



Adams County Aging Network

Lighting the Way to Positive Aging in Adams County



ACAN News

April 2018

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Nancy Valenzuela

ACAN Coordinator

303.818.7232



April 1 - Easter Sunday
April 26 – Annual ACAN Senior Conference, “Connecting to Nature”

ACAN Membership Meeting

April 3, 2018

Margaret Carpenter Recreation Center

11151 Colorado Blvd., Thornton, CO 80233

Join us at 8:45 a.m. for a continental breakfast this month, sponsored by “ Arcadia Glenn present by Chelsea Sweeney.

Arcadia Glenn is an eight bed residential Assisted Living home/facility located in Thornton, Colorado. The home is located in a beautiful residential neighborhood, giving residents the opportunity to age in the comfort of their home. There are three private rooms and three shared-room options.

Chelsea will speak about "When do I or my loved one, need more help?" Chelsea will go over common concerns and fears when seeking help or handing over the caregiver role. She will discuss specific settings and benefits of this upcoming model of longterm care.

Adams Count Aging Network is on Facebook . Check us out for upcoming events, conference information, and to keep in touch.



Find us on
Facebook

ACAN Member Meeting Summary

March 6, 2018

Call to Order:

Angela Hall, ACAN Chair, called the meeting to order at 9:00 a.m. Breakfast was provided by Amy Herrick with Care Patrol speaking on "Better Senior Living Choices."

Approval of Minutes: March summary of minutes was approved.

Membership Introductions and Announcements: 46 in attendance. We welcomed Stephanie Knight as the new Director for The Senior Hub!

Announcements:

SAVE THE DATES!

- ✓ ACAN Senior Conference – **April 26, 2018 at 8 a.m. to 3:00 p.m.**
Exhibit Hall A at the Adams County Fair Grounds.
- ✓ 17th Judicial District Senior Law Day - **June 2, 2018 at 8 a.m.- 1 p.m.**
Waymire Dome at the Adams County Fair Grounds.

Summary of March Meeting:

Amy Herrick talked about senior statistics, senior living options, and the cost of care in the National/Denver area on the average. Amy also talked about Medicare at a Glance.

Next meeting will be at the Margaret Carpenter Recreation Center on

April 2, 2018 at 8:45 a.m.

Future 2018 ACAN Events:

- April 26th** - ACAN Conference
- May 1st** - Jayla Sanchez-Warren
DRCOG - Medicare Counseling
- June 2nd** - Carmen Appiani
Dignity Memorial





Safetymatters

At ACAN we care about you! We want to provide you with information that will help you improve your life, your physical health, your emotional well-being, and keep you safe! This month's article was submitted by; Nancy Valenzuela, ACAN Coordinator.

GARDENING FOR ADULTS WITH PHYSICAL CHALLENGES

Spring is just around the corner! As we begin to think about what and when to start planting our flowers and vegetables, we have to remember to not plant until after Mother's Day. Our weather is too unpredictable and we could get snow up until mid May.

Many adults face physical challenges. We deserve to experience the benefits of a therapeutic garden and partake in gentle exercise, like we did as children. These types of gardens are usually found at healthcare facilities as an extension of a rehabilitation clinic where therapy goals are addressed. They may also be installed at community parks, elder care facilities, and senior centers. If you have a movement-related disease or conditions such as arthritis, multiple sclerosis, cancer, stroke, spinal cord injury, or heart disease, you may benefit most from movement-oriented therapeutic gardens.

If the garden is a rehabilitation garden at a healthcare facility or senior living facility, work closely with the therapists. This ensures that elements and the facility offers, will meet your needs. For adults with physical challenges, rehabilitation outdoors or in a controlled environment is highly motivating and rewarding.

To read more about gardening for adults with physical challenges, visit: Very Well Health at: www.verywell.com/therapeutic-gardens.

Have a safe and relaxing gardening experience this spring!





Adams County Aging Network

Lighting the Way to Positive Aging

c/o The Senior Hub

9025 Grant Street, Suite 150

Thornton, CO 80229

Phone: 303-818-7232

ACAN Annual Membership

Individual membership benefits

- Monthly educational presentations with complimentary continental breakfast
- Exposure to resources for seniors
- Monthly newsletter
- Advanced notice of the ACAN Senior Conference

Business membership includes all of the Individual benefits plus:

- Advertising in the monthly newsletter
- List of business members and contact information

Please contact the ACAN coordinator for more information on the advertising opportunity.

Membership Dues

- Individual, over 60 FREE
- Individual, under 60 \$20
- Business, non-profit \$35
- Business, for-profit \$65

We request that members pay dues, but do not restrict our meetings or mailings to dues-paying members. Advertising is restricted to dues-paying members.

Make checks payable to ACAN and mail to the address listed above or email

acancoordinator@gmail.com.