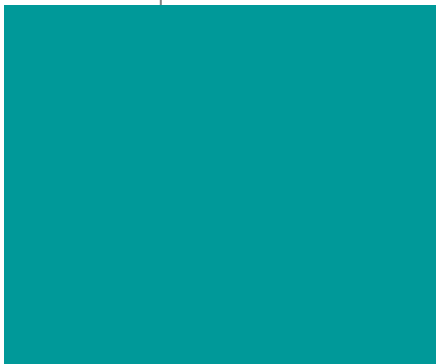
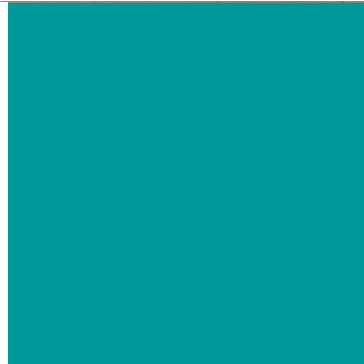


Sixty & Better

Annual Report 2022

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.

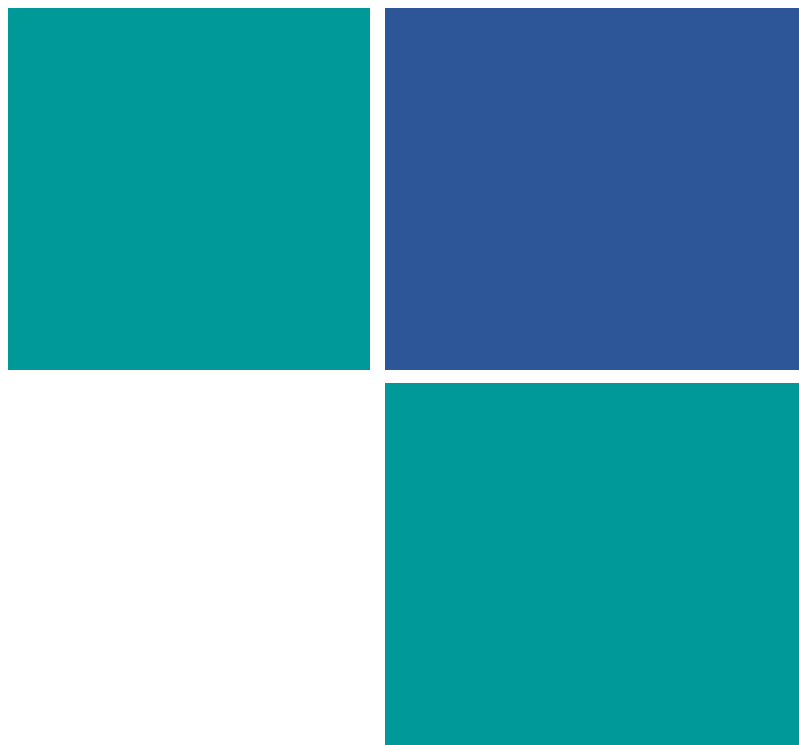
None of this would have been possible without your support. Your kindness and compassion have made a real difference in the lives of those in our community. On behalf of our board and the seniors we serve, I want to thank you for your generosity and commitment to empowering older adults remain healthy,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




A handwritten signature in black ink that reads "Nick Wanzor".

Nick Wanzor


2022 Board President



Client Stories



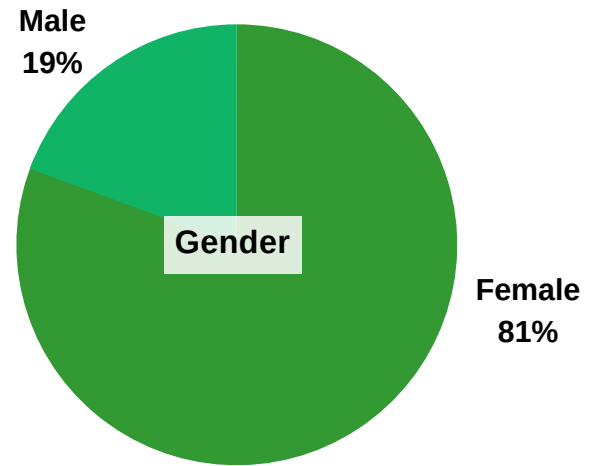
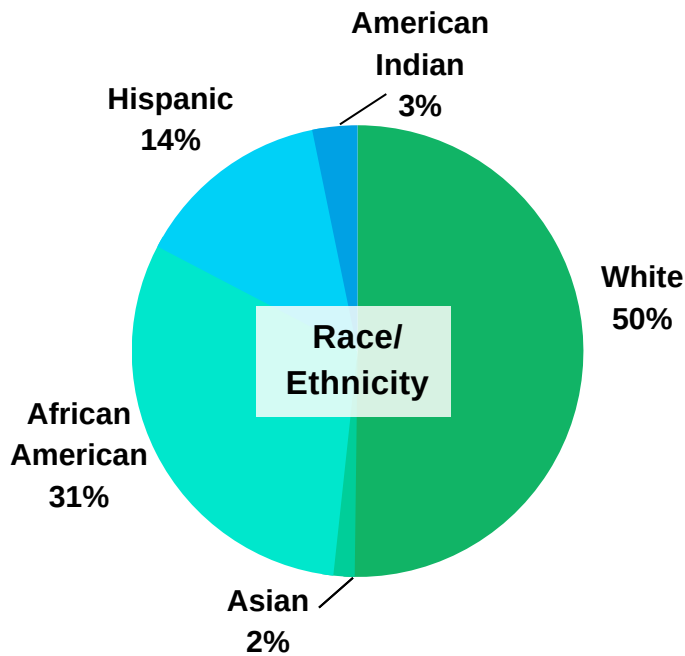
After a significant loss of mobility, Mrs. Tilson struggled to leave home and found herself sitting in her recliner for hours on end. With encouragement from a neighbor, Mrs. Tilson joined her for a Sixty & Better balance class, improving her endurance while lessening her fear of falling.



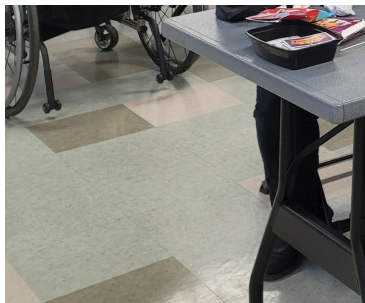
Sixty & Better's creative arts program strives to bring a bit of color and fun to the lives of seniors, such as Ms. Lilian, who has struggled with depression since the loss of her husband. Art classes at her living facility allow her to engage in an activity she loves, while providing her with a new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



Program Participants



Participants Served 2022:
1479

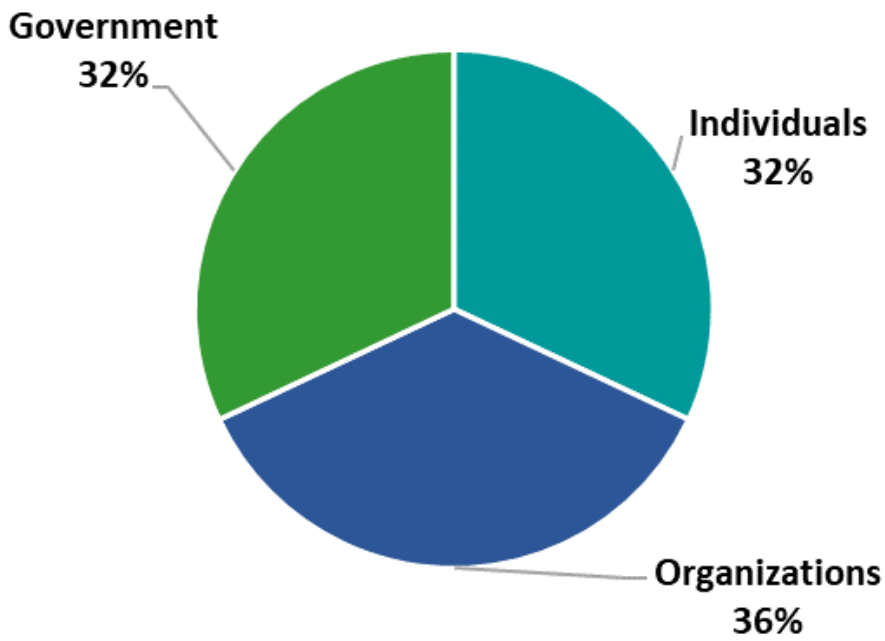


Program Sites 2022:
38

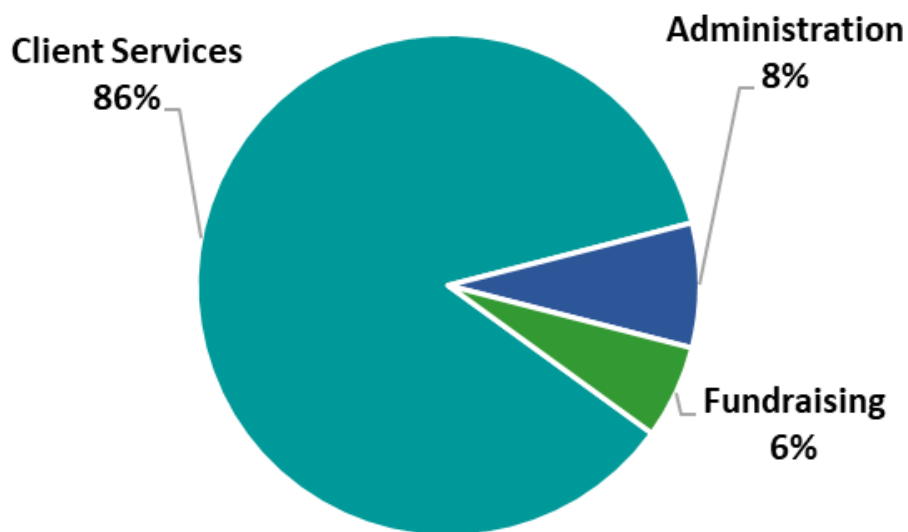


2022 Financial Overview

INCOME



EXPENSE



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

 817-413-4949

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 www.SixtyandBetter.org

