



Adams County Aging Network

Lighting the Way to Positive Aging in Adams County

ACAN Newsletter

December 2023



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ACAN Membership Meeting **Wednesday, December 6, 2023 @ 9:00 a.m.** **Thornton Community Connections Center** **9471 Dorothy Blvd., Thornton, CO**

Members Holiday Celebration

Our December meeting is a networking Christmas meeting. You will be asked to share information about your organization. Kaiser Permanente is providing special food. There will also be a couple of door prizes.

Need a Handyman?

Last month Sabrina advised us about two handy man services. Unfortunately, Ace Senior Services is closing its operations on 12/15/23. The good news is that VOA still provides its handyman services. Just go to:

<https://www.voacolorado.org/gethelp-denvermetro-clientservices-handyman> or call

720-264-3366 to find out more.

ACAN Resource Fair

We are so grateful for such a wonderful turnout of exhibitors and attendees (108). The Fair Committee did a fabulous job. THANK YOU ALL!

**Adams County Aging Network
Thornton Community Connections Center
October 4, 2023**

Attendance: 26

Diana Morefield, ACAN Chair called the meeting to order at 9:03 a.m.
Introductions and announcements were made around the room.

ACAN Resource Fair is November 9, 2023, at the Community Connections Center.

Presentation by Sabrina Iacovetta from the Thornton Fire Department

Kitchen Safety: (#1 cause of home fires)

- Stay in the kitchen while cooking. Have a spoon in your hand or set a timer so you don't forget what's on the stove.
- Keep the kitchen free of combustible food-oven mitts, towels, etc. that could catch on fire.
- **Grease fires: DO NOT use water to put it out**, simply cover with a lid which removes the oxygen. **NO flour, baking powder or salt.**
- Close the door on the oven or microwave if there is a fire.
- **Clothing:** Watch what you are wearing such as long sleeves.
- **Types of Fire Extinguishers:** A, combustibles such as paper or wood; B, gas, flammable liquids; E, electrical fires; D, flammable metals (magnesium); and K, heavy grease.
- **Locations for extinguishers:** under the sink and in garage

Use of Fire Extinguisher

PASS

Remember: Pull, Aim, Squeeze and Sweep

The attendees divided up into groups and practiced using a fire extinguisher.
It was a great hands-on experience.

Remember to change your batteries in your smoke alarms at this time of year.

The meeting was adjourned at 9:55 a.m.

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.



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.

- Jan 3rd Member Meeting
9:00 a.m. at Thornton
Community Connections
Center. 9471 Dorothy Blvd.
Detective Rush-Luna from Adams
County Sheriff's Dept. talking
about different kinds of scams.
- Feb 7 Member Meeting, 9:00 a.m.
at Thornton Community
Connections Center. 9471
Dorothy Blvd.
Sara Flatt -Volunteers of
America
- March 6 Member Meeting, 9:00 a.m.
at Thornton Community
Connections Center. 9471
Dorothy Blvd.
Sara Bohar -MTM Transit

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