What We Do
Sixty and Better serves those aged 60+ at 25 neighborhood Activity Centers in 13 communities across Fort Worth and Tarrant County. Programs include nutritious meals, socialization activities, volunteer opportunities, health and wellness classes, and round trip transportation to local Activity Centers.

Our Vision
Sixty and Better envisions communities without isolated elders, with older adults staying connected, healthy, active, and contributing to community needs.

Our Mission
Sixty and Better empowers older adults to live with purpose, independence, and dignity.

Our Values
Person-centered Services
Quality
Diversity
Collaboration
Respect

Celebrating 50 Years, Shaping the Next 50

In 1967, we opened Fort Worth’s first older adult activity center. Since then, we grew to become Senior Citizen Services of Greater Tarrant County, experts in healthy aging. Today, we have a new name, a county-wide network of 25 Activity Centers, and serve more than 3,500 older adults and Boomers annually, yet our mission remains the same after five decades.

Golden Anniversary Year Highlights

New Name and Look: To better convey a message of vibrancy and vitality to those we serve, we updated our look and transitioned to Sixty and Better.

Golden Anniversary Gala: In September, General Motors Financial generously presented the milestone event at the Fort Worth Club honoring our co-founders Rosalyn G. Rosenthal and Evelyn Siegel. Their forethought, generous support, and tireless passion have enhanced the lives of older people living in Tarrant County for 50 years.

Healthy Aging Lecture Series: Six informative lectures were presented by topic leaders and held throughout Tarrant County, including Tarrant Area Food Bank, UNT Health Science Center, TCU, Texas A&M School of Law, and the THR Senior Health and Wellness Center.

Long-range Strategic Plan Initiatives:
1. Be Recognized as the Healthy Aging Expert
2. Transform Activity Centers into Centers of Excellence
3. Mobilize Older Adults and Boomers to Be Self-advocates
4. Develop and Implement Diversified Funding
Sixty and Better is Where Healthy Aging Begins! We strive to end isolation so those in the prime of their life can stay connected, healthy, and active. Through our comprehensive, evidence-based approach to aging, Sixty and Better participants significantly increase their activity levels, healthy eating habits, social interactions, and contribute to their local community in meaningful ways. A nonprofit organization, Sixty and Better depends on the generosity of the community and our partners to help keep older adults and Boomers engaged and thriving.

Nutritious Meals

In 2017, Sixty and Better provided 205,279 meals to 3,087 Meal Program Participants, served fresh by 560 volunteer food handlers.

Health & Wellness

In 2017, Sixty and Better empowered 929 Participants through our signature health and wellness programs, instructed by 38 volunteer coaches and lay-leaders.

Community Connection

In 2017, Sixty and Better connected 2,450 volunteers with meaningful opportunities to make a difference. Volunteers donated 134,893 hours of service, equivalent to $3.1 million in value.

Transportation

In 2017, 551 Sixty and Better Participants took 44,529 Trips to their Neighborhood Activity Center for fun, friendship, and food.

Survey Participants

<table>
<thead>
<tr>
<th>Health Profile</th>
<th>66% Hypertension or High Blood Pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>50% High Cholesterol</td>
</tr>
<tr>
<td></td>
<td>45% Diabetes or High Blood Sugar</td>
</tr>
<tr>
<td></td>
<td>27% Eye or Vision Problems</td>
</tr>
<tr>
<td></td>
<td>25% Dental Problems</td>
</tr>
<tr>
<td></td>
<td>18% Depression</td>
</tr>
<tr>
<td></td>
<td>14% Some Memory Loss</td>
</tr>
<tr>
<td></td>
<td>74% Take Three or More Prescriptions</td>
</tr>
<tr>
<td></td>
<td>32% Use Adaptive or Assistive Devices</td>
</tr>
<tr>
<td></td>
<td>68% Participate in Health Education</td>
</tr>
<tr>
<td></td>
<td>70% Participate in Physical Fitness</td>
</tr>
</tbody>
</table>

Participants

- Aged in Place: 1,000
- Live Alone: 1,338
- Live at or Below Federal Poverty Rate: 1,684
- Single Person Income for a single person: $19,425

Volunteers

- Health & Wellness: 56 Community, 1,593
- Chronic Disease Management: 8 Interns, 2,705
- Meal Program: 1,067 Activity Center Participants, 126,627
- A Matter of Balance: 69 Wellness Volunteers, 3,467

Funding

- Participant Contributions: $1,896
- Donations to Sixty and Better: $2,310
- Tarrant County Funds: $43,230
- Area Agency on Aging: $100,002
- Fort Worth CDBG: $119,738

Advisory Council.

Sixty and Better uses a survey developed with University of North Texas to measure personal importance and impact of our programs and services among Activity Center participants. The survey is conducted in English, Spanish, and Vietnamese. In 2017, 733 participants completed the survey; however, numbers presented herein reflect the views of 344 participants who attended an Activity Center three or more days per week. We want to thank the Tarrant County Public Health Medical Reserve Corps volunteers for helping to tabulate survey results.

1-in-5 Receive Care

- Housebound: 25
- Bedridden: 13
- Unmarried/Widowed: 97
- Other: 5

6% Asian
22% Black
16.2% Hispanic
0.2% Native American
0.2% Native Hawaiian
54.5% White
0.3% Other

13% Served

AARP Texas

A Matter of Balance

- Food
- Water
- Clothing
- Health
- Support

134,893

Volunteers

- Donations to Sixty and Better: $2,310
- Tarrant County Funds: $43,230
- Area Agency on Aging: $100,002
- Fort Worth CDBG: $119,738

Funding

- Participant Contributions: $1,896
- Donations to Sixty and Better: $2,310
- Tarrant County Funds: $43,230
- Area Agency on Aging: $100,002
- Fort Worth CDBG: $119,738

Advisory Council.

Sixty and Better uses a survey developed with University of North Texas to measure personal importance and impact of our programs and services among Activity Center participants. The survey is conducted in English, Spanish, and Vietnamese. In 2017, 733 participants completed the survey; however, numbers presented herein reflect the views of 344 participants who attended an Activity Center three or more days per week. We want to thank the Tarrant County Public Health Medical Reserve Corps volunteers for helping to tabulate survey results.

Nutritious Meals

In 2017, Sixty and Better provided 205,279 meals to 3,087 Meal Program Participants, served fresh by 560 volunteer food handlers.

Health & Wellness

In 2017, Sixty and Better empowered 929 Participants through our signature health and wellness programs, instructed by 38 volunteer coaches and lay-leaders.

Community Connection

In 2017, Sixty and Better connected 2,450 volunteers with meaningful opportunities to make a difference. Volunteers donated 134,893 hours of service, equivalent to $3.1 million in value.

Transportation

In 2017, 551 Sixty and Better Participants took 44,529 Trips to their Neighborhood Activity Center for fun, friendship, and food.

Survey Participants

<table>
<thead>
<tr>
<th>Health Profile</th>
<th>66% Hypertension or High Blood Pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>50% High Cholesterol</td>
</tr>
<tr>
<td></td>
<td>45% Diabetes or High Blood Sugar</td>
</tr>
<tr>
<td></td>
<td>27% Eye or Vision Problems</td>
</tr>
<tr>
<td></td>
<td>25% Dental Problems</td>
</tr>
<tr>
<td></td>
<td>18% Depression</td>
</tr>
<tr>
<td></td>
<td>14% Some Memory Loss</td>
</tr>
<tr>
<td></td>
<td>74% Take Three or More Prescriptions</td>
</tr>
<tr>
<td></td>
<td>32% Use Adaptive or Assistive Devices</td>
</tr>
<tr>
<td></td>
<td>68% Participate in Health Education</td>
</tr>
<tr>
<td></td>
<td>70% Participate in Physical Fitness</td>
</tr>
</tbody>
</table>

Participants

- Aged in Place: 1,000
- Live Alone: 1,338
- Live at or Below Federal Poverty Rate: 1,684
- Single Person Income for a single person: $19,425

Volunteers

- Health & Wellness: 56 Community, 1,593
- Chronic Disease Management: 8 Interns, 2,705
- Meal Program: 1,067 Activity Center Participants, 126,627
- A Matter of Balance: 69 Wellness Volunteers, 3,467

Funding

- Participant Contributions: $1,896
- Donations to Sixty and Better: $2,310
- Tarrant County Funds: $43,230
- Area Agency on Aging: $100,002
- Fort Worth CDBG: $119,738

Advisory Council.

Sixty and Better uses a survey developed with University of North Texas to measure personal importance and impact of our programs and services among Activity Center participants. The survey is conducted in English, Spanish, and Vietnamese. In 2017, 733 participants completed the survey; however, numbers presented herein reflect the views of 344 participants who attended an Activity Center three or more days per week. We want to thank the Tarrant County Public Health Medical Reserve Corps volunteers for helping to tabulate survey results.
**Operating Budget**

$2,610,146

**Finances**

### Revenue
- Area Agency on Aging/Federal Grants 48%
- Area Agency on Aging/CDBG/City/County Grants 19%
- Foundation Grants 13%
- Special Events/Other 8%
- Programs Contributions 6%
- United Way 6%

### Expenses
- Programs 75%
- Management/General 21%
- Fundraising 4%

**Board of Directors**

**Volunteer Hours**

501

**Gender**

- Female 13
- Male 11

**Race**

- Asian 1
- Black 4
- Hispanic 4
- White 15

**Sixty and Better Community Partners**

### Continue Your Support Today...

**Donate**

Help us end older adult isolation and contribute through monthly giving, legacy and estate planning, tribute and memorial gifts, corporate sponsorships, attending annual fundraisers, and more!

**Volunteer**

Share your time and talents through days of service, special events, coordinating food banks, pro bono work, Central Office administrative projects, leading health and wellness classes, and more!

**Embrace**

Make memories and make a difference when you adopt an Activity Center, sponsor a Center party or day trip, help connect and develop community partnerships, advocate for older adults, and more!

Call (817) 413-4949  Email Info@SixtyAndBetter.org  Visit www.SixtyAndBetter.org

**Major Donors**

- AARP Texas
- Alcon Employees Association
- Andrea Buhler
- Ann L. & Carol Green Rhodes Charitable Trust
- Area Agency on Aging
  - Tarrant County
- Arlington Tomorrow Foundation
- Atmos Energy
- Catholic Charities Fort Worth
- Cigna
- City of Arlington
- City of Azle
- City of Crowley
- City of Forest Hill
- City of Fort Worth
- City of Kennedale
- Crystelle Waggoner Charitable Trust
- Debby & Roger Bevan
- E.M. Rosenthal Family Fund
- Evelyn Siegel & Family
- Fort Worth Police Department
- General Motors Financial
- JTaylor
- Lockheed Martin AERO Club
- The Morris Foundation
- National Council on Aging
- Raymond Lifchez
- The Ryan Foundation
- Sid W. Richardson Foundation
- Tarrant County Commissioner
  - Andy Nguyen
- Tarrant County Judge
  - B. Glen Whitley
- Tarrant County Public Health
- Texas Health Resources
- The Frank & Jean Buhler Charitable Trust
- UNT Health Science Center – Center for Geriatrics
- United Way of Tarrant County
- WellMed Charitable Foundation