



# Adams County Aging Network

*Lighting the Way to Positive Aging in Adams County*

## ACAN Newsletter

April 2024



### ACAN Board of Directors

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**Debbie Pownall**

**Tillie Villarreal**

**Debbie Watson**

ACAN: 303-818-7232

acancoordinator@gmail.com

### **ACAN Membership Meeting Wednesday, April 3, 2024 @ 9:00 a.m. Thornton Community Connections Center 9471 Dorothy Blvd., Thornton, CO**

**Michael Sisneros from Aftersight  
(formally Audio Information Network)**

Aftersight is a Colorado-based nonprofit organization that was formed to help those with low vision or blindness that could not read print.

This program provides audio editions that take local print and convert it into audio by leveraging a team of volunteers. This accessibility is foundational for people working to remain autonomous or to age in place. Aftersight includes podcasts, navigating life with vision loss, mental health help and provides a program that is devoted to technology that can make life with vision loss easier.



Sara Flatt and Amanda Webb from  
Volunteers of America



1316 26th Street

Denver, CO, 80205

(303) 862-5177

**Adams County Aging Network  
Thornton Community Connections Center  
March 6, 2024**

Attendance: 45 (**Largest group in the last year!**)

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

Attendees introduced themselves and general announcements were made.

**Guest Speakers: Sara Flatt and Amanda Webb  
Volunteers of America  
Adams County Senior Programs**

Program opportunities include **volunteering** in the Foster Grandparent Program, Retired Senior Volunteer Program and Meals on Wheels deliveries. Meals on Wheels Dining Centers and deliveries, Healthy Moves, Healthy Aging Classes, City Harvest Food Bank and Handyman program are all apart of their **services**.

The **Meals on Wheels** program currently needs drivers to pick up and deliver meals to Seniors. Contact: [adamsmowvolunteers@voacolorado.org](mailto:adamsmowvolunteers@voacolorado.org) or Maddy at 720-397-2213.

The VOA meals which meet nutrition guidelines and are provided for senior living facilities and centers open to the public. Locations are currently at Eagle View Senior Center in Brighton and VOA ANS Building in Commerce City.

Focusing on fitness and nutrition are a part of the **Healthy Aging Service**. These are done in classes or in-home settings. STEPS to healthier aging, a diabetes prevention program, and a healthy aging exercise program called Healthy Moves are a part of this service. Healthy Moves is a one-on-one exercise instruction in your home with 3 months of weekly motivational calls as well as nutritional counseling with a registered dietician. Requirements are 60 + years of age and located in Adams County.

**The City Harvest Food Bank** consists of a “Costco of food pantries”. They collect perishable and non-perishable donated foods which are distributed to more than 70 community pantries and food banks. This program serves low-income families and people experiencing homelessness throughout the Denver Metro area. The VOA Safety for **Seniors Handman Program** provides services for senior safety and fall prevention modifications. Minor repairs around the home, electrical, plumbing, interior/exterior types of work can be done. It provides box fans to those in need in the summers.

The meeting was adjourned at 9:58 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.***

- April 3      Member Meeting, Michael  
Sisneros/After Sight  
**ACAN Board meeting to follow**
- 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



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

**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 Sha

