shared.



It’s easy to get involved in the Oasis tutoring program, and we are with you every step of the way! Oasis tutors receive full support from Oasis staff and formal training sessions to ensure they feel prepared and confident in their new role.

Becoming an Oasis tutor has opened many new doors for Evan and continues to open more!

If you, or someone you know, want to make a direct and meaningful impact in their community, please visit stloasis.org/tutoring or contact Mary Click at (314) 687-1117.

Connections & Cannolis

If you stroll through the historic St. Louis Hill district streets, you might see a captivating figure leading a group on a culinary adventure. **Meet Joe DeGregorio, a true St. Louis native and Oasis class instructor** who exudes passion for his neighborhood, city, and Oasis.



With **over a decade of involvement with Oasis**, Joe has become renowned for his iconic “Foodie Tours.” From Italian bakeries to delis, Joe’s extensive knowledge of history, culture, architecture, and food is boundless as he regales eager participants with decades-worth of tales.

His classes are in high demand, filling up quickly during registration thanks to his engaging teaching style and interesting topic selection.

Joe’s spectacular tours are a part of the Oasis Lifelong Learning programs, which offer a wide variety of classes and groups that older adults can register for and attend. From history lectures and biking groups to interviews with city leaders like the St. Louis Art Museum Director, these classes facilitate critical thinking and generate new connections and friendships.

The Lifelong Learning programs are just one-way Oasis harnesses the **power of community and connection to improve physical and mental well-being for older adults**. As Joe can attest, this method works. “I can’t stop doing it because it’s so fun and enlightening for the folks you work with,” he said.

“**People want to know. They want to hear and see** everything I have to show and tell them, which is different from anything else I do.” The unique community that Oasis has created through this program keeps instructors like Joe returning. Joe’s expertise is The Hill, but anyone passionate and knowledgeable about something can apply to teach an Oasis class. Oasis empowers our unique and diverse community to create their desired Oasis experience, whether

attending a course on Zoom, in-person, or teaching one themselves.

In a favorite memory that Joe shared, he explained that one of the best parts about working as an Oasis instructor is the freedom he gets over his classes and how **leading these classes encourages him to problem-solve and think creatively**.

Joe dressed to the nines as a mobster to commemorate the 100th anniversary of the Prohibition era, and accompanied by friends in similar attire, took Oasis participants on a Prohibition-themed journey through the Hill. There, he showcased the neighborhood’s role in moonshine production during that period.

Joe brought the past to life with anecdotes and food samples, immersing his audience in a bygone era’s sights, sounds, and tastes. “You all push me to think outside the box and get creative – and I like that. **I’m always researching, always thinking about the next thing for the tours,**” Joe remarked.



Joe’s passion for Oasis and his community is palpable in every tour he leads, and his story is an excellent example of the success of Oasis programs.

“One of the things that give me, as the French call it, a ‘**Raison d’être**’ or **reason for being, is places like Oasis,**” he said.

As Oasis participants savor the treats of the Hill and absorb Joe’s wealth of knowledge, **they are left with a memorable experience and a newfound appreciation** for this vibrant St. Louis community.

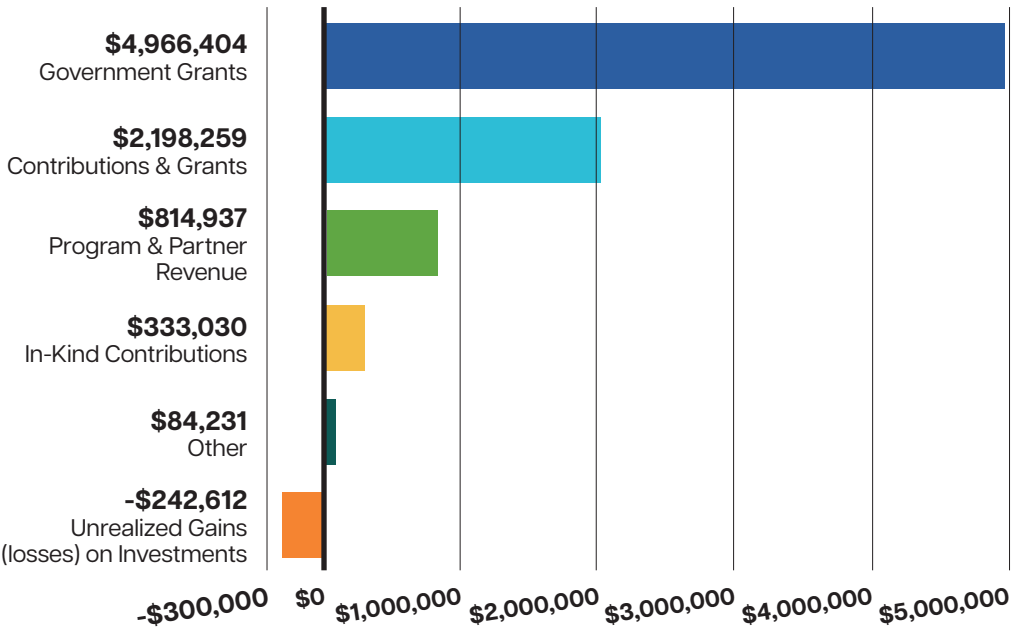
Partnering with St. Louis Oasis helps give Joe purpose.

Create connections, find purpose, and share your passions by becoming an Oasis instructor. Contact Juliet Simone at jsimone@oasisnet.org, or visit us at stloasis.org.

Oasis Institute
2022 National Financials & Impact

**Source: 2022 Consolidated Financial Audit*

Revenue | \$8,154,249



Expenses
\$9,463,688

- \$4,670,127 Health Programs
- \$1,221,729 Education Programs
- \$1,082,796 Volunteer Programs
- \$495,256 Tech Literacy Programs
- \$1,597,279 Administrative
- \$396,501 Fundraising

412 elementary school partners across the country

3,006 tutors served as mentors to students

85,791 participants enrolled in Oasis programs

3,110 students tutored across the country

195,387 volunteer hours provided to local communities

2,990 older adults provided volunteer service to local communities

1,117 communities served across the country

40 Years celebrated serving older adults

Partnerships Make Way for New Possibilities



Community partnerships have been critical to the success and growth of Oasis since our founding in 1982. Fast forward over 40 years later, and that is still the case today. We are thrilled to have the support of two esteemed grant-making organizations, the Jefferson Foundation and the Norman J. Stupp Foundation, who have chosen to invest in Oasis programming, specifically in Jefferson County.

Thanks to this funding, Oasis has expanded our services and made a meaningful impact on the lives of older adults and children in Jefferson County. Currently, we boast a dedicated team of volunteers (a few pictured on the far right) who serve over one hundred ever-growing participants who benefit from our programs. Through the steadfast support of grantors like the

Jefferson and Stupp Foundations, our work is made accessible to those who need it the most.

When asked about the partnership between Oasis and the Jefferson Foundation, Melissa (Missy) Endres, Executive Vice President of the Jefferson Foundation, said, “I don’t know of anyone else providing the same services that Oasis is in this area, and that stands out. I do believe you truly are providing a unique service to the community and an important service.”

The Jefferson Foundation is dedicated to improving the community and empowering local nonprofits through a focus on health. “I think we both have the same desire to help our community and the same desire to help people stay healthy and active. It’s a direct connection between our mission and Oasis programs,” added Missy.



With the Jefferson Foundation’s help, Oasis has provided exercise and health classes to older adults in Jefferson County with great success; according to a recent survey, “88% of participants said that they were better able to manage their health as a result of participation in Oasis health programs,” due to participation in the program.

Similarly, the Norman J. Stupp Foundation divides its focus into three areas: strengthening the region, building strong communities, and helping youth succeed. The Oasis Intergenerational Tutoring program is a perfect match for this, and funding from the Stupp Foundation allows Oasis to train more tutors, reach more struggling readers, and expand our impact in Jefferson County schools. Oasis tutors are currently in five different school districts throughout Jefferson County.



Through our partnerships, Oasis, the Norman J. Stupp Foundation, and the Jefferson Foundation are working together to make a lasting impact on the lives of older adults and students in our community.

If you are a funder who shares our vision and wants to help Oasis expand our services, please contact Jo Flannery, at jflannery@oasisnet.org.



Healthy Habits for a Healthier Life



Research has shown that social and lifestyle factors, including access to healthy food and nutrition education can significantly impact health and well-being as we age.

The CDC recently reported that “eating a diet rich in fruits and vegetables can help protect against several serious and costly chronic diseases, including heart disease, type 2 diabetes, some cancers, and obesity.”

More importantly, this report also noted that many Americans need greater access to fresh produce and adequate nutrition information. Due to health and mobility challenges, older adults may find cooking and shopping for nutritious meals extra challenging.

To help our communities improve their aging experience, Oasis developed our Virtual Healthy Habits program to make quality nutrition education available and

easily accessible for older adults. As one participant said, “It gave me confidence again.”

Virtual Healthy Habits is an interactive group-based course held entirely online. Over a series of ten sessions, held twice a week, participants learn about the benefits and components of a healthy, balanced diet and tips for meal preparation and planning.

One of the critical features of the program is meal delivery. Oasis sends participants the ingredients and recipes they need to create healthy, nutritious meals in their own homes. The recipes have detailed instructions, and participants can see demonstrations, ask questions, and share experiences with their peers.

“You get the food delivered, and you don’t have to go to the store to get anything. You even get to pick the recipe. They give you everything, and you have options,” one participant shared.

As with all Oasis programs, another critical component of this program is the social connection participants experience during the classes.

“We were all good at giving one another suggestions and inspiring one another... it was like having some friends over for lunch because we could sit down in front of our

computers and share what we were eating and just chat,” said one Virtual Healthy Habits participant.

At Oasis, we know the positive impact social connection can have on health and well-being as we age.

With the help of our partners and funders, Oasis proudly offers Virtual Healthy Habits free of cost. Everyone should have access to the resources they need to live a long and healthy life, including a balanced diet.

Whether you’re in your 60s, 70s, 80s, or even 90s, it’s always possible to make positive changes that can influence your health for decades. As one participant said, “Rush to do it so you can be in the next group—you’ll get so much out of it!”

Learn more about the Virtual Healthy Habits program at stloasis.org/VHH, or by contacting Emir Kandzetic at emir@oasisnet.org.



273

participants served in the program

1,365

meals have been prepared by Virtual Healthy Habits participants

“I thoroughly enjoyed this program. I wish there was more like this especially being able to zoom and meet new people. I ate food I never would have tried on my own and have bought more of these interesting foods.”

– Virtual Healthy Habits Participant

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**in blessed memory*

Funders

Administration for Community Living

AgeSmart

Aging Ahead

The Bellwether Foundation

BJC HealthCare

Blues for Kids

Boniface Foundation

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

Charter Spectrum

Corporation for National & Community Service

Dollar General Literacy Foundation

Emerson

Graybar Foundation

Great Rivers Greenway

Hearst Foundations

Jefferson Foundation

Lutheran Foundation of St. Louis

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The Saigh Foundation

Stanley & Lucy Lopata Charitable Foundation

State of Illinois Department of Aging

The Trio Foundation of St. Louis

United Way of Greater St. Louis

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I am always proud to lead Oasis and be part of an organization with deep ties to our communities, especially as we’ve been working on a strategic plan following our 40th anniversary. The Oasis “Build the Future” approach to an aging America will address increased lifespans, a shifting distribution in age ranges, and the importance of technology. Plans include expanding our technology literacy curriculum with workforce development resources to help older adults navigate an increasingly virtual job search process, develop the basic skills needed to thrive in a modern work environment and enable older adults experiencing income insecurity to find meaningful work. Oasis will also be expanding our intergenerational volunteer opportunities, building a much larger literacy tutoring cohort of volunteers, and we will develop a math and STEM tutoring program to complement our work in childhood literacy and mentorship.

A longer life needs to be a healthier life, a purposeful life, and a life filled with social connections. Oasis is preparing for the next 40 years of work to improve older adults’ lives and our community more broadly by positioning older adults as solutions to challenges in the workplace, in education, and for our overburdened healthcare system.

Thank you for believing in our mission and for your steadfast support. Your partnership is essential as we build the future together.



Paul Weiss, Ph.D
President
Oasis

How to describe 2022 at Albuquerque Oasis? We saw continuing challenges due to the global pandemic but glimmers of hope and excitement. Albuquerque was thrilled to receive generous grants from both Blue Cross and Blue Shield of New Mexico (BCBSNM) and United Way of Central New Mexico (now known as United Way of North Central New Mexico) to fund the Intergenerational Tutoring Program, led by Vicki DeVigne. In 2022, we learned how devastating the pandemic was to children’s education, particularly reading and math proficiencies. The tutoring program ramped back up in 2022 with just over 300 volunteers helping elementary students with their reading skills.

BCBSNM also underwrote foot care clinics (nail trimming) at Oasis, providing a much-needed service to older adults who have trouble reaching their feet. In addition, BCBSNM underwrote the Aging Mastery Program, a multi-session course giving retirees the tools they need to age well. In ten sessions, experts covered topics such as nutrition, falls prevention, finances, exercise, advance care planning, community engagement, and healthy relationships.

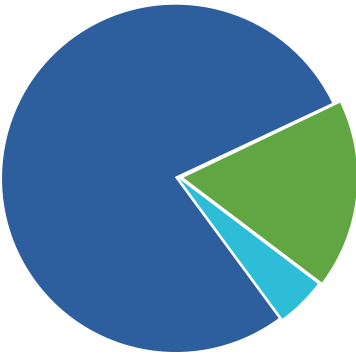
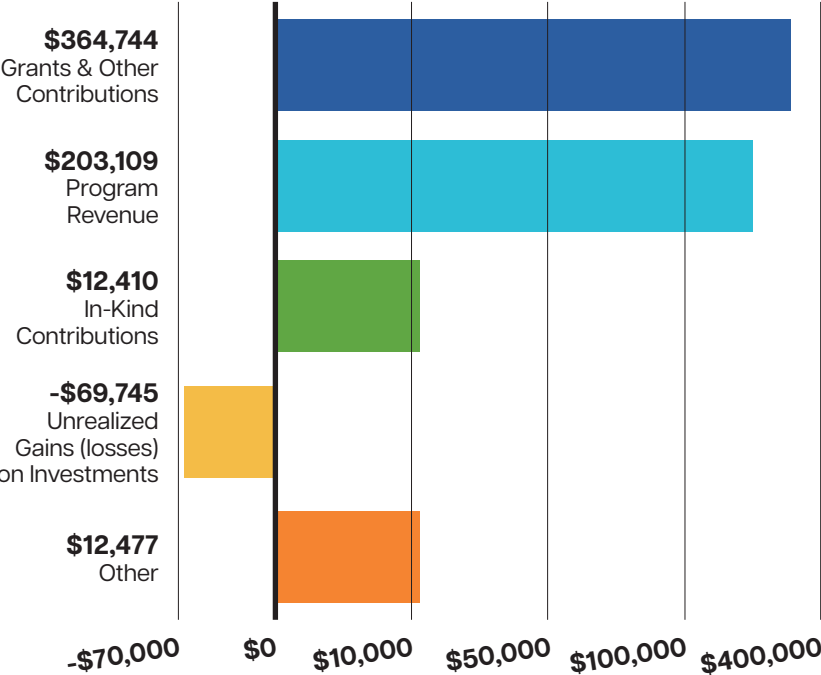
I am especially thankful for the dedicated Oasis staff who have persevered through these challenging times. And I’m grateful to our many supporters who have stuck with us through thick and thin. Thank you.



Kathleen Raskob
Executive Director
Albuquerque Oasis

Albuquerque Oasis 2022 Impact & Financials

Revenue | \$522,995



Expenses | \$722,250

- \$563,534 Program Services
- \$125,894 General & Administrative
- \$32,822 Fundraising

To read more stories from Oasis centers across the country or to see our National Impact, please visit annualreport.oasisnet.org.

Taking Steps to Maintain Independence

Older adults are putting their best foot forward thanks to [convenient footcare clinics hosted at Albuquerque Oasis](#).

In 2022, Oasis received a Healthy Kids Healthy Families grant from Blue Cross & Blue Shield of New Mexico. With the grant funds, [Oasis offered 35 three-hour footcare clinics throughout the year to keep older adults’ feet healthier](#).

Through the clinics, Janet Simon, DPM, a podiatric surgery specialist, provides foot screenings and toenail trimming service. Dr. Simon is involved in the community’s fall prevention efforts and has been [presenting on foot and ankle care and fall prevention at Oasis for more than 10 years](#).

During those presentations, participants often asked her where they can go to get basic footcare services, since many are not covered by insurance.

[Oasis noted the demand and explored options with Dr. Simon](#). This sparked the idea for Oasis to submit a proposal for a footcare clinic to Blue Cross & Blue Shield. [2022 was the first full year of clinics](#).

“Today, the footcare clinics at Oasis are so popular that there is often a waiting list,” Dr. Simon says. [“It’s important for older adults to maintain their feet](#), because that is directly linked to independence and preventing falls. We know there is a correlation between foot pain and deformities and a higher risk of falls.”

[The footcare clinic offers low-cost, 15-minute, private appointments](#), to make foot health more convenient and accessible for everyone.

“The most frequent comment I hear from older adults is that it’s hard to reach their feet,” Dr. Simon says. [“Mobility and agility issues can create difficulty in caring for their feet](#). People also often ask about footwear recommendations.”

At the appointments, Dr. Simon performs a basic foot screening and nail trimming. “Keeping nails maintained can prevent infections, which is especially important for people with diabetes. [Prevention keeps people healthy.”](#)



Tutoring: A Summer Success

In 2022, Horizons Albuquerque and Albuquerque Oasis partnered for the first time for Horizons’s six-week enrichment [summer program for children in under-resourced schools](#).

It all started over coffee where Vicki DeVigne, Oasis tutoring program director, and Tracy Herrera, executive director of Horizons, discussed the possibilities of a collaboration. [“We needed more adults to support children in our program and Oasis had volunteers](#) who wanted to continue to use their skills and experience as mentors”, says Tracy. It was a perfect match.

Vicki says Oasis tutors often look for volunteer opportunities in the summer when school isn’t in session. [“Our Oasis tutors want to stay active year round](#) and the students need the support so [this partnership was a no brainer.”](#)

Tracy considers Oasis tutors, mentors. “They’re doing more than tutoring. When I see tutors sitting with kids laughing and interacting, there’s more going on than teaching a child to read. [It’s heartwarming to see the impact on mentors as well as students.](#)”



“Many students who participate in Horizons have [below-grade-level reading skills and very few resources or books at home](#). That’s why tutoring is vital to a student’s success”.

[“Building long-term relationships with caring adults and engaging families](#) is an important component of academic success. The presence of Oasis mentors builds skills and confidence.”

Horizons partners with three independent schools to host the summer program. “The campuses are beautiful,” Tracy says. “Last year, Oasis mentors read outside with students under a tree or next to the river. [This relaxed setting helped students associate reading with pleasure.](#)”

Because of the program’s success, Oasis tutors were invited back to Horizons for summer 2023. “This is validation of a positive experience for everyone,” Vicki says. [“The tutors had a wonderful experience and felt very appreciated in the program.”](#)

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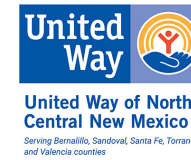
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Paul Weiss, Ph.D
President
Oasis

One of the things we know about living in the Rochester area is that even when the weather turns warm after a long winter, we enthusiastically turn our time and attention to refreshing our homes and preparing our gardens for the season’s first blooms. After two long and difficult pandemic years, the sun began to shine again. We planted the seeds for new growth in our organization and prepared for a welcome renewal of life-long learning programs that benefit so many of our participants.

- We came together to meet new people and strengthen valued relationships.
- We celebrated our return to in-person classes, including visits to area treasures like the Memorial Art Gallery, The Little, and Linwood Gardens.
- We continued to welcome new participants from all over the country using our newly learned skills to access remote learning.
- We celebrated our first anniversary of becoming our own non-profit agency.
- Our intergenerational tutoring program is re-emerging in the Churchville Chili Central School District

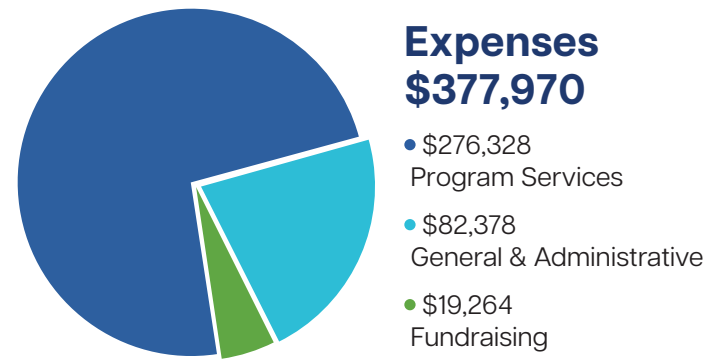
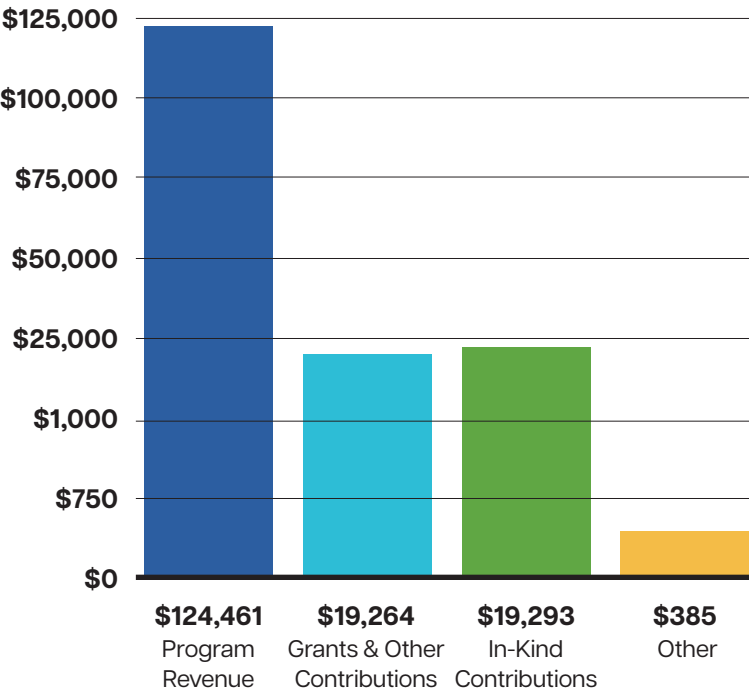
Oasis Rochester continues to provide opportunities for lifelong learning and healthy living. We don’t see aging as a number but as a time of opportunity for continued growth, which can also add to the quality of our life experiences. At Oasis Rochester, there is room for it all.



Ann Cunningham
Executive Director
Oasis Rochester

Oasis Rochester 2022 Impact & Financials

Revenue | \$163,403



To read more stories from Oasis centers across the country or to see our National Impact, please visit annualreport.oasisnet.org or **scan the QR code** with your phone camera.

Classic Shows Spark Entertaining Career

Otto Bruno has been leading entertainment classes for Rochester Oasis for six years. With a focus on movies, television, and music, he has covered performers from Dick Van Dyke to Ella Fitzgerald, as well as the films of Frank Capra. He recently wrote a book called “Barney Miller and the Files of the Ol’ One-Two.”

The youngest of four children with older parents, Otto grew up immersed in the Big Band era of music and classic television shows. “My father wasn’t interested in sports, but he loved movies and TV,” Otto says. “I started watching ‘Barney Miller on TV with my dad, and he died on the last episode of season two when I was 12. **Writing the book on Barney Miller kept me connected to him. Movies and TV became my escape.**”



As he got older, Otto sampled various jobs and ultimately became a freelance writer. **One of his magazine writing assignments was a profile on Sal Viscuso**, an actor who has appeared on dozens of TV shows and movies, including “M*A*S*H” and “Barney Miller.” Sal and Otto struck up a friendship that lasted for years.

“Sal suggested I write a book on Barney Miller and connected me to Max Gail and Hal Linden (pictured above)—actors

from the show,” Otto says. **“It took me five years to write the book I finished last summer.** Now my publisher wants me to write a second.”

Shortly before Otto wrote his book, he began channeling his creative curiosity as an Oasis instructor. Otto was hosting a radio show in Rochester that plays the classics from the Great American Songbook. One day, Jim Kraus, a longtime fan and Oasis instructor, called the radio station and invited Otto to talk as part of his Oasis class on Frank Sinatra. **“I had a ball speaking to the class,”** Otto says.

Otto soon began instructing his own Oasis classes, quickly gaining popularity. “My first class was on the Brooklyn Dodgers because I was fanatical about baseball as a kid,” he says. **“I started teaching one or two classes a semester, but now it’s every week.** I’m happy to keep memories alive with classes on nostalgic films, TV, and radio shows.”

“Oasis is such a great resource for the community. During COVID, I taught classes through Zoom. In some ways, it was fun to do it that way. But there’s nothing like the live interaction with people right in front of you.”

Teaching has become a natural outlet for Otto. “What I like about teaching adults is that they come to the class because they’re interested in the topic. They get as excited as I am. I joked for years that my only talent was talking and telling stories. I never had the guts to do stand-up comedy, but **I love nothing more than making people laugh while I’m teaching.**”

Every Minute Counts

When it was time to retire as an elementary music teacher, Sandy Wirth was pointed toward Oasis by a teacher friend.

“She urged me to at least take a class and see if I liked it,” Sandy says. **“So I took a German language class, and I’m still taking it ten years later.** I’ve also gone to many other classes and made so many friends. **We’re like groupies for some teachers.**”

When the pandemic hit, Sandy faithfully continued taking Oasis classes through Zoom. Her husband often joined her. **She even opened her door to a 94-year-old friend** who didn’t have a computer, so she accessed classes at Sandy’s house (pictured on right together).

“I was so pleased we could go online to take classes during COVID,” Sandy says. “Because we were so confined, Zoom won. Now we continue many classes online when we can so we don’t have to drive.”

However, Sandy is happy to drive the 45 minutes to Oasis for certain in-person classes, including her German class. “It’s fun to experience the enthusiasm of the people teaching the classes. And I like seeing friends and meeting new people. **These classes keep us thinking and challenging ourselves.**”

In addition to her German class, Sandy has taken art, history, and exercise classes. Surprisingly, she hasn’t taken any music classes, although she did attend the Rochester Philharmonic Orchestra concerts through Oasis.



Oasis classes have been invaluable through good times and bad for Sandy. In 2022, she was diagnosed with breast cancer and underwent surgery, chemotherapy, and radiation treatments. “My doctor said I had no restrictions, so Oasis has been a good thing for me as a distraction,” Susan says. **“I don’t want treatments to stop me from doing what I want.”**

Today, she continues taking two to three classes each week. “I love them. **My husband and I greatly enjoy retirement due to Oasis** because it gets you out, and you see places you didn’t know about.”

Lifelong Learner Follows Artistic Dream

Susan Carmen-Duffy grew up with an artist's soul. After high school, she received a full-ride scholarship to art school, but well-intentioned adults guided her away from that career path toward what they considered to be a “more practical” career. “It broke my heart,” Susan says.

Although her life took another path, her artistic spirit prevailed. As a working mother, she honed her art skills through reading, research, and practice; she participated in numerous art shows but needed more. “I wanted to do something with my art that gave me a real paycheck,” Susan says.



In her late 40s, she went back to college to pursue a degree in graphic design. After graduation, she declined a job working 80 hours a week in a marketing firm and decided to forge her own way instead. **“Sometimes in life, we pick up tools that we’re unsure how to use,”** she says. “But at some point, it becomes apparent.”

Twelve years ago, she opened her own art studio, offering workshops and supporting artists. **“I wanted to get more art into the world through my business, Create Art 4 for Good,”** the mixed-media artist says.

Today, she is a self-described “artist, writer, dreamer.” Susan’s success proves it’s never too late to learn or follow your dreams.

Four years after opening her art studio, she added another creative outlet by launching her greeting card company, Greeting 4 Good. “It was a way to translate my art and express sentiments as a writer,” she says. “And I’ve always loved sending cards!”

In the midst of her busy life, she was excited about the opportunity to teach art classes for Oasis for the past seven years.

“It’s so fulfilling and an incredible experience to show someone a new path they hadn’t explored,” she says. “For me, art is a different way to pray. I love opening the doors for different opportunities for others. My art is my oxygen.”

Susan aims to stoke a creative fire and make creating art more accessible. “I enjoy sharing the joy of art, especially with an older population,” Susan says. “Many students are retired, so they’re experimenting and figuring out what to do with their lives. They are often hesitant and nervous when they first come into the

studio. Then about 45 minutes in, this spark happens, and people get excited. You can’t put a price tag on seeing that spark. It’s why I do what I do.”

She teaches various artistic workshops, but mixed media is her favorite. “Every medium has grace and blessings, and when you put them together, it’s magic,” she says. “Some people are intimidated by watercolors, but the fire catches when I show them the basics and teach them some tricks. I don’t teach art; I facilitate it. Every time I pick up a brush, I learn something. This is the practice of art, and we’re all practicing. People need a jumping-off point to see how it works, and then they can take it in their own direction.”

Susan’s passion for art is contagious. In a recent workshop, she taught students how to make paper from supplies they already had. “Students said that it made them feel like a kid again and that it felt so good to have this level of joy,” she says. “I was in tears. **We often have things we want to try, but don’t allow ourselves the opportunity to explore them.**”

Today, nothing stops Susan from venturing down new paths or trying something new. “I don’t consider myself an expert in anything,” she says. “That’s why I’m a lifelong learner. **I feel every day is an opportunity to grow and learn.** I studied with other artists, returned to school as an older adult, and now have a new degree. **If I stop learning, I’ve given up.**”

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2022

Annual Report

2022 was a great year for San Antonio Oasis! With the majority of our participants returning, we are back in full force. Oasis provided over 1,000 educational classes and our membership has now grown to over 27,000 members. Our largest volunteer program, the Intergenerational Tutoring Program, was able to once again flourish in 2022. Oasis has received additional funding through several grants enabling us to further expand the number of tutors and at-risk children we serve.

The one thing that we have all learned over the past couple of years is the importance of social connections. Oasis provides older adults the opportunity to find purpose through social connections, relevance and a continuous investment in cognitive and physical health. Oasis provides these opportunities through lifelong learning, technology education, healthy aging and purposeful volunteering.

Decreasing social isolation is a major goal of Oasis and one of our programs, Silver Connect, took 415 calls in 2022 from older adults who just needed someone to connect with. Additionally, we have added several new programs to include Tai Chi for Arthritis and Fall prevention, additional walking tours, and our travel program is thriving with an overwhelming response to day trips and overnight travel.

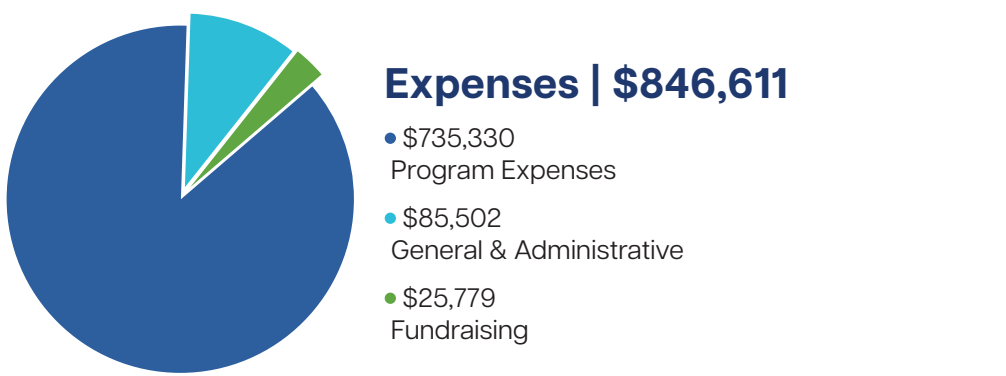
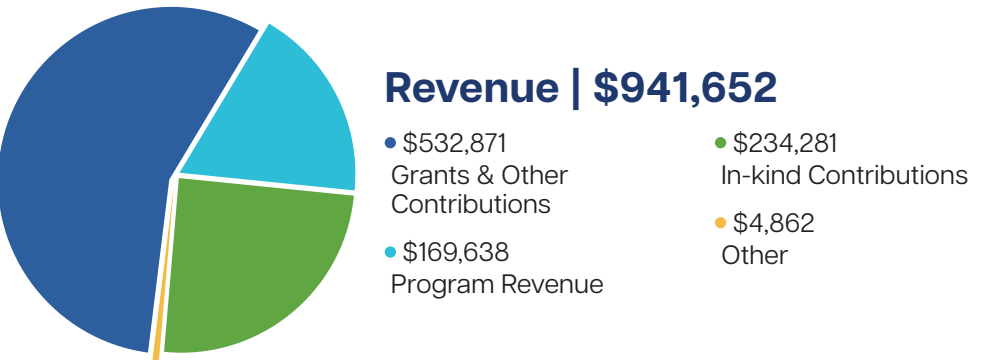
We appreciate your support of our organization and look forward to continuing our mission to promote healthy aging through lifelong learning, active lifestyles and volunteer engagement. **Find Your Oasis!**



Brenda Schmachtenberger
Executive Director
San Antonio Oasis

San Antonio Oasis
2022 Impact & Financials

232 Volunteers
12,733 Volunteer Hours
14,427 Class Enrollments
1,832 Participants



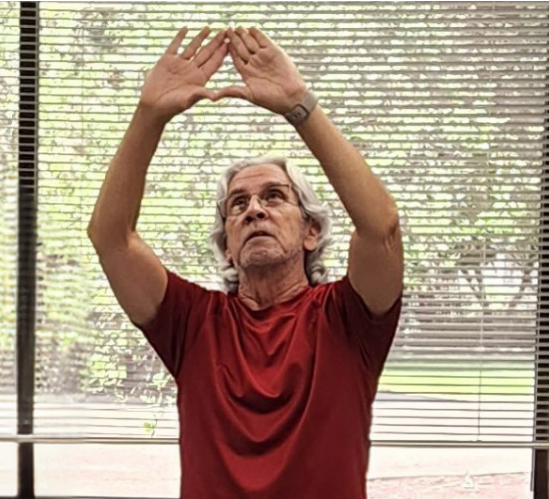
To read more stories from Oasis centers across the country or to see our National Impact, please visit annualreport.oasisnet.org or **scan the QR code** with your phone camera.

A Gentle Approach to Mind-Body-Spirit Health

Taking care of mind, body, and spirit is a core mission of Oasis. It’s also at the heart of what San Antonio Oasis instructor Fred Chavez has taught in his classes for over 17 years.

Overall, Fred teaches ten different types of courses for Oasis, including Matter of Balance, Brain Savers, and Qigong. These classes address balance issues, fall prevention, and ways to keep the brain healthy. He has acquired several certifications that allow him to teach these specialized classes.

The first class Fred taught at Oasis was Tai Chi for Arthritis. He has been a **Tai Chi instructor for over 20 years and is a registered yoga instructor.**



“I feel teaching is something I was called to do,” he says. “I enjoy all the classes. Each one is different, but I blend them together. **I combine mindfulness and positive psychology into many of our classes.**”

Qigong is a gentle mind/body exercise focused on inner awareness and intention while practicing specific postures and movements, breathing techniques, visualization, meditation, and relaxation.

“Qigong includes some traditional Chinese medicine, which treats the entire person and focuses on mind and energy work,” Fred explains.

Tai Chi is a form of Qigong. Fred has been fascinated with Tai Chi since his first class as a student 30 years ago, where he learned the art and principles of Tai Chi. He says the benefits are far-reaching.

“Tai Chi improves balance to prevent falls. It also helps with the mind-body connection. **Sequencing and repetition improve memory and increase cognitive functioning.** Tai Chi also can help people destress.”

He says many people come to his classes without knowing what they are about. Qigong is one of those classes. Fred is a medical Qigong practitioner and an acupuncture practitioner. “I teach a method that uses an acupuncture point to calm you down when faced with anxiety,” Fred says.

Students enjoy Fred’s classes so much that some have followed him from class to class for the past 17 years. Some of the classes, including the Qigong class, have wait lists.

“One woman took my class on a dare and now takes every class I teach,” Fred says.



He says class participants encourage one another, especially when they realize “age is just a number.”

“Through these classes, students feel better and think more positively. I know what these classes have done for me. **I’m almost 70 and am doing what I love.**”

Fred left a successful career as a financial planner to teach full-time after watching his clients retire and feel lost with no purpose. “They became more sedentary and weren’t using their brains. When people reach retirement age, most tend to stop. Then their cognitive function and physical abilities deteriorate quickly. That’s why Tai Chi movements are important for senior adults. And socialization after retirement is also important to keep the brain healthy.”

Fred practices what he preaches. He takes as many classes at Oasis as he can when he is not teaching. Recently, one of these classes was Zen Calligraphy. “I’m terrible at art, but it’s fun and opens me up to other art classes. **It’s healthy for my brain because I’m learning something new and making new friends.**”

To offer an “Oasis sampler,” Fred often travels to different senior centers to teach one-hour classes.

“The administrators and people at Oasis are wonderful,” he says. “They really listen and are open to presentation topics. I truly enjoy teaching and have been able to introduce lots of classes not there before. **My number one rule in any class is that we will have fun. I make it a safe and fun place to be.**”

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A decorative pattern of various shades of green leaves, ranging from light lime green to dark forest green, scattered across the left side of the page.

2022

Annual Report

I am always proud to lead Oasis and be part of an organization with deep ties to our communities, especially as we've been working on a strategic plan following our 40th anniversary. The Oasis "Build the Future" approach to an aging America will address increased lifespans, a shifting distribution in age ranges, and the importance of technology. Plans include expanding our technology literacy curriculum with workforce development resources to help older adults navigate an increasingly virtual job search process, develop the basic skills needed to thrive in a modern work environment and enable older adults experiencing income insecurity to find meaningful work. Oasis will also be expanding our intergenerational volunteer opportunities, building a much larger literacy tutoring cohort of volunteers, and we will develop a math and STEM tutoring program to complement our work in childhood literacy and mentorship.

A longer life needs to be a healthier life, a purposeful life, and a life filled with social connections. Oasis is preparing for the next 40 years of work to improve older adults' lives and our community more broadly by positioning older adults as solutions to challenges in the workplace, in education, and for our overburdened healthcare system.

Thank you for believing in our mission and for your steadfast support. Your partnership is essential as we build the future together.



Paul Weiss, Ph.D
President
Oasis

According to an in-depth report on aging and health from the World Health Organization, social connectedness is a critical component of aging successfully. Upstate Oasis provides that connection! In 2022, we offered 380 classes both in person and online, allowing people to connect and engage and forge new friendships or reconnect with friends. As the pandemic restrictions were lifted this year, we welcomed 246 new members and saw several people return to Oasis classrooms who had not participated since the pandemic began. To say they were happy to be back would be an understatement, and we welcomed the sights and sounds of pre-pandemic interactions.

With the help of grant funding through the Oasis Institute, we received eight new laptops to be used to teach new digital adopters the basics of safe internet use while building confidence in navigating a digital world as a means of "connection" during a time when connecting to our friends, families, and social networks has never been more important.

We offered chronic disease self-management classes with ASL interpreters and trained Spanish-speaking instructors to deliver evidence-based programs to the Spanish-speaking communities. No matter where Oasis classes are offered when older adults gather, research shows it creates a better quality of life and a sense of security, keeping loneliness and isolation at bay. It may even improve our immune system!

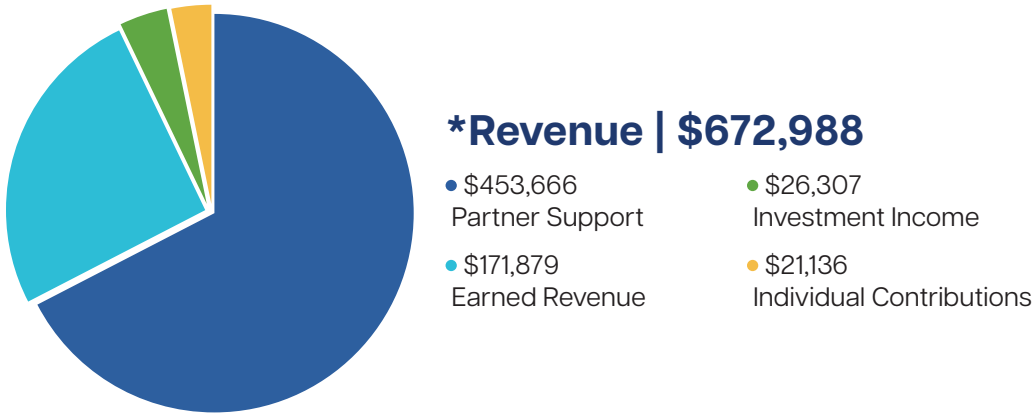
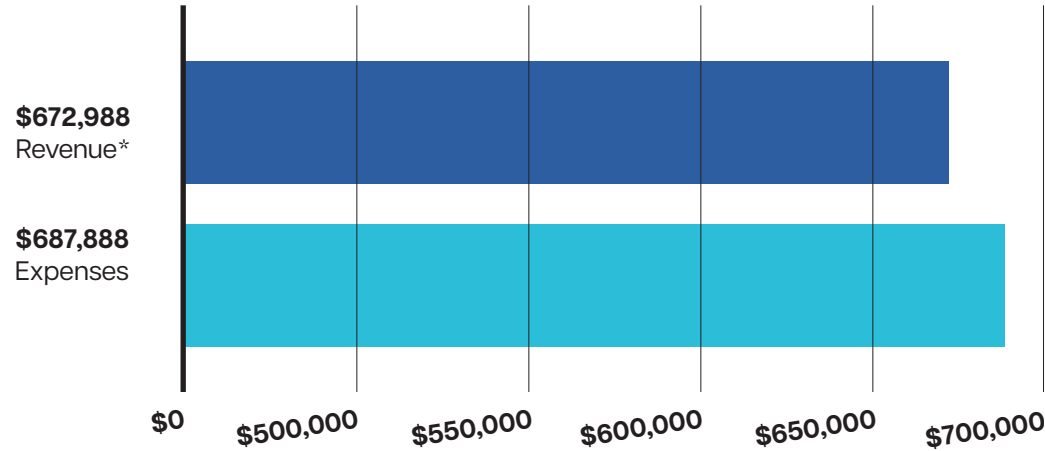
Here's to good health with Oasis as we connect with each other and continue to meet the needs of older adults here in Central New York and across the country.



Cynthia Woods
Executive Director
Upstate Oasis

Upstate Oasis 2022 Impact & Financials

NOTE: Endowment funds as of 12/31/2022 had a balance of \$270,385.



To read more stories from Oasis centers across the country or to see our National Impact, please visit annualreport.oasisnet.org or **scan the QR code** with your phone camera.

Concerts Bring Harmony Back to Life

Music brings people together. Thanks to Harold and Barbara Jones for their endowed fund for music, Upstate Oasis is able to offer a free concert series so older adults can come together as a community to enjoy music and each other. After a pause in the concerts due to the pandemic, the in-person concert series returned to perfect harmony in 2022.



As an avid concertgoer, that was music to Eileen Deuell's ears!

Eileen learned about Oasis shortly after she retired from teaching in 2004 and started immediately volunteering. In addition to volunteering at the front desk, she is on the Oasis Leadership Team and has gone on trips with other Oasis members.

"Meeting people and staying involved with other adults is important," Eileen says.

Eileen's love of music began as a child. **She played cello from the fifth grade through college.** After graduation, she became a busy mother and teacher, so she gave up playing. But her deep appreciation for music and the people

who play it has lasted a lifetime. **As a result, Eileen never misses the Oasis concerts.**

These concerts include both professional and local musicians, but her favorite shows are with local musicians. **"They are beautiful concerts," Eileen says. "I also enjoy the various chorus groups.** I don't like to miss them because they have such a good time performing. I appreciate other musicians and like to sit where I can see them playing the cello."

Unfortunately, during the pandemic, the concerts came to a halt. "I missed them so much, and I missed seeing other people," Eileen says. **"Now I never miss a concert and go to other musical events, too. I love music of any kind and will hear anything, even**

if it's not my favorite. It's an outing and something to do on Saturday night. I usually invite people to go with me to the concerts. And because it's free, it encourages more people to come."

She continues: **"I think Oasis is wonderful. It has gotten me through my retirement."**



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2022

Annual Report

For Washington Metro Oasis, 2022 has been a year filled with challenges and success stories. While recovery from pandemic-induced enrollment declines has been slow, we have many reasons to look toward the future optimistically. The Oasis Intergenerational Tutoring Program, for example, has more than doubled in size over this past year, thanks to the leadership of our tutor coordinator, Kathleen McDaniel. Consequently, our tutors can help more children who have fallen below grade level in reading and many who desperately need a trusted adult to be there for them as a mentor.

2022 has also seen us branch out in new ways. Looking towards future sustainability, we have begun contacting local businesses and organizations to secure sponsorships and form partnerships. These new relationships will not only help diversify our revenue sources but also facilitate the introduction of Oasis to groups of individuals who may be unaware of our organization. A prime example was the Cybercrime Prevention event in the Fall of 2022. AARP Maryland generously sponsored and widely publicized the two-day program to their statewide network. The event was attended by over 100 people – many of whom were brand new to Oasis.

Another partnership beginning to bear fruit is with Erickson Senior Living, which will open a new senior housing development close to our center. Unfortunately, we decided to discontinue our printed class catalog in the summer of 2022. With Erickson’s support, we brought that catalog back in 2023, enabling us further to spread the word about our classes and programming.

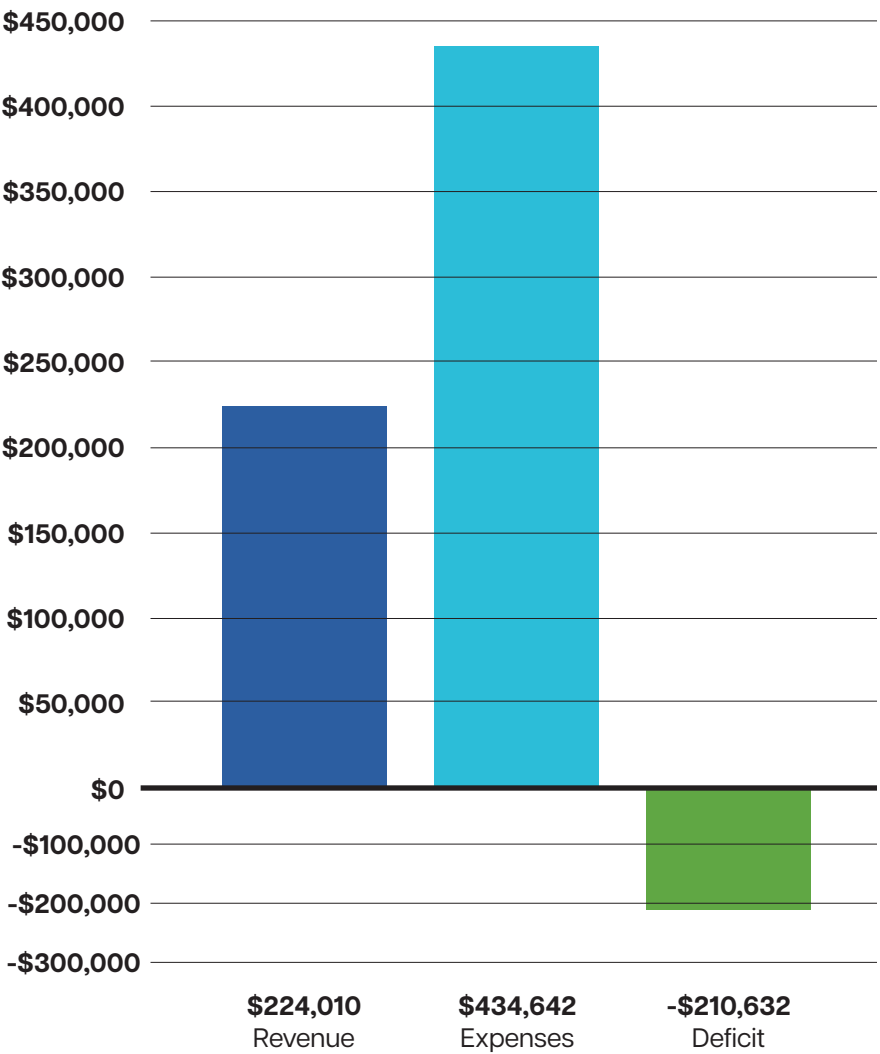
Despite these successes, we still have an uphill climb to return Oasis from its pandemic-related declines. In-person enrollment continues to be relatively low compared to pre-pandemic levels, and we have also lost many participants over the past several years. We are confident, however, that with our growing community partnerships, our volunteers’ steadfast dedication, and our participants’ curiosity to continue their lifelong learning journey, we will come back stronger and more resilient than ever.



Yours in Lifelong Learning,

Anna Stokes
Executive Director
Washington Metro Oasis

Washington Metro Oasis 2022 Impact & Financials



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Sharing a Love of Learning

Although the pandemic slowed the Washington Metro Oasis Intergenerational Tutoring Program, it has made a strong comeback in 2022. **Today, both students and volunteer tutors are reaping the benefits.**

Bill Rippey started as a Washington Metro Oasis tutor in 2015. Although he didn’t have children of his own and didn’t have a teaching background, **he wanted to share his love of learning.**

“I was lucky to have had good teachers growing up,” he says. “Learning was always easy for me, and I enjoyed getting good grades and mastering topics. Tutoring is a way to leverage my talents and do good for others.”

Before Oasis, Bill tutored students for GED (general educational development) tests. **But he was drawn to Oasis because of the training the organization provides its tutors.**



“Oasis had a workshop to learn to be a tutor focusing on teaching reading,” he says. **“The support and education from Oasis made me feel more comfortable and confident as a tutor. If you’re looking for an opportunity to volunteer, tutoring is a good one.”**

Bill found tutoring to be as beneficial for him and the students. “After I retired as an electrical engineer, I was afraid of a hollow space, but I’ve been busy. **Tutoring children is a way to feel like I’m helping someone. It’s rewarding.**”

He also appreciates the camaraderie among Oasis tutors. **“I’ve gotten to know many Oasis tutors who have been teachers, librarians, or reading specialists. We all learn from each other and share our favorite tutoring techniques.”**

Bill spends a lot of time choosing books that match a student’s interests. And he celebrates **“tiny tutor victories” when he is able to help a child learn new words.**

“What I enjoy most is experiencing each student as an individual. It’s crucial we show enthusiasm for reading and learning. It’s rewarding to spark that in students, too.”

“We get a lot of feedback from Oasis and schools telling us that we’re making a difference,” Bill says. “Hearing that keeps us working hard. **When the classroom door opens, it’s nice to see the kids run out to us,**” he says. “We’re rewarded with their enthusiasm.”

In building rapport with students, **Bill is known for his signature sign-off: “See you later, alligator.” And he’s thrilled when kids learn to respond: “After a while, crocodile.”**

With a background in computer software training, Lisa Shofnos started at Oasis using her skills to teach computer classes. But she soon discovered a new pathway at Oasis.

“When I discovered the Tutoring Program, I thought, **‘Bingo, this is exactly what I need.** I went through two days of training and learned the building blocks of reading. I took to it like fish to water and liked the flexibility. It wasn’t about teaching from a script but allowed us to individualize tutoring for each child. **Oasis gave me the confidence to do what I felt was right.”**

Ten years later, Lisa is a veteran tutor. “I have confidence now, having done this for a while. I always have such a sense of fulfillment and a smile on my face when I walk out. I know these children depend on me.”

She had previously tutored for a different organization in a structured program for under-resourced students. She also taught citizenship classes for eight years for seniors from the former Soviet Union. **Becoming an Oasis tutor was an easy transition for her.**

“This program fits an interest of mine so perfectly,” she says. **“It felt like a natural thing to do. I have a ball. I**



learn so much and love the time I spend with students. When struggling readers learn to read with fluency, it’s an empowering moment. It’s uplifting to see that as a tutor.”

The skills Lisa has learned as a tutor have translated to her personal life with her young grandchildren. “I appreciate the skills I’ve developed because it helps me read with my grandkids with greater understanding. And I have Oasis to thank. **There are many ways Oasis enriches lives. Right now, for me, it’s this.**”

Learning to Spot Scams

Older adults are often a target for scams. To arm them with information to protect themselves, [Washington Metro Oasis partnered with AARP Maryland last October for a Cybercrime Prevention Event.](#)

Two experts led the class. Deeva Garel, who has taught numerous technology classes at Oasis over the past eight years, teamed up with Victor Rezmovic,

an IT consultant for the U.S. Department of Justice, who also teaches at Oasis.

“Every day, we hear about a new email scam,” Deeva says. “So, in this class, we taught older adults how to spot scams. **People are left with a higher awareness to protect themselves.** People also shared their experiences, which were good learning opportunities.

Deeva advises older adults to be wary of phone calls or emails, especially those that ask for sensitive information, are threatening, or are pressuring for anything. **“It’s important for older adults to stay up to date on current scams and not let their guard down,”** she says. “These criminals are quite skilled, so it’s easy to fall for something. If it sounds too good to be true, it is.”

The hybrid class drew nearly 30 people in-person and over 100 who watched virtually. “Cybercrime scams are a topic everyone is interested in,” Victor says. “The key takeaway was if you can spot a scam, you can avoid it. But often, it’s hard to distinguish a real email vs. a scam email. We provided participants with a list of things to look for. For example, anytime someone asks for you to buy a gift card, it’s a scam. **The goal for the class was for us to show enough examples so people feel confident in seeing what’s not real.**”

Victor and Deeva created a take-home document with lists of common phone or email scams and multiple cybercrime prevention resources, including web links. In addition, AARP provided materials and other resources.

Oasis plans to offer another cybercrime prevention class again in October 2023. **“We can keep doing this class because the scams are always changing,” Victor says.**



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2022

Annual Report

I am always proud to lead Oasis and be part of an organization with deep ties to our communities, especially as the leadership team has been working on a strategic plan following our 40th anniversary. The “Build the Future” plan focuses on several significant trends. Over the next four decades, the anticipated average American lifespan will extend well beyond 100 years. Advances in medicine and our understanding of the impact of lifestyle choices will add years of vitality to this long lifespan. At the same time, we will see a shift in the median age of Americans, meaning that by 2034, adults over 65 will outnumber children 18 and under. This shifting distribution of age ranges is already resulting in a shrinking of the American workforce, and this trend will likely outpace efficiencies gained through technological advancement. Similarly problematic is that older Americans are more likely to be alienated by swift technological advances in their personal lives and the workplace.

The Oasis “Build the Future” approach to an aging America will address these trends and challenges directly. We are expanding our technology literacy curriculum to include relevant workforce development resources that will help older adults navigate an increasingly virtual job search process, develop the basic skills needed to thrive in a modern work environment, and enable older adults experiencing income insecurity to find meaningful work and meet

the needs of employers during a time of increasing workforce scarcity. Oasis will be expanding our intergenerational volunteer opportunities, building a much larger literacy tutoring cohort of volunteers, and we will develop a math and STEM tutoring program to complement our work in childhood literacy and mentorship.

Oasis will continue our focus on community-based health improvement in partnership with BJC Community Health Improvement locally and with a diverse set of partners nationwide. A longer life needs to be a healthier life, a purposeful life, and a life filled with social connections. Oasis is preparing for the next 40 years of work to improve older adults’ lives and our community more broadly by positioning older adults as solutions to challenges in the workplace, in education, and for our overburdened healthcare system.

Thank you for believing in our mission and for your steadfast support. Your partnership is essential as we build the future.



Paul Weiss, Ph.D
President
Oasis

2022 was a fantastic, complex, and challenging year for San Diego Oasis, as in addition to our regular and ongoing efforts, we added the Rancho Bernardo expansion. Based on the success of our Lifelong Learning and Wellness Centers in La Mesa, we decided to BE BOLD when we set out to build the most innovative healthy aging center of excellence in Rancho Bernardo so we could offer our North County members the same quality and variety of programming our East County members enjoy.

We have stepped up in unprecedented ways to bring this expansion to fruition. We have expanded our class offerings. We have served over 1,000 in-need seniors through our Bridging the Digital Divide program. We have invested in the lives of 350 at-risk students through 175 tutors at 43 San Diego County schools. We are grateful to the many members who have bolstered our collective energy to keep growing in these critical programs at the heart of our mission.

Nothing makes us happier than hearing from individuals who benefit from what Oasis offers.

Reading books with my young grandchild not only increases his reading skill and comprehension but also strengthens our relationship!

—JoAnne, Tutor, and Grandmother

Thanks to San Diego Oasis, I now have this wonderful tablet that allows me to reconnect with my family and friends. I look forward to taking technology classes to learn more about support services available online.

— William, Tablet Recipient

My Oasis fitness classes teach me balance, stability, and good breathing techniques, and it’s a great group of people to laugh with.

— Mike, Oasis Member

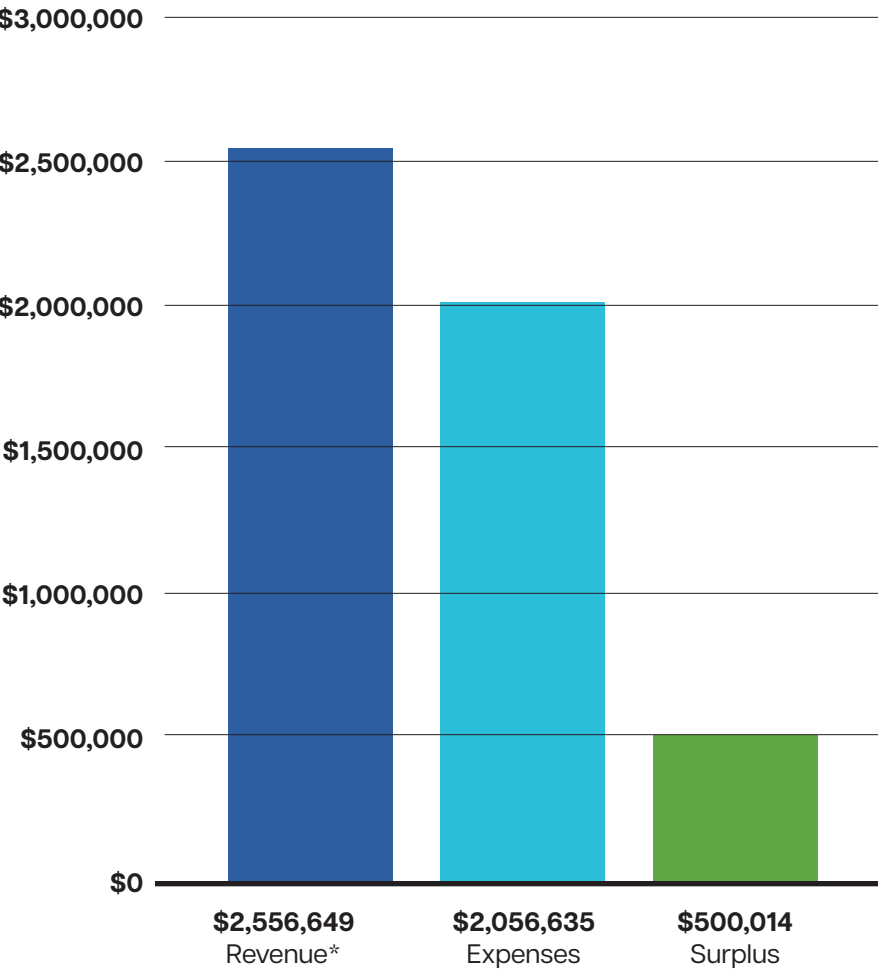
Creating joy, friendships, and confidence is at the heart of our mission. Whether you are a lifelong learner of technology or philosophy, a fitness and dance enthusiast, or a volunteer in our Intergenerational Tutoring or Bridging the Digital Divide programs, you know our excellent programs make a difference for older adults and at-risk children.

While unique, complex, and challenging, our members and their stories are what stood out, and they are what keep us going. We look forward to 2023 with great anticipation!



Simona Valanciute
President
San Diego Oasis

San Diego Oasis 2022 Impact & Financials



* Includes: Contributions / Grants \$1,959,008; Program Revenue \$509,527; Other Income \$88,114



To read more stories from Oasis centers across the country or to see our National Impact, please visit annualreport.oasisnet.org or scan the QR code with your phone camera.

Oasis is Part of My Life

At 89 years young, Elinor Smith is a certified personal trainer and has been an Oasis fitness instructor for over nine years. She has led over 500 classes, which equates to touching the lives of over 3,000 older adults at Oasis. Elinor believes it’s the best way to stay active. With a daughter and son-in-law, six grandchildren, and one great-grandchild, she wants to stay healthy and active to keep up with them.

Elinor grew up in Boston, with parents determined to see her succeed. They enrolled her in the best possible schools, leading to her attending Vassar College and Harvard University, where she earned an M.A. in Slavic Languages and studied Latin, French, Spanish, and German. She relocated to the San Francisco/Berkeley area with her husband at the time and began a long career in education, specializing in gifted students grades K-12. She ultimately headed the Gifted Program for the State of California, implementing regulations for a newly created law affecting talented students.

Understanding that there might be more to life, she decided to consult for gifted programs nationwide and internationally for over 20 years. With thoughts of retirement looming at 71, Elinor decided she would be bored to tears if she just retired, so she went to City College in San Diego to become a personal trainer, interning at SDSU and the YMCA.

Elinor says, “The secret to getting older is how you handle it. You have to understand that you will meet challenges as you age. You can say, ‘Getting older is the pits,’ or appreciate that you still have opportunities ahead. Taking care of yourself physically and mentally is as important as learning about the connection between your body and mind. What I do now, I do because I have the wisdom and the knowledge I didn’t have when I was younger.”

Elinor believes in the Oasis mission of doing something for your mind, body, and community. “Getting older is a fact of life, so you may as well enjoy the ride.” At Oasis, we love sharing the ride with you, Elinor.



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