2020 Annual Report

2,705 Older Adults Served
440 Wellness Class Enrollees
229,043 Meals Served or Delivered
19,408 Companion Calls
1,341 Volunteers
Year in Review

Sixty and Better has provided programming and services that empower older adults to live with purpose, independence, and dignity since 1967. In 2020, COVID-19 presented many challenges for our agency as we traditionally work to get older adults out of their homes and connected with others within their communities.

With no end of social distancing or group-restriction orders in sight, Sixty and Better made the difficult decision to discontinue our meal program in September. During the last six months of the program, Sixty and Better quickly pivoted to make weekly companionship phone calls and served members with bi-weekly home deliveries of frozen and shelf-stable meals. In addition, we distributed engagement activities such as activity books, useful household and toiletry items, and protective face masks.

We cherish the five decades of serving older adults through our meal program, working alongside county, city, and community leaders and with volunteers. While the meal program has ended, we look forward to continue to serve older adults through expanded Health and Wellness programs, offered over the phone and online.

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Health and Wellness

- **Wellness Class Enrollees**: 440
- **Class Locations Across Tarrant County and Online**: 36
- **A Matter of Balance Enrollees***: 315
- **Health For Me Enrollees**: 66
- **Aging Mastery Program Enrollees***: 59
- **Sixty and Better Healthy Aging Symposium Guests**: 329
- **Older Adults Screened for Eyesight Issues at the Healthy Aging Symposium**: 72

*Some classes canceled due to COVID

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Companion Calls

**Isolation Due to COVID**

- 48% More Isolated
- 46% No Change
- 6% Less Isolated

**Older Adults Called**: 1,336
**Number of Calls Provided**: 19,408

May 2020 - September 2020

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Volunteer

- **Volunteers**: 1,341
- **Hours of Service**: 27,931
- **Value of Volunteer Service**: $759,723

Independent Sector: $27.20 per hour

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Transit

- **Older Adults Served**: 310
- **Rides Provided**: 18,335

October 2019 - March 2020
**Nutrition and Socialization**

- **2,705 Older Adults Served**
  - **Gender**
    - Female: 1,676
    - Male: 719
  - **Ethnicity**
    - 53% White
    - 22% Black/African American
    - 16% Hispanic
    - 7% Asian
    - .6% Native American
    - .5% Other
  - **Age**
    - 60-69: 588
    - 70-79: 992
    - 80-89: 604
    - 90-99: 118
    - 100+: 4
    - Other: 89

- **76%** Meal is the Healthiest of the Day
- **35%** Do Not or Cannot Drive
- **44%** Live Alone
- **55%** Live At or Below Federal Poverty Line
  - $12,760 annually per individual
- **46%** Live in Zip Codes with the Highest Basic Needs Based on Social Determinants of Health
  - Healthy North Texas SocioNeeds Index
- **55%** Live in Zip Codes with Low Access to Healthy Food and Supermarkets
  - USDA Food Access Atlas and US Census

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**229,043 Meals Served**

- 98,443 Congregate Meals Served at Activity Centers (before COVID)
- 130,600 Home Delivered Meals (after COVID)
For more than five decades, Sixty and Better has provided a place for older adults to have fun, be well, and stay connected. With our programs, members report significant increases in activity levels, healthy habits, and social connections with others in their community. Formerly Senior Citizen Services of Greater Tarrant County, Sixty and Better, Inc. is a 501(c)(3) nonprofit organization founded in 1967.

OUR MISSION: Sixty and Better empowers older adults to live with purpose, independence, and dignity.

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