



Adams County Aging Network

Lighting the Way to Positive Aging in Adams County

ACAN Newsletter

October 2023



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ACAN: 303-818-7232

acancoordinator@gmail.com

ACAN Membership Meeting
Wednesday, October 4, 2023 @ 9:00 a.m.
Thornton Community Connections Center
9471 Dorothy Blvd., Thornton, CO

Senior EYE CARE

Dr. Jessica Schuman is the owner of Mile High Senior Eye care, a mobile Optometry practice providing on-site medical eye care to senior communities across Colorado. The goal of Mile High Senior Eye care is to give patients, especially those who may have mobility or access issues, the same quality of care that is provided at a traditional doctor's visit. Offering state-of-the-art portable equipment and providing both glasses-fitting and adjustments on-site, we strive to bring quality eye care to your doorstep.

Please note that all meetings will now be in person only.
We are no longer providing Zoom access to the meetings.

Adams County Aging Network
Thornton Community Connections Center
Member Meeting Summary
September 6, 2023

Attendance: Thornton Community Connections Center: 32

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

Introductions and general announcements were made around the room.

Senior Law Day is September 9, 2023.

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

Presentation by Barbara Newsome, MSPT
Outpatient Services at the Villas at Sunny Acres

Debbie Pownall introduced Barbara who talked about the Outpatient Services at the Villas at Sunny Acres. The program's objective is to look at the **WHY** for patients. The goal is to provide a better quality of life, move better and have less pain. Their services help residents and the community make any needed gains toward greater independence.

Physical Therapy provides energy and ease of movement, walking, strengthening, flexibility, balance, pain management, prosthetic training, and brace fitting.

Occupational Therapy gives a person tools to make daily tasks easier by simplifying the day, home management, coordination, writing skills, and energy conservation.

Speech Therapy helps to improve memory, organizing thought, problem solving, finding the words you want to say, speaking clearly and swallowing.

These therapies allow them to work on the **whole body** with the patient.

The meeting was adjourned at 9:46 a.m.

The next meeting will be October 4, 2023, with a presentation by Jessica Schuman from Mile High Senior Eye Care.

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.

Oct 4th Member Meeting
9:00 a.m. at Thornton
Community Connections
Center. 9471 Dorothy Blvd.
Presentation: Jessica Schuman, OD Mile
High Senior Eyecare

Board meeting to follow

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

NOVEMBER 9, 2023 9 am to noon
ACAN Senior Resource Fair
Thornton Community Connections Center

ACAN
PO Box 29442
Thornton, CO 80229
Phone: 303-818-7232

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

Questions? Call 303.945.4506 or 720.232.0044