



discover life after 50

VOLUME 7 ISSUE 1

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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

February 2013

www.oasisnet.org/stlouis

www.facebook.com/stlouisoasis

Dates for 2013

Happy New Year from all of us at OASIS! All active volunteers are invited to attend any or all of our quarterly volunteer meetings, held at 10:30am at Clayton OASIS (50 Gay Avenue) or at 1:00pm at the Kirkwood Community Center (111 S. Geyer Road). These meetings allow you the chance to hear about what's new with OASIS as well as meet and mingle with your fellow volunteers. The dates are:



Monday, February 4

Monday, April 8

Monday, August 5

Monday, October 7

In addition to our regular meetings, we plan to also hold our annual summer picnic in Kirkwood Park in early June and our annual holiday potluck at Forest Park OASIS in December. More information about these events will be shared as they get closer.

We hope that your New Year's resolution includes spending more time with OASIS! We are looking forward to a great 2013!

OASIS Named to National Index of 100 High-Impact Nonprofits

The OASIS Institute has earned a new national distinction: We have been named to the Social Impact 100 (S&I 100), the first-ever, broad index of U.S. nonprofits with proof of results and a high potential to reach even more people.

Modeled on aspects of the S&P 500, the S&I 100 is compiled by the Growth Philanthropy Network, based in New York, in partnership with the Center for Strategic Philanthropy and Civil Society and the Center for the Advancement of Social Entrepreneurship, both at Duke University. The index, published for the first time in November, aggregates top-performing, evidence-based nonprofits so that funders – donors and foundations – can be confident they are contributing to organizations that consistently deliver impact. The 100 nonprofits were rigorously screened for evidence of impact through third-party verified studies and are only included in the index if they have the ability to serve more people in need.

OASIS is one of only four nonprofits in the index that deals with aging-related issues, and is one of only three non-profits headquartered in St. Louis that made the list. The others are the Wyman Center and College Bound. Intergenerational Tutoring, Connections, CATCH Healthy

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

Habits and other health programs were rigorously reviewed as part of the selection process; thus the honor is directly linked to the work volunteers do every day. Please know that your volunteer efforts are recognized on many levels.

In mid-January we also learned that OASIS will be receiving the American Society on Aging's Gloria Cavanaugh Award for Excellence in Training and Education at their annual March conference. This is ASA's highest honor and intergenerational tutoring and health programs were contributing factors in OASIS' selection for the award.

Both awards underscore the strength of our organization and have captured the attention of past, current and prospective funders, including corporate and private foundations and individual donors. We are working every day to turn this heightened awareness into new funding to support our mission.

Staff Changes at OASIS

This increased visibility comes at a critical time as OASIS faces the challenge of operating without the generous support from Macy's (formerly May Company). Due to the incredible difficulty in today's economic climate to raise unrestricted funds, it is with sadness that we share with you that it is necessary for OASIS to complete a reduction in force. We will be losing four valuable employees as of February 15: Alison Manasco, Staff Accountant, Judithe Oliver, Administrative Support Manager, Joanne Way, Network Assistant and Sherri Brock-Holzhausen, Program Specialist.

We are doing all we can to help them find a position and will provide you with information prior to February 15 regarding who to contact if you have been working with Alison, Judi, Joanne or Sherri. All four of these talented and lovely individuals will be greatly missed by all who had the pleasure to work with them.

Office Support at Clayton and O'Fallon

During the final weeks of December, our downtown staff members packed up the office located in the downtown Macy's building and headed west. Allison Woodworth, Education Manager, has relocated her office to the Center of Clayton and Maria Sullivan, Registrar, will be splitting her time between both Clayton and O'Fallon OASIS.

As you know, the downtown office was the hub of registration and was especially busy during the weeks following a new catalog. We are happy to welcome volunteers Nora Moorehead, Ellen Turongian, BJ McCullen, Janet Cunningham and Betty Altnether who were trained in early January as our new registration and office support volunteers. A big thank you goes to these ladies for a job well done processing phone and mail registrations for our members.

Do you enjoy office work? If so, **please consider joining our team.** Although peak registration is coming to a close, we need friendly volunteers to help us welcome members, answer the phones, and be an all-around customer-service volunteer. Help is most needed Mondays through Thursdays between the hours of 9:30am and 3pm. Please call Candice Arriola, Volunteer Manager, at 314.862.4859 x21 if you can help on a weekly or every-other week basis. Training, good coffee and great company included!

Community Request

The Shakespeare Festival St. Louis will soon be recruiting volunteers to help at the festival held at Shakespeare Glen in Forest Park for performances running May 24-June 16, 2013 (except Tuesdays). More details on how to volunteer will be in the April newsletter but make a note in your calendar for this exciting volunteer opportunity!

Class Coordinator Requests

Class Coordinators are needed for upcoming spring classes. Call Candice at 314.862.4859 x21 if you can help, and thank you for all you do!

Brains and Beauty: Hedy Lamarr

Clayton OASIS 156 Tuesday, Mar 5, 10:00-12:00

Learn about movie star genius Hedy Lamarr, arguably one of the most important women of the 20th Century. International intrigue, lovers, insurrection, escaping from Fascists, Hollywood, a Texas oil millionaire, co inventing a technology that changed the world - her true story is like Hollywood fiction.

Cognitive Illusions: Understanding the Tricks our Minds Can Play on Us

Clayton OASIS 154 Monday, March 18 10:30-12:00

Our cognitive systems work quite well; but perplexingly, sometimes lead us astray with illusions and falsehoods of memory. Join Washington University psychology professor Dr. Henry Roediger for an in-depth look at why we suffer illusions of perceiving, remembering and thinking. He provides some tips for improving cognitive processes, particularly memory.

Popular Science in Western Culture: From the “Kosmos” of Alexander von Humboldt to the “Cosmos” of Carl Sagan

Clayton OASIS 153 Monday, Apr 8, 10:30-12:00

You'll learn about the popular science of Prussian geographer, naturalist and explorer, Alexander von Humboldt (1769-1859) and American cosmologist, Carl Sagan (1936-1996) and the role this important genre has played in shaping Western democracy and culture.

History of Weddings: Why We Do What We Do When We Say I Do!

Meramec Bluffs 565, Meramec Bluffs, 1 Meramec Bluffs Drive, Ballwin, MO 63021

Tuesday, Mar 19, 2:00-3:00

Learn the origin of marriage customs and how they are interpreted today in this amusing and fast-paced examination of wedding traditions. Why does the bride toss her bouquet? Where did the idea of a “Best Man” originate? Why is the bride carried over the threshold? How was the bride's garter used as a sign the marriage was consummated? This interesting presentation will cover the whys and wherefores of weddings throughout the ages.

Reframing a Modern Masterpiece: The Arch and Downtown

Old Courthouse 568, Old Courthouse, 11 N. 4th Street, St. Louis MO 63101

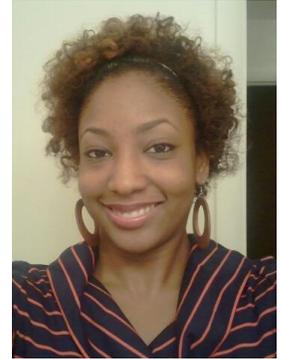
Tuesday, Mar 19, 1:00-2:30

Join the National Park Service and a member of CityArchRiver 2015 Foundation and learn about the history and future of the redesign project aimed at connecting the monument with the surrounding downtown area.

OASIS Growing in Health

OASIS welcomes project coordinator Crystal Foster

I joined OASIS in November coordinating the Peers for Productive Aging Initiative, a two-year project grant funded by AARP Foundation. The focus of this funding is to enhance and grow the Peer Led Discussion Group Program. I am looking forward to getting to know all of the wonderful volunteers that allow OASIS to have such a great impact in the community. I am a recent graduate with a Master's in Public Health and am currently working on a certificate in Non-Profit Management and Leadership from UMSL. This summer I completed an internship with the Christian Hospital Asthma Management Program. I am thrilled to bring my experience and skills to OASIS as part of the health team. My office is located at Crown Center. You can reach me at 314.991.2055 x 131 or email clfoster@oasisnet.org.



OASIS welcomes student intern Rebekah Casas

My name is Rebekah Casas and I'm a native Californian with an adventurous spirit, including bungee jumping in New Zealand! I have spent time volunteering to build houses in Mexico and working with youth in rural Honduras. I am blessed with strong relationships with my grandparents and have witnessed the challenges and opportunities with aging. I am happy with my decision to pursue a Master of Social Work degree (MSW) with an emphasis in gerontology at Washington University in St. Louis and love everything this city has to offer. Some of my favorite experiences include: the Saint Louis Zoo, Ted Drewes and trying toasted ravioli. I am excited about my opportunity working with OASIS and look forward to meeting everyone.



Health Team Update

Peer Led Discussion Groups

OASIS is promoting social engagement in affordable housing locations through peer to peer discussion groups that meet once a month for one hour. We are looking for volunteers who are excited about getting their peers engaged in meaningful and resourceful conversations. If you are looking for an opportunity to support and encourage your peers by facilitating one of our groups, Peer Led Discussion Group would be perfect for you! For more information, contact Crystal L. Foster at 314.991.2055 x131 or clfoster@oasisnet.org.

Evidence-Based Health Programs - Leaders Needed!

OASIS brings health programs into affordable housing locations, faith-based spaces and community centers all over the St. Louis area. We are always looking for new volunteers to lead our classes! All of our health and wellness classes are proven through research to show positive results and we are proud to offer them in the community. If you are interested in being trained as a leader, the following trainings are scheduled:

Matter of Balance: This is a discussion-based course that addresses the fear of falling. February 7 and 8 from 8:30-12:30pm at Mid-East Area Agency on Aging, 14535 Manchester Road

Active Living Every Day: This is a discussion-based course teaching how to incorporate activity into daily life.

February 26 and 28 from 9:00-11:00am – Online (the OASIS office or from home)

Chronic Disease Self-Management: (also known as Living a Healthy Life)

March 14, 15, 21 and 22 from 8:30-4:00pm at Mid-East Area Agency on Aging, 14535 Manchester Road

ExerStart: This is an exercise course focusing on leading low-impact movements for older adults. April 3 from 9:00-3:00pm at Crown Center, 8350 Delcrest Drive (near Delmar and 170)

Please call Juliet Massie at 314.915.3437 for more information and to RSVP today.

CLAIM/SHIP Update: Insurance Counseling Volunteer Program

Congratulations are again in order for OASIS volunteer Shirley Wheatley. Shirley is a CLAIM and SHIP insurance counselor who volunteers in both the Christian Hospital OASIS and Alton Memorial Hospital OASIS offices and received the "SHIP Volunteer of the Year" award for the Southern Illinois Region. Shirley received her award at the SHIP state conference in September from Bryan Padgett, Outreach Coordinator, and James Schuh, Staff Development Specialist, of the Illinois Senior Health Insurance Program. Shirley also recently received a

certificate of recognition from the State of Illinois for her service in 2012 as an AARP Driver Safety Instructor. Throughout the years OASIS has been coordinating this program our counselors have received numerous awards in both the states of Missouri and Illinois.



Through the OASIS offices, our volunteer counselors continue to provide free, unbiased and confidential Medicare insurance counseling to the community. Our volunteer counselors provide an immediate and meaningful impact on those who come to them for help. Recruiting for new volunteer counselors is in full swing! Training for both Missouri and Illinois volunteers begins in late March.

Kathleen Stice, OASIS Health Programming Specialist and Medicare Coordinator, coordinates the CLAIM (MO) and SHIP (IL) programs located in OASIS offices at Barnes-Jewish Hospital, Barnes-Jewish West County, Christian Hospital and Alton Memorial Hospital. If you would like to become a CLAIM or SHIP volunteer serving at an OASIS location and help people in your community better understand their Medicare-related insurance options, please contact Kathleen at 314.653.5991 or kstice@oasisnet.org.

CATCH Healthy Habits

CATCH Healthy Habits is continuing the effort to help children and adults lead healthier lives and prevent obesity. The news is out about this important and effective program – and we need more amazing volunteers to keep up with the demand. Please help us spread the word about this program and fight the epidemic of childhood obesity – while we have fun at the same time! We are looking for volunteers to work directly with children, in addition to helping out behind the scenes, sometimes working from home on your own schedule.

Volunteer roles include:

- CATCH Healthy Habits team member
- Substitute team member
- CATCH Healthy Habits Ambassador
- Program Coordinator
- Talent Scout/Recruiter
- Community Connector
- Evaluation Aid
- Marketing Specialist
- Journalist
- and more!



This spring, sessions start the first week of March with training in late February. We will be in eight different locations in the City of St. Louis, St. Louis County and St. Charles County. New volunteer training is scheduled for:

February 20 & 21 from 8:30am – 12:30pm at Crown Center, 8350 Delcrest Drive, Weinberg Lounge, St. Louis, MO 6312

February 28 & March 1 from 8:30am – 12:30pm at the City of St. Charles School District Administration Center, 400 N 6th Street, St. Charles, MO 63301

Contact Shelby Schroeder at sschroeder@oasisnet.org or 314.653.4092 to get involved with CATCH Healthy Habits.

Community Update

Happy New Year to you and to our OASIS partners as we continue to celebrate the 30th anniversary year of OASIS with wonderful programs and meaningful services to the community. Look to OASIS this spring for familiar faces and new friends, to volunteer in the community and to enroll in many new classes. Please also consider participating in the Spring Friends Campaign and sharing the OASIS catalog with your friends. Your participation ensures high quality programs and services at affordable costs. The "OASIS Experience" shines bright for our members in 2013!

Great Rivers Greenway (GRG) Wonderful news! Great Rivers Greenway (GRG) gave OASIS an \$8,000 community grant for the 2013 Walking, Biking & Hiking programs to introduce OASIS members to even more wonderful trails. OASIS is excited to be partnering with GRG for the third consecutive year. To see a complete list of the popular walks/ hikes/and bike rides, see pages 26-28 in the catalog.

Clayton OASIS: Opera Theatre of St Louis, Pearls of Wit and Wisdom and More

OASIS has many long time relationships and partnerships in the St. Louis community who help create wonderful learning experiences for our members. As part of the 30th anniversary year, OASIS will highlight Clayton OASIS, bring out the St. Louis Stars in the Pearls of Wit and Wisdom and showcase long time partners like the Opera Theatre and others. OASIS has planned an Opera Immersion for spring at Clayton OASIS. To date, there are 589 enrollments for the exercise and lifelong learning classes at Clayton. We hope to see you at Clayton for a class this spring!

O'Fallon OASIS One year ago, on January 11, 2012, Two Men and a Truck helped move classroom equipment and office furniture to the O'Fallon Senior Center to offer OASIS classes and for Maria Sullivan, Registrar, to have an office in the lower level of the building. Today, we are looking at ways to increase our presence and enrollments at the Senior Center and at the Renaud Spirit Center (RSC) and we'd love to have you in class.

Connections Thank you on behalf of the OASIS staff to our volunteer computer instructors for hanging in there with us during these months of transition. We are excited that Amy VanDeVelde has been hired as the National Coordinator and is taking an active role here in St. Louis. On the horizon is a meeting with all of the instructors to discuss new curriculum developments and leadership opportunities for our St. Louis volunteers.

Academy of Science, University of Missouri and OASIS

The University of Missouri, the Academy of Science and OASIS met during the winter break to discuss ways to leverage our resources to offer you new and exciting opportunities. This spring, we team up to offer two great driving tours that will be attractive to you and to your friends as well as the stimulating lectures and discussion classes that the Academy of Science gives at Clayton, Forest Park and Kirkwood OASIS. The driving bus tour to the Mississippi River Confluence is almost full as well as the Academy of Science lecture on Cognitive Illusions. Hurry fast to get the remaining seats.

OASIS and Crown Center On January 15 OASIS staff met with the Board of Directors of Crown Center for Senior Living to share good news of the programs we are offering this spring at Crown

Center and to introduce them to the two OASIS staff who will share an office there. Juliet Massie and Crystal Foster, both a part of the health team, are onsite at Crown and will be able to assist our members as they come to take health, art, humanities and fitness classes. Join the walking/hiking/biking members and several OASIS staff at Crown on Tuesday March 19 at 9:30 am to kick off the spring semester with a healthy snack and one mile walk. See page 26 in the catalog for more information.

OASIS and Forest Park Forever (FPF) Celebrating our 30th anniversary year continues at Forest Park OASIS in a big way! The people behind the most iconic institutions in St. Louis will spend time at OASIS to share their stories of Washington University, The St. Louis County Library, Lambert International Airport and more. Plan to take several of these special classes! Also, Jean Turney, the new Educational Coordinator for FPF, met with OASIS and the other cultural institutions in the park on January 15 to continue to explore new and exciting ways for us to work together. FPF will continue to provide the great naturalists walks that many of you enjoy but, just like this semester, FPF will be offering new learning opportunities too. Spring's offerings include the Statues and Monuments in Forest Park. FPF will hold their Annual Wonderland Tea Party on Sunday, April 28 in the Trolley Room and OASIS volunteers will host the craft room for the young children who attend. The craft project this year is yet to be determined. Spring Enrollment at FP OASIS to date is at 312. Don't miss out.... add your name to the rosters too. Please let Candice or Sharon know if you can volunteer and see pages 17-18 and 21 for the classes.



OASIS FRIENDS December and January were busy months for celebration. Participants attended the wonderful Annual OASIS Concert and Reception in December as well as the St. Louis Office for DD Resources Holiday Open House. In January, a Winter Wonderland Celebration was held at Forest Park and was well attended by the friends' participants, their volunteer friends and OASIS staff. FRIENDS is busy submitting renewal grants to the Productive Living Board of St. Louis County (PLB) and The St. Louis Office for DD Resources in the city for approximately \$63,000 dollars to continue in fiscal year 2013/2014. We are also looking for new opportunities for participants this year as Richmond Heights Community Center reduced the number of monthly programs they offer. We will be attending The Heights Senior programs on February 20, March 20 and April 17. Please let Sharon know if you can help with these dates. The pictures below are from the Winter Wonderland.



Trinity Church On December 17, the OASIS Concert Band, Small Wind Ensemble and Jazz Ensemble held their annual "Celebrate the Holidays" concert playing their very favorite pieces for their families and for OASIS members. Over 80 people came and a wonderful reception followed to meet and greet the musicians. OASIS Director of Development, Bret Heinrich, came to share the many ways that a donation to OASIS makes a difference for programs like this and many others. OASIS offers music classes at Crown Center for continuing students and beginners too! If you are interested in learning to play an instrument, see page 8 in the spring catalog. Mark your calendars for the OASIS Musicians Spring Concert at Trinity on Monday, May 20 at 6:00 pm.

Holiday Party

On Monday, December 3 more than 80 volunteers gathered at our annual holiday party at the Trolley Room in the Forest Park Visitor's Center. This year was extra special with a lovely performance of live music by the Clayton Silver Strings. Thank you for your donations of cold-weather accessories and travel size personal hygiene products that were donated to local charities. OASIS extends a special THANK YOU to volunteer Colleen Kohler for coordinating the pot luck and RSVP process.



Thanks everyone – see you at the next volunteer meeting on Monday, April 8.