



# Adams County Aging Network

*Lighting the Way to Positive Aging in Adams County*



## ACAN News

March 2018

### ACAN Board

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**Nancy Valenzuela**

*ACAN Coordinator*

303.818.7232



**3/11** – Daylight Savings Time begins.

**3/17** – St. Patrick’s Day.

**3/20** – 1<sup>st</sup> Day of Spring.

ACAN Membership Meeting

March 6, 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 Better Senior Living Choices, presented by Amy Herrick.

**Senior Care 101** - Answers to your most common questions concerning senior care. What’s the difference between assisted living and skilled nursing? What’s the difference between Medicaid and Medicare? What do the acronyms AL, IL, SNF, CCRC, RA, PCP and QMAP mean? How does home health differ from home care? How does a retirement community differ from a 55+ living community? How much do these different types of communities and services cost and how do you pay for them?

Amy will cover the answers to all these questions and more during the Senior Care 101 workshop. In the Denver Metro area there are over 290 nursing homes and rehab centers, over 400 assisted livings, and over 600 home care and home health companies. “CarePatrol” is here to help you navigate this part of the health care system with their experience and expertise.

Adams County 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

February 6, 2018

## Call to Order:

Nicole Hartog, Chair-Elect called the meeting to order at 9:a.m. Breakfast was provided by Irina and JoAnne.

**Approval of Minutes:** February summary of minutes was approved.

**Membership Introductions and Announcements:** 49 in attendance.

## Announcements

- Thank you to Irina and JoAnne for breakfast this morning.
- Mark your calendar for the ACAN Fundraiser on March 14<sup>th</sup>, 6:30 a.m. to 9:00 p.m. at Atlantic Bread, Northglenn Shopping Center.
- Membership forms for 2018 were due end of January. Reminder, there will be a drawing at the March meeting for those forms submitted.

**\*SAVE THE DATE!** 2018 conference, April 26, 2018. The theme is **Connecting to Nature**. Same location at the fairgrounds, Exhibit Hall A next to the Waymire Dome.

## Summary of Meeting:

Irina Bloshenko discussed services Relay Colorado 711 provides for caption phones, Spanish relay, and other free services. Irina works closely with Joanne Hirsch, Colorado Commission for the Deaf and Hard of Hearing. Several types of telephone equipment were displayed and demonstrated for easy operation. It is income based and must be a resident.

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

## **2018 ACAN PRESENTATIONS:**

**April 3<sup>rd</sup>** - Gary Olson,  
Brothers Redevelopment, Inc.  
**May 1<sup>st</sup>** - Jayla Sanchez-Warren,  
DRCOG/Medicare  
**June 5<sup>th</sup>** – Carmen Appiani  
Dignity Memorial



### **ACAN FUNDRAISER**

351 W. 104<sup>th</sup> Ave. (Northglenn Shopping Center)

Wednesday, March 14, 2018

Hours: 6:30-9:00

303-452-8222 \*Have Takeout!

Notify cashier that you are participating in the ACAN Fundraiser



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 written by Adams County Sheriff's Office, Detective Angela Hall

## **BEAT SCAMMERS; ARM YOURSELF WITH KNOWLEDGE BY DOING THE BASICS!**

Scams are rapidly growing and are becoming more and more deceitful. Scams will come via any form of communication; mail/letters, computers/emails, cellphones, and home land lines. If you can think of these few tips, it may save you in the end:

- It doesn't cost money to "Win" money. If you win a "prize" it should be "free."
- Legitimate businesses don't require payment by gift cards.
- Legitimate businesses may ask for partial identifying information over the phone, never complete identifying numbers.
- If an email or letter orders a demand of payment, they should be sending you a certified letter. If you question it, look up the number in the phone book and call that business directly. Do not call the number back on the email or letter.
- If you receive a phone call someone is in jail, you have a warrant, you failed to appear for Jury Duty, or an unpaid parking ticket, demand which agency they are calling from and hang up. Call that agency and check if this information is correct.
- Consider any popups on a computer advertising or a scam.
- Unwanted solicitation calls? Contact; <https://donotcall.gov> or call 1-888-382-1222.
- Unwanted "robo" calls? Contact; [nomorerobo.com](http://nomorerobo.com).
- Verify a business is legitimate before signing any contracts or paying money upfront.
- For more information about scams go to; <https://ftc.gov/scams>.

*Remember, Its ok to hang up! If they call, don't call back, especially unknown numbers. Verify the business is legitimate before you use it. Keep your finances safe!*



## **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*

### **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  
Kindly submit advertising requests by the 5<sup>th</sup> of each month for the next month's publication.

#### **Membership Dues**

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

We request that members pay dues by end of January , 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. If you need information or have any questions, email [acancoordinator@gmail.com](mailto:acancoordinator@gmail.com) or call the number listed above.

ACAN News is a monthly publication from the **Adams County Aging Network**