



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!

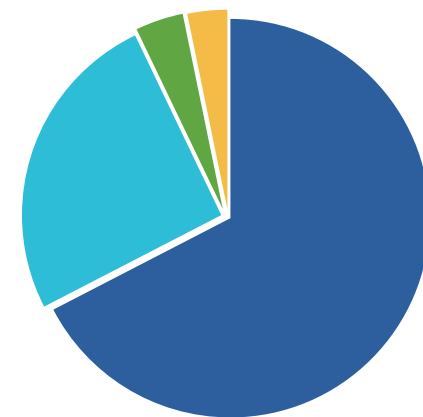
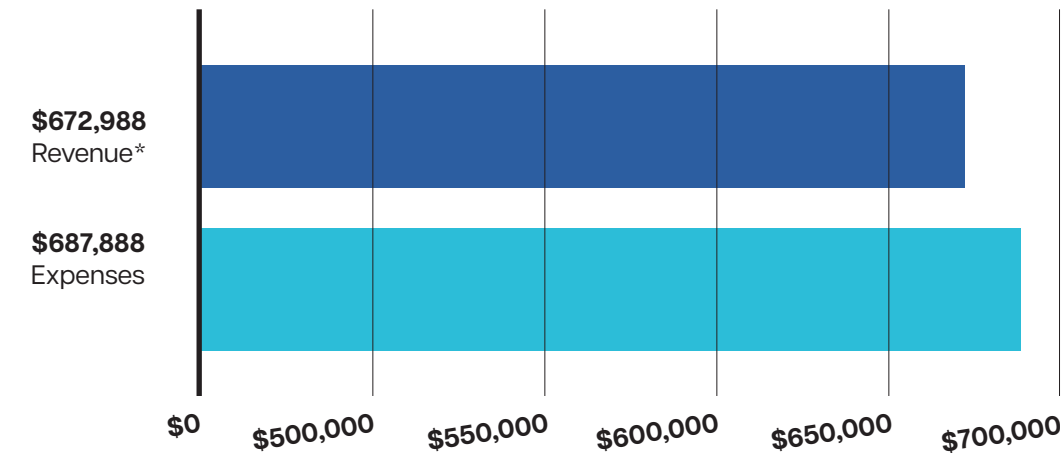
Here's to good health with Oasis as we connect with each other and continue to meet the needs of older adults here in Central New York and across the country.



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.



*Revenue | \$672,988

- \$453,666 Partner Support
- \$171,879 Earned Revenue
- \$26,307 Investment Income
- \$21,136 Individual Contributions



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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