



# 2017 Annual Report



## What We Do

Sixty and Better serves those aged 60+ at 25 neighborhood Activity Centers in 13 communities across Fort Worth and Tarrant County. Programs include nutritious meals, socialization activities, volunteer opportunities, health and wellness classes, and round trip transportation to local Activity Centers.

## Our Vision

Sixty and Better envisions communities without isolated elders, with older adults staying connected, healthy, active, and contributing to community needs.

## Our Mission

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

## Our Values

- Person-centered Services
- Quality
- Diversity
- Collaboration
- Respect

## Sixty and Better, Inc.

1400 Circle Drive, Suite 300  
Fort Worth, TX 76119

Office (817) 413-4949

Fax (817) 413-4908

[www.SixtyAndBetter.org](http://www.SixtyAndBetter.org)

Formerly Senior Citizen  
Services of Greater  
Tarrant County, Inc.

## Celebrating 50 Years, Shaping the Next 50

In 1967, we opened Fort Worth's first older adult activity center. Since then, we grew to become Senior Citizen Services of Greater Tarrant County, experts in healthy aging. Today, we have a new name, a county-wide network of 25 Activity Centers, and serve more than 3,500 older adults and Boomers annually, yet our mission remains the same after five decades.



## Golden Anniversary Year Highlights

**New Name and Look:** To better convey a message of vibrancy and vitality to those we serve, we updated our look and transitioned to Sixty and Better.



**Golden Anniversary Gala:** In September, **General Motors Financial** generously presented the milestone event at the Fort Worth Club honoring our co-founders **Rosalyn G. Rosenthal** and **Evelyn Siegel**. Their forethought, generous support, and tireless passion have enhanced the lives of older people living in Tarrant County for 50 years.



**Healthy Aging Lecture Series:** Six informative lectures were presented by topic leaders and held throughout Tarrant County, including Tarrant Area Food Bank, UNT Health Science Center, TCU, Texas A&M School of Law, and the THR Senior Health and Wellness Center.

## Long-range Strategic Plan Initiatives:

- 1 Be Recognized as the Healthy Aging Expert
- 2 Transform Activity Centers into Centers of Excellence
- 3 Mobilize Older Adults and Boomers to Be Self-advocates
- 4 Develop and Implement Diversified Funding







**3,087**

**Meal Program Participants**

902	1,133
<b>60s</b>	<b>70s</b>
777	128
<b>80s</b>	<b>90s</b>
3	
<b>100s</b>	

- 6.3% Asian
- 22.3% Black
- 16.2% Hispanic
- 0.2% Native American
- 0.2% Native Hawaiian
- 54.5% White
- 0.3% Other

**13% Served**

*Are Caregivers* **1-in-5**



**1-in-5 Receive Care**

**91% Aged in Place at the Same Residence for the Past 12 Months**

**43% Live Alone**



**55% Live at or Below Federal Poverty Rate**

**1,684**

Rate is less than \$29,425 annual income for a single person



**Sixty and Better is Where Healthy Aging Begins!** We strive to end isolation so those in the prime of their life can stay connected, healthy, and active. Through our comprehensive, evidence-based approach to aging, Sixty and Better participants significantly increase their activity levels, healthy eating habits, social interactions, and contribute to their local community in meaningful ways. A nonprofit organization, Sixty and Better depends on the generosity of the community and our partners to help keep older adults and Boomers engaged and thriving.



**Nutritious Meals**

In 2017, Sixty and Better provided **205,279** meals to **3,087** Meal Program Participants, served fresh by **560** volunteer food handlers.

**71%** Come to Get a Meal  
**71%** Spend \$36 or Less on Groceries per Week

**77%** Receive Monthly Groceries from Tarrant Area Food Bank at Activity Centers

**25 Activity Centers**  
12 across Tarrant County  
13 in Fort Worth

**66%** Come to Improve Diet and Nutrition  
**48%** Meal is Most Important Source of Daily Nutrition

**48%** Improved Health Since Began Eating Center Meals



**Health & Wellness**

In 2017, Sixty and Better empowered **929** Participants through our signature health and wellness programs, instructed by **38** volunteer coaches and lay-leaders.

**201** Participants' Eyes Screened through Alcon Foundation Grant

**929** Medicare Beneficiaries who Received Assistance with Benefits Enrollment

**Aging Mastery Program**  
**4** Sites  
**156** Participants

**Chronic Disease Self Management**  
**26** Sites  
**283** Participants

**A Matter of Balance**  
**30** Sites  
**490** Participants



**Community Connection**

In 2017, Sixty and Better connected **2,450** volunteers with meaningful opportunities to make a difference. Volunteers donated **134,893** hours of service, equivalent to **\$3.1 million** in value.

**75%** Unmarried/Widowed  
**41%** Only Social Contact is at their Activity Center

**94%** Come to Socialize  
**80%** Attended their Activity Center Regularly in the Past Year

**2 Activity Center Adoptions**  
Como Activity Center + JTaylor  
Linwood Square + AARP Texas  
**36%** Regularly Attended in the Past 5 Years

Volunteers	Hours
56 Community	1,593
8 Interns	2,705
1,067 Activity Center Participants	126,627
69 Wellness Volunteers	3,467



**Transportation**

In 2017, **551** Sixty and Better Participants took **44,529** Trips to their Neighborhood Activity Center for fun, friendship, and food.

**↑22%** Increase in Trips over 2016  
**↑27%** Increase in Riders over 2016

**\$6** One-way Cost per Ride  
**21%** Depend on Sixty and Better to get to their Activity Center

**41%** Do Not or Cannot Drive  
**33%** Have Mobility Issues

Funding	Trips	Cost
Participant Contributions	316	\$1,896
Donations to Sixty and Better	385	\$2,310
Tarrant County Funds	7,205	\$43,230
Area Agency on Aging	16,667	\$100,002
Fort Worth CDBG	19,956	\$119,736



**Dora Ann, Kennedale**

"I was my husband's caretaker for many years, and when he passed away, I didn't know what to do with myself. I decided to give my local Center a try. We have so many activities; there's something for everyone."



**Peggy, Haltom City**

"I was looking for volunteer opportunities and a friend recommended the Center. For the past 11 years, I've helped pass out meals, sort food pantry donations, and volunteered as a receptionist. I love coming here every day!"



**Charley, Mansfield**

"My wife and I moved to Mansfield to be closer to the grandkids. We needed things to do and wanted to get connected to the community, and our Center did just that. Now I'm the resident bingo caller."



**Crispina, Meadowbrook**

"After my heart surgery, I started taking the exercise classes offered at my Center. I've made so many friends and improved my health. The classes are fun, help keep me active, and Sixty & Better picks me up."



**Joyce, Forest Hill**

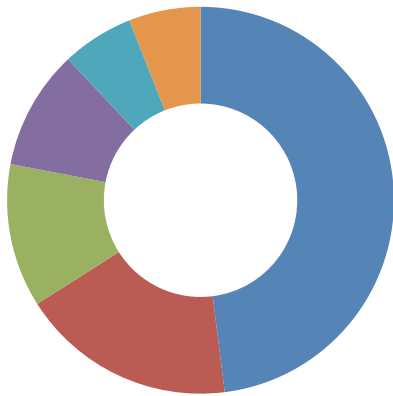
"I came because I was looking for a place to exercise, I stayed because of the friends I've made. I now represent our Center on the Sixty & Better Center Advisory Council."

**Survey Participants Health Profile**

- 66% Hypertension or High Blood Pressure
- 50% High Cholesterol
- 45% Diabetes or High Blood Sugar
- 27% Eye or Vision Problems
- 25% Dental Problems
- 18% Depression
- 14% Some Memory Loss
- 74% Take Three or More Prescriptions Daily
- 32% Use Adaptive or Assistive Devices
- 68% Participate in Health Education Classes
- 70% Participate in Physical Fitness Classes

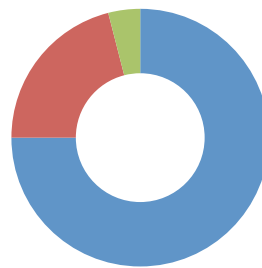
Sixty and Better uses a survey developed with University of North Texas to measure personal importance and impact of our programs and services among Activity Center participants. The survey is conducted in English, Spanish, and Vietnamese. In 2017, 733 participants completed the survey; however, numbers presented herein reflect the views of 344 participants who attended an Activity Center three or more days per week. We want to thank the Tarrant County Public Health Medical Reserve Corps volunteers for helping to tabulate survey results.

# Finances



## Revenue

- Area Agency on Aging/ Federal Grants 48%
- CDBG/City/County Grants 19%
- Foundation Grants 13%
- Special Events/Other 8%
- Program Contributions 6%
- United Way 6%



## Expenses

- Programs 75%
- Management/General 21%
- Fundraising 4%

## Operating Budget

# \$2,610,146

## Major Donors

- AARP Texas
- Alcon Employees Association
- Andrea Buhler
- Ann L. & Carol Green Rhodes Charitable Trust
- Area Agency on Aging NCT-COG
- Area Agency on Aging Tarrant County
- Arlington Tomorrow Foundation
- Atmos Energy
- Catholic Charities Fort Worth
- Cigna
- City of Arlington
- City of Azle
- City of Crowley
- City of Forest Hill
- City of Fort Worth
- City of Kennedale
- Crystelle Waggoner Charitable Trust
- Debby & Roger Bevan
- E.M. Rosenthal Family Fund
- Evelyn Siegel & Family
- Fort Worth Police Department
- General Motors Financial
- JTaylor
- Lockheed Martin AERO Club
- The Morris Foundation
- National Council on Aging
- Raymond Lifchez
- The Ryan Foundation
- Sid W. Richardson Foundation
- Tarrant County Commissioner Andy Nguyen
- Tarrant County Judge B. Glen Whitley
- Tarrant County Public Health
- Texas Health Resources
- The Frank & Jean Buhler Charitable Trust
- UNT Health Science Center – Center for Geriatrics
- United Way of Tarrant County
- WellMed Charitable Foundation

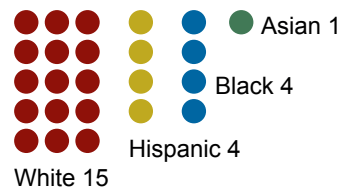
## Board of Directors

## Volunteer Hours

# 501



## Race



## Sixty and Better Community Partners



## Continue Your Support Today...



### Donate

**Help us end older adult isolation** and contribute through monthly giving, legacy and estate planning, tribute and memorial gifts, corporate sponsorships, attending annual fundraisers, and more!



### Volunteer

**Share your time and talents** through days of service, special events, coordinating food banks, pro bono work, Central Office administrative projects, leading health and wellness classes, and more!



### Embrace

**Make memories and make a difference** when you adopt an Activity Center, sponsor a Center party or day trip, help connect and develop community partnerships, advocate for older adults, and more!

**Call** (817) 413-4949 **Email** [Info@SixtyAndBetter.org](mailto:Info@SixtyAndBetter.org) **Visit** [www.SixtyAndBetter.org](http://www.SixtyAndBetter.org)

