



# Adams County Aging Network

*Lighting the Way to Positive Aging in Adams County*

## ACAN Newsletter

May 2024



### **ACAN Board** **of Directors**

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ACAN: 303-818-7232

acancoordinator@gmail.com

### **ACAN Membership Meeting** **Wednesday, May 1. 2024 @ 9:00 a.m.** **Thornton Community Connections Center** **9471 Dorothy Blvd., Thornton, CO**

#### **Presentation by Amy Herrick** **CarePatrol**

Amy Herrick, a Certified Senior Advisor with CarePatrol has managed assisted livings for 20 years and has been placing seniors in those facilities since 2015.

Colorado has 572 assisted living facilities and as of 2023 more than 818,800 Americans reside in assisted living communities. There are over 30,600 active assisted living facilities, operating at an average capacity of nearly 80 %.

Amy will discuss the age and gender demographics in assisted living as well as the pay for assisted living. What considerations do you consider when searching for assisted living? How long does it take to find and move into one? What is the difference between assisted living and skilled nursing and memory care?

### **SPECIAL EVENT May 13<sup>th</sup> 11 am – 8 pm**



**The Wishbone Family**  
**Restaurant Fund Raiser**  
**9701 Federal Blvd,**  
**Westminster**  
**Call 303-465-6204 to order**  
**ahead or visit**  
**[www.wishbonerestaurant.com](http://www.wishbonerestaurant.com)**  
**to view the menu**

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

Attendance: 25

Diana Morefield, ACAN Chair called the meeting to order at 9:00 a.m.

Attendees introduced themselves and general announcements were made.

ACAN will be holding 2 resource fairs this year: June 12 at Community Connections Center and October 30 at Bison Ridge in Commerce City.

The Wishbone Fundraiser is on May 13.

**Guest Speaker: Michael Sisneros from Aftersight**

**Aftersight** provides audio editions that take local print and convert it into audio by leveraging a team of volunteers. Audio Editions include local newspapers, state/regional magazines, grocery store ads, bus guides, disaster prep manuals and more. Programming is available in English and Spanish and free. **Audio Editions** believe that this accessibility is foundational for people working to remain autonomous or to age in place.

**Aftersight Originals** are podcasts that are for and by people with low vision or blindness. Three of the four are hosted by someone with vision loss. They fill needs gaps which have been identified by the people they serve and cover a huge array of topics.

**Navigating Life with Vision Loss** is a weekly program that talks about getting connected to benefits, guide dogs, how to use transit, self-defense, how to stand up for yourself and much more.

**Blind Sight** is hosted by a mental health professional who is blind.

**Blind Level Tech** is a program devoted to technology that can help make life with vision loss easier.

Michael shared the different items that they use to provide this service to the visually impaired.

Meeting was adjourned at 9:53 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](mailto: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.***



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

- |         |  |
|---------|--|
| May 1   | Member Meeting, Amy Herrick/Care Patrol  |
| 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. |
| June 29 | Senior Law Day   |

### **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

**ACAN**  
PO Box.350523  
Westminster, CO 80031  
Phone: 303-818-7232

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](mailto:acancoordinator@gmail.com).

# **FOOD DRIVE**

## **for Saron Lutheran's Little Free Pantry**

Arapahoe County Council on Aging and Adams County Aging Network (ACAN) are collecting food for the Little Free Pantry in Strasburg.

Bring food to donate to the June 24<sup>th</sup> 2024 meeting at 12:00pm at the Byers American Legion

**OR**

Bring Food to the ACAN Meeting when you come in May or June



**A Little Free Pantry**, located near the parking areas (1656 Main Street). It provides food and hygiene items for our neighbors.

### **Recommended Items (non-perishable only):**

Cereal  
Instant Oatmeal  
Granola Bars  
Ramen  
Mac and Cheese  
Dry beans or lentils  
Dried Fruit Protein Bars  
Crackers w/ Peanut Butter or Cheese

Hygiene Items  
Toilet Paper  
Lotion or Shampoo





**Adams County Aging Network  
Senior Resource Fair**

**Join us for a Free event**

**Wednesday, June 12th, 2024**

**9:00 am - 12:00 pm**

**City of Thornton Community Connection Center  
9471 Dorothy Blvd, Thornton, CO 80022**

**For more information call or email:**

**[acanresourcefair@gmail.com](mailto:acanresourcefair@gmail.com)**

**Or Phone 303-945-4506**

**Adams County Aging Network (ACAN) P.O. Box 350523, Westminster, CO 80031**