



March 22, 2017

Dear Friends,

Sixty and Better, Inc. (S&B), receives 45% of its funding from government sources. Every year there is concern about budget cuts that would adversely affect older adults who depend on the meals that we serve. S&B serves up to 1,300 nutritious meals a day to residents age 60 and older. The talk about eliminating major programs such as senior nutrition is disturbing, since the lunch we provide is often the only full meal that many older adults eat due to limited income and limited ability to shop and cook for themselves.

*In fact, according to our most recent survey, 52% of our participants report spending less than \$125 a month on groceries and 51% tell us that the meal they receive at the center is their most important source of nutrition. We know the struggle of those trying to make ends meet who have only their monthly Social Security check.*

Our programs of nutrition and socialization at neighborhood centers keep older adults mentally and physically active, connected to friends and keep them out of hospitals and nursing homes. Our motto says it clearly: "Where Healthy Aging Begins." I want to compliment our partner agency, Meals On Wheels of Tarrant County, for their efforts to care for the home-bound elderly and for calling attention to the importance of funding for senior nutrition.

**The daughter of one of our participants notes, "His doctor says waking up every morning anxious for activities and a meal with friends contributes to his longevity. Daddy is 101 years young."**

Sixty & Better is also reaching out to its volunteers who help older adults in activity centers and who are self-advocates, supporting age-friendly communities. Even with current government funding, we still rely on private donations for a significant portion of our funding. Your individual donations are greatly needed and are greatly appreciated. S&B's basic nutrition and socialization programs contribute to healthy aging. Without meals and friends, older adults become sicker and weaker, more alone and more isolated.

I conclude with a quote from my friend, Carla Jutson, the President and CEO of Meals On Wheels of Tarrant County: "I also ask you to pray for our country, and that this issue will be resolved so our senior citizens will not have to worry about where their next meal will come from. Pray that our leaders will recognize the importance of the senior nutrition programs all across America. Finally, share your concerns with our elected officials in Washington because they are our first line of defense for the federal budget. You can easily contact your representative at [www.house.gov/representatives/find/](http://www.house.gov/representatives/find/)."

Thanks very much for caring about our older generation and supporting healthy aging in Tarrant County and in America.

Jerome H. Mosman, CEO  
Sixty and Better, Inc.