

Dear ECAN, SoCAN, NorCAN and SanDi-CAN distribution list members,

Aging & Independence Services (AIS) is pleased to share information about our email subscription service so you can receive updates on topics related to older adults and persons with disabilities, which are specific to your interests. **Going forward this will be the only way to receive Community Action Network (CAN) email updates.**

When you go to the link listed below, you will be taken to the GovDelivery site.

LINK: <http://bit.ly/AISGovDelivery>

First, you'll need to log on with your email address. From there you can password protect your preferences, change your email address, or remove yourself at any time by accessing your **subscriber preferences** page. You may select **some** or **all** of the topics listed under Aging & Independence Services, based on your own preferences. Be sure to save your changes and look for a confirmation via email verifying the updates you made.

If you would like to **send** in information to be disseminated through the CAN list serve, you can send those entries to this email address: HHS.Ais-CAN@sdcounty.ca.gov rather than the individual email addresses of our staff members. In your entries, please include which specific CAN or group topic (i.e., Employment/Volunteer Opportunities, Behavioral Health, Programs/Community Resources) you would like the information to be sent to. This email inbox will be monitored by the AIS Outreach & Education team, multiple times per week, who will then make decisions about what information can be released through the GovDelivery system.

In addition to the functions listed above, you can also choose a frequency preference for how often you'd like to receive e-mails, be it daily or once a week or month.

We hope you will find it useful to have the ability to customize your emails based on your particular areas of interest. Thank you for your continued interest in the Community Action Networks!

Nancy Garcia, Community Unit Manager

Aging & Independence Services

County of San Diego