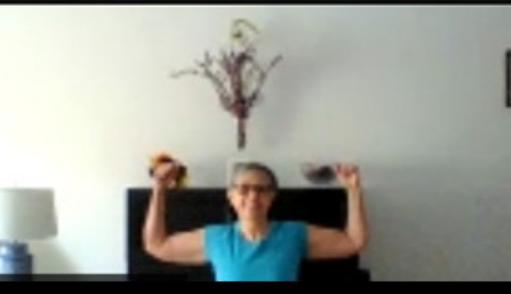




QUARTERLY IMPACT REPORT

Q2 2021



SENIOR PLANET
FROM **AARP**

Tom's Letter

FINDING STRENGTH

Dear Friends,

One of the most gnawingly false stereotypes about older adults is that we are weak and in need of protection. We hear it in movies, on the news, and even around the dinner table. But we at Senior Planet know that anyone who believes in this stereotype has never seen what our community members accomplish every day.

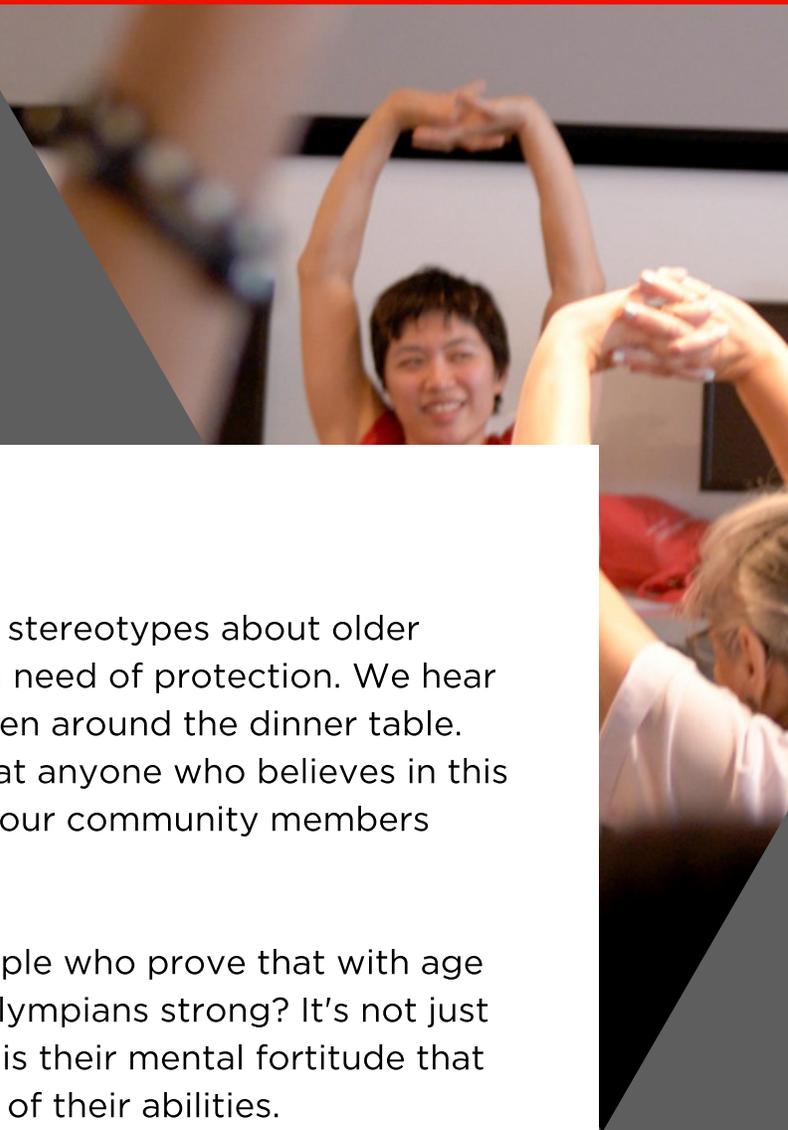
Our community is filled with people who prove that with age comes resiliency. What makes Olympians strong? It's not just their physical characteristics - it is their mental fortitude that allows them to push to the edge of their abilities.

In this Quarterly Impact Report, we want to celebrate the strength that Senior Planet Supporters and participants hold. Whether it is collectively completing 92,820 jumping jacks in Fit Fusion over the quarter, advocating for a Senior Planet Pride group to help connect older adults in the LGBT+ community, or growing our grassroots fundraising by 300% from 2019 to 2020, every day we see proof that older adults get it done.

Thank you, as always, for being a Supporter.

Tom Kamber, Ph.D.

Founder and Executive Director, OATS from AARP



SENIOR PLANET STRONG

Fit Fusion and Morning Stretch have brought people together across the country to smash their fitness goals in a supportive, online environment. Over the past quarter, hundreds of participants in both classes have collectively:



**Forward stretched
for 3 full days**



**Meditated for
over 90 days**



**Arm Curled
74,256 lbs. or
26 mid-sized cars**



**Completed
61,880 Squats**

IN Q2 2021:

1,460

Total online
programs offered

57,912

Total participants
in online classes

849

Older Adults helped by
our Tech Hotline

ATHLETES SHARE THEIR STORIES

We are excited to announce 2021's Senior Planet Sponsored Athletes! Every athlete's story inspires us and demonstrates the unmatched strength — physical, mental, and emotional — that our community contains.

Meet our Sponsored Athletes:

Elisse Barnes, 60

Elisse has “danced her way around the globe” with online videos by BollyX, Body Groove, Hot Hula, and more after learning how to “cut the cable cord” in a Senior Planet class.



Abbey Moon, 76

Abbey has found strength, independence, control, and confidence through the sport of powerlifting. A survivor of domestic violence, Abbey's goal is to motivate and inspire other older adults to lift weights as a form of improving both physical and mental health.



Mark Newton, 60

Mark is a lawn bowling extraordinaire, a sport he describes as “physical meets mental, fitness meets strategy.” It's his mission to demonstrate that lawn-based sports, games, and activities can be incorporated into anyone's overall health and wellness goals.



Arlene Toonkel, 68

Arlene is a retired educator who is ready to teach the Senior Planet community about rebounding — a fun style of aerobic exercise performed through jumping on a mini-trampoline. “Rebounding is so fun and really makes my whole body smile.”



Hollis Wagenstein-Hurturk, 70

After a disabling incident in midlife, Hollis had to start life over, essentially from scratch. “I had to re-learn how to walk in a water tank and how to cross the street by myself again,” Hollis explains. “I'd like to represent the senior who struggles, but won't give up.”



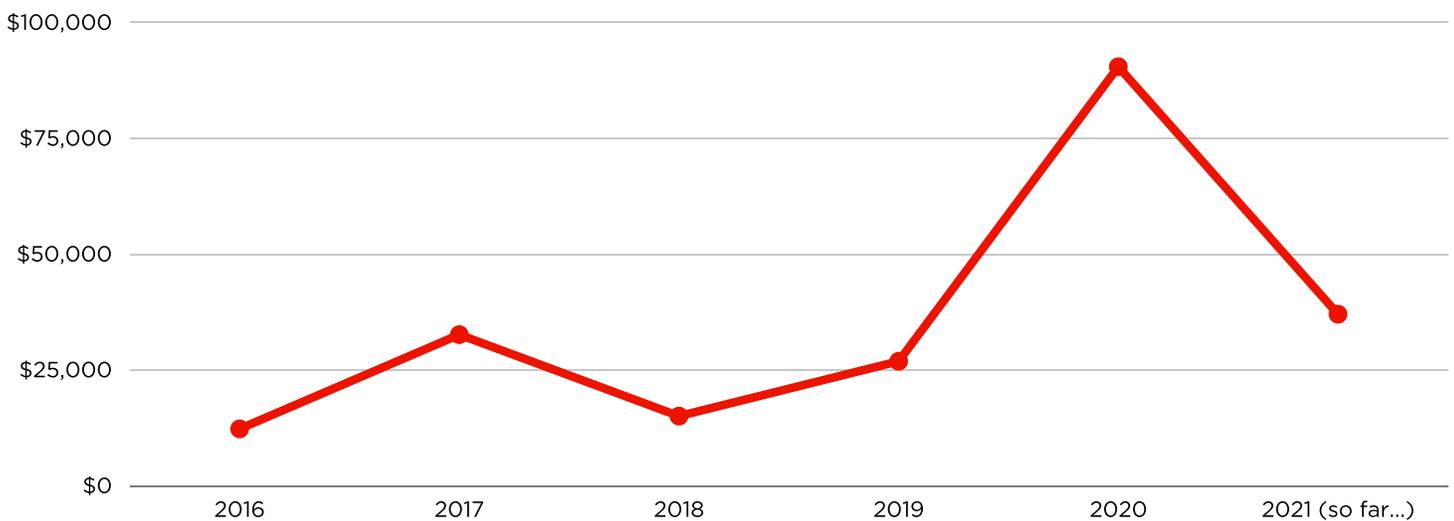
SUPPORTER STRONG

Senior Planet would not be where we are today without the generous contributions of Supporters. Whether it's your time, your knowledge or your financial contributions, you have played a vital role in changing how the world views aging.

300%

Growth in number of donors from 2019 to 2020

Funds Raised by Supporters Annually



STRENGTH IN PRIDE

In June, Senior Planet hosted our first-ever Pride event series featuring four unique events to celebrate the LGBT+ older adult community.

As a result of the success of the events, we will be forming a Senior Planet Pride group that will meet year-round to keep Pride alive and help our members make connections with other older adults in the LGBT+ community! Want to get involved? Send an email to phugi@oats.org.

Recruitment Committee Update

HELP SPREAD THE WORD



Want to help grow and strengthen our community? The Recruitment Committee has put together some helpful materials to spread the word about Senior Planet!

Here are the steps:

- 1) Send an email to a friend you think would benefit from joining free online classes. [Sample email here](#)
- 2) [Print a flier](#) and put it up in your laundry room, doctor's office waiting room – anywhere they'll let you!
- 3) Email phugi@oats.org to let us know where you put up a flier and how many emails you sent so we can track our efforts!

Want to help build the future of Senior Planet? Join the Recruitment Committee and make your voice heard? [Sign up here!](#)

The Recruitment Committee is open to all Senior Planet Supporters. We meet online every two months.

HAVE YOU HEARD?

EMERGENCY BROADBAND BENEFIT (EBB)

The new Emergency Broadband Benefit (EBB) is a government program to help households struggling to pay for internet service. OATS' Aging Connected initiative is helping seniors learn how to utilize this benefit.

Find out if you qualify to save \$50/month on home internet by visiting AgingConnected.org/EBB.

[Click here to watch a short video to learn more about the program!](#)



CONNECT WITH US!

www.seniorplanet.org
facebook.com/seniorplanet

RESOURCES FOR CAREGIVERS:

DIGITAL ESSENTIALS FOR CAREGIVERS COURSE

In Q2, OATS piloted a free, 6-week online course for caregivers age 60+ and recipients of care to help navigate and understand the digital world as part of a CDC Foundation project, utilizing donor funds from the flexible COVID-19 Response Fund. The course will officially launch on August 9. Learn more and register for the upcoming course at SeniorPlanet.org/caregiving.

ELLIQ - GET A FREE COMPANION DEVICE

ElliQ®, by Intuition Robotics, is a personal care companion that helps older adults lead healthier, happier lives at home. ElliQ offers companionship, entertainment, tips and advice, answers to their questions, and much more.

Participants receive a free ElliQ, access to a real-life wellness coach, and concierge services. Their wellness coach will suggest health tips, track patterns, and bring any concerns to their attention — to help them stay on track of their health and wellness goals.

To sign up, call (888) 230-2432 or visit: info.elliq.com/care-program



THANK YOU!

SENIOR PLANET
FROM **AARP**