

# Adams County Aging Network

*Lighting the Way to Positive Aging in Adams County*



## ACAN Newsletter

ACAN: 303-818-7232

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



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## Adams County Aging Network

February 4, 2026

9:00 a.m. – 10:00 a.m.

**Presentation by Samantha Loche and Amanda Webb  
Volunteers of America**

### **Bringing Healthy Aging to Life – Bingocize in Action**

An evidence-based class that combines gentle movement, bingo, and nutrition education. During this session, participants will learn about the importance of fiber for healthy aging, including how it supports digestion, heart health, and feeling full longer. While playing bingo and moving together, we will share practical tips on adding more fruits, vegetables, and whole grains to everyday meals. This class is just one example of what the VOAC Healthy Aging team brings into senior living and community spaces. Our goal is to help participants stay active, informed, and connected, because healthy aging starts with small steps that feel fun and doable.

## Monthly Meeting Door Prize Winner

At every monthly meet ACAN holds a drawing for joining us. So, in addition to meeting lots of great people and learning about an aging issue or service you may go home with something unexpected and special!



Congratulations to Katrina Jones who won this month's door prize. Katrina had to leave prior to the drawing. Maybe we'll get her photo next month.

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### Adams County Aging Network Meeting Thornton Community Connections Center January 7, 2026

Attendance: 34

Diana Morefield, ACAN Chair called the meeting to order at 9:03 a.m.

Attendees introduced themselves and made announcements around the room. Liv Bergman reported from DRCOG.

#### Presentation by Mark Allison Caption Call

Caption Call is a captioning phone service for people with hearing loss. The conversation is typed out on the phone so it can be read if one struggles to hear a conversation. The program is a national program sponsored by the American Disabilities Act and requires no certification. It does not charge for any service for the phone which includes delivery, set up or any other kind of customer support. It can be connected to your cell phone, a hard line, internet, blue tooth and more. It has many features such as call blocking, can slow down the screen, has voice mail messaging in which you can hear and read it.



Sign up takes about 3- 5 minutes and is usually delivered and installed within a week.

Information: Mark [Allison/mallison@sorenson.com](mailto:Allison/mallison@sorenson.com)/726-228-0230

The meeting was adjourned at 9:34 a.m.

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# ACAN Annual 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.

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:

<b>Individual over 60</b>	<b>FREE</b>
<b>Individual membership, under 60</b>	<b>\$20</b>
<b>Nonprofit agency</b>	<b>\$35</b>
<b>For profit business</b>	<b>\$65</b>

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).

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**ACAN Board of Directors**

**ACAN Events 2026**

Diana Morefield, Chair

Barbara Boyer, Chair-Elect

Greg Kahler, Treasurer

Bonnie Ashton, Secretary

Todd Glasser

Richard Libhart

Cathy Millet

Debbie Pownall

Derrick Williams

Debbie Watson

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

**Upcoming Presentations:**

Feb. 4 - Volunteers of America

March 4- Medications for Older Adults

April 1 - Balance & Fall Preventions

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