

Letter from our Board President

Dear Friends,

As I reflect on the past year, I am proud to share the many accomplishments and milestones achieved by Sixty & Better. You can read the stories of Ms. Cheryl and Ms. Patricia, just two of the 1,400 older adults served in 2023, later in this report.

Thanks to the organization's many community partners, Sixty & Better can tailor our services to meet the specific physical and mental health needs of Tarrant County seniors, identified by older adults themselves.

To address the ongoing challenges with balance and mobility, depression and loneliness, Sixty & Better increased the number of balance classes last year, providing additional balance classes, adding a walking program - Walk with a Doc - and creating the Siegel Creative Arts program named in honor of founder and local artist Evelyn Siegel and her family. The new arts program has already shown the impact the arts can have on older adults, bringing them together around a shared interest and providing a much-needed sense of purpose.

On behalf of the Board of Directors and the older adults served by Sixty & Better, I would like to thank you for partnering with the organization in empowering older adults to become and remain healthy, active, and engaged in their communities.



Karen Telschow Johnson
2023 Board President



Karen Telschow Johnson

2023 BOARD OF DIRECTORS

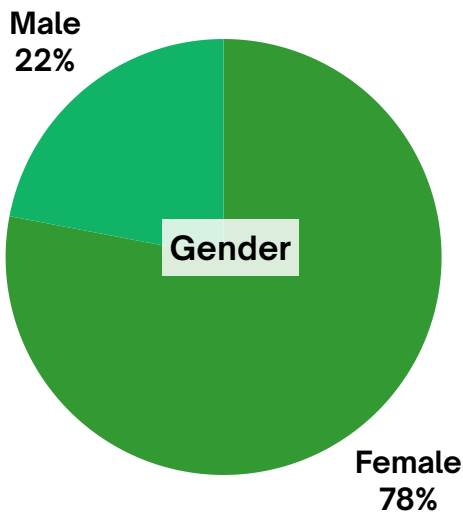
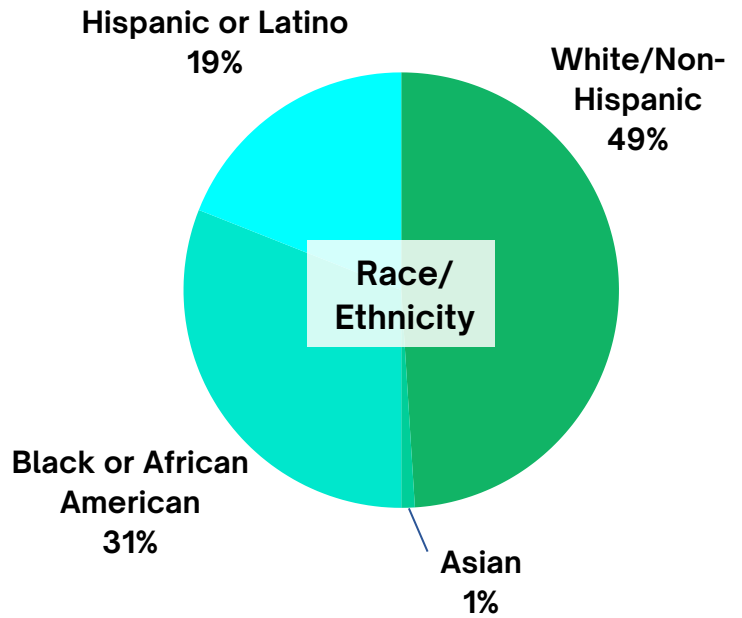
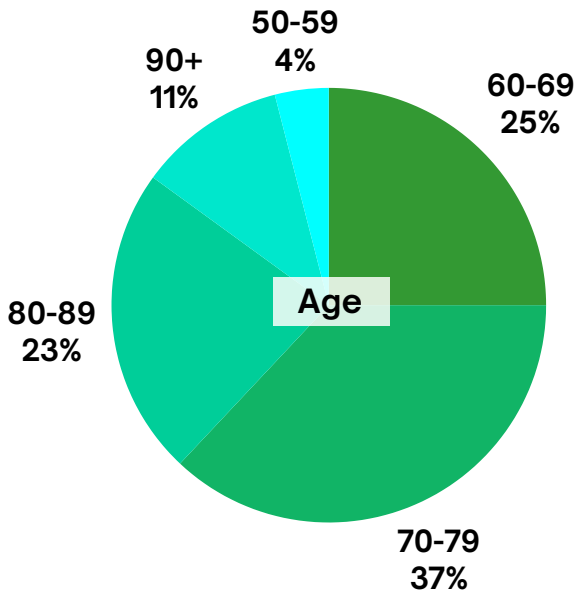
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Program Participants



45 Program Sites

Participants Served **1,408**

2023 Financial Overview

FY 23 Revenue

Government Grants	\$327,096
Individual Giving	\$261,339
Organizations	\$189,404
Endowment Income	\$29,505

Total Revenue \$807,423

FY 23 Expenses

Client Services	\$635,103
Administration	\$90,624
Fundraising	\$54,132

Total Expenses \$779,859

Impact

Ms. Cheryl participated in Sixty & Better’s A Matter of Balance course at the recommendation of her physician. Since experiencing a fall last October, she had struggled to regain confidence in her mobility and felt guilty for having to depend on others for things that she used to do for herself.

In setting goals at the beginning of the course, Ms. Cheryl stated that she would like to be able to collect her mail from her mailbox at the end of her driveway herself instead of depending on her neighbor.

The first few classes were difficult, but as her strength increased, so did her level of activity. On the final day of class, Ms. Cheryl practically ran into the classroom, waving the mail that she had just collected from her mailbox.



Patricia has lived alone since her husband of 46 years passed away from COVID. Having been part of a couple for over half of her life, she found herself struggling to engage and find purpose in her life as she felt that she no longer fit in with the group of friends, all couples, that she had enjoyed while her husband was alive.

When Patricia learned of Sixty & Better from her pastor, she registered for every art class offered in Evelyn’s Creativity Lab. As she became more active in the creative arts program, she began to develop new friendships and reestablish friendships that had been lost while caring for her ailing husband.