

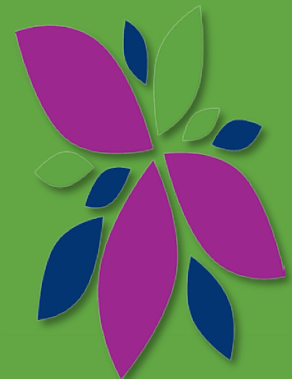
JOE BURRUCKER, TUSKEGEE AIRMAN AND GREAT GRANDPA FLIGHT INSTRUCTOR



Why Oasis Exists

San Diego Oasis exists to prevent isolation and associated declines in older adults while providing opportunities to stay relevant, healthy and connected to the world.

In other words, we offer socialization, learning, healthy living support, and purpose.



“One day we have purpose and the next we feel it slipping away. We retire and our work colleagues get along fine without us. We raise our kids and they grow up and no longer need us.”

Consider the Challenges

Loneliness/Social Isolation

- Increases likelihood of mortality by 26%
- Can cause premature death
- Development of chronic diseases due to heightened inflammation
- Increased hospitalizations and outpatient visits
- Depression and suicidal tendencies
- As damaging to health as smoking 15 cigarettes a day
- May be associated with brain biomarkers associated with preclinical Alzheimer's and Dementia related issues

More Challenges

- Costs Medicare an estimated additional \$1600 per year per person on socially isolated seniors
- Over 60, creates 59% great risk of mental and physical decline
- Almost 60% of women over 75 live alone
- Less healthy eating for one
- Less motivation to exercise
- Weakened immune system
- Insomnia
- Drug abuse



San Diego Oasis Offers

- 2,400 classes and activities per year
- 49 locations throughout San Diego County
- Fall Prevention program for balance and strength
- Art/Craft classes viewed as Art Therapy
- Technology training to stay connected and protected
- Finance classes for understanding
- Social Connections/Friendship Building
- Purpose in Volunteering/Intergenerational Community Engagement

Profile of San Diego Oasis Member

- 40% live alone due to widowhood or divorce
- Average age 71
- 75% have a college degree
- An abundance of former attorneys, professors and teachers, physicians, engineers, skilled workers, county, city and state retired employees, healthcare workers and other professions
- Youngest member is 50, oldest active is 94 (we think)
- 10% receive Medi-Cal
- 25% Veterans or spouse of Veteran
- Estimate 95% still driving

OUR NEW OASIS AT GROSSMONT CENTER OPENING DAY



OUR NEW SPACES



INTERGENERATIONAL LITERACY TUTORING “THE GRANDPARENT EFFECT”



AT SAN DIEGO OASIS, WE HAVE FUN!



YOU ARE NEVER TOO OLD

