

# Adams County Aging Network

*Lighting the Way to Positive Aging in Adams County*



## ACAN Newsletter



303-818-7232

acancoordinator@gmail.com

[www.acanadamscounty.org](http://www.acanadamscounty.org)

### **ACAN Membership Meeting**

**Wednesday, April 1, 2026 @ 9:00 a.m.**

**Thornton Community Connections Center**

**9471 Dorothy Blvd., Thornton, CO**

#### **Presentation by Marisa Kouba**

Join us for a fun and interactive presentation on balance and fall prevention, facilitated by Thornton Active Adult Recreation Coordinator & Therapeutic Recreation Specialist. Stay strong, steady, and safe while learning helpful tips and practicing a few simple exercises—come ready to move, learn and build confidence on your feet!

\*\*\*\*\*

# **Adams County Aging Network Meeting**

## **Thornton Community Connections Center**

### **March 4, 2026**

Attendance: 35

Diana Morefield, ACAN Chair called the meeting to order at 9:01 a.m.

Attendees introduced themselves and made announcements around the room.

Greg Kahler gave a report on DRCOG.

### **Presentation by Keith Williams**

#### **“Decoding Your Prescriptions: Uncovering the Secrets to Medication Safety in Seniors”**

Keith led an engaging discussion on how older adults can use medications more safely and confidently. The talk explored three main themes:



1. Prescribing Cascades – How one medication’s side effects can lead to starting another unnecessary drug. He explained how these “cascades” often lead to multiple medications (polypharmacy), which can increase fall risk and lower independence.
2. The 3 F’s: Falls, Fogginess, and Floppiness – A look at common medications that cause anticholinergic side effects such as confusion, dry mouth, blurred vision, or constipation. Attendees learned to recognize these red flags and discuss safer options with their healthcare providers.
3. Pharmacy Pearls – Practical tips for everyday medication safety: keep track of what you take, check expiration dates, store medicines properly, and build a good relationship with your pharmacist, your best medication advocate.
4. Keith’s presentation reminded the group that small, informed steps can make a big difference in staying healthy, sharp, and independent while managing medications.

National Drug Take Back Day is April 25, 2026 from 10 a.m.-2:00 p.m. Check with your local Fire or Police Department.

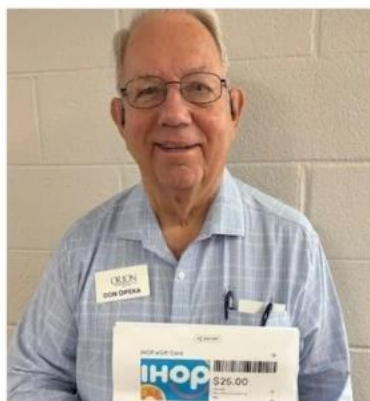
The meeting was adjourned at 10:08 a.m.

\*\*\*\*\*

## Monthly Door Prize Winner

At every monthly meeting 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.

The March winner was Don Opeka of Orion Mortgage. Congratulations Don!



\*\*\*\*\*

## ACAN UPCOMING EVENTS 2025

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

April 1 - Balance & Fall Preventions

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

June 3 - End of Life Documents

## **SPECIAL EVENTS**

April 28 - 9a.m. to 12:00 p.m. - ACAN Resource Fair,  
Northglenn Recreation Center, South Entrance, 1 East memorial  
Parkway, Northglenn 80233

National Drug Take Back Day

April 25, 2025--Check with your local police and fire  
departments

\*\*\*\*\*

## **ACAN MEMBERSHIP**

**ACAN Membership is an annual membership. For further  
information or to join today click the email below.**

### **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).

\*\*\*\*\*

## **ACAN Board of Directors**

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

Diana Morefield, Chair

Deb Hickle

Barbara Boyer, Chair-Elect

Richard Libhart

Greg Kahler, Treasurer

Cathy Millet

Bonnie Ashton, Secretary

Derrick Williams

Todd Glasser

Debbie Watson

**ACAN COORDINATOR: 303-818-7232**

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

ACAN - Adams County Aging Network, PO Box 350523, Westminster, Colorado 80031, United States, 3038187232