



Adams County Aging Network

Lighting the Way to Positive Aging
in Adams County

ACAN News



February 2018

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Nancy Valenzuela
ACAN Coordinator
303.818.7232



ACAN Membership Meeting
February 6, 2018 @ 08:45 a.m.
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 Advantage Human Resourcing Contractor for Sprint, with guest speakers presenting on Relay Colorado Services 711. Relay Colorado is a free public service that enables people with hearing or speech loss who use an assistive phone device to communicate with standard telephone users. Relay Colorado also offers Captioned Telephone service and Relay Conference Captioning. JoAnn Hirsch from the Colorado Commission for the Deaf and Hard of Hearing will speak on the Telecommunication Distribution Program that offers their equipment. For more information, go to: www.relaycolorado.com

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



**Adams County Aging Network
ACAN Member Meeting Summary
January 2, 2018**

Call to Order:

Angela Hall, ACAN Chair, called the meeting to order at 9:04 a.m. Breakfast was provided by Don Opeka and Orion Mortgage.

Approval of Minutes: January summary of minutes was approved.

Membership Introductions and Announcements: 32 in attendance

Announcements:

***SAVE THE DATE!** - 2018 conference is April 26, 2018. More information to follow.

Summary of Meeting:

2018 Membership forms and payments are due by the end of January. The conference committee reported that a location for the conference has been selected.

Dawn Perez gave an update on Senior Law Day which is June 2, 2018. Board Meeting will follow the regular meeting in March.

Presentation:

Don Opeka spoke about the advantages of a Reverse Mortgage. Several examples were given about how these mortgages have helped others.

Next meeting will be at the Margaret Carpenter Recreation Center on February 6th, 2018 at 8:45 a.m.



ACAN 2018 Membership

For those members who turned in their 2018 Membership Form and dues, a drawing for a prize will be held at the March member's ACAN meeting. ACAN Membership and dues are collected annually and must be paid by end of January. If you have any questions or need information email: acancoordinator@gmail.com.



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 corner is a place to come and find just one thing that may help you in your endeavors toward Health and Wellness, and staying safe! This month's contribution is from the website listed

National Wear Red Day® – Friday, February 2, 2018

Support Go Red For Women by participating in National Wear Red Day® on **Friday, February 2, 2018** and **donate** to help fund research during American Heart Month.

Why Go Red? Cardiovascular disease in the U.S. kill approximately one woman every 80 seconds. The good news is that 80 percent of cardiac events may be prevented with education and lifestyle changes. Go Red For Women advocates for more research and swifter action for women's heart health. That's why this year we are asking that you wear red on **National Wear Red Day®** and **Donate** to Go Red For Women. By doing so you help support educational programs to increase women's awareness and critical research to discover scientific knowledge about cardiovascular health.

Go Red For Women is a movement that starts with you. Lead by example and make the time to "**Know Your Numbers.**" It's knowledge that could save your life. Five numbers, that all women should know to take control of their heart health are: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI). Knowing these numbers can help women and their healthcare provider determine their risk for developing cardiovascular diseases. It's time for all women to learn the most critical numbers in their life — their hearts depend on it.

To learn more, go to:

<https://www.goredforwomen.org/fight-heart-disease-women-go-red-women-official-site/get-involved/national-wear-red-day/>



Happy Valentine's Day!



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

March 6, 2018	Amy Herrick, MSBA Better Senior Living Choices
April 3, 2018	Gary Olson, MAR, PSC Resident Services Manager Brothers Redevelopment, Inc.
May 1, 2018	Rachel Kobelt DRCOG/Medicare Program

ACAN Annual Membership

Individual membership:

Monthly educational presentations with complimentary continental breakfast, exposure to resources for seniors, monthly newsletter, and advanced notice of the ACAN Senior Conference.

Business membership:

Also includes above plus the opportunity for **advertising in the monthly newsletter**, a list of members on the website, and contact information for all business members. Please contact the ACAN coordinator for more information on the advertising opportunity.

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. Advertising is restricted to dues-paying members. Make checks payable to ACAN and mail to the newsletter return address or email acancoordinator@gmail.com.

Website: <http://www.acanonline.org>

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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