November 2023

Dear Oasis Family:

San Diego Oasis is changing the way people think about aging! As a member of the Oasis family, we know you understand the importance of our impact on older adults throughout the region.

The U.S. Surgeon General, Dr. Vivek Murthy, said **"Loneliness is far more than just a bad feeling - it harms both individual and societal health."** Dr. Murthy has declared loneliness and Isolation to be at epidemic levels, especially for older adults. **San Diego Oasis provides a solution to loneliness and isolation** as we provide opportunities to continue learning, increase social engagement, enhance health and wellness, and most of all, join a community of like-minded people. Oasis members tell us that we have "saved their lives" as they come through our doors with hope, a yearning to keep learning, to give and to get hugs, and to enjoy purpose-driven lives.

Your help is more urgent than ever. Oasis is now serving more older adults than ever with its new location in Rancho Bernardo. Ongoing inflation continues to increase our costs of providing all that Oasis offers in La Mesa, Rancho Bernardo and throughout our partner locations. Our important mission is fueled by generosity of our members and donors. **Please give today to help Oasis continue its critical mission of healthy longevity.** Your support will help us continue bringing quality programs and events to San Diego's older adult population. It is our hope that you will join us this holiday season with a meaningful gift.

On behalf of the Oasis Board of Directors and Staff Members, thank you for being part of the San Diego Oasis family. We appreciate you!

Sincerely, Julie Derry

Board Chair

Smong Valander

Simona Valanciute President & CEO

See reverse side to learn the significance of 54 percent!

San Diego

Contact Information:

Name _	
Address _	
City/State/	
Phone	
Email	
Signature	

I am interested in learning more about an

Estate Plan that includes San Diego Oasis:

DETACH AND MAIL TO SAN DIEGO OASIS IN THE ATTACHED ENVELOPE 5500 Grossmont Center Drive, #269, La Mesa, CA 91942

Please accept my	v donation, a	as indicated
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□ \$25 □ \$50 □ \$100 □ \$250 □ \$500 □ Other: \$_____

Payment Type: □ Check □ VISA □ MC □ Discover

_ Name on Card

Credit Card #:

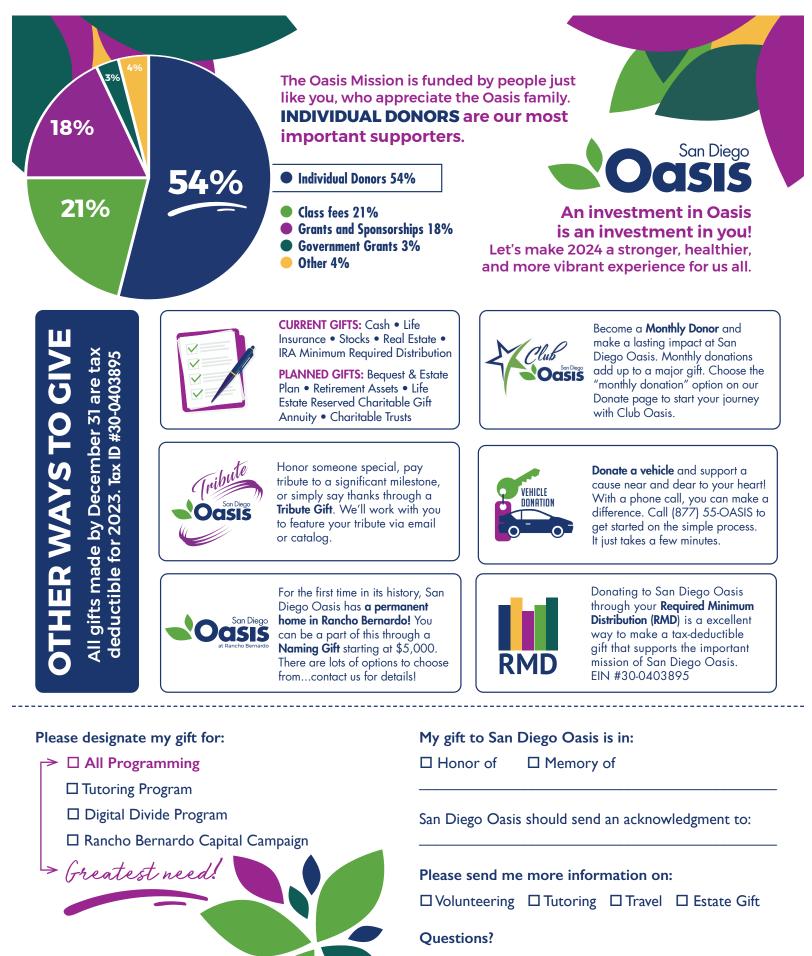
Expiration (month/year): _____ / ____

CSC/CVV #: _____ (3-digit number)

Please consider writing a check to avoid credit card processing fees.

□ Contact me!

Estate Plan



THANK YOU FOR SUPPORTING SAN DIEGO OASIS!

Email Simona Valanciute at Simona@SanDiegoOasis.org to learn more.