



**Adams County Aging Network**  
 Lighting the Way to Positive Aging  
 in Adams County  
**ACAN News**



November 2017

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Christina Harris  
 ACAN Coordinator  
 303.818.7232



**ACAN Membership Meeting**

**November 7, 2017 @ 9:00 a.m.**  
**Continental Breakfast @ 8:45 a.m.**

**Margaret Carpenter Recreation Center**  
**1151 Colorado Blvd, Thornton, CO 80233**

**Sabrina Iacovetta** Public Education Officer  
 Thornton Fire Department

Hands-Only CPR Can Save Lives. Most people who experience cardiac arrest at home, work or in a public location die because they don't receive immediate CPR from someone on the scene. Cardiac arrest and other life-threatening emergencies can happen anywhere, even in your workplace. Giving CPR and using an Automated External Defibrillator (AED) can greatly increase the victim's chance of survival.

Thornton and North Metro Fire Personnel will teach you how to properly and effectively perform hands-only CPR and use an AED.



Adams County Aging Network is on Facebook. Check us out for upcoming events and to keep in touch!

**Adams County Aging Network  
Member Meeting Summary -- Margaret Carpenter Center  
October 3, 2017**

**Call to Order:**

Angela Hall, ACAN Chair, called the meeting to order @ 9:00 a.m.  
Senior Reach provided our breakfast. Thank you!

**Approval of Minutes:**

September summary of minutes was approved.

**ACAN Announcements:**

ACAN Conference Committee is seeking volunteers to serve on the Committee for the 2018 Conference. Please contact the ACAN Coordinator if you are interested.

**Membership Introductions and Announcements:**

40 in attendance

**Presentation:**

Nicole Hartog, Wellness and Care Coordinator, Senior Reach

*How Does Senior Reach Work?*

Community Partners call Senior Reach to make a referral about an older adult in the community with whom they have concerns. Community Partners (like YOU), are trained volunteers who outreach to vulnerable older adults in the community. The Senior Reach Specialist then contacts the senior to determine his/her needs and willingness to accept resources. If the older adult agrees, Senior Reach will connect them with appropriate services.

*Senior Reach Services Include:* In-Home Counseling, Wellness and Care Coordination, Connection to community resources, Depression screening and treatment, Volunteer Senior Peer Counselor Program. For more information, or to volunteer, please email [SeniorReach@CommunityReachCenter.org](mailto:SeniorReach@CommunityReachCenter.org) or call 303.853.3657.

Board Member Elections were held.

**Adjourned:** Meeting was adjourned at 10:00 a.m.

Adams County Aging Network wants to welcome our new board members! We are excited for the next year with your help and participation.

Larry Brown  
Nicole Hartog  
George Maxey

Carol Hastings  
Richard Libhart  
Jennie Loveridge





## Health & Wellness

At ACAN we care about you! We want to provide you with information that will help you improve your life, your physical health, and your emotional well-being. This corner is a place to come and find just one thing that may help you in your endeavors toward Health and Wellness!

This month's contribution is from [Senior Reach](#).

There's a good chance you or someone you know will experience emotional or behavioral challenges at some point. One in five Americans experiences a mental health challenge each year. Whether someone struggles with grief and loss, anxiety, stress, depression, drug or alcohol addiction – or any other mental health challenge – it doesn't have to take over his or her life.

### Warning signs that an older Adult Needs help

Mental State:	Confusion, disorientation, memory loss, repetitiveness
Physical:	Difficulty in seeing, hearing, walking, alcohol or substance abuse
Emotional:	Appears depressed, anxious or withdrawn, loss of appetite
Social:	Isolated
Appearance:	Unkempt, dirty clothes, weight loss
Environment:	Home needs repair, trash or debris in yard, neglected pets
Economic:	Confused about money matters and not able to pay for necessities

If you have a neighbor, friend or are experiencing these things yourself, please call Senior Reach.

Phone: 303-853-3657 Monday – Friday 8:00 – 5:00 p.m.



**Thank you for  
your support at  
our fundraiser!**

### ACAN Conference Planning Committee Meetings

The Senior Hub @ 2:00 – 3:30p.m.

Thursday, October 12  
Thursday, November 9  
Thursday, December 14  
Thursday, January 11  
Thursday, February 8  
Thursday, March 8  
Thursday, April 12

Additional meetings may be held in the spring and will be determined as needed.



**ADAMS COUNTY AGING NETWORK**

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

*c/o The Senior Hub*

*9025 Grant Street, Suite 150*

*Thornton, CO 80229*

*Phone: 303-818-7232*

**Future ACAN Events**

- November 7, 2017**     **Senior Safety  
Thornton Fire Department  
Board Meeting**
- December 5, 2017**     **Networking Potluck  
Breakfast**
- January 2, 2018**     **ACAN Presentation  
Board Meeting**
- February 6, 2018**     **ACAN Member Meeting**
- March 6, 2018**     **ACAN 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**

Having trouble sleeping? Did you know that cultivating an attitude of gratitude can help you sleep?

**Gratitude enhances sleep.** Grateful people tend to get more sleep each night, spend less time awake before falling asleep, and feel more rested upon awakening. If you want to sleep more soundly, instead of counting sheep count your blessings.

Source: [www.psychologytoday.com](http://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 **5th** of each month for the next month's publication.

**ACAN c/o The Senior Hub 9025 Grant St, Ste. 150  
Thornton, CO 80229  
Phone: 303-818-7232**

Email: [acanordinator@gmail.com](mailto:acanordinator@gmail.com)