



Annual Report 2021



Mission:
Empowering older adults to live with purpose, independence, and dignity.

Letter from our Board President

Dear Friends,

With our community's older adults front and foremost in our minds, and the financial realities of operating in a "holding pattern" while senior centers closed indefinitely in March 2020, Sixty & Better's Board of Directors made the difficult decision to transition the management of food service and senior centers to Meals on Wheels in September 2020.

Leaving behind the day-to-day operation of senior centers after five decades of service has been difficult, but we continue to engage older adults through our evidence-based exercise and wellness programs and the piloting of new innovative services. Classes and services are now being provided throughout the county in senior care facilities, libraries, senior centers, and faith communities.

I was proud to lead Sixty & Better's Board of Directors this year as we reaffirmed our mission of empowering older adults to live with purpose, independence, and dignity. Through a continuum of innovative programs and services, enriched community partnerships and your support, Sixty & Better remains a vital provider of care and support for our community's older adults. I invite you to join us in helping older adults remain healthy, active, and engaged in our community.

Sincerely,



Nick Wanzor
Board President, Sixty & Better, Inc.



Nick Wanzor, CPA
President

Board Members

EXECUTIVE COMMITTEE

Nicholas Wanzor, President

Karen Ostrander, Immediate Past President

Terry Siegel, Vice President of Resource Development

Dr. Terry Aaron, Vice President of Volunteer Services

Michele E. Ware, Secretary

Tim Lowry, Treasurer

Becky Orander, Executive Director

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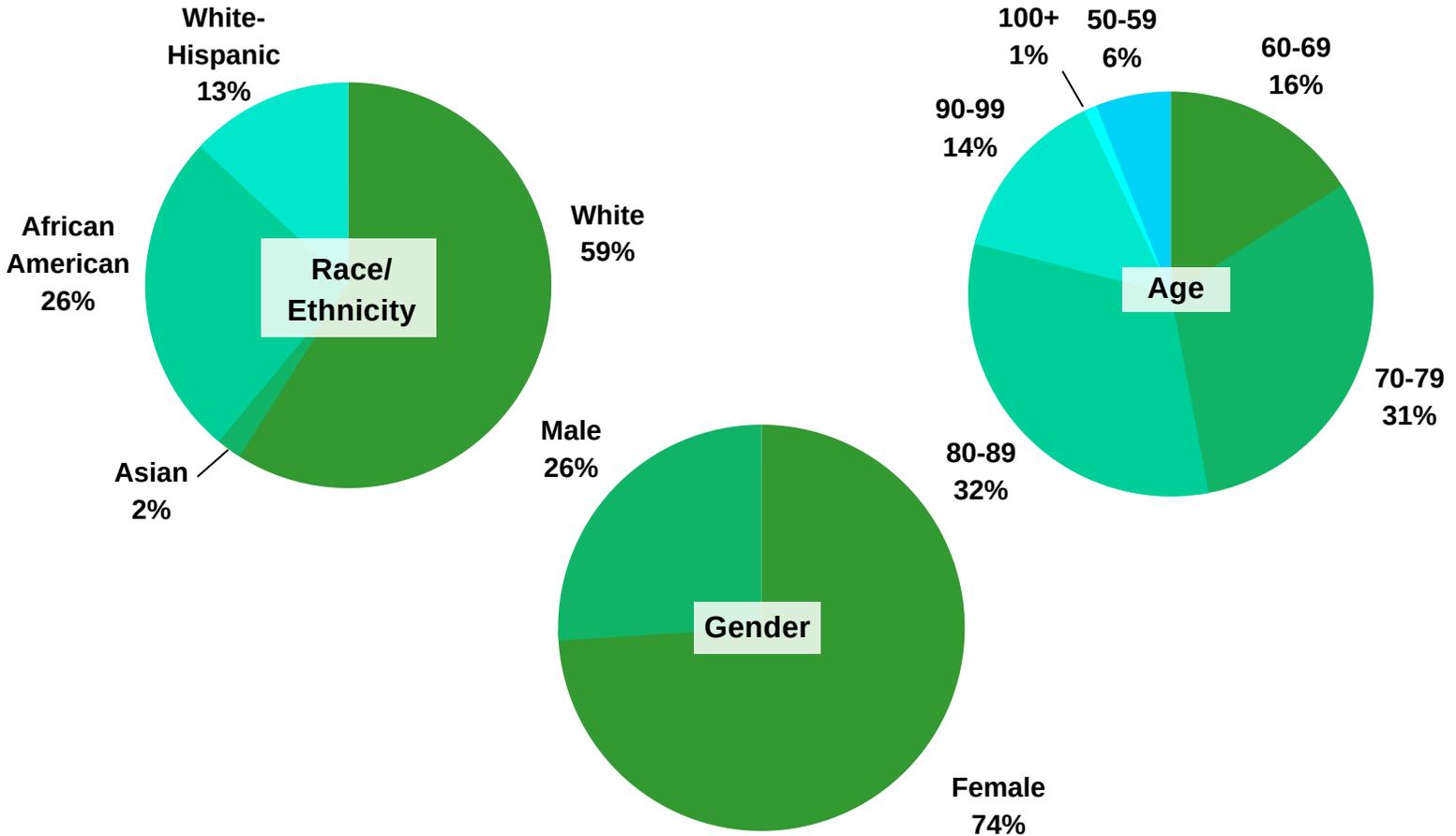
Glenda Redeemer

Elva Roy

Joseph D. Taylor

Dr. Yvette M. Wingate

Program Participants



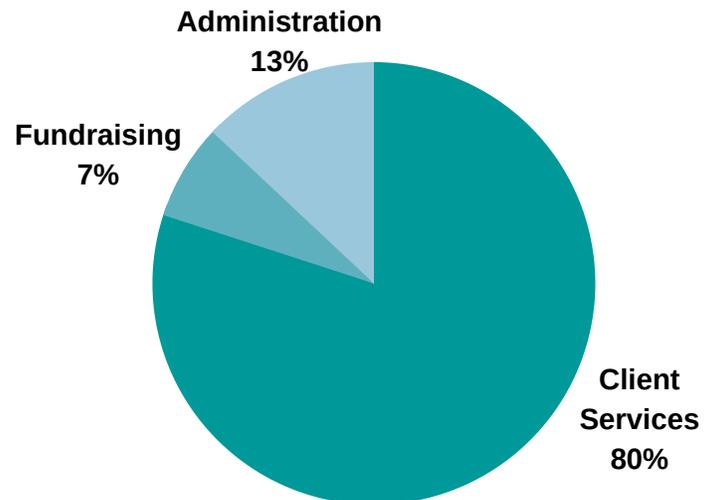
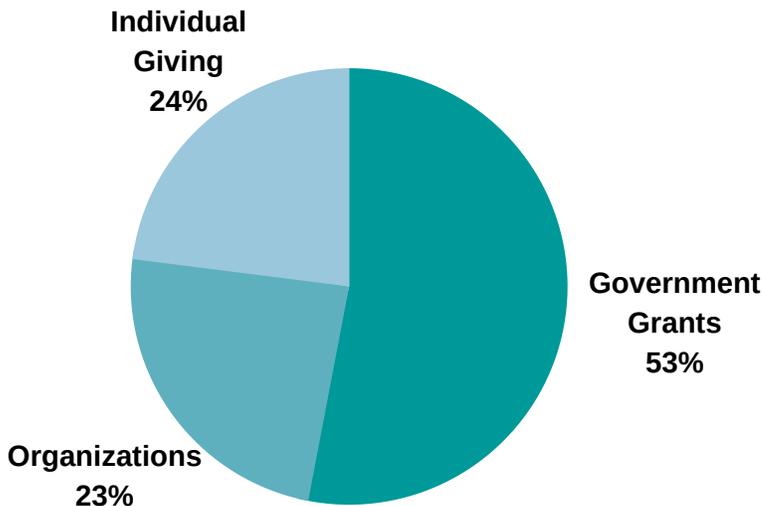
2021 Financial Overview

2021 REVENUE

Government Grants: \$359,602
Individual Giving: \$166,289
Organizations: \$157,879

EXPENSES

Client Services \$550,010
Administration \$132,002
Fundraising \$51,334



2022 Programs

Wellness Classes

A Matter of Balance

This interactive evidence-based course is designed to reduce and manage falls while improving strength and balance.

TEXERCISE

Basic exercise routines, line dancing and walking are all included to encourage the development of healthy lifestyles.

Walk with a Doc

Local parks are the venue for physician-led walking groups which begin with a brief discussion on a current health topic followed by a hike with the provider.

Bingocize®

Bingo and exercise are combined to increase mobility and independence while engaging in a fun activity with friends.



Siegel Arts Program

These innovative programs were developed in honor of Evelyn Siegel, a founder of Sixty & Better, long-time advocate for educating and engaging seniors, and local arts educator.



Evelyn Siegel

Evelyn's Creativity Lab

Seniors engage in a variety of art projects such as 3D printing, leatherwork, and graphic design at this drop-in center at the Sixty & Better office.

Senior Day Trips

Seniors explore the world of the arts through half-day trips to art venues, performances, and exhibits.

Grandparent/Grandchild Date Nights

Monthly intergenerational experiences are shared by grandparents and their grandchildren as they explore art venues in our community.

Support Programs

Talk Time

Isolated seniors receive weekly phone calls to engage them in conversation and assess basic needs not being met.

Home Safety Visits

Balance class participants may request home visits to identify safety risks and receive assistance with home modifications.

Case Management

Referrals for basic needs are available to participants enrolled in Sixty & Better programs.

