



# Adams County Aging Network

*Lighting the Way to Positive Aging in Adams County*

## ACAN Newsletter

November 2023



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

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Debbie Watson

ACAN: 303-818-7232

[acancoordinator@gmail.com](mailto:acancoordinator@gmail.com)

**ACAN Membership Meeting**  
**Wednesday, November 1, 2023 @ 9:00 a.m.**  
**Thornton Community Connections Center**  
**9471 Dorothy Blvd., Thornton, CO**

### **Thornton Fire Department**



Thornton Fire is excited to bring the new FiAR Fire Extinguisher Training tool to ACAN in November. Offering realistic hands-on true to life fire training without placing you in harms way, this light-weight tool simulates the discharge of an actual extinguisher for a completely clean, safe training experience. We don't want the first time you handle a fire extinguisher to be during a real fire.

Join us for an immersive, one-of-a-kind learning experience that could save your life and your property!

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

Attendance: 26

Diana Morefield, ACAN Chair called the meeting to order at 9:04 a.m.

Introductions and general announcements were made around the room.

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

**Presentation by Dr. Jessica Schuman  
Mile High Senior Eyecare**

Mile High Senior Eyecare is a mobile optometry practice focused on providing high-quality on-site medical eye care and glasses. They specialize in residents in senior living communities, homebound people, those with mobility challenges and those with intellectual and developmental disabilities. Eye health assessments, ocular disease diagnosis and treatments as well as prescriptions are offered. Most insurances are excepted and costs are minimal.

Eye care is important as studies show that vision loss is associated with a higher prevalence of chronic health conditions, death, falls and injuries, depression, and social isolation.

Dr. Schuman talked about the different ways that patients see such as diabetic retinopathy, astigmatism, glaucoma, macular degeneration, cataract and hemianopsia. She also looks at managing high risk medicines. Her tests and exams include visual acuity testing, refractive evaluation, eye muscle and visual field testing, corneal exams, glaucoma testing and examination of the back of the eye, retina, and underlying blood vessels.

There was much interest and many questions from the group.

**Contact Information: Dr. Jessica Schuman:  
[www.mhseye.com/720-819-5594](http://www.mhseye.com/720-819-5594)**

The meeting adjourned at 10.04 a.m. Next meeting, November 1, 2023.

## 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.



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

Nov 1st      Member Meeting  
9:00 a.m. at Thornton  
Community Connections  
Center. 9471 Dorothy Blvd.  
Sabrina Iacovetta, Thornton  
Fire Department – Home  
Safety & Fire Extinguishers

Dec 3<sup>rd</sup>      Holiday Party Networking  
Meeting, 9:00 a.m. at  
Thornton Community  
Connections Center. 9471  
Dorothy Blvd.

### 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

**NOVEMBER 9, 2023**  
**9 am 12pm**  
**ACAN Senior Resource Fair**  
**Thornton Community**  
**Connections Center**

**ACAN**  
**PO Box 29442**  
**Thornton, CO 80229**  
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).

**ACAN Resource Fair**  
**Attendee Registration Form**  
**FREE Senior Resource Fair**

**on Thursday November 9th, 2023**

**You are invited to attend any time from**  
**9:00am - 12:00pm**

**City of Thornton Community Connections Center**  
**9471 Dorothy Blvd, Thornton CO 80229**



- Meet with various exhibitors sharing local Senior Services and Information on Aging Well in Adams County.
- Learn about new programs and products to help you and your loved one's age with health and safety in our community.
- Refreshments will be served; registration is available at the door.

**Registration to attend is Free!**

*Please register early so that ACAN can ensure adequate supply of tote bags and refreshments for attendees. Thank you!*

NAME		
STREET ADDRESS	STATE	ZIP
CITY		
PHONE		
EMAIL		

Please mail this completed registration form to:

**Adams County Aging Network (ACAN) PO Box 29442, Thornton, CO 80229**

Or you may scan and email completed form to [acanresourcefair@gmail.com](mailto:acanresourcefair@gmail.com)

Questions? Call 303.945.4506 or 720.232.0044