

## Oasis Is Here For You

Our priority is ensuring older adults are safe from COVID-19, but we also know that social isolation is a real physical and emotional health risk, and we know Oasis programs are important to our participants.

During this time of social distancing, Oasis has pivoted our delivery model to offer programs and content online through Zoom, our website, by phone and through partnerships with other virtual class platforms and providers.

## St. Louis Oasis Offerings

### Online Zoom Video Classes

Oasis is offering many popular lifelong learning classes online including history, cooking, and mental health. To date, 9 classes have been offered or are scheduled, with 203 participants.

### Conversations that Count

This popular discussion group program is now being offered via telephone. Each week, attendees cover topics such as sleeping, nutrition, grief, and social isolation prevention. Eight cohorts are currently being offered with 11 meetings per week.

### Tai Chi for Arthritis for Falls Prevention

Revered Senior Trainer Craig Miller offers daily 10 a.m. Tai Chi sessions via his YouTube Channel, Tai Chi with Craig Miller. An average of 250 people per day view his videos.



I am not a big fan of social media and I am not great with technology, **but participating in Conversations that Count over the phone has allowed me to connect with others in the community** outside of my usual family and friends, as well as hear about how they are dealing with the Covid-19 Crisis. **I LOVE the topics, I love being able to safely and comfortably express my feelings, and I love being able to support my community.**

—Barbara Johnson, Conversations that Count participant



### Spiro100

Oasis has partnered with Spiro100 to offer streaming exercise and lifelong learning programs for free to Oasis participants for 60 days. To date, 100 people have participated.

### Tutor Tuesday

Each week, the Oasis Tutoring team shares a Tutor Tuesday email with 1,400 tutors (tutors who provided an email). The email includes a video from the tutoring team and links to a blog with read aloud content, professional development resources, and tutoring inspiration.

## Supporting The Oasis Network

In addition to serving our participants in St. Louis, Oasis is proud to offer a variety of opportunities for our nine Oasis network centers to support their members and centers (in addition to their local efforts).

### Oasis Everywhere

Within the next few weeks, we will be launching Oasis Everywhere, a virtual Oasis Center, where participants from across the country can register for a variety of Oasis classes that they may not have had access to before.

### Conversations that Count

Oasis is training volunteer facilitators across the country to offer Conversations that Count in their locations.

### Spiro100

Streaming exercise and lifelong learning programs will be offered to Oasis participants across the country for free for 60 days.

### Tutor Tuesday

In addition to offering this weekly email to tutors in St. Louis, it is shared with Oasis Centers and tutoring coordinators across the country.



I loved the sight word activities that were presented in the weekly tutoring email.

**I really appreciate the effort to keep the brain active, especially when there is time to spare** creating these projects for future use with students.

—Martha Murphy, Tutor

### Fundraising Support

Oasis is assisting local centers with increased grant writing efforts to COVID-19 Emergency Funds, and provided support on several CARES Act Paycheck Protection Program applications, several of which have been funded.

## Learn More About Oasis

Oasis is a national education organization that promotes healthy aging through lifelong learning, active lifestyles and service. In addition to stimulating programs in the arts, humanities, health and technology, Oasis provides a variety of volunteer opportunities for older adults. For more information, visit [Oasisnet.org](https://Oasisnet.org)

For our list of online and phone opportunities, please visit [Oasisnet.org/Classes](https://Oasisnet.org/Classes)

 [Facebook.com/OasisInstitute](https://Facebook.com/OasisInstitute)

 [LinkedIn.com/Company/The-Oasis-Institute](https://LinkedIn.com/Company/The-Oasis-Institute)

 [Twitter.com/OasisInstitute](https://Twitter.com/OasisInstitute)

### The Oasis Institute

11780 Borman Drive, Ste 400  
St. Louis, MO 63146  
314.862.2933

### Paul Weiss, PhD

President  
[pweiss@oasisnet.org](mailto:pweiss@oasisnet.org)

### Julianna Fellows

Development Director  
[jfellows@oasisnet.org](mailto:jfellows@oasisnet.org)