



Adams County Aging Network

Lighting the Way to Positive Aging
in Adams County

ACAN News



February 2017

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ACAN Membership Meeting

February 7, 2017 @ 9:00 a.m.

**Margaret Carpenter Recreation Center
11151 Colorado Blvd, Thornton, CO 80233**

**Our speaker will be Robyn Cafasso, Senior Deputy District Attorney
Economic Unit of the 17th Judicial District Attorney's Office**



ACAN CONFERENCE

Uniting the Red, White, and Blue

April 20, 2017

Sponsorships and Exhibitors spots available!
Register now for prime locations.

www.ACANonline.org



Safety Corner

During the winter months, ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses -- especially for seniors. Here is some helpful advice for preventing common winter dangers.

Avoid Slipping on Ice: Icy, snowy roads and sidewalks make it easy to slip and fall. We all know that falls are a common occurrence, especially during the winter months. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

Dress for Warmth: Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the CDC, more than half of hypothermia-related deaths were of people over the age of 65. So don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs. Your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately.

Fight Wintertime Depression: Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation. To help avoid these issues, family members can check in on seniors as often as possible; even a short, daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

Check the Car: Driving during the winter can be hazardous for anyone. But it can be especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits -- or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads.

Prepare for Power Outages: Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

Eat a Varied Diet: Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits -- especially Vitamin D deficiency -- can be a problem. Make sure you are consuming foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

Prevent Carbon Monoxide Poisoning: Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments. Don't be afraid to reach out for help. Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough. *Source: www.care.com*

ACAN Member Meeting Summary

Tuesday, January 3, 2017

Call to order:

Angela Hall called the meeting to order @ 9:00 a.m.
Thank you to Alzheimer's Association for breakfast.

Approval of Minutes: Summary minutes for December 2016 were approved.

ACAN Announcements:

- Membership Dues are due for 2017. Forms are available.
- Business of the Year/Senior of the Year Nominations
 - Forms are available.
 - Deadline extended to January 31
- ACAN Conference - Save the Date - April 20, 2017
Patriotism: Uniting the Red, White & Blue
- Breakfast Sponsors are needed. Sign-up sheet is available.

Membership Introductions and Announcements:

31 in attendance

Presentation:

Marissa Volpe – Alzheimer's Association presented on the basics of Alzheimer's.

Adjournment: 10:15 a.m. by Angela Hall

Next Meeting: February 7, 2017 – Adams County Senior Deputy District Attorney - Robyn Cafasso



Adams County Aging Network Membership Dues for 2017

Annual Dues are due! Anyone or any organization wishing to be a member or continue membership will need to complete a membership form and pay the required dues. *Senior individuals do not pay a fee but still need to complete a form for the membership records and to make sure contact information for events is correct.*

For organizations, there is no requirement for attending meetings or getting the newsletter, however, there are many benefits to membership. These include one ad per year in the newsletter, listing on the website, opportunity to display your information at meetings, and a 10% discount for exhibiting at the Senior Conference.

Invoices for current members will be sent by the end of the month for the 2017 dues. Credit Cards accepted (a small processing fee will be added) or you can mail your check with completed form to:

ACAN c/o The Senior Hub 2360 W 90th Avenue, Federal Heights, CO 80260



ADAMS COUNTY AGING NETWORK

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C/o The Senior Hub

2360 W 90th Avenue

Federal Heights, CO 80260

Phone: 303-818-7232

Future ACAN Meetings

February 7, 2017	Member Meeting Adams County D.A.
March 7, 2017	Member & Board Meeting
April 4, 2017	Member Meeting

Save the Date

April 20, 2017

Annual ACAN Senior Conference

May 2, 2017	Member & Board Meeting
June 6, 2017	Member Meeting

ACAN Membership Dues

Annual dues are:

Individual over 60	FREE
Individual membership, under 60	\$20
Nonprofit agency	\$35
For profit business	\$65

We request that members pay dues, but do not restrict our meetings or mailings to dues-paying members. This helps support the organization. Advertising is restricted to dues-paying members. Make your checks payable to ACAN and mail to the newsletter return address.

Website: <http://www.acanonline.org>

Green Corner



Love your planet, not just your valentine! This month's green tip is brought to you by the Cleaning Authority – *Clean Homes, Clean Earth*.

Instead of flowers and a card this year, plant a tree together to symbolize your relationship's strength and endurance. You will do good for the environment and show off your romantic side.

ACAN News is a monthly publication of the
Adams County Aging Network.

A benefit of our dues paying members is advertising. Kindly submit advertising requests by the **15th** of each month for the next month's publication.

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