



Adams County Aging Network

Lighting the Way to Positive Aging in Adams County

ACAN Newsletter

February 2024



ACAN Board **of Directors**

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ACAN Membership Meeting **Wednesday, February 7, 2024 @ 9:00 a.m.** **Thornton Community Connections Center** **9471 Dorothy Blvd., Thornton, CO**

**Todd Glasser of MedRide and
Metro One Ambulance Service**

MedRide and Metro One Ambulance Service are both non-emergency medical transportation providers. We offer ambulatory, wheelchair, basic and advanced life support transport to and from for medical appointments for Medicaid, Private Pay and Contracted clients. With offices in Pueblo, Grand Junction, Colorado Springs and Denver MedRide and Metro One Ambulance provides more than 1500 NEMT trips per day. All of our drivers, emt's and paramedics are all full-time benefited employees. Each of our staff is in uniform and every vehicle in our fleet is less than 5 years of age. MedRide and Metro One Ambulance offer a "white glove service" with a compassion and understanding of our clients' needs.



Guest Speakers: Detective Marilyn Rush-Lara and Special Agent Sandra Pennington-Colorado Department of Revenue provided valuable information on scams and ID theft at the January 2024 meeting.

**Adams County Aging Network
Thornton Community Connections Center
January 3, 2024**

Attendance: 28

Diana Morefield, ACAN Chair called the meeting order at 9:02 a.m. Adjournment: 10:30 a.m.
Attendees introduced themselves and general announcements were made around the room.

**Guest Speakers: Detective Marilyn Rush-Lara
Special Agent Sandra Pennington-Colorado Department of Revenue
Topic: Scams and ID Theft**

- Credit Card, Tax, Bank, Cell Phone and Utilities are the most common types of **ID theft**. (Use credit cards rather than debit cards.)
- **Scams:** Imposter, Phishing, Debt Collection, Foreclosure relief, loan modification and email fraud.
- **2024-Top Scams:** AI powered, student loan forgiveness, phone, zell or peer to peer payment, romance, employment, and online purchase.

Tools: **Protect** what you have (minimize personal information); Be careful what you share, (Know the person); don't click on links sent in unsolicited emails. **Monitor**, (Review mail and financial statements); check credit reports. (Annualcreditreport.com); Dispose of property by shredding. Know who is preparing your taxes (AARP will provide services to seniors free or reduced rate.) Do taxes early, take directly to the Post office or use secured online network. Monitor your credit and ID; (Experian has a free credit service.)

Use **www.ftc.gov/passiton** to provide information about current scams and contact law enforcement if you are scammed. This is important.

Avoid being a victim: **Be skeptical** when someone contacts you. Have a **family password** for identification if you receive a telephone scam and **verify** with **family members** before giving out information or money. **Don't click** on unknown links, **enable** multifactor identification, **look for** suspicious payment requirements. **Hang up**, look for a reputable number and call the company back are just a few tips. **Many companies will NOT call you!**

ACAN Membership

If you are a participant in our monthly meetings or a current member you should have received our current Membership Form. ACAN Membership is an annual membership.

For further information email: acancoordinator@gmail.com.

Future ACAN Events 2023.

***All Meeting are held at 9:00 a.m. at the Thornton Community Connections Center, 9471 Dorothy Blvd., Thornton
Presentations are noted below.***

- Feb 7 **ACAN Board meeting**
Member Meeting, - Todd Glasser, MedRide/Metro One Ambulance
- March 6 Member Meeting, Sara Flatt & Amanda Webb, Volunteers of America
- April 3 Member Meeting, Michael Sisneros/After Sight
- May 3 Member Meeting, Sasha Story/Nymb1
- June 5 Member Meeting, Rachel Wise/Benefits in Action
- June 24 Joint Meeting with ACCOA (Arapahoe County Council on Aging) in Byers to support the Eastern Plains community. A food drive will be included.

ACAN

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Find us on
Facebook

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

ACAN Annual Membership

Individual membership:

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

Business membership:

Includes all of the above plus opportunity for **advertising in the monthly newsletter**, discount on ACAN Senior Conference exhibitor fee of 10%, 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.