Sixty & Better

Mission:
Empowering older adults to live with purpose, independence, and dignity.
Letter from our Board President

Dear Friends,

As Board President of Sixty & Better, I am writing to express my heartfelt gratitude for your unwavering support this past year. Your contributions, whether it be through volunteering your time, donations, or spreading the word about Sixty & Better, have made a tremendous impact on the older adults we serve.

The past year has been challenging for everyone, but especially for seniors who have been disproportionately affected by the pandemic. Many of them have been isolated and cut off from their loved ones, which has had a significant impact on their mental and physical well-being. However, thanks to your support, Sixty & Better has been able to continue providing essential services to Tarrant County’s older adults such as health and wellness instruction, basic needs services, and community reengagement activities.

None of this would have been possible without your support. Your kindness and compassion have made a real difference in the lives of those in our community. On behalf of our board and the seniors we serve, I want to thank you for your generosity and commitment to empowering older adults remain healthy, active, and engaged in our community.

Nick Wanzor
2022 Board President
Client Stories

After a significant loss of mobility, Mrs. Tilson struggled to leave home and found herself sitting in her recliner for hours on end. With encouragement from a neighbor, Mrs. Tilson joined her for a Sixty & Better balance class, improving her endurance while lessening her fear of falling.

Sixty & Better’s creative arts program strives to bring a bit of color and fun to the lives of seniors, such as Ms. Lilian, who has struggled with depression since the loss of her husband. Art classes at her living facility allow her to engage in an activity she loves, while providing her with a new sense of purpose and a chance to make friends.
Program Participants

Racial/Ethnicity:
- Hispanic: 14%
- African American: 31%
- Asian: 2%
- American Indian: 3%
- White: 50%

Gender:
- Male: 19%
- Female: 81%

Participants Served 2022: 1479
Program Sites 2022: 38
2022 Financial Overview

**INCOME**
- Government: 32%
- Individuals: 32%
- Organizations: 36%

**EXPENSE**
- Client Services: 86%
- Administration: 8%
- Fundraising: 6%
Board of Directors

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, Vice President of Program Services
Tim Lowry, Treasurer
Karen Telschow Johnson, Secretary

Board Members:
Deputy Police Chief Tracie Baker
Gladys J. Emerson
Matt Flahaven
Dr. Rebecca Mauldin
Samuel More
Carla Phillips
Glenda Redeemer
Elva Roy
Joseph D. Taylor
Dr. Yvette M. Wingate

Becky Orander, MSW, Executive Director
Thank You

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