

VOLUME 7 ISSUE 3

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OASIS is a 30-year old national non-profit organization that offers enriching educational and volunteer opportunities for people age 50 plus.

Volunteer News

August 2013

<u>www.oasisnet.org/stlouis</u> www.facebook.com/stlouisoasis

The Summer Picnic

More than 60 volunteers came out to enjoy a lovely summer day at the annual OASIS picnic in early June. A special thank you goes out to Ed Norman and Steve Gholson for grilling, Rita Braun for decorating, Colleen Kohler for coordinting the RSVP's, David Royce for assisting with maps and Julie Blow for helping with purchasing supplies and set up. We are glad so many of you could enjoy this event!











Volunteer Today!
Contact Candice Arriola,
Volunteer Manager, at
314.862.4859 x21 or
carriola @oasisnet.org

Fishing with FRIENDS in Forest Park

The OASIS FRIENDS Program is an incredible program that brings together OASIS members with developmental disabilities and adult volunteers to enjoy classes and community activities. In June, FRIENDS had a very special outing with the Department of Conservation and enjoyed a day of fishing and picnicking in beautiful

Forest Park. We are looking for more volunteers for this program! To learn more, contact Sharon Hales at 314.220.2827 or Candice Arriola at 314.862.4859 x21.















Education and Programming Update

In just a few weeks the OASIS catalog will be arriving at your door step. This issue is jam-packed with exciting and unique classes.

We're kicking off the fall season with the return of "Contemporary Issues." After a long hiatus, the series which was started by Gladys Barker is back in a big way! For those of you that aren't familiar, our "Contemporary Issues" series is more provocative and intelligent than anything you'll see on cable television. It's not your typical lecture format; speakers engage in a lively discussion with the audience. Some of the featured presenters this fall include Margie Freivogel, founding editor of the St. Louis Beacon, Chief Justice Mary Russell, and award-winning neurosurgeon and prolific inventor Dr. Eric Leuthardt.

Get ready to explore the world around you and expand your mind with other classes such as: Fantastic Photos with Picasa • Breakfast is For the Birds (which is a fall favorite among many

OASIS members) • Lewis & Clark State Historic Site and Confluence Tower Tours • 50+ and Fit • Contemporary Short Stories • Creative Writing • The Adams Family Series • Jews in the Civil War • Line Dancing • Jazz Ensemble • and much more! Remember that a bonus of being an OASIS Volunteer is that you can register early! Just call 314.862.4859 ext. 24 to start the pre-registration process.

Spill the Beans about OASIS

We are trying very hard to spread the word about OASIS, our classes and volunteer opportunities – but we can't do it without the leadership of our volunteers. Consider joining our Speaker's Bureau. Dormant for a year, we are re-energizing this small but mighty force of volunteers and are looking for additional people to give short talks in the community about OASIS and represent OASIS at community fairs.



Additionally, one or two volunteers are needed to **lead this program** and work collaboratively with staff to launch this program off the ground. Volunteers in this role would plan volunteer training, reach out to various organizations to schedule speaking engagements, and schedule volunteer speakers. This would be a very rewarding experience and some pieces could easily be done from the comfort of your own home. Interested? Please call Candice Arriola at 314.862.4859 x21 to learn more and help us spill the beans about OASIS today!

Health Team Update

PEER LED DISCUSSION GROUPS - CRYSTAL FOSTER 314.991.2055 X131

Peer Led Discussion Groups are constantly growing! Volunteer hours for the previous quarter were 300 hours - up nearly 80 hours compared to last quarter. We now have 32 active sites, which includes five new sites and two re-engaged sites.

Training was held on July 30 and OASIS welcomes Yolanda Whitley, Lois Deaver, Jacqueline Stock and Libby Reimers to the program. We hope to have our new volunteers placed at our pending sites by September.

AARP has provided us with an evaluation survey that we can now give to new discussion groups. There will be follow up surveys given and this will allow us to show the effectiveness of the discussion groups. So, stay tuned for the results of the impact that you are having in our community! This is an exciting time for Peer Led Discussion Groups! We are grateful for the time and dedication given by our volunteers and look forward to the fall!

CATCH HEALTHY HABITS NEWS FLASH - SHELBY SCHROEDER 314.653.4092

This summer, OASIS volunteers have overcome the heat to implement CATCH Healthy Habits in five locations. We are completing sessions at Christian Hospital, Lakeside Children's Academy, Boys & Girls Clubs of Greater St. Louis – Herbert Hoover and Adam's Park locations, and Boys & Girls Clubs of St. Charles County – Blanchette Park. Our St. Charles volunteers have had an adventurous summer, continuing the 8-week program without airconditioning with an average of 50 children each week. They have adapted the games to include water and ice, helping the children to stay active safely in the hot summer weather.

In June, St. Louis Magazine featured the OASIS CATCH Healthy Habits program on their 2013 A-List as a top children's health program. We are honored to be recognized by St. Louis Magazine and appreciate the opportunity to spread the word about the importance of intergenerational learning. In July and August, CATCH Healthy Habits was featured on the cover of the St. Louis American. We continue to have a great response as we spread the word about our volunteer opportunities. We hope you can help us recruit more volunteers by sharing information about CATCH Healthy Habits in your community. If you would like some flyers to share, please let us know!

Volunteers are needed for Fall 2013! Our fall program is very ambitious with ten locations, including three new locations. We will be at Ladue's Old Bonhomme Elementary School, Jennings' Fairview Intermediate School, Beyond Housing's Pagedale Family Support Center, Boys & Girls Clubs of Greater St. Louis – Herbert Hoover and Adam's Park, and St. Charles City School District with Project Read & Reach. Our new locations include St. Charles Borromeo School and a new partnership with Stray Dog Theatre's Arts in Motion program at Mason and Woerner Elementary (St. Louis Public Schools). We are excited to be expanding and need more amazing volunteers to help children learn healthy habits for a lifetime.

OASIS volunteers tell us that the program is a great reminder to help them stay active and eat healthy, while also making new friends from their volunteer team. Volunteers encourage one another to stay active and share tips on healthy eating. Join the fun at training!

- August 19 or August 21, 9:00 am 3:00 pm, Crown Center, 8350 Delcrest Drive, Weinberg Lounge, St. Louis, MO 63124
- August 28, 9:00 am 3:00 pm, City of St. Charles School District - Administration Center (Benton Elementary), 400 N 6th Street, St. Charles, MO 63301



CATCH Healthy Habits photo from Jennings' Fairview Intermediate School featured in the St. Louis American



CATCH Healthy Habits volunteer team at St. Charles City School District - Lincoln Elementary School

Call Shelby Schroeder at 314.653.4092 to volunteer.

MEDICARE UPDATE 2014 PRESENTATIONS - KATHLEEN STICE 314.653.5991

The sun may be shining and temperatures warm, but Medicare Open Enrollment will be upon us quickly! Our OASIS insurance counseling offices located in four BJC hospital locations are gearing up for Medicare Open Enrollment which runs from October 15 through December 7, 2013. This is the time that you may change your Medicare health or prescription drug coverage for 2014.

Before making decisions, join us at one of our seven free presentations to learn what changes are anticipated for Medicare in 2014. Our expert presenters will also provide a synopsis of the CLAIM (Missouri) or SHIP (Illinois) insurance counseling programs, information on how to access their services, plus information on Part D (Prescription Drug Coverage). Presentations will be held at the following locations. **Space is limited and registration is required. Please call the phone number listed under the location you wish to attend.**

Alton Memorial Hospital One Memorial Drive Alton, IL 62002 Thursday, Sep 26, 10:00-11:30 800.392.0936

Kathryn Linnemann Branch Library 2323 Elm Street St. Charles, MO 63302 Wednesday, Sep 25, 10:00-11:30 636.928.9355

Middendorf-Kredell Branch Library 2750 Hwy K O'Fallon, MO 63368 Wednesday, Sep 25, 1:30-3:00 636.344.2273 Forest Park OASIS 5595 Grand Drive St. Louis, MO 63112 Friday, Sep 27, 10:00-11:30 314.862.4859 x24

Kirkwood Community Center 111 S. Geyer Road Kirkwood, MO 63122 Tuesday, Sep 24, 10:00-11:30 & 1:00-2:30 (two sessions) 314,996,5433 Christian Hospital 11133 Dunn Road St. Louis, MO 63136 Monday, Sep 23, 10:00-11:30 314.747.9355

Northwest HealthCare 1225 Graham Road Florissant, MO 63031 Monday, Sep 23, 1:30-3:00 314.747.9355



OASIS NEW VOLUNTEER INSURANCE COUNSELORS

Welcome new certified CLAIM counselors! We have some new faces volunteering in our OASIS insurance counseling offices. Stephanie Woods is already counseling and taking appointments at Barnes-Jewish Hospital. We expect new counselors Lillian Carr, Linda Wheatley and Judith Gainer to start counseling in that OASIS office very soon.

Arnold Kreitman and Judy Leach are counseling in the Barnes-Jewish West County Hospital OASIS office and Carole Summers will be joining them shortly. Barbara Moore will be working with Kathleen Stice on CLAIM data entry.

And last, but not least, the Christian Hospital Northeast office welcomes Barbara Alfred and Juanita Travis, both of whom have completed training and are beginning their counseling careers.

If you know any of these volunteer counselors personally, please congratulate them on completion of their CLAIM certification and their commitment to helping provide free, unbiased and confidential Medicare insurance counseling to the community. Achieving certification is quite an accomplishment!

AND....THERE'S MORE!

The Affordable Care Act provides new opportunities for all Americans to obtain health insurance through a Health Insurance Marketplace (you may have heard it called "Exchanges"). In this marketplace, people can compare plans and get affordable health care coverage to meet their needs. OASIS, in partnership with Primaris, is currently exploring how we can expand our Medicare Counseling services to include assistance in navigating the Health Insurance Marketplace when open enrollment begins on October 1. Whether you're uninsured, you've been denied coverage in the past, or you just want to explore new options, the Health Insurance Marketplace will give you more choice and control over your health coverage. For more information regarding the insurance counseling program, contact Kathleen at 314.653.5991 or email her at kstice@oasisnet.org.

Community Update from Sharon Hales

GREAT RIVERS GREENWAY (GRG)

This summer, OASIS staff met with GRG staff and several of its partners to plan exciting programs that we can partner on and offer this fall to our membership. A new series called "Livable Communities" will invite members to ride Metro with Ten Toes, hear about the Arch redesign at the Old Courthouse, walk or bike ride the river trail, and attend evening lectures at Forest Park OASIS to learn about GIS mapping, blazing new trails, and rail development. The excitement begins on October 7. Look for it in your Fall 2013 OASIS catalog.

CLASSICAL CLUB OF ST. LOUIS

Over the summer, OASIS staff met with the St. Louis Classical Club to discuss ways we might partner and bring lectures of Ancient Greece and Rome to OASIS. Beginning Saturday, September 14, and meeting once a month for nine consecutive months, OASIS will introduce this great series at Forest Park OASIS on Saturday afternoons in the Voyager Room.

ST. LOUIS SCIENCE CENTER

In September, several exclusive programs will take place at Forest Park OASIS and the Science Center. Learn first-hand where the dome went that was visible from Highway 40, what will take its place, and how the Science Center participates in an international program with other science centers around the world and more. OASIS members will also be treated to another popular Omnimax movie and lecture from their staff.

OASIS AND FOREST PARK FOREVER (FPF)

OASIS met with FPF staff and other park institutions over the summer to plan new programs and classes that will be offered this fall to include fishing and making nature wreaths to decorate your home. Volunteering is a big hit in the park this summer. On July 11, OASIS volunteers participated in the first ever Forest Park 101 Trade show with FPF and Where Magazine. Thanks to Suzanne Jeffery and Jane Beatty for representing OASIS. Over 125 people attended from area hotels and attractions. On Thursday, August 15 Ten Toes will be at the Visitor's Center from 12:00 pm - 2:00 pm providing information on their volunteer programs and rail discounts. Plan to stop by. And finally, mark your calendar for Sunday, October 6. OASIS will participate in the Annual Forest Park Forever Family Fall Fest and volunteers will be needed. For more information or to help, call Sharon at 314.220.2827.

OASIS FRIENDS

OASIS FRIENDS receives ongoing support from the Productive Living Board (PLB) of St. Louis County and the St. Louis Office for Developmental Disability Resources in the city for fiscal year 2014 to provide supports and services for older persons with developmental disabilities to participate in OASIS. The awards total over \$62,000.00 and OASIS FRIENDS volunteers make it all possible! OASIS volunteers and FRIENDS participants could be seen fishing, attending Muny performances and visiting Grants Farm this summer. OASIS FRIENDS looks for even more opportunities in OASIS and OASIS-sponsored activities this fall.

OASIS AND CROWN CENTER

OASIS is offering several arts and humanities classes and health programs at Crown Center and new ones are planned for fall. Gateway Greening, Crown Center and OASIS are offering a wonderful Gardening Class at Crown on Thursday, August 15 from 2:00-3:00 pm. We hope you will join us. To enroll, call Maria Sullivan, Registrar at 314.220.6871 (see below).

OASIS & Crown Center Present: Fall Container Planting with Gateway Greening

Ryan Barker, Community Educator at Gateway Greening with a Master's Degree in Landscape Architecture will present new ideas about gardening and how best to use small spaces. The cool season is great for herbs like cilantro, parsley, and chives, vegetables like leafy greens, cabbages, broccoli, and root crops, and flowers such as chrysanthemums, most of which can be planted as late as the first of September for fall harvests and color. Ryan will provide tips on how to maintain your garden through the fall cooler months and more.

The OASIS Walkers and the OASIS and Crown staff also meet at Crown each trimester to celebrate the walking programs with a healthy snack and one mile walk. The Fall 2013 kick-off walk will be held on Tuesday, August 30 at 9:30 am at Crown Center. Come join us, it is a free event.





Leave a Legacy

Have you ever thought about how you could leave your legacy at OASIS? Over the next few months we will begin a small campaign to promote our Legacy Circle. Members of the Legacy Circle have chosen to name OASIS as beneficiaries of their estate, life insurance policies, trusts or in other various ways. If you are interested in hearing more about how you can leave a lasting legacy at OASIS or how you can help in promoting the Legacy Circle Campaign, call Jennifer Newcom at 314.862.2933.

Intergenerational Tutoring Program Research Study

The OASIS Intergenerational Tutoring Program is currently offered in 900 public and parochial elementary schools that are spread across 107 school districts in 25 cities. Annually 6,000 volunteer older adults work with more than 20,000 children. OASIS Tutoring is viewed as a valued resource by school districts because it is research based and its activities align with U.S. Common Core State Standards. Responses from teachers and principals are consistently positive. Last school year principals and building coordinators requested an additional 1,660 tutors.



Our challenges are sustaining the program in existing districts along with expanding to new districts as school boards continue to demand justification for every moment a child spends outside the classroom. To make adoption of the program by all partners as compelling as possible, OASIS will establish it as an evidence-based program by carrying out a research study in partnership with Maryville University.

Maryville University and OASIS will work with seven St. Louis area school districts for the study. Bayless, Ferguson-Florissant, Kirkwood, Parkway, Pattonville, City of St. Charles and University school districts have agreed to participate. The districts represent a variety of socio-economic, ethnic and geographic settings. It is anticipated that the plan developed would account for approximately 400 students: one group will be tutored once a week (traditional model), one group twice a week (high-intensity model) and one group will be assessed but not tutored for comparison. Standardized tests administered at the beginning and end of the school year will provide pre-test and post-test assessment data. The study will be designed to consider if student literacy skills improve after participation in OASIS Tutoring.

At the completion of the study, the appeal of OASIS Tutoring as a worthy K-4 literacy solution will be greatly enhanced, making the program even more attractive for school districts and community partners. For more questions about tutoring or to become a tutor for the upcoming school year, please call the tutoring hotline at 314.995.9506.

Connections Update

Stay tuned for the latest offerings from the Connections "All Hands on Tech Series." We are pleased to have the following new instructors joining us to help offer these classes: John Arenberg, Shirley Bild, Jeanne Ellis, Enid Tennenbaum, and Henry Vanston. Topics include introductory courses to Android Phone, the Cloud, iPhone and Skype. Additionally, we will have another Connections Instructor gathering and the All Hands on Tech special event on October 17. Our iPad classes are filing up fast this summer so if you wish to take this class in the fall, sign up early!

Thank you OASIS Volunteers for all that you do! Our next meeting will be held on Monday, October 7 2013 at 10:30am at Clayton and 1:00pm at Kirkwood.