



# Adams County Aging Network

Lighting the Way to Positive Aging  
in Adams County

## ACAN News



July 2017

### ACAN Board of Directors

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Tillie Villarreal

Christina Harris  
ACAN Coordinator

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### ACAN Membership Meeting

**July 11, 2017 @ 9:00 a.m.**

**Continental Breakfast @ 8:45 a.m.**

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

**A3, Barbara Boyer, Executive Director**

A3 is a 501(c)3 non-profit dedicated to personalized education, training, and support for individuals significantly impacted by vision loss to help them adapt, adjust, and achieve maximum independence.



**A3: ADAPT • ADJUST • ACHIEVE**

**Adams County Aging Network  
Member Meeting Summary  
June 6, 2017**

**Call to Order:**

Dawn Perez, ACAN Board Member, called the meeting to order @ 9:00 a.m.  
Clutter Trucker provided our delicious breakfast. Thank you!

**Approval of Minutes:**

Summary minutes of May 2017 were approved.

**ACAN Announcements:**

July meeting will be held on July 11<sup>th</sup> due to the 4<sup>th</sup> of July holiday.

**Membership Introductions and Announcements:** 39 in attendance

**Presentation:**

**Jennifer Hanzlick, Owner of Clutter Trucker**

Humanizing Hoarding: In this presentation Jennifer discussed the shame and the secrecy that surrounds the very serious mental illness of Hoarding Disorder. She explained how to recognize this illness and the impact on community. She spoke from the heart with 10 years of hands on experience with Hoarding Disorder.

**Resources:**

MaryDierker: Clutter Collectors support  
3232 Depew Street Denver, Colorado

CBT Group for people who hoard  
All Health Network  
[303-730-8858](tel:3037308858)

Hoarders.com

[www.hoardingcleanup.com/chat-room.com](http://www.hoardingcleanup.com/chat-room.com)  
Sunday/Tuesday night Support Group online

[www.hoardingcleanup.com/message\\_board.com](http://www.hoardingcleanup.com/message_board.com)

Facebook

<https://www.facebook.com/groups/TheClutterMovementGroup/?fref=mentions>

**Adjourned:**

Meeting was adjourned at 10:00 a.m.  
Special Board Meeting followed



## Safety Corner

### Common Door-to-Door Scams

With the sunshine and rain the outdoor season has begun with green leaves, long grass, and a few broken branches. You may have some serious work that needs to be done around your home and yard. We hope that the suggestions below will help you get the work you need done in a safe and scam free way.

With so much to be done there are dozens of ways to get it done. Those small businesses that thrive on this work are out there to help you get the job done. Unfortunately, not everyone who rings the doorbell is as honest and hardworking as they claim. Some of these individuals are crooks!

Here are a few things to know about the salesmen who ring your doorbell this summer!

If they are a legitimate business or someone who is sincerely offering a service they should:

- Offer you a business card or brochure - something identifying them as a service provider.
- They should not ask to enter your home AND you should NEVER let them in your home.
- They should NEVER ask for payment before the work is done.

A few examples of the services these scammers may offer are:

Tree Removal/cut limbs

Need new roof

Fencing

Asphalt/driveway

Gutters cleaned

Furnace needs serviced

Squirrels/Wildlife in your roof

- If you should come across one of these crooks, DO NOT let them in your home!
- If you question their validity, but may want to use their service, contact the Better Business Bureau.
- Never pay for the service BEFORE the service is performed.
- If you feel uncomfortable, call the police and try to give the best description of the solicitor and what type of vehicle they were using.
- If you become a victim of one of these scams, don't feel bad about it! Do call and report it, please. Even though your case may not have a lot of leads, you may help someone else from being scammed. The more people who fall victim to these crimes that report them, betters the chance of finding the suspect!

Holding these crooks accountable is very important to reducing their activity.

Written by Detective Angela Hall, Adams County Sheriff's Office



**ADAMS COUNTY AGING NETWORK**

*Lighting the Way to Positive Aging in Adams County...*

*C/o The Senior Hub*

*2360 W 90th Avenue*

*Federal Heights, CO 80260*

*Phone: 303-818-7232*

**Future ACAN Meetings**

<b>July 11, 2017</b>	<b>Member Meeting Board Meeting</b>
<b>August 1, 2017</b>	<b>Member Meeting</b>
<b>September 5, 2017</b>	<b>Member Meeting Board Meeting</b>
<b>October 3, 2017</b>	<b>Member Meeting</b>

**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>**

**Cultivate an Attitude of Gratitude**

A good practice for developing an attitude of gratitude is to use a gratitude journal. A friend of mine began me on this journey many years ago. At the end of each day, I take the time to think of and write down three things I am grateful for from the day. Some days are harder than others, but taking the time to do this activity changes my focus before I lay my head down. If I struggle with thinking of three, I can flip through past days to discover again the many blessings, I have.

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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