



# Adams County Aging Network

Lighting the Way to Positive Aging  
in Adams County

## ACAN News



September 2017

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# ACAN in September

## ACAN Membership Meeting

**September 5, 2017 @ 9:00 a.m.**  
**Continental Breakfast @ 8:45 a.m.**

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

Adams County Sheriff  
Michael McIntosh



Sherriff McIntosh will discuss issues that are current to the senior community in Adams County. Join us with your questions and your concerns.



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**  
**August 1, 2017**

**Call to Order:**

Angela Hall, ACAN Chairperson, called the meeting to order @ 9:00 a.m.  
CGS provided our delicious breakfast. Thank you!

**Approval of Minutes:**

Summary minutes of July 2017 were 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.

For those interested in serving on the ACAN Board, applications are due in September. Please contact [acancoordinator@gmail.com](mailto:acancoordinator@gmail.com) for an application. Members were invited to attend the Board meeting.

Ideas for the newsletter are being sought from the community. What resources would you like to see? What would be helpful to you as a senior in our community? Each member of ACAN receives a business card size advertisement in the ACAN Newsletter. Please submit to [acancoordinator@gmail.com](mailto:acancoordinator@gmail.com) by the 5<sup>th</sup> of the month for inclusion.

**Membership Introductions and Announcements:** 30 in attendance

**Presentation:**

**Pat Cook, RN BSN MA, CGS Project Manager**

Patricia Cook is the Special Projects Manager with the Colorado Gerontological Society (CGS). Pat provided information on community education and counseling to assist successful engagement and realization of managing socio-economic balance for seniors and their care partner(s) in Colorado. Pat's focus was on Senior Housing and solutions that are available within the community. She emphasized the individual voice and that each of you have an impact – speak up!

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

Board Meeting followed

**ACAN Senior Conference 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](mailto: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](mailto: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 Nicole Hartog with Community Reach.

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### 5 Practical Tips to Help Your Memory

“Oh, I just can't remember things like I used to.” This is one of the most common complaints I hear from older adults. It's also a common reason for feeling anxious and down, but there are some simple steps you can take to support your memory and improve mental well-being.

1. **Get enough sleep!** Waking up well-rested can help you concentrate and remember better. It's a myth that you require less sleep as you age. Shoot for 7-8 hours of sleep a night and it will positively impact your memory ability.
2. **Carry a diary or small book with you to write down appointments, tasks, and things you want to remember.** Heard a fun story from a friend at lunch and want to make sure to pass it along to your family at dinner? Write it down! Even a couple quick details will remind you later on.
3. **Appoint specific places for important items.** Keys might go on the hall table, and make sure to always put them in the same spot. Assign places for glasses, wallet, medications, even the remote control. If you always put things in their proper spot, you'll have an easier time remembering where they went!
4. **Repeat yourself!** Frustrated by forgetting what you went upstairs to do? When you get up and go into another room to get something, repeat to yourself what you are looking for as you walk out of the room. This helps keep it fresh in your mind so you won't quickly forget your purpose in the new environment.
5. **Practice stress-reduction techniques.** Stress can make learning and recalling things more difficult and add to anxiety. Exercises like walking or yoga, meditation, and prayer are all ways to reduce stress which can help with memory tasks.

#### CSL Legislative Committee

**Meeting Dates:** September 11 & 25, October 9 & 23,  
November 6 & 20, December 4 & 18

**Location:** 455 Sherman St – 1st floor conference room

**Time:** 9:30 am - 11:30 am

**Call-in Number:** (888) 537-7715

**Participant Access Code:** 47220300#

“In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact.”

Les Brown



**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 Meetings**

- September 5, 2017**    **Michael McIntosh  
Adams County Sheriff  
Board Meeting**
- October 3, 2017**    **Community Reach  
Program  
Board Elections**
- 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**

When you're grateful you tend to exude & share that contagious positive energy. People like me like that & we tend to be drawn to you. Our energy is contagious & we do good things together & are better for having come together.

**How?** Watch your words. What you say is usually how you act, so be aware of complaining & replace whines with positive words. Start with you, be the change & watch as the world changes around you and your gratitude practice.

Source: <https://www.entrepreneur.com/article/238991>

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  
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