



# Adams County Aging Network

*Lighting the Way to Positive Aging in Adams County*

## ACAN Newsletter Aug 2024



Visit our new website: [www.acanonline.org](http://www.acanonline.org)

### **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, August 7, 2024 @ 9:00 a.m.** **Thornton Community Connections Center** **9471 Dorothy Blvd., Thornton, CO**

#### **Presentation by Nic Saucy --Project Angel Heart**

“Project Angel Heart” is the Rocky Mountain-region expert in food as medicine and providing medically tailored meals. Regardless of a person’s background or circumstances, Project Angel Heart believes everyone should have access to the nutrition they need—especially when they are sick. This year, Angel Heart will prepare and deliver 755,000 medically tailored meals to 5,000 Coloradans living with cancer, end-stage renal disease, congestive heart failure, and other severe illnesses. Nic Soucy, Government Affairs Manager, will speak about the services Project Angel Heart offers, how to get involved with the program, and the importance of “Food is Medicine”.”



At the July meeting Joanna Ortiz gave us an in depth presentation. She is a volunteer with the Alzheimer's Association.

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

Attendance: **32**

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 Joanna Ortiz  
Volunteer with Alzheimer's Association**

**10 Warning Signs of Alzheimer's:**

Memory loss that disrupts daily life; Challenges in planning or solving problems; Difficulty completing familiar tasks; Confusion with time or place; Trouble understanding visual images and spatial relationships; New problems with words in speaking or writing; Misplacing things and losing the ability to retrace steps; Decreased or poor judgment; Withdrawal from work or social activities; and Changes in mood and personality.

**Early Detection is important:**

Access the situation- What changes do you see? What else is going on? Learn about the signs and benefits of early diagnosis. Has anyone else noticed the changes? Have a conversation. Who should have the conversation. What is the best time and place to have a conversation? What will you or the person say? Offer to go with the person to the doctor or doctors; vision and hearing may play a part. If needed, have multiple conversations. Reach out for support. Turn to the Alzheimer's Association for more help.

**Alzheimer's Association Key Resources:**

**Phone: 24/7 Helpline- 800-272-3900**

**Online: [alz.org](https://www.alz.org) or nationwide: [alz.org/CRF](https://www.alz.org/CRF)**

Meeting adjourned at 10:10 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.***

August 1 – Senior Day – Adams County  
Fairgrounds

August 7--Nic Saucy --Project Angel Heart

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.



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### **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](mailto:acancoordinator@gmail.com).