

# Adams County Aging Network

*Lighting the Way to Positive Aging in Adams County*



## ACAN Newsletter

ACAN: 303-818-7232

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**Visit us at:** [Home - ACAN - Adams County Aging Network](#)

## Adams County Aging Network

**March 4, 2026**

**9:00 a.m. – 10:00 a.m.**

**Presentation by Keith Williams**

**“Decoding Your Prescriptions:**

**Uncovering the Secrets to Medication Safety in Seniors.”**

Keith will share practical ways to stay safe and confident with medications—how to avoid being on too many, spot drugs that may be risky for older adults, and manage those risks wisely. He will also cover simple steps to take charge of your health, including the safe use of over-the-counter and natural supplements.

The goal is to make medication safety feel clear, empowering, and doable for everyone. Some easy communication tips to help make the most of your conversations with your doctors and pharmacists will be shared also.

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**Adams County Aging Network Meeting  
Thornton Community Connections Center  
February 4, 2026**

Attendance: 30

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

Attendees introduced themselves and made announcements around the room. Greg Kahler and Liv Bergman gave reports from DRCOG. Donuts were furnished by Todd Glasser and MedRide.

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

Bingocize in Action: Attendees played Bingo while learning about and participating in gentle movements like walking, hamstring curls, sit to stand and finger tip exercises to name a few. These simple exercises can help you to stay



active and take small steps to taking care of yourself as you age. The presentation also included information about Fiber which is an important nutrient found in carbohydrates. It helps to provide better digestive health, improve cholesterol, and make one feel full. Fiber is found in fruits, vegetables, legumes and whole grains. Some examples are beans, nuts, broccoli and brown rice. Fresh, frozen or canned foods all contain fiber. The group enjoyed the exercises and Bingo. Winners were awarded prizes containing what? Fiber, you guessed it!

The meeting was adjourned at 10:09 a.m.

# 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**

Diana Morefield, Chair

Barbara Boyer, Chair-Elect

Greg Kahler, Treasurer

Bonnie Ashton, Secretary

Todd Glasser

Deb Hickle

Richard Libhart

Cathy Millet

Debbie Pownall

Derrick Williams

Debbie Watson

## **ACAN Events 2026**

All Meetings are held at  
9:00 a.m. at:

Thornton Community  
Connections Center,  
9471 Dorothy Blvd.,  
Thornton, CO.

Upcoming Presentations:

March 4- Medications for  
Older Adults (**Board  
Meeting to Follow**)

April 1 - Balance & Fall  
Preventions

May 6 - Adams County  
Health Department  
(**Board Meeting to  
Follow**)

**National Drug Take Back Day**  
**April 25, 2025--Check with your local police and**  
**fire departments**

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