

# **Adams County Aging Network**

*Lighting the Way to Positive Aging in Adams County*



## **ACAN Newsletter**



**303-818-7232**  
**acancoordinator@gmail.com**  
**www.acanadamscounty.org**

**ACAN Membership Meeting**  
**Wednesday, May 6, 2026 @ 9:00 a.m.**  
**Thornton Community Connections Center**  
**9471 Dorothy Blvd., Thornton, CO**

**Presentation by**  
**Jamie Rodriguez**  
**Adams County Health Department**

Since becoming a single-county health department in January 2023, Adams County Health Department (ACHD) has worked to support the health and well-being of residents across the county. ACHD offers a variety of services, including vital records, chronic disease education, help enrolling in Medicaid and Marketplace insurance, and other services. This presentation will highlight these services, with a focus on resources and programs that can support older adults and those who serve them.

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

Attendance: 34

Barbara Boyer, ACAN Chair Elect called the meeting to order at 9:05 a.m.

Attendees introduced themselves and made announcements around the room. A report from DRCOG was also given.

**Presentation by Marisa Kouba  
Thornton Active Adult Center**



Marisa's presentation focused on fostering wellness through a therapeutic recreational approach that supports the whole person. Key pillars of well-being including physical, emotional, social, creative, intellectual stimulation, along with cultivating a strong sense of purpose and belonging. Each of these areas play a vital role in helping individuals age well and maintain a high quality of life. A central theme was "putting the fun in functional," emphasizing that wellness activities can be both enjoyable and meaningful while still supporting daily independence and overall health. Daily exercise such as walking your dog, bowling, running, and attending classes at the Thornton Active Adult Center are examples of the key pillars that are important to older adults. The presentation reinforced the importance of a holistic, engaging approach to aging—one that supports individuals in living well, staying connected, and thriving at every stage of life. A fun part of the morning was a game of "Simon Says!" Marge Bennett outlasted 33 other attendees and won a big chocolate bunny!

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## 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!

Congratuations to Derick Williams who won this month's door prize. Derrick is the owner of ComForCare .



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## ACAN UPCOMING EVENTS 2025

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

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

June 3 - ACAN Meeting - All About the End of Life Documents

### **DRCOG Webinars**

1. Every four years Area Agencies on Aging are required to produce a plan for how they will provide community services to meet the needs and challenges of older adults. Their plan is due next year.
2. They rely on input from Key Informant Sessions with providers, professionals, local officials and others who understand the needs of older adults in our region's counties. They look to the County Councils on Aging to provide critical access to that input.
3. These Sessions are primarily a conversations based on questions posed to elicit input specific to older adults living in Adams County.

DRCOG will hold 2 virtual conversations in which they will encourage all the councils to invite their members to attend.

They feel that it will be easier for more people to share about the needs and challenges of older adults in Adams County through these virtual conversations.

The dates are June 16 from 10 to 11:30 am and July 22 from 1:30 to 3 pm. More details to follow in June.

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# 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).

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## **ACAN Board of Directors**

**All Meeting 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**

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