



Major Donors and Community Partners

AARP Texas	City of Mansfield	Raymond Lifchez
Aetna	City of Watauga	Related Management
Alcon Foundation	City of White Settlement	Schollmaier Foundation
Andrea Buhler	Don Looney Charitable Trust	Tarrant County Commissioner Andy Nguyen
Area Agency on Aging North Central Texas Council of Governments	E.M. Rosenthal Family Fund	Tarrant County Judge B. Glen Whitley
Area Agency on Aging Tarrant County	Fort Worth Police Department	Tarrant County Public Health
Arlington Adult Day Health Care	Frank and Jean Buhler Charitable Fund	Terry Siegel
Center for Geriatrics University of North Texas Health Science Center	GM Financial	Texas Health Resources
Cigna-HealthSpring	Jewish Family Services of Fort Worth and Tarrant County	The Morris Foundation
City of Arlington	JTaylor	The Ryan Foundation
City of Azle	Junior League of Fort Worth	United Way of Tarrant County
City of Crowley	Lockheed Martin AeroCARES	UnitedHealthcare
City of Forest Hill	National Council on Aging	Virginia Hulse Fund
City of Fort Worth	Powerhouse Foundation	WellMed Healthcare and Charitable Foundation
City of Haltom City		
City of Kennedale		



How You Can Make a Difference

Adopt-a-Center

Join **3** other Tarrant organizations who have adopted Activity Centers and regularly engage with participants.

Volunteer

For groups and individuals, we have team building opportunities ranging from events to pro bono work.

Join The 60 Club

Help ensure our financial stability by making a recurring gift. At \$5 a month or \$60 a year, your gift helps Sixty and Better provide nutritious meals, wellness programs, and fun activities to 3,000+ older adults in Tarrant County.



2018 Annual Report

www.SixtyAndBetter.org/Impact



Dear Friend,

Your support has helped Sixty and Better enhance the lives of older adults living in Tarrant County. As you'll see in this Annual Report, **Sixty and Better empowers our participants to age in place and engage with others outside their home and within their community.** Last year alone, Sixty and Better helped more than 3,000 older adults:

- 25 Activity Centers across 13 Tarrant communities served 2,804 older adults through our congregate meal program.
- Even more, 762 older adults enrolled in one of our health and wellness programs.

As you may know, isolation and loneliness among older adults can have a negative and cascading effect on health and well-being. However, with our signature programs, **Sixty and Better participants significantly increase their activity levels, healthy eating habits, social interactions, and are able to contribute to their community in meaningful ways.**

Formerly Senior Citizen Services of Greater Tarrant County, we could not do the work we have done for 51 years without the support of our community partners and generous supporters. **Your help ensures Sixty and Better keeps Boomers and older adults active and engaged so they can thrive in the prime of their lives.** Thank you.

Monique Barber, MPH, MBA
CEO, Sixty and Better, Inc.



Call (817) 413-4949
Visit www.SixtyAndBetter.org/Give
Email Info@SixtyAndBetter.org

Sixty and Better, Inc.
1400 Circle Drive, Suite 300, Fort Worth, TX 76119
(817) 413-4949 www.SixtyAndBetter.org



Congregate Meal Program Participants

2,804 meal program participants

767 in their 60s
1,081 in their 70s
771 in their 80s
148 in their 90s
6 in their 100s

5% Asian
22% Black
56% Caucasian
16% Hispanic
.4% Native American
.7% Other

70% women and **30%** men

9 in 10 have lived in the same home the past year

44% live alone

3 in 4 are widowed or unmarried

62% live at or below the Federal Poverty Level*

27% rely on a caregiver or family member

20% identify as a caregiver

*2018 Federal Poverty Level is an income of \$12,140 per year



Health and Wellness Program

47% say their health is better than others their age

8 in 10 report improved health since attending their Center

201 participants' eyes screened through Alcon Foundation Grant

762 participants enrolled in health programs lead by **78** volunteer instructors

123 enrollees took the **Aging Mastery Program®**

361 enrollees took **A Matter of Balance**

253 enrollees took **Chronic Disease Self Management**

25 enrollees took **Diabetes Self Management**



Socialization and Nutrition Program

5 in 6 come to their Center to socialize

45% say only form of social contact is at their Center

3 in 5 have attended their Center for 3+ years

202,686 meals served at Activity Centers

54% say Center meal is their most important source of daily nutrition

7 in 8 receive Tarrant Area Food Bank groceries at Center



Transportation Program

545 participants took **47,418** trips

2 in 5 cannot drive themselves to their Center



Care Coordination Program

180 participants with daily access to care coordination



Volunteer Program

1,216 volunteers

110,303 hours of service

\$2.7 Million Dollars value of volunteer time*

*Based on value of \$24.69 per volunteer hour by Independent Sector



Finances

\$2,548,098
 Operating Budget

Expenses
76% Programs
19% Management/General
5% Fundraising

Revenue
54% Federal Grants/AAA
13% CDBG/City/County Grants
11% Foundation Grants
10% Special Events/Other
6% United Way
5% Program Contributions



Board of Directors

12 Females and **10** Males

724 Volunteer Hours

9 Committees

1 Asian
4 Black
13 Caucasian
4 Hispanic