



Adams County Aging Network

Lighting the Way to Positive Aging in Adams County

ACAN Newsletter Sept. 2024



Visit our new website: acanadamscounty.org

ACAN Board **of Directors**

Diana Morefield
Chair

Barbara Boyer
Chair-Elect

Greg Kahler
Treasurer

Bonnie Ashton
Secretary

Todd Glasser

Richard Libhart

Cathy Millet

Dawn Perez

Debbie Pownall

Tillie Villarreal

Debbie Watson

ACAN: 303-818-7232
acancoordinator@gmail.com

ACAN Membership Meeting **Wednesday, September 4, 2024 @ 9:00 a.m.** **Thornton Community Connections Center** **9471 Dorothy Blvd., Thornton, CO**

Presentation by Adam Afromsky
Anova Care

Anova Care, a Greenwood Village-based company, is revolutionizing in-home care for Colorado residents. Formerly known as Amber Personal Care, Anova has completely revamped the home health experience with a focus on accessibility, quality, and patient-centered care. Anova offers a comprehensive suite of services, including in-home personal care, home health services, and soon-to-launch hospice and palliative care programs. Their personalized approach addresses both Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs) through their in-home personal care program. Additionally, the home health program offers a wider range of specialized services, including physical, occupational, and speech therapy, along with nursing and wound care. Anova's reach spans from Longmont to Colorado Springs, ensuring a broad coverage area for those in need.



Nic Soucy of Project Angel Heart informed the group of their work to help supply meals at the August meeting. (See page 2.)

**Adams County Aging Network
Thornton Community Connections Center
August 7, 2024**

Attendance: 25

Diana Morefield, ACAN Chair called the meeting to order at 9:02 a.m.

Attendees introduced themselves and general announcements were made around the room.

Presentation by Nic Soucy

Project Angel Heart

Project Angel Heart has a vision that all Coloradans living with severe illness will have access to nutritious food that supports their health and well-being. They deliver comfort and support through high-quality nutrition services, including medically tailored meals, also while advocating for the principles of “Food is Medicine”.

Meal bags, (which are decorated by volunteers) contain seven nutritionally balanced meals prepared from scratch and are tailored to meet clients’ specific needs. There are 11 different diet offerings such as kidney friendly, unseasoned, vegetarian, soft/fork, and more. Each meal contains fresh vegetables, protein, healthy fat as well as a moderate amount of carbs and is diabetes friendly.

A nutrition program is also a part of this project. It has been found that individuals that eat healthy, nutritious meals spent less time in inpatient care, as well as outpatient and spent less money on prescriptions. Eating healthy just makes people feel better!!!

Meals are delivered to clients throughout the state and expanding. The Denver Office and Kitchen is located at 4950 Washington Street in Denver.

For more information contact: Nic Soucy/ nsoucy@projectangelheart.org
303-407-9448

The meeting was adjourned at 10: 03 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.

***All Meeting are held at 9:00 a.m. at the
Thornton Community Connections Center,
9471 Dorothy Blvd., Thornton***

Presentations are noted below.

September 4- Adam Afromsky—AnovaCare,
Board meeting to follow.

September 25 – ACAN hosts a Political
Forum 1:00 – 3:00 (Thornton Community
Connections Center)

October 2--Sara Bohar--MTM Transit

November 6-Thornton Fire Dept.



**Visit our new website:
acanadamscounty.org**

ACAN

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

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

**New: If you are a member and have an
upcoming event, notify Greg Kahler and he
will post it on the ACAN Calendar.**

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.