



Adams County Aging Network

Lighting the Way to Positive Aging
in Adams County

ACAN News



May 2017

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Christina Harris
ACAN Coordinator

303.818.7232

acancoordinator@gmail.com



ACAN Membership Meeting

May 2, 2017 @ 9:00 a.m.

Continental Breakfast @ 8:45 a.m.

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

Liz McPherson

United Healthcare Medicare & Retirement in Colorado

Make the Most of Your Medicare Plan will help attendees understand their coverage, learn how to take advantage of their plan's benefits, identify ways to organize and save money on prescription drugs, get clarity on whether their plan has a network, and help them plan annual expenses.



ACAN Member Meeting Summary

Tuesday, April 4, 2017

Call to order:

Angela Hall, ACAN Chairperson called the meeting to order @ 9:00 a.m.

Audio Information network of Colorado provided breakfast. Thank you!

Approval of Minutes: Summary minutes for March 2017 were approved.

ACAN Announcements:

ACAN Conference — April 20, 2017 *Uniting the Red, White & Blue*

Sponsor, Exhibitor & Attendee Registration is taking place now.

Attendees \$10 earlybird/\$12 at the door. Breakfast and lunch included!

Membership Introductions and Announcements: 41 in attendance

Presentation: Kim Ann Wardlow, Director of Marketing

Audio Information Network of Colorado

Audio Information network of Colorado is among the nation's leading resources for blind, visually impaired and print-disabled individuals, providing its listeners with free access to recorded programming 24 hours a day, 7 days a week. The only service of its kind in Colorado, their services allow registered listeners to access audio programs online, through downloaded podcasts, on TV or over the phone.



Thank you to all who participated in 17th Annual ACAN Senior Conference. Sponsors, Exhibitors, and Attendees! You made this an amazing and successful event!

Joint ACAN/ACONA Meeting
@ the
VFW in Byers, Colorado

June 26, 2017

11:45 a.m.

Lunch is at Noon

Please join us for our annual meeting.

Carpooling is recommended



2016 ACAN Senior of the Year Susan Carabajal

Susan has served with the Commerce City Cultural Council & Commerce City's Capital Improvement Program (CIP) Citizen Advisory Committee (CAC), and the Commerce City's Public Art Selection Committee. She also operates her own practice, Heart & Soul Counseling, in addition to these numerous volunteer activities.

Susan has been a resident of Commerce City for 47 years and loves serving her community. She is very proud to be in Commerce City and feels it's a wonderful place to live and raise a family. ACAN is honored to recognize Susan for her contributions to her community and to her peers!



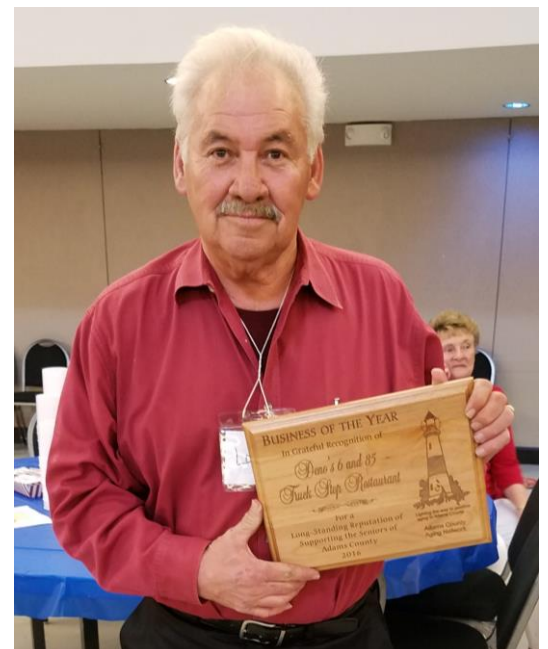
2016 ACAN Senior of the Year Carol Hastings

Carol has been a longtime original Thornton resident. She is currently the President of the 55+ Organization, a Santa's Calling Program volunteer, a Sunset Supper volunteer, a volunteer for the Thornton Food Bank, and a regular volunteer at the Thornton Senior Center.

Someone half her age would be exhausted by all that she does, but Carol focuses on what needs to be done and knocks it out time after time. She goes above and beyond assisting those whom she serves. ACAN is honored to recognize Carol for her contributions to her community and to her peers!

2016 ACAN Business of the Year Deno's 6 & 85 Truck Stop Restaurant Lorenzo Garcia

Lorenzo, the owner of Deno's 6 & 85, is passionate about giving back to the community. Deno's and the City of Commerce City Senior Advisory Committee collaborate to provide meals, for the last three years, to seniors in the community who are home bound. Not only does he match the number of meals provided for by a scholarship fund, he has opened the doors to his restaurant on the day of the program, to offer lunch to seniors, the fire department and to others who serve the community. ACAN is honored to recognize Lorenzo, owner of Deno's 6 & 85, for his contributions to the community.





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

May 2, 2017	Member Meeting Board Meeting
June 6, 2017	Member Meeting
June 26, 2017	ACAN/ ACOAA Meeting VFW, Byers, Colorado
July 11, 2017	Member Meeting Board 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>

Cultivate an Attitude of Gratitude

Gratitude facilitates contentment...

Practicing gratitude is one of the most reliable methods for increasing contentment and life satisfaction. It also improves mood by enhancing feelings of optimism, joy, pleasure, enthusiasm, and other positive emotions. Conversely, gratitude also reduces anxiety and depression.

Dan Mager, MSW www.psychologytoday.com

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.

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

Phone: 303-818-7232

Fax: 303-452-4047

Email: acanordinator@gmail.com