

# 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

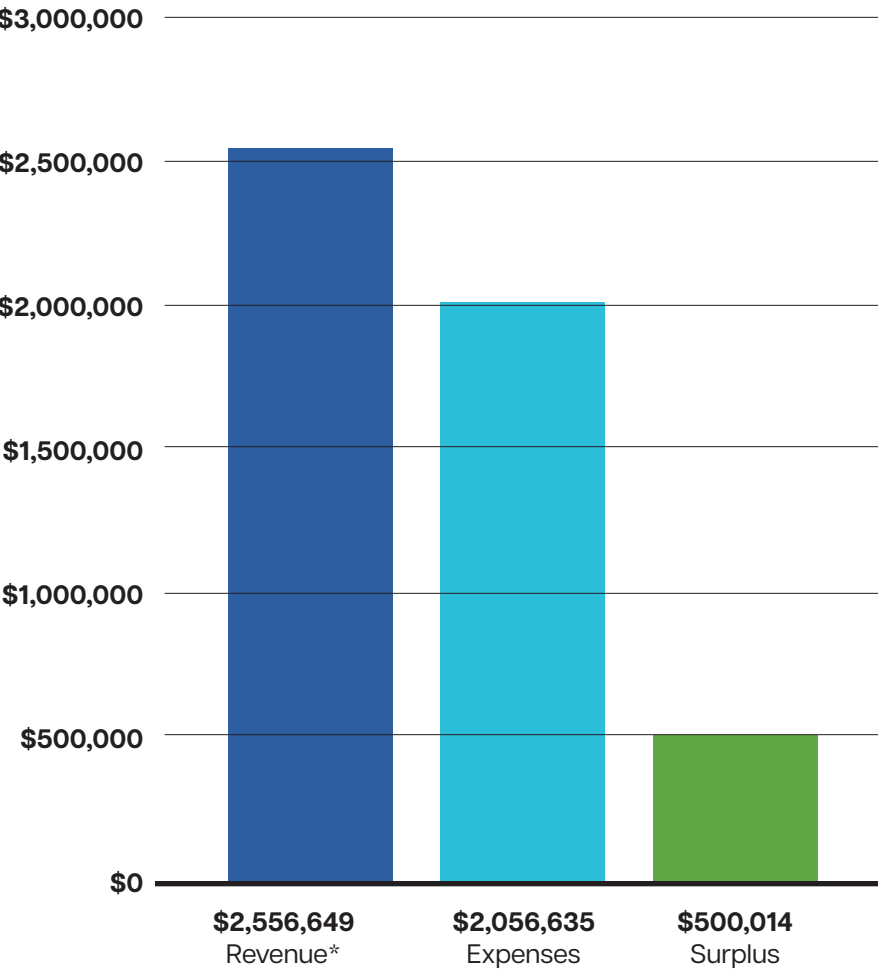
Creating joy, friendships, and confidence is at the heart of our mission. Whether you are a lifelong learner of technology or philosophy, a fitness and dance enthusiast, or a volunteer in our Intergenerational Tutoring or Bridging the Digital Divide programs, you know our excellent programs make a difference 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](https://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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