



Adams County Aging Network

Lighting the Way to Positive Aging
in Adams County

ACAN News



January 2017

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HAPPY NEW YEAR

ACAN Membership Meeting

January 3, 2017 @ 9:00 a.m.

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

Marissa Volpe, Diversity and Inclusion Coordinator, from the Alzheimer's Association will be speaking at our January ACAN Member Meeting. Formed in 1980, the Alzheimer's Association advances research to end Alzheimer's and dementia while enhancing care for those living with the disease.



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

Keep Emergency Numbers and Your Cell Phone Close By:

While 911 is the default number for any emergency, it is wise to keep your cellular phone on you at all times while in your home. Many seniors who are home alone will often trip and fall breaking bones and will not have the capability to contact someone as they are incapacitated. It is wise to have your phone with you at all times when you are alone and have special emergency numbers programmed in case of a time of need.

Avoid Cash if Possible:

The great thing about today's society is that most businesses operate by credit or debit card. This is good for the consumer, as many of us can get almost anything we want without having to carry loads of cash around. If you are traveling we recommend only keeping a small amount of cash with you at all times and have a decoy credit card that you can give robbers if that situation ever occurs.

These are just a few personal safety tips for senior citizens that we recommend. It is important for seniors to always be aware of their surroundings and keep a constant check on their finances as there are always people looking to prey on the elderly.



**The Senior Hub
Board of Directors Event:
Asti d'Italia
at the Orchard Shopping Center
on
January 18th, 2017
6:00 – 8:30 p.m.**

**Please call The Senior Hub
303-426-4408 x 202 to make your
reservations.**

**\$65/per person for a three course
dinner paired with a nice wine for
each course. A portion of each
dinner will benefit The Senior Hub
and those we serve.**

A New Year

This is a brand new year. A perfect time to take stock of the past, present and future. A time for resolution – resolve to create the year that you want and the change that you need to bring joy, inspiration, and contentment. A few ideas to get you started...

- 1. Expand your thinking with new experiences.** Each month for 30 days in a row, commit to doing something new that you have thought about doing, but have not done, and notice how it affects your life. Some possibilities: do aerobic exercise for 30 minutes, listen to only positive music, don't read the newspaper, stop watching TV, verbally appreciate at least 10 people a day, meditate for 20 minutes, do 20 minutes of yoga, plan your next day's schedule and a prioritized to-do list before you begin your day.
- 2. Write letters to three people in your life to let them know what they mean to you.**
- 3. Make a commitment to fitness.** Build fitness into your schedule. Join a class at your fitness club, an exercise group or a team sport. Doing any of these things will not only make your workouts more productive, but they will also be more fun.
- 4. Practice the one-a-day principle.** You can't delight everybody all the time but you can do something extraordinary for someone each day. Find a colleague, relative or a friend each day and do something remarkable.
- 5. Have gratitude.** Take a life inventory. How are your relationships with friends and family? How often do you laugh? Are you doing the things you love the most? Be sure to delight in all the amazing aspects of your life.

ACAN Member Meeting Summary

Tuesday, December 6, 2016

Call to order:

Angela Hall called the meeting to order @ 9:15 a.m.

Thank you to everyone for contributing to the great breakfast that we all enjoyed.

Summary from November ACAN Meeting was approved.

ACAN Announcements:

Membership Dues are due for 2017. Forms are available on line @ www.acanonline.org.

Business of the Year/Senior of the Year Nominations - Forms are available on line.

ACAN extended the Deadline to January 31, 2017

ACAN Conference - Save the Date - April 20, 2017

Patriotism: Uniting the Red, White & Blue

Senior Hub Resource Guide is printed and ready to go. Take some with you. Let us know if you need some.

Membership Introductions and Announcements:

32 in attendance

December Holiday Networking Event: -- Yummy food and networking was had by all.

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

Next Meeting: January 3, 2017 – Alzheimer's Association – Marissa Volpe.

ACAN Senior Citizen of the Year Award

ACAN is seeking nominations for the 2nd Annual Senior Citizen of the Year Award. This award recognizes someone age 60 or older who has made a significant contribution to Adams County through Volunteerism.

ACAN Business of the Year Award

ACAN is seeking nominations for the 2nd Annual Business of the Year Award. This award recognizes a business that has made a significant contribution to senior citizens in Adams County.

Deadline for nominatoim extended to January 31, 2016



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

- January 3, 2017** **Member & Board Meeting**
Alzheimer's Association
- 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

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



If your windows are old you can invest in a simple window kit for indoor use. It is an insulated plastic that anyone can apply to windows to seal out the cold air and leaks. It helps to prevent heat loss & conserves energy. If the power goes off, it will help your home retain the heat for longer until repairs can be made.

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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