



# Adams County Aging Network

Lighting the Way to Positive Aging  
in Adams County

## ACAN News



January 2016

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January ACAN meeting  
January 5, 2016

Margaret Carpenter  
Recreation Center

11151 Colorado Blvd.,  
Thornton, CO 80233

**Join us at 8:45 for a continental breakfast this month, sponsored by ACAN.**

**Shochet Mischo with Senior Reach, part of the Community Reach Center, will be presenting an overview of the new senior reach program this month.**

It's time to pay the 2016 dues and update your information. Invoices will be emailed this month and available at the January meeting. We hope you will all continue to support ACAN. Remember, all members are entitled to one ad per year in our newsletter and a discount as an exhibitor for the 2016 conference.

***Jaylin Wac's term as Chairperson for ACAN is up the end of December. If you or anyone you know in ACAN would be interested in serving in this vital and rewarding position, please contact any member of the board. More information is available upon request. Thank you.***

# Senior Safety Corner

## Proper Shoes and Winter Walking Strategies

Proper footwear, especially during the winter months can go a long way in minimizing the potential for a fall. A safe and comfortable shoe is recommended, but what is a safe, comfortable shoe?

- **A supportive shoe**
  - Firm arch support
  - Sole that is flexible under ball of foot and not too thick
  - Covers most of the foot
  - Lightweight
  - Roomy toe box for comfort
  - Lace or Velcro fastenings for stability
- **A good fit**
  - At least half an inch between the longest toes and the inside of the shoe
  - Holds foot well back into the shoe
  - Snug, firm grip at heel counter
  - A sole that grips
  - Non-slip rubber sole
  - Textured for grip, with broken border
- **A heel that is stable AND grips**
  - Non-slip and textured
  - Low heel (less than 1-2 inches)
  - Beveled heel
  - Broad heel (at least 2 inches) with rounded edge

Winter weather in Colorado brings about many delights, but can also create numerous challenges when attempting to maneuver the snow and ice safely. Keep the following tips in mind when out and about in our beautiful winter wonderland:

- Scan ahead as you walk
- Plan ahead for outings so you don't have to rush
- Take slower, smaller steps when walking over snow or ice
- Keep sidewalks and driveways well shoveled. Apply rock salt, other ice melting products, or sand to create traction on wet or icy patches.
- Wear sturdy shoes and consider traction devices for your shoes in the winter
- Wear bright-colored clothing and carry a yellow or bright colored umbrella

Enjoy the holiday season, the snow, your friends and family and remember to employ these tips to keep you safe and fall free this winter.

## **ACAN conference**

Don't forget to save the date April 21, 2016 for Adams County Aging Network Senior Conference to be held in the Dome at the Adams County Fairgrounds.

Exhibitors, get this on your calendar. Forms to reserve your spot will be available soon and payment can be made by credit card or check.

Seniors, registration forms will be available soon to sign up for this exceptional event.

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## **Requesting Breakfast Sponsors**

Now is the time to sign up your organization to provide breakfast at our monthly membership meetings. We are looking for sponsors for each month beginning in February. Please contact the ACAN coordinator at [acancoordinator@gmail.com](mailto:acancoordinator@gmail.com) or 303-818-7232 if you are interested.

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## **ACAN presenters**

Do you know of a great presentation or do you have an educational program that could benefit our seniors and senior organizations? If so, please contact the ACAN coordinator. We need presentations for 2016 and have 7 openings available. Email [acancoordinator@gmail.com](mailto:acancoordinator@gmail.com) or 303-818-7232.



**ADAMS COUNTY AGING NETWORK**

*Lighting the Way to Positive Aging in Adams County...*  
*C/o The Senior Hub*  
*2360 W 90th Avenue, Federal Heights, CO 80260*  
*Phone: 303-818-7232*

**ACAN Events**

**Future ACAN meetings:**

- January 5, 2016 Senior Reach
- February 2, 2016 Alzheimer's Association
- March 1, 2016 A3 formerly ACBCO

The ACAN board wishes everyone a happy, healthy and peaceful new year! We look forward to your continued participation in the Adams County Aging Network

**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>**

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 **15th** of each month for the next month's publication.

ACAN c/o The Senior Hub  
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