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 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

570 participants took 45,010 rides

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
242 participants with daily access to care coordination

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

- 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

Finances

- $2,607,569 Operating Budget
  - 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

870 average number of meals served daily

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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
### Major Donors and Community Partners

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<th>AARP Texas</th>
<th>Fort Worth Police Department</th>
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<td>Aetna</td>
<td>Frank and Jean Buhler</td>
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<td>Alcon Foundation</td>
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<td>Amon G. Carter Foundation</td>
<td>Frost Bank</td>
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<td>Andrea Buhler</td>
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<td>Ann L. &amp; Carol Green Rhodes Charitable Trust</td>
<td>Hartman Wanzor LLP</td>
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<td>Area Agency on Aging - North Central Texas Council of Governments</td>
<td>Helen Gertrude Sparks Charitable Trust</td>
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<td>Atmos Energy</td>
<td>Jewish Family Services</td>
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<td>Charitable Foundation Inc.</td>
<td>JTaylor</td>
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<td>Foundation</td>
<td>Lynnice and Joseph D. Taylor</td>
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<td>Carl B. and Florence E. King Foundation</td>
<td>Powerhouse Foundation</td>
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<td>Tarrant County Judge B. Glen Whitley</td>
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<td>Courtney L. Chatfield</td>
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<td>Cynthia and Terry Siegel</td>
<td>University of North Texas Health Science Center</td>
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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.