

San Diego Oasis

20 | GET CONNECTED: 20 | TECHNOLOGY FAIR FOR ADULTS 50+

TUESDAY – FRIDAY | OCTOBER 20 – 23

Thank You to our Sponsors



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Please note that all times are
Pacific Standard Time

Welcome to the 8th annual Get Connected: Technology Fair for 50+, a four-day virtual event packed with tools, tips and learning to improve the lives of older adults everywhere.

Endorsed by experts and companies that work in the technology industry, we are confident that you will come away with new ideas to apply to the technology you use every day. Learn how to protect yourself from cyberfraud, try safe online dating, communicate with family and friends, doctors and financial experts using your own devices, and understand the technologies that will make your life easier.

You can also receive post-event assistance through our Ask The Experts program, a group of qualified volunteers who will answer your personal tech questions by phone.

Thanks to our amazing sponsors, we are proud to be able to offer this virtual event free of charge. They have also made it possible for us to offer a free opportunity drawing at the end of each day - randomly selected virtual attendees will receive exciting technology giveaway items.



We are truly grateful for everyone who has contributed to make this the best Technology Fair ever. Don't miss out on the fun. Join us and Get Connected!

Simona Valanciute
Simona Valanciute
President & CEO



P.S. Look for our survey shortly after the event. We'll be keeping track of those who respond and add their names to a fabulous opportunity drawing!

Every Day Technology

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WELCOME | 8:45 – 9:00 AM PST

Simona Valanciute, President & CEO | San Diego Oasis
Irwin Jacobs, Founder and CEO Emeritus | Qualcomm

DAY ONE | SESSION 1 | 9:00 – 9:45 AM PST

Your Personal Technology: The Best Thing Since Sliced Bread?

Jacki Montierth, Founder | www.wiseboomer.com

Are you getting the most out of the Digital Age? What will the future hold for you? This session will answer these questions and more, while helping you develop a clear plan to meet the expectations of this often overwhelming, technological world.

STRETCH BREAK | MESSAGES FROM OUR SPONSORS | 9:45 - 10:00 AM PST

Todd Durkin, MA, CSCS, NCTMB | Owner, Fitness Quest 10 & Todd Durkin Enterprises

DAY ONE | SESSION 2 | 10:00 – 10:45 AM PST

What Is The Cloud and Am I On It?

Mary Burns, Professor | San Diego Continuing Education

This presentation will begin by unlocking the mystery of the Cloud as we learn what it is, some of the features and some of the challenges. We will then look at some of the major cloud players and compare their services. At the end of the presentation, you will better understand the Cloud and will have an idea of which Cloud services are right for you.

STRETCH BREAK | MESSAGES FROM OUR SPONSORS | 10:45 - 11:00 AM PST

Elinor Smith, Certified Personal Trainer | Oasis Fitness Instructor

DAY ONE | SESSION 3 | 11:00 – 11:45 AM PST

Password Overload: How the Heck Do I Keep Track and Stay Safe?

Jacki Montierth, Founder | www.wiseboomer.com

Learn a password system that is easy to remember AND secure. Discover a way to eliminate that password book you carry around. A detailed password system will be to ensure your internet presence is as safe as possible. No matter which type of phone or computer you use, this session will be a great resource for your safety as you increase your presence online.

TECHNOLOGY ITEM GIVEAWAY | 11:45 AM - 12:00 PM PST

Mr. Bicep, Bruce Pechman | The Muscleman of Technology

Healthcare Technology

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Today's Tech Talks are sponsored by
San Diego Health & Human Services



WELCOME | 8:45 – 9:00 AM PST

Simona Valanciute, President & CEO | San Diego Oasis
Kimberly Gallo, Director, Aging and Independence Services | County of San Diego

DAY TWO | SESSION 1 | 9:00 – 9:45 AM PST

Better Quality of Life Through Sound and Vision? Yes, Please!

Kristle Bulleman, Field Project Coordinator and Jennifer S. Lee, Field Project Coordinator | Front Porch

Decline in hearing and vision is a normal part of aging – we're here to help connect you with affordable, easy to access hearing and vision assistive technology. We will share recommendations of affordable and easy to access modern hearing and vision assistive solutions and explore apps and phone settings that can enhance the quality of life across all hearing and vision abilities.

STRETCH BREAK | MESSAGES FROM OUR SPONSORS | 9:45 - 10:00 AM PST

Todd Durkin, MA, CSCS, NCTMB | Owner, Fitness Quest 10 & Todd Durkin Enterprises

DAY TWO | SESSION 2 | 10:00 – 10:45 AM PST

Virtual Care & Telemedicine: Bringing Your Doctor to You

Brent D. Steineckert, MPH, PMP | Sharp Rees-Stealy Medical Centers

Since COVID-19, Virtual Care/Telemedicine has become a standard practice for providing medical care to patients. Using their own device, patients can access care while at home or work, and avoid the hassle of traffic, parking, and wait times. Learn about the latest developments in telemedicine and virtual care, including: video visit applications, insurance coverage/copays, and the latest emerging trends in healthcare tech (Apple Watch, Amazon Halo, home monitoring devices, etc.).

STRETCH BREAK | MESSAGES FROM OUR SPONSORS | 10:45 - 11:00 AM PST

Todd Durkin, MA, CSCS, NCTMB | Owner, Fitness Quest 10 & Todd Durkin Enterprises

DAY TWO | SESSION 3 | 11:00 – 11:45 AM PST

Where Do I Find Reputable Online Health Information? Tips and Tricks

Mary Burns, Professor | San Diego Continuing Education

If you have ever googled a health term, you know that there are plenty of resources online and available as apps. However, are these reliable sources? Information on the Internet is unregulated, meaning that many so-called health experts may not be as useful, and some may do more harm than good. Learn the steps to take when looking for a reputable health website and app.

TECHNOLOGY ITEM GIVEAWAY | 11:45 AM - 12:00 PM PST

Mr. Bicep, Bruce Pechman | The Muscleman of Technology



WELCOME | 8:45 – 9:00 AM PST

Simona Valanciute, President & CEO | San Diego Oasis
Brent McCarty, President | ESET North America

DAY THREE | SESSION 1 | 9:00 – 9:45 AM PST

Identity Theft “Why Me?”

Tony Anscombe, Chief Security Evangelist | ESET

What is it that a cyber criminal wants with your identity? Have you ever received an unsolicited email, text or phone call requesting that you take an action that would give someone a snippet of your information? If so, that's the start of a cyber criminal cloning you. This presentation will show you their tactics, how they monetize your information and how you can thwart their attacks.

STRETCH BREAK | MESSAGES FROM OUR SPONSORS | 9:45 - 10:00 AM PST

Elinor Smith, Certified Personal Trainer | Oasis Fitness Instructor

DAY THREE | SESSION 2 | 10:00 – 10:45 AM PST

Dating and Social Apps for 50+

Tony Anscombe, Chief Security Evangelist | ESET

Older adults are being targeted by cyber criminals more than ever. Romance scams are flourishing. These schemes are designed to take advantage of mature audiences and their desire to connect with others looking for love. During this talk attendees will learn how to identify a scam and receive helpful advice if you've been duped. We will also share ways in which you can protect your identity and preserve your privacy.

STRETCH BREAK | MESSAGES FROM OUR SPONSORS | 10:45 - 11:00 AM PST

Russell Rowe, MS, Exercise Physiology | Oasis Fitness Instructor

DAY THREE | SESSION 3 | 11:00 – 11:45 AM PST

Protecting My Connected Home and Family

Tony Anscombe, Chief Security Evangelist | ESET

During this talk, ESET will help attendees to understand what these home assistants do. What information are they collecting? How do you ensure they are set up correctly? Are your passwords strong enough? We will explore how older adults can help to keep their grand children and their connected devices safe.

TECHNOLOGY ITEM GIVEAWAY | 11:45 AM - 12:00 PM PST

Mr. Bicep, Bruce Pechman | The Muscleman of Technology



WELCOME | 8:45 – 9:00 AM PST

Simona Valanciute, President & CEO | San Diego Oasis
Sam Attisha, Senior Vice President & Region Manager | Cox California

DAY FOUR | SESSION 1 | 9:00 – 9:45 AM PST

How Technology Can Keep You Connected & Safe Through Covid-19

Alison Jacobson | Safety Mom, Motivational Speaker, Blogger and Family Safety Expert

Covid-19 presents challenges and opportunities, especially for seniors. Alison will show us how technology in your home can help you stay more connected, feel safer, and make life easier. From home automation to control locks, doors, and thermostats, to maximizing in-home cameras, and finding new ways to connect with loved ones, Alison will cover all things tech in the home.

STRETCH BREAK | MESSAGES FROM OUR SPONSORS | 9:45 - 10:00 AM PST

Russell Rowe, MS, Exercise Physiology | Oasis Fitness Instructor

DAY FOUR | SESSION 2 | 10:00 – 10:45 AM PST

The Roaring 20's...the 2020's, That Is! *How Technology Can Help With Finances*

Charles D. Etzweiler, MBA, CIMA®, CFP®, CMT, Chief Research Officer & Senior Vice President | Nepsis, Inc.

As COVID-19 has fast forwarded the needs for an increased focus on the use of technology in robotics, autonomous vehicles, retail, manufacturing, and health care, investment in this important sector will continue to grow as a large and crucial part of our overall economy. Similarly, the 1920s saw an economic boom in the use and acceptance of new technologies, with the mass adoption of the phonograph, movies, the radio, the bulldozer and penicillin.

STRETCH BREAK | MESSAGES FROM OUR SPONSORS | 10:45 - 11:00 AM PST

Theresa Thys | Oasis Fitness Instructor

DAY FOUR | SESSION 3 | 11:00 – 11:45 AM PST

Latest Scams & How to Protect your Finances *(During Coronavirus)*

Mary Burns, Professor | San Diego Continuing Education

During this time of fear and uncertainty, the scammers are out in full force looking to take advantage of people's vulnerabilities. Join Vincent Delgado, San Diego County Credit Union, for an informative session covering common fraud and scams currently being used amid the COVID-19 pandemic. This session will also discuss tips for staying safe and share resources and tools available if you or someone you know has been targeted or scammed.

TECHNOLOGY ITEM GIVEAWAY | 11:45 AM - 12:00 PM PST

Mr. Bicep, Bruce Pechman | The Muscleman of Technology

SPEAKER PROFILES

Tony Anscombe | ESET



Tony Anscombe is the Chief Security Evangelist for ESET. With over 20 years of security industry experience, Anscombe is an established author, blogger and speaker on the current threat landscape, security technologies and products, data protection, privacy and trust, and Internet safety. His speaking portfolio includes industry conferences RSA, Black Hat, VB, CTIA, MEF, Gartner Risk and Security Summit and the Child Internet Safety Summit (CIS).

Tony is regularly quoted in cybersecurity, technology and business media, including BBC, Dark Reading, the Guardian, the New York Times and USA Today, with broadcast appearances on Bloomberg, BBC, CTV, KRON, NBC and CBS. Anscombe is a board member of NCSA and has previously served on the board of MEF and FOSI and held an executive position with AMTSO.

Sam Attisha | Cox California



As senior vice president and region manager for Cox Communications in California, Sam Attisha is responsible for leading employees and overseeing day-to-day operations in San Diego, Orange County, Palos Verdes, and Santa Barbara. Attisha is also a member of Cox Communications' National Diversity Council, which focuses on supporting diversity and inclusion within the company and in the community. Since 2007, Attisha has held various leadership roles in the company. Prior to his current role, he was vice president of business development and public affairs for Cox California, leading Cox Charities and the company's philanthropic giving in California.

Attisha currently serves on the board of directors for the San Diego Regional Chamber of Commerce, San Diego Regional Economic Development Corporation and the California Cable & Telecommunications Association. He also serves on the Corporate Council for Make-A-Wish San Diego and is on the board of directors for Monarch School, which educates San Diego's homeless students in grades K-12. Attisha grew up in El Cajon. He holds a bachelor's degree in business administration from the University of San Diego, and an MBA from California State University, Sacramento. He and his wife, Shereen, have three sons.

Kristle Bulleman | Front Porch



Kristle Bulleman has an incredible passion for people, health and wellness. Combining these passions with project management skills, Kristle serves as a field project coordinator on the Center for Innovation and Wellbeing team. It is her priority to provide older adults and vulnerable communities with technological resources that can improve their quality of life. Kristle is a graduate of San Diego State University with a BA in Theatre Design and Technology with a Minor in Business Management. Her background includes multiple positions in the areas of social services, humanitarian aid, and health and fitness. Some of her certifications include NSAM Personal Training and a Health and Wellness Coach certification from Real Balance 360.

Mary Burns | San Diego Continuing Education



Mary is an instructor for San Diego Community College as well as Oasis Learning Center. Her specialty is technology, having been creating curriculum since 2008 to help older adults adjust to the changes that technology has made to their daily lives. She has expertise in a number of technology related areas, from smartphones and tablets, to computers, to websites and the Internet and much more. Some of her more unique classes have included fake news, conspiracy theories and a class on your digital afterlife. Besides her technology classes, she also teaches classes in Brain Fitness and Rediscovering San Diego (a weekly tour group, temporarily grounded during COVID). When someone is frustrated by a new technology, she might insist to them that the challenge is good for the brain. She holds two master's degrees, one in Exercise Science and the other in Educational Technology. She is a lifetime runner, having completed over 125 marathons throughout her career. Currently, her running is slower but more restful. She lives with her husband, Kim and enjoys the daily walk with the dogs and caring for her gardens.

Vincent Delgado | San Diego County Credit Union



Vincent Delgado is a Business Development Officer for San Diego County Credit Union, San Diego's largest locally-owned financial institution. Delgado joined SDCCU in 2019 with a decade of experience in community and business development and he is currently responsible for developing and managing the credit union's relationships with its business partners to elevate awareness of SDCCU. In addition to partnering with local HR leaders, Delgado aims to play a key role in bettering the financial health of the community by educating individuals on financial literacy. Delgado holds a Bachelor's Degree in Social Behavioral Sciences from Cal State University, Monterey Bay and a Professional Certificate in Development and Fundraising from University of California, San Diego.

Charles D. Etzweiler, MBA, CFP®, CIMA®, CMT | Nepsis



As Chief Research Officer for Nepsis Capital Management, where he has worked since 2012, Charles is responsible for directing the research efforts of the firm. He also serves as Head of the firm's Investment Committee and appears as a frequent guest on the Radio Show, "Investing for Success." As a National Platform speaker, he has spoken to thousands of investors about the landscape of the Economy and the Capital Markets over the last 20 years. Prior to working for Nepsis in a career that spans over three decades, Charles worked as Chief Market Strategist for True North Global Research, Regional Vice President of Investments for Thrivent Investment Management and as a Securities Analyst with both Wells Fargo and the Bank of Hawaii. Additionally, Charles has earned the CFP designation and is both a Chartered Market Technician and a Certified Investment Management Consultant. Charles is a graduate of Syracuse University and also has earned his MBA in Finance from the Crummer School of Management in Winter Park, FL. Charles is an active member of the Market Technician's Association and the Investment Management Consultants Association, was raised in Allentown, PA and now lives in San Diego, CA with his wife and two adult sons.

Kim Gallo | Aging and Independence Services County of San Diego



Kim Gallo is the Director of Aging & Independence Services, a division of the County of San Diego Health and Human Services Agency (HHSA). Kim has worked for the County since 1999 in various roles, including as the Executive Director of First 5 San Diego, HHSA's Group HR Director, and the Director of Regional Operations for the HHSA East/North Central Regions. Under her leadership, the County expanded the annual Grandparents Raising Grandchildren Symposium, launched Summer Night Lights in Spring Valley in partnership with the County Parks and Recreation and Probation Departments, and piloted a program with Las Colinas and Child Welfare Services to prepare incarcerated mothers for reentry into society. Since joining Aging & Independence Services, Kim has led the development and implementation of the County's Aging Roadmap, a comprehensive plan to support the needs and celebrate the contributions of our region's growing aging population. Kim has a passion for serving seniors, disabled adults, and vulnerable populations. She is graduate of San Diego State University, holding a bachelor's degree in Public Administration.

Irwin Jacobs | Founding Chairman & CEO Emeritus, Qualcomm



Dr. Jacobs received his B.S. in electrical engineering from Cornell University in 1956 and his S.M. and Sc.D. degrees in Electrical Engineering from MIT in 1957 and 1959. He was a faculty member at MIT and UC San Diego.

In 1968, Jacobs co-founded Linkabit Corporation. Among the industry-first products developed and manufactured by Linkabit were the dual-modem satellite terminal for the Air Force, the VideoCipher encrypted satellite-to-home TV system, and the very-small-aperture satellite terminal (VSAT) business communication system. He sold Linkabit to M/A-Com in 1980, remaining as board member and executive vice-president until April 1985.

With six others from Linkabit, he co-founded Qualcomm in July 1985, serving as Chairman and CEO until retiring as CEO in 2005 and Chairman in 2008. Under his leadership, Qualcomm pioneered CDMA technology for the cellular industry.

Jacobs is a member and past chairman of the National Academy of Engineering, a member of the American Academy of Arts and Sciences, the American Philosophical Society, the National Inventors Hall of Fame, and a Fellow of the IEEE, American Association for the Advancement of Science, and the Computer History Museum. From 2006 to 2016, he was Board Chair of the Salk Institute for Biological Studies and for 17 years served on the Advisory Board of the School of Economics and Management at Tsinghua University in Beijing.

Jacobs has received many awards and honors, including the National Medal of Technology (1994), the James Clerk Maxwell Award, the IEEE Alexander Graham Bell Medal Award, the Dorothy I. Height Chair's Award, of the Leadership Council on Civil Rights, the Franklin Institute Bower Award for Business Leadership, the Marconi Prize, the IEEE Medal of Honor, the Carnegie Medal of Philanthropy with his wife Joan, and the IMEC Lifetime of Innovation Award. He is the recipient of 10 honorary doctorates.

Dr. Jacobs and his wife Joan are active philanthropists and early signers of the Giving Pledge.

Alison Jacobson | Public Speaker



Corporate spokesperson, blogger and speaker, Alison Jacobson has dedicated her life to educating parents about issues that affect not only themselves, but everyone in their family. Alison is the mom of four children, step-mom to another four and care giver for her husband with Multiple Sclerosis and son with intellectual disabilities. Alison also understands personal tragedy. In 1997 she lost her first son to Sudden Infant Death Syndrome. It was from this tragedy that she developed her passion as a family safety and wellness advocate. Her ability to connect with people in a down-to-earth, uplifting and engaging manner while providing important information has made Alison a popular guest on many national television shows including CNN, Fox & Friends and Good Morning America.

Through her appearances, blog and articles, she reaches millions of parents every month with advice on how to raise self-confident kids in a healthy, happy and safe environment. Alison's tackles some of the most serious issues facing parents including the leading causes of accidents such as drowning, falls and topple over accidents, SIDS risk reduction, cyberbullying and home safety. She is also a sought-after speaker. Her topics include managing family chaos and raising successful, emotionally intelligent kids. Over the years Alison has worked as a spokesperson for some of the world's leading brands including COX Communications, Toyota, Coca-Cola, AT&T, Johnson & Johnson, Unilever, Proctor & Gamble and Sylvania. Alison resides in Connecticut with her husband and her "safety kids."

Jennifer Lee | Front Porch



Jennifer Lee brings a diverse professional background in research and teaching to the FPCIW team. An advocate for emerging technology in the pursuit of optimizing the social engagement and quality of life throughout the lifespan, Jennifer applies her breadth of knowledge in user interaction, forward thinking research methodologies and dynamic strategies in qualitative research to serving this unique demographic. Jennifer holds a B.A. in English from UCLA and a M.S. in Gerontology with a specialization in gerotechnology, has completed internships with the USC Center for Body Computing and has worked on numerous USC research projects within the departments of Occupational Therapy, Keck School of Medicine, and Gerontology.

Brent McCarty | ESET North America

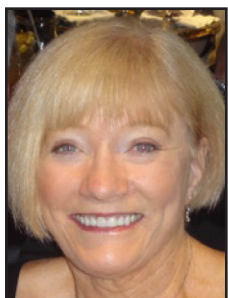


As President of ESET North America, Brent McCarty is responsible for running all facets of the business. Brent has a proven executive management track record and over 20 years of experience driving sales growth in the technology industry.

Prior to joining ESET, Brent spent the last twelve years rising through the ranks at technology and supply chain services giant, Ingram Micro, where he most recently served as Vice President of Global Sales Solutions leading teams in the US, Latin America, Asia Pacific and Europe. At Ingram Micro, Brent leveraged the company's suite of services and geographical presence to help diversify offerings, customer relationships and almost double revenue year over year during his tenure. Brent is also highly skilled at quickly turning around under-performing areas into highly profitable business segments, breeding employee enthusiasm and creating a winning culture. Previously, Brent also spent several years with Dell Computer Corporation in Canada where he consistently overachieved revenue and acquisition targets.

Brent is originally from Toronto, Ontario, Canada and has spent many years living and traveling abroad in the US and the UK. He is currently serving on the board for the San Diego Cyber Center of Excellence, and is committed to supporting the region's cyber economy. Brent attended Centennial College in Toronto for Sales & Marketing, Business Management as well as Stanford University's General Management Program. When Brent does find some time to relax, he enjoys taking in the warm weather that Southern California has to offer. You can usually find him biking along the coast or trying his hand at surfing.

Jacki Montierth | Wiseboomer.com



Jacki Montierth currently teaches many technology classes at the Life Long Learning Center, including the popular Conquering iPhone and iPad classes. She developed these after creating Wiseboomer.com, a place for Baby Boomers and older generations to find the help they need to keep up with technology. Jacki joined the Oasis instructional staff after retiring as a teacher and program coordinator in the Sweetwater High school District and as a Lecturer in the Teacher Education and Educational Technology Departments at San Diego State University.

Since retiring, Jacki and her husband have traveled through-out the world. When not traveling, she spends a great deal of time focused on helping others adapt to a technological world. She passionately believes that the older generations can, and must, keep up with innovative technology to simplify and secure their lives for the future. She believes, that with a little guidance and encouragement, each and every one of us, can (and must) be prepared for the many future innovative technological devices that will surround us in the coming years.

Jacki holds a Master's Degree in Educational Technology and Instructional Design as well as multiple teaching credentials in mathematics, social sciences and computer education.

Bruce Pechman | Mr. Bicep



Bruce Pechman is a seasoned on-air talent with over 300 live TV appearances under his belt. He appears regularly on Los Angeles superstation KTLA (10 million household reach) and “Good Morning San Diego.” His highly entertaining live segments have quickly made him popular with Executive Producers, News Anchors and viewers. He has appeared in publications including SkyMall Magazine, Bottom Line Publications, and the Gadget Universe catalog.

Bruce is a natural crowd pleaser who speaks with energy and passion. He engages his audience, and is able to break down complex topics so that anyone can understand. Some of Bruce’s speaking engagements include the Southwest Computer Conference, The County of San Diego Aging Services, Annual Senior Learning Festival, 2011 Consumer Electronics Association Industry Forum, AARP National Convention, and numerous Master of Ceremony bookings. As Bruce likes to say, “I have ways of making you listen!”

Brent Steineckert | Sharp Rees-Stealy



Brent Steineckert has been part of Sharp Rees-Stealy (SRS) Medical Centers since 1998 and currently serves as the director for the Ambulatory Electronic Health Record, Patient Access, & Health Information Management Departments. As one of the largest, most comprehensive medical groups in San Diego County, Sharp Rees-Stealy has more than 600 physicians and 2,800 staff members who represent virtually every field of medicine and are dedicated to delivering the extraordinary level of care called The Sharp Experience, which combines clinical excellence, advanced technology and patient- and family-centered care.

Brent received his undergraduate degree in Molecular Cell Biology at the University at California, Berkeley and his graduate degree in Public Health at San Diego State University. He is also a certified Project Management Professional (PMP), and has been trained as a California Awards for Performance Excellence (CAPE) examiner. In the years working at SRS, Brent has been involved most prominently in the integration of technology into medical operations.

Sharp Rees-Stealy was one of the first large medical groups in San Diego to launch virtual care (telemedicine) in 2015. Since that time, telemedicine has become a standard of practice with physicians and staff using “webside manner” to connect to their patients. COVID-19 created a huge demand for virtual care, and during the peak 70% of all patient visits were conducted via telemedicine. Most recently, Brent is working on a vision to empower the most underutilized member of the care team: the patient, by making it even easier for patients to schedule appointments, seek care, and access their medical records.



Post-Event Assistance

Do you have questions about your Smartphone, Tablet, or Computer?

Spend 15 minutes with a Tech Volunteer who will help answer those questions for you. From the Tech Fair website, simply click on the link under **Overview** entitled **Ask the Expert | Post-Event Assistance**, which will take you to a short form where you can briefly describe your request. Simply submit your question and you will be contacted by phone for a free one-on-one session.

If you're new to Zoom, we have a page just for you!
Visit our website:
san-diego.oasisnet.org/zoom-resources

The screenshot shows the San Diego Oasis website's navigation bar with links for Home, Oasis Everywhere, Health, Technology, Tutoring, About, FAQs, and Donate. The main navigation menu includes Catalog, Classes, Teach at Oasis, Travel and Trips, Volunteer, About Us, Donate, and Sign In. The breadcrumb trail reads: Home / San Diego, Zoom / Zoom Resources.

Zoom Resources

- Classes
- Falls Prevention
- Zoom Resources**

How to download the Zoom app on your devices

Request Tech Support for Zoom Video

How to locate your Zoom meeting info

Zoom Access Step-by-Step

No Device? Fill out our Questionnaire

Zoom Resources and Etiquette Guidelines

Review Newsletters for more Zoom Video info

Zoom Access Step-by-Step

No Device? Fill out our Questionnaire

New to Zoom and Online Etiquette

Review Newsletters for more Zoom info

Piper and Amy show you how to access and load Zoom onto your devices.

New to Zoom? Here are some online meeting etiquette guidelines.

Don't let frustration stop you from learning online. [Help is just a click away!](#)

You can find your Zoom login information anytime from your MyOasis Account. [Download here.](#)

Would you love to learn online but don't have a device? [Answer a few quick questions.](#)

Click here for quick Zoom resources and etiquette guidelines for online meetings. [Read more.](#)

Our newsletters have a wealth of information about transitioning to online. [Browse now.](#)

Support San Diego Oasis

20



We're changing the way people think about aging



3000
classes and activities to help you
make the most of life after 50

Arts & Crafts
Business, Financial & Legal
Exercise & Dance
Health & Wellness
History & Humanities
Language & Literature
Personal Enrichment
Technology & Science
Theatre & Music
Travel

**LIFELONG
LEARNING**

through
stimulating
classes

**COMMUNITY
INVOLVEMENT**

through volunteer
opportunities

**ACTIVE
LIFESTYLE**

through
health
promotion

**SAN DIEGO OASIS DEPENDS ON
DONOR SUPPORT: MAKE YOUR
CHARITABLE CONTRIBUTION TODAY**

Go to SanDiegoOasis.org to make
your tax-deductible gift today!

CURRENT GIFTS

CASH

- Cash gifts (paper bills, checks, credit cards) are deductible at their value up to 50% of the donor's Adjusted Gross Income.
- Can be carried over for five years.

LIFE INSURANCE

- Make San Diego Oasis beneficiary of your paid-up life insurance policy.

STOCKS

- Giving stock is advantageous to the donor, especially when stock has significantly increased in value.
- If donor chooses to give appreciated stock to charity, donor pays no tax on the gain and receives an income tax deduction for full value of the stock.

REAL ESTATE

- Donor avoids capital gains taxes.
- Examples of real estate donations are land, investment property (residential, commercial, industrial), and personal residence.

VEHICLE DONATION

- Donation of a vehicle is just a phone call away: call (877) 556-2747.

HONOR SOMEONE SPECIAL | TRIBUTE GIFT

- Honor someone special through a donation in the name of your special person.
- Your tribute will be posted in the next catalog and on our website.

PLANNED GIFTS

BEQUEST & ESTATE PLANNING

- Gift Oasis a specific amount, a percentage of your estate, a certain asset within the estate, the remainder of the estate, or the entire estate.
- Let us know if you have included Oasis in your estate plan – we want to celebrate you as a Legacy Circle member.

RETIREMENT ASSETS

- A gift of retirement assets (401(k), 403(b), IRA, pension and other tax deferred plans) is an excellent way to support Oasis' mission.

LIFE ESTATE RESERVED

- Donor continues to live in their residence, pay the property taxes, insurance, and maintenance costs.
- The donation (the donor's residence) will be received by San Diego Oasis after the donor's passing.

CHARITABLE GIFT ANNUITY Through The San Diego Foundation

- Our donors can participate in the Charitable Gift Annuity (CGA) program, free of charge.
- CGAs allow donors to give and to get: the donor gets guaranteed payments for life while committing the remainder to Oasis.
- CGAs guarantee payments for donor's lifetime; is especially advantageous when interest rates are low.

CHARITABLE TRUSTS: REMAINDER, ANNUITY, LEAD

- Donor can set up a charitable trust to benefit the donor and the donor's family while designating Oasis to receive a gift.
- Oasis would receive the remainder assets or certain payments from the trust.
- Requires services of an attorney.

**SUPPORT WHAT YOU LOVE.
SUPPORT OASIS!**

Set up a
Recurring,
Monthly, Annual
or One-Time Gift



Leave a Legacy!
Join our
Legacy Circle



Name
a Room in the
Lifelong Learning
Center



Honor
Someone Special
with a
Tribute Gift



Donate
a vehicle and
help someone in
the process!



To discuss a tax-deductible gift, contact Jolyn Parker at (619) 881-6262 or Jolyn@SanDiegoOasis.org
Our tax identification number is 30-0403895.



OASIS ONLINE TUTORING



As we begin the school year, we recognize that administrators and teachers are dealing with unprecedented hurdles. San Diego Oasis Intergenerational Tutoring is here for you and your students, both online and in person!

The Benefits of Oasis Intergenerational Tutoring

- Students enjoy one-on-one reading tutoring once per week, throughout the entire school year, with the same tutor.
- Oasis tutors serve students in Kindergarten through 4th grade.
- Teachers choose the students who would benefit most from individual reading tutoring.
- Studies have shown that students paired with Oasis tutors show an increase in reading levels, fewer absences, and more in-class participation.

Online Tutoring

- Oasis tutors can still meet with their students remotely using video conferencing software, like Zoom or Teams.
- Tutors will arrange a day and time that works within the school schedule, whether the student is learning from home or in a classroom.
- The tutoring process remains the same – tutors will use video and screen sharing software, like Zoom, to read and play games with the student, nurturing a lifelong love of reading.

For More Information

Contact Kristen Amicone | Director of Intergenerational Programs | Kristen@SanDiegoOasis.org

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OUR IMPACT

1,000

Oasis Tutors, Mentors, and Volunteers Giving Back

55,000

Oasis Volunteer Hours Donated Annually

48,000

Oasis Members Engaged

3,000

Classes & Activities Each Year

37

Years of Advocating for Healthy Aging in San Diego

LET'S GET SOCIAL



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Online | SanDiegoOasis.org

Call | (619) 881-6262

Email | Info@SanDiegoOasis.org



20 | GET CONNECTED:
20 | TECHNOLOGY FAIR FOR ADULTS 50+

TUESDAY – FRIDAY | OCTOBER 20 – 23

Thank You for Attending!

TECH TALK RECORDINGS

If you miss any sessions or would like to revisit any of them after the event, we will be posting them to the Tech Fair website.

UPCOMING CLASSES

Visit our website (SanDiegoOasis.org) for upcoming classes; we add new topics and activities each week.

QUESTIONS

Contact us at (619) 881-6262
or via email at Info@SanDiegoOasis.org