

2020 Annual Report



**2,705
Older Adults
Served**



**440
Wellness Class
Enrollees**



**229,043
Meals Served
or Delivered**



**19,408
Companion
Calls**



**1,341
Volunteers**



Year in Review

Sixty and Better has provided programming and services that empower older adults to live with purpose, independence, and dignity since 1967. In 2020, COVID-19 presented many challenges for our agency as we traditionally work to get older adults out of their homes and connected with others within their communities.

With no end of social distancing or group-restriction orders in sight, Sixty and Better made the difficult decision to discontinue our meal program in September. During the last six months of the program, Sixty and Better quickly pivoted to make weekly companionship phone calls and served members with bi-weekly home deliveries of frozen and shelf-stable meals. In addition, we distributed engagement activities such as activity books, useful household and toiletry items, and protective face masks.

We cherish the five decades of serving older adults through our meal program, working alongside county, city, and community leaders and with volunteers. While the meal program has ended, we look forward to continue to serve older adults through expanded Health and Wellness programs, offered over the phone and online.

Health and Wellness

440

Wellness Class Enrollees

59

Ageing Mastery Program Enrollees*

36

Class Locations Across Tarrant County and Online

329

Sixty and Better Healthy Aging Symposium Guests

315

A Matter of Balance Enrollees*

72

Older Adults Screened for Eyesight Issues at the Healthy Aging Symposium

66

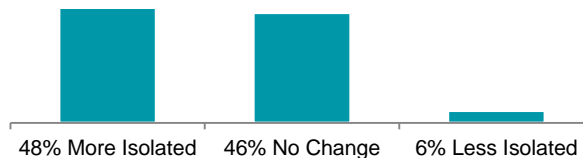
Health For Me Enrollees

*Some classes canceled due to COVID



Companion Calls

Isolation Due to COVID



1,336

Older Adults Called

19,408

Number of Calls Provided

May 2020 - September 2020

Volunteer

1,341

Volunteers

\$759,723

Value of Volunteer Service

Independent Sector:
\$27.20 per hour

27,931

Hours of Service

Transit

310

Older Adults Served

18,335

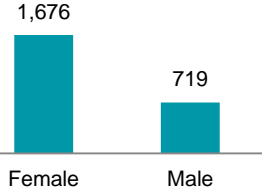
Rides Provided

October 2019 - March 2020

Nutrition and Socialization

2,705
Older Adults Served

Gender



76%
Meal is the Healthiest of the Day

35%
Do Not or Cannot Drive

44%
Live Alone

55%
Live At or Below Federal Poverty Line
\$12,760 annually per individual

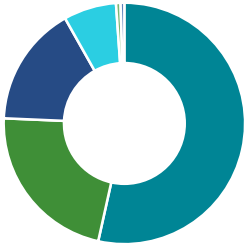
46%
Live in Zip Codes with the Highest Basic Needs Based on Social Determinants of Health

Healthy North Texas SocioNeeds Index

55%
Live in Zip Codes with Low Access to Healthy Food and Supermarkets
USDA Food Access Atlas and US Census

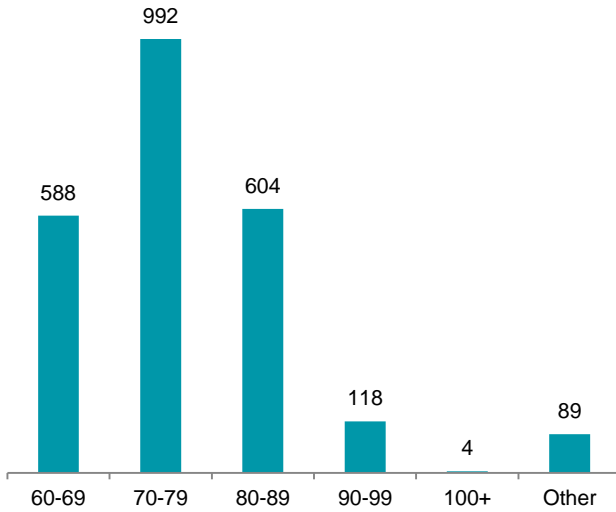


Ethnicity



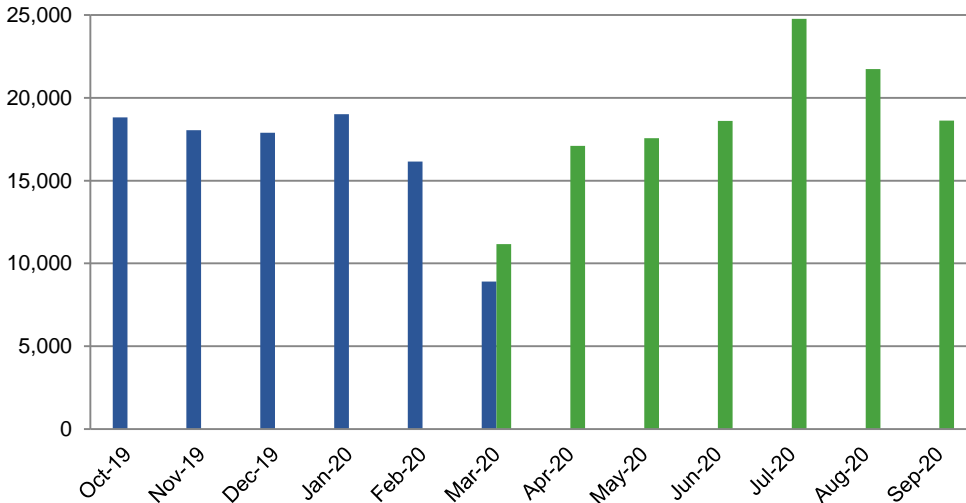
- 53% White
- 22% Black/African American
- 16% Hispanic
- 7% Asian
- .6% Native American
- .5% Other

Age



229,043 Meals Served

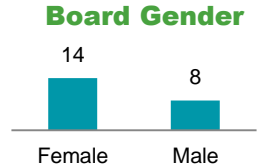
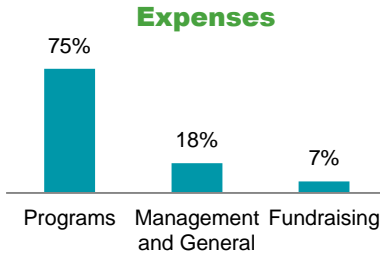
- 98,443 Congregate Meals Served at Activity Centers (before COVID)
- 130,600 Home Delivered Meals (after COVID)



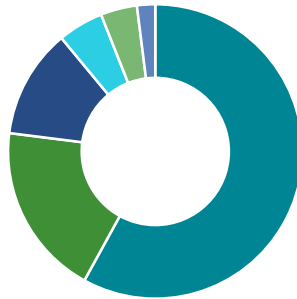


Finances and Governance

\$2,610,979
Operating Budget



Revenue



- 58% Federal Grants
- 19% Special Events and Other
- 12% Foundation Grants and General Donations
- 5% CDBG, County, and City Grants
- 4% United Way
- 2% Program Contributions

Board Ethnicity



- 12 White
- 7 Black/African American
- 2 Hispanic
- 1 Asian

Major Donors and Community Partners

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> AARP Texas Aetna Alcon Foundation Andrea Buhler Anonymous Area Agency on Aging – North Central Texas Council of Governments Area Agency on Aging – Tarrant County Arlington Adult Day Health Care Atmos Energy Bank of America Charitable Foundation Inc. Barbara and David Nance Carl B. and Florence E. King Foundation Carla L. Phillips Center for Geriatrics – University of North Texas Health Science Center Cigna-HealthSpring City of Arlington City of Azle City of Crowley City of Forest Hill City of Fort Worth City of Haltom City City of Kennedale | <ul style="list-style-type: none"> City of Mansfield City of Watauga City of White Settlement Community Council of Greater Dallas Courtney L. Chatfield Crystelle Waggoner Trust Cynthia and Terry Siegel David Buhler Dean, Jacobson Financial Services Don Looney Charitable Trust DuBose Family Foundation E.M. Rosenthal Family Fund EcoLab Foundation Evelyn Siegel First Presbyterian Church Fort Worth Police Department Frost Bank Frost Wealth Advisors GM Financial Haltom City Senior Center Hartman Wanzor LLP Helen Irwin Littauer Educational Trust Jewish Family Services of Fort Worth and Tarrant County JPS Foundation JTaylor | <ul style="list-style-type: none"> Junior League of Fort Worth Karen L. Ostrander, MSN Lockheed Martin AeroCARES Lynnice and Joseph D. Taylor The Morris Foundation National Council on Aging Nicholas L. Wanzor North Texas Community Foundation Powerhouse Foundation Raymond Lifchez Ryan Foundation Schollmaier Foundation Steven E. Katten, JD Tarrant County College District Tarrant County Commissioner’s Court Tarrant County Judge B. Glen Whitley Tarrant County Public Health Texas Health Resources Thomas Fairchild TRIO Community Meals U.S. Trust Bank of America Private Wealth Management United Way of Metropolitan Dallas United Way of Tarrant County WellMed Charitable Foundation WellMed Networks, Inc. |
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For more than five decades, Sixty and Better has provided a place for older adults to have fun, be well, and stay connected. With our programs, members report significant increases in activity levels, healthy habits, and social connections with others in their community. Formerly Senior Citizen Services of Greater Tarrant County, Sixty and Better, Inc. is a 501(c)(3) nonprofit organization founded in 1967.

OUR MISSION: Sixty and Better empowers older adults to live with purpose, independence, and dignity.

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