



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



October 2017

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ACAN Coordinator

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ACAN Membership Meeting

October 3, 2017 @ 9:00 a.m.
Continental Breakfast @ 8:45 a.m.

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

Nicole Hartog
 Wellness and Care Coordinator

The mission of Senior Reach is to support the well-being, independence and dignity of older adults by educating the community, providing behavioral health, care management services, and connecting older adults to community resources.



Find us on
Facebook

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
September 5, 2017**

Call to Order:

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

Approval of Minutes:

August 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:

55 in attendance

Presentation:

Michael McIntosh, Adams County Sheriff

Sherriff McIntosh discussed issues that are current to the senior community in Adams County. His focus was on building unity by building trust in the community. Public safety is paramount.

The resources listed below were provided by Sheriff McIntosh.

Emergency: 911

If you have a cell phone you must register it to receive emergency information through the reverse 911 system. Call 303.288.1535 to register your cell phone.

Non – Emergency: 303.288.1535

TheSheriffApp.com – an app available for your smart phone

Facebook – Adams County Sheriff's Office has a Facebook page

Adjourned: Meeting was adjourned at 10:20 a.m.

Board Meeting followed.

ACAN Senior Conference April 26, 2018

Adams County Aging Network is beginning preparations for our **2018 conference**. We would like to invite our members to participate on our Senior Conference Committee. Meetings will begin in September. Contact acancoordinator@gmail.com.

Exhibitors, please ensure your business or organization has a space at the conference by completing an early reservation. Last year we had a waiting list for our exhibitors. Register early! Contact acancoordinator@gmail.com.





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 <http://www.capitalsenior.com/blog/senior-nutrition-feeding-body-mind-and-soul/>

According to [HelpGuide.org](http://www.healthguide.org) and the National Institute of Aging, older adults can feel better immediately and stay healthy well into the future by fostering a nutritious lifestyle and taking in the right amount of calories per day by watching serving sizes. The more active a senior is, the more calories per day are needed. The institute suggests 1,600 to 2,000 calories per day for women and 2,000 to 2,800 for men. Those calories come from five main categories that, when balanced correctly, can provide a higher quality of life and enhanced independence, according to HealthGuide.org. The pyramid includes fruits, vegetables, calcium, grains and protein. HealthGuide.org makes the following suggestions for each category:

Fruits: 1.5 to 2 servings a day, more focused on whole fruits rather than juices. For a snack, rather than grabbing a cookie or baked treat, why not have some berries or melon?

Vegetables: 2 to 2.5 cups a day, with leafy greens and orange and yellow veggies such as carrots and squash.

Calcium: 1,200 milligrams a day. For breakfast, have a glass of milk with your coffee and try some yogurt for nice mid-day snack. Or maybe add a slice of cheese to your usual burger to spice things up.

Grains: 6 to 7 ounces a day (1 ounce is about one slice of bread).

Protein: 0.5 grams per pound of body weight (or simply divide your weight by half). Fish, beans, peas, nuts, eggs, milk and cheese are good sources.



ACAN Fundraiser

Monday, October 16th
11:00 a.m. – 8:00 p.m.

Bring your friends and your family!
Enjoy a fabulous meal and support
Adams County Aging Network

9701 N. Federal Blvd.
Westminster, CO 80030



Reverse Mortgage Myths
Real Stories Behind the Loans

Tuesday, October 17
12:00 – 1:00 (check-in 11:30a.m.)

The Egg & I Restaurant
8025 Sheridan Blvd
Arvada, CO 80003



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

- October 3, 2017** **Community Reach Board Elections**
- October 16, 2017** **ACAN Fundraiser
Wishbone Restaurant
9701 N. Federal Blvd**
- November 7, 2017** **Senior Safety
Thornton Fire Department
Board Meeting**
- December 5, 2017** **Networking Potluck
Breakfast**

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

People who experience the most gratitude (and therefore the positive effects) tend to:

- Feel a sense of abundance in their lives
- Appreciate the contributions of others to their well-being
- Recognize and enjoy life's small pleasures
- Acknowledge the importance of experiencing and expressing gratitude

Source: <https://my.happify.com/hd/cultivate-an-attitude-of-gratitude/>

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.

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