

## Queen's University Partnership

Our Oasis program is part of an Ontario-wide study that aims to evaluate and expand Oasis to new sites in Kingston, Belleville, London and Hamilton areas. This relationship also allows you to have opportunities to participate in research related to Oasis and its relationship to your health and well-being.

### Contact Us

If you have any questions about the Oasis program or associated research, please contact us:

Oasis study:

[oasis.study@queensu.ca](mailto:oasis.study@queensu.ca)

Oasis program – all sites:

[www.oasis-aging-in-place.com](http://www.oasis-aging-in-place.com)

[info@oasis-aging-in-place.com](mailto:info@oasis-aging-in-place.com)

Simone Parniak, Coordinator

[Simone.parniak@queensu.ca](mailto:Simone.parniak@queensu.ca)

343-364-6015

# Oasis at XXX



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## Nutrition

Oasis currently has a communal dinner every Wednesday night at 5pm. The menu changes weekly and you can sign up on the Oasis bulletin board.



## Our Oasis Coordinator

Simone, an employee of Queen’s University, is currently our Onsite Coordinator. She is here Tuesdays 8:30-4:30, Wednesdays 10:30-6:30 and Thursdays 8:30-12, and always has time to chat or answer any questions you may have. Come down to the Common Room to see her any time!

Additionally, Oasis has a guest speaker each month to share information about services and programming available to older adults in the community. Suggestions are always welcome! We have also had workshops on cellphones, tablets and computers that will run on an ongoing basis.

### Physical Activity

Exercise takes place twice a week, Tuesdays and Thursdays, in the common room. Oasis also has a number of Nordic poles you can borrow to take out walking as a group or alone.

Oasis recently purchased a new piece of exercise equipment called a NuStep, a recumbent cross trainer available for everyone to use in the Fitness Room.



## Introduction

***Oasis is a seniors driven model of aging in place, located in naturally occurring retirement communities. In this case, Oasis takes place in our apartment building.***

Our story here at XXX begins in fall 2017, when new funding was announced to expand the program provincially. A group of us began actively pursuing the establishment of a program in our building, but we met some challenges; it was serendipitous that Queen's University had recently collaborated with the original Bowling Green 2 Oasis site to evaluate and expand the program to three new sites in the local area.

We began working with the university in October 2018 and for the past few months have been working hard to get our program up and running. The following booklet describes the Oasis program at XXX.

# What is Oasis?

Oasis creates a way for older adults to keep their independence by building a supportive community that changes as they change. Oasis creates a supportive network of members with a family-like feel!

As an Oasis member, you decide what programs and activities you would like to see in your building. The development of these activities is supported by an Onsite Coordinator, who works at the building part-time.

Oasis programming focuses on socialization, physical activity and nutrition, and serves to complement existing programming. It aims to connect you to local services and brings them to you!

Oasis does not have a membership fee, though there may be small costs associated with some of the activities.

# Oasis Activities at XXX

We have a number of different types of activities take place each week. All details about the activities are found on the Oasis bulletin board posted in the Common Room.

## Social

Oasis social activities include coffee mornings, colouring and other crafts, holiday specific parties and activities, and our Games Gang meets every Thursday afternoon for a fun-filled time!



*“You can come down as a stranger and leave with a friend”*