Dear Friend,

Your support has helped Sixty and Better enhance the lives of older adults living in Tarrant County. As you’ll see in this Annual Report, **Sixty and Better empowers our participants to age in place and engage with others outside their home and within their community.** Last year alone, Sixty and Better helped more than 3,000 older adults:

- 25 Activity Centers across 13 Tarrant communities served 2,804 older adults through our congregate meal program.
- Even more, 762 older adults enrolled in one of our health and wellness programs.

As you may know, isolation and loneliness among older adults can have a negative and cascading effect on health and well-being. However, with our signature programs, Sixty and Better participants significantly increase their activity levels, healthy eating habits, social interactions, and are able to contribute to their community in meaningful ways.

Formerly Senior Citizen Services of Greater Tarrant County, we could not do the work we have done for 51 years without the support of our community partners and generous supporters. Your help ensures Sixty and Better keeps Boomers and older adults active and engaged so they can thrive in the prime of their lives. Thank you.

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

**How You Can Make a Difference**

- **Adopt-a-Center**
  Join 3 other Tarrant organizations who have adopted Activity Centers and regularly engage with participants.

- **Volunteer**
  For groups and individuals, we have team building opportunities ranging from events to pro bono work.

- **Join The 60 Club**
  Help ensure our financial stability by making a recurring gift. At $5 a month or $60 a year, your gift helps Sixty and Better provide nutritious meals, wellness programs, and fun activities to 3,000+ older adults in Tarrant County.
### Congregate Meal Program Participants

- **2,804** meal program participants
  - 767 in their 60s
  - 1,081 in their 70s
  - 771 in their 80s
  - 148 in their 90s
  - 6 in their 100s
  - 5% Asian
  - 22% Black
  - 56% Caucasian
  - 16% Hispanic
  - .4% Native American
  - .7% Other

- **70%** women and **30%** men
- **9 in 10** have lived in the same home the past year
- **44%** live alone
- **3 in 4** are widowed or unmarried
- **62%** live at or below the Federal Poverty Level*
- **27%** rely on a caregiver or family member
- **20%** identify as a caregiver

*2018 Federal Poverty Level is an income of $12,140 per year

### Socialization and Nutrition Program

- **5 in 6** come to their Center to socialize
- **45%** say only form of social contact is at their Center
- **3 in 5** have attended their Center for 3+ years
- **202,686** meals served at Activity Centers
- **54%** say Center meal is their most important source of daily nutrition
- **7 in 8** receive Tarrant Area Food Bank groceries at Center

### Transportation Program

- **545** participants took **47,418** trips
- **2 in 5** cannot drive themselves to their Center

### Care Coordination Program

- **180** participants with daily access to care coordination

### Health and Wellness Program

- **47%** say their health is better than others their age
- **8 in 10** report improved health since attending their Center
- **201** participants’ eyes screened through Alcon Foundation Grant
- **762** participants enrolled in health programs led by **78** volunteer instructors

### Volunteer Program

- **1,216** volunteers
- **110,303** hours of service
- **$2.7 Million Dollars** value of volunteer time*

*Based on value of $24.69 per volunteer hour by Independent Sector

### Finances

- **$2,548,098** Operating Budget
- **76%** Programs
- **19%** Management/General
- **5%** Fundraising

### Revenue

- 54% Federal Grants/AAA
- 13% CDBG/City/County Grants
- 11% Foundation Grants
- 10% Special Events/Other
- 6% United Way
- 5% Program Contributions

### Board of Directors

- **12** Females and **10** Males
- **724** Volunteer Hours
- **9** Committees

### Board of Directors

- 1 Asian
- 4 Black
- 13 Caucasian
- 4 Hispanic

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Sixty and Better used a survey developed with University of North Texas Health Science Center and was conducted in English, Spanish, and Vietnamese in November 2018 among 869 Activity Center participants. Survey results reflect the views of 514 participants who attended a Center three or more days per week in FY2018.