



2019 Annual Report



For more than five decades, Sixty and Better has provided a place for older adults to have fun, be well, and stay connected. Each day we work to empower seniors, helping them age in place and engage with others outside their home.

Generous support from our major donors and community partners make this possible, in part, by helping to fund our signature programs. These programs include nutritious meals, relevant health and wellness classes, helpful transportation services, meaningful volunteering opportunities, and necessary care coordination.

Sixty and Better serves an average of 870 meals daily at activity centers in 11 Tarrant County communities. Beyond the meals, we also enrolled 682 participants in health and wellness programs at 71 sites across Tarrant County. Additionally, Sixty and Better was able to provide door-to-door transportation for 570 participants—that's 45,010 rides. Read more about our efforts inside this report.

As we continue to develop programs that keep older adults connected, active, and engaged, Sixty and Better is where healthy aging begins.

In health,

Monique Barber, MPH, MBA
CEO, Sixty and Better, Inc.



Sixty and Better, Inc.

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Sixty and Better Participants

3,316 participants served*

70% women and **30%** men

55% live in low-income neighborhoods with low access to healthy food**

44% live alone

* Includes non-duplicated participants of the congregate meal program, health and wellness classes, and transportation program

** Assessment based on USDA Food Access Research Atlas and US Census

810 in their 60s

1,324 in their 70s

855 in their 80s

193 in their 90s

4 in their 100s

6% Asian

21% Black/African American

58% Caucasian

14% Hispanic

.4% Native American

.7% Other



Health and Wellness Program

86% report improved health since attending their Center

682 enrollees in health and wellness programs

71 health and wellness class locations across Tarrant County

80 volunteer instructors

1,489 hours of service by volunteer instructors

72 enrollees took the **Aging Mastery Program®**

496 enrollees took **A Matter of Balance**

114 enrollees took **HealthForMe** self-management classes

235 participants' eyes screened through Alcon Foundation Grant



Volunteer Program

1,031 volunteers

76,756 hours of service

\$1.9 Million Dollars value of volunteer time***

*** Based on value of \$25.43 per volunteer hour by Independent Sector



Transportation Program

570 participants took **45,010** rides

80% would be unable to attend their Center without transportation services



Socialization and Nutrition Program

202,286 meals served at Centers

870 average number of meals served daily

55% attend their Center for the meal

63% say the Center meal is their healthiest meal of the day

82% receive monthly Tarrant Area Food Bank groceries at Center

55% live at or below the Federal Poverty Level[§]

[§] 2019 Federal Poverty Level is \$12,760 per year for an individual

63% are widowed or unmarried

39% say their only form of regular social contact is at their Center

80% come to their Center to socialize

52% have attended their Center for 3+ years

92% have lived in the same home the past year

45% regularly rely on a family member or caregiver

18% identify as a caregiver



Care Coordination Program

242 participants with daily access to care coordination



Finances

\$2,607,569

Operating Budget

Expenses

75% Programs

18% Management/General

7% Fundraising

Revenue

51% Federal Grants/AAA

18% Foundation/Grants

11% CDBG/City/County Grants

9% Special Events/Other

6% United Way

5% Program Contributions



Board of Directors

12 women and **9** men

456 volunteer hours

9 committees

1 Asian

4 Black/African American

12 Caucasian

4 Hispanic



Major Donors and Community Partners

AARP Texas	Fort Worth Police Department
Aetna	Frank and Jean Buhler Charitable Fund
Alcon Foundation	Frost Bank
Amon G. Carter Foundation	GM Financial
Andrea Buhler	Hartman Wanzor LLP
Ann L. & Carol Green Rhodes Charitable Trust	Helen Gertrude Sparks Charitable Trust
Area Agency on Aging - North Central Texas Council of Governments	Jewish Family Services
Area Agency on Aging - Tarrant County	JPS Foundation
Arlington Adult Day Health Care	JTaylor
Atmos Energy	Karen L. Ostrander
Bank of America Charitable Foundation Inc.	Lockheed Martin AeroCARES
BNSF Railway Foundation	Lynnice and Joseph D. Taylor
Carl B. and Florence E. King Foundation	Powerhouse Foundation
Cigna-HealthSpring	Raymond Lifchez
City of Arlington	Related Management
City of Azle	Schollmaeir Foundation
City of Crowley	Sid W. Richardson Foundation
City of Forest Hill	Tarrant County College - Trinity River
City of Fort Worth	Tarrant County College District
City of Haltom City	Tarrant County Commissioners Court
City of Kennedale	Tarrant County Judge B. Glen Whitley
City of Mansfield	Tarrant County Public Health
City of Watauga	Tarrant Special Events Foundation
City of White Settlement	The Morris Foundation
Como Lions Heart	The Ryan Foundation
Courtney L. Chatfield	TRIO Community Meals
Cynthia and Terry Siegel	United Way of Tarrant County
Dean, Jacobson Financial Services	University of North Texas Health Science Center
Don Looney Charitable Trust	Virginia Hulse Fund
E.M. Rosenthal Family Fund	WellMed Charitable Foundation
EcoLab Foundation	WellMed Medical Management

Information provided in the 2019 Annual Report is based on fiscal year operating October 1, 2018 - September 30, 2019, and on an Annual Satisfaction Survey conducted in November 2019. The Survey was administered in English, Spanish, and Vietnamese among 800 Activity Center participants. Survey results reflect the views of 486 participants who attended a Center three or more days per week in FY2019.