

ASPEN CLUB NEWS

January/February 2020 | Volume 33 | Issue 1

Empowering older adults— an impactful three-part series.

Part one: *Soul on Fire—I Am Enough.*

2-3:30 p.m. Thursday, Jan. 16
Chilson Senior Center, 700 E. 4th St., Loveland.

Danette Haag, RN, BSN, Inspirational Speaker

Danette Haag is an inspirational speaker who was severely burned on 70% of her face and body at the age of 10, which was the start of her new life of extreme pain. In her presentation, Danette will share how she picked up the broken pieces of her life, recognizing that life is full of ups and downs. Her message is about “how to learn life’s powerful lessons and NOT stay stuck in the pain,” always knowing we are enough. Appetizers provided for this event.

Part two: *Stepping Into Our Wisdom.*

4:30-6 p.m. Monday, Feb. 3, Longs Peak Room, MCR.

Beth Firestein, PhD

Dr. Firestein will share ideas based on her knowledge and experience counseling older women and men about how we can transform the inevitability of our aging into a time of self-care, personal reflection, nurturing relationships, mentoring others and sharing the wisdom we have accumulated. There will be an opportunity for discussion.

Part three: *Choose Better, Live Better.*

1:30-3 p.m. Tuesday, March 3, Longs Peak Room, MCR.

Alan Carpenter

Additional information on page 9 and more to come in our next newsletter.



Alan Carpenter



Danette Haag, RN, BSN



Beth Firestein, PhD

Aging Mastery Program coming soon.

Developed by the National Council on Aging (NCOA) and in partnership with the Larimer County Office on Aging, we are pleased to introduce the Aging Mastery Program (AMP). The premise behind AMP is to live well, do well and age well. This evidence-based program is designed to help people ages 50+ take key steps to improve well-being, add stability in their lives and strengthen ties to their communities.

Aging Mastery is important because life expectancy has increased dramatically over the past 50 years, yet people are generally unprepared for the increased longevity they have been given.

Although the full 10-week Aging Mastery Program will be offered in the next newsletter, join us for a one-time introductory session to learn more. Details on page 7.

Aspen Club

Monday–Friday
8 a.m.–4:30 p.m.
Closed on all major holidays.

Fort Collins

1025 Garfield St., Suite A
West of Poudre Valley Hospital
(Note: mailing address is
1024 S. Lemay Ave.
Fort Collins, CO 80524)
Phone: 970.495.8560

Greeley (limited hours)

6767 W. 29th St., Second Floor
Greeley, CO 80634
Phone: 970.652.2796

Longmont (limited hours)

Longs Peak Hospital (LPH)
1750 E. Ken Pratt Blvd.
Longmont, CO 80504
Phone: 720.718.1690

Loveland (limited hours)

UCHealth Medical Center
of the Rockies (MCR)
2500 Rocky Mountain Ave.
Loveland, CO 80538
Phone: 970.624.1860

Recorded registration line:
Call 970.495.8565 to sign up
for classes in all communities.

aspenclub@uchealth.org
uchealth.org/aspenclub



"I believe the second half of one's life is meant to be better than the first half. The first half is finding out how you do it. The second half is enjoying it."

—Frances Lear



Jill Taylor, UCHealth Aspen Club Supervisor

From the Aspen Club office.

Do you have adult kids or friends who are age 50+, live in northern Colorado and might benefit from joining the Aspen Club? From the low-cost blood tests and ongoing health screenings to the wellness programs offered at convenient times to the helpful newsletter articles on improving health at every age, we offer numerous reasons to join. Research has shown that about 70% of the factors impacting health are things within our control. We hope Aspen Club opportunities can assist you in making health a priority, which is paramount to aging well.

Last year we added close to 1,000 new members. Our goal in 2020 is to surpass that. We are asking for your help in spreading the news. It's exciting when we know we have multiple generations from the same family as members. This could mean a 50-year-old daughter, with a 70-year-old father and a 90-year-old grandmother as part of the Aspen Club. Wouldn't that be awesome? Plus, the price is right: It's free.

To fill out an application for the Aspen Club, go to uchealth.org/aspenclub or call or stop by any Aspen Club office. Locations can be found on the left of this page.

We appreciate each and every one of you.

Good health, happiness and humor to you.

Jill Taylor
UCHealth Senior Services
Aspen Club Supervisor

"As we grow older and wiser, we begin to realize what we need and what we need to leave behind. Sometimes there are things in our lives that aren't meant to stay. Sometimes the changes we don't want are the changes we need to grow. And sometimes walking away is a step forward."

—Unknown



Aspen Club 2019 highlights.

Listen compassionately to caregivers.

Many of us are not the primary person providing care to a relative or friend. We're the daughter who lives in another city, the son who lives across town and travels a lot or the sister who wants to help but has a family of her own.

In these cases, what is the best role for us? The most important type of assistance you can provide is to simply listen. When we listen with compassion, we don't judge or try to solve problems for others. Many times, the caregiver already knows what to do; they just need to talk it through out loud. They may need validation that they are doing a great job and making good decisions or just an opportunity to let off steam. One of the most loving and helpful things we can do is to be that person who is there.

Caregivers get a lot of advice from well-meaning people from afar, but unless you are in their shoes, battling the forces of poor health, a complex social service system, a myriad of medical appointments and problem behaviors day after day, you need to express support and honor them for their dedication.

How else might you help? Can you help pay for respite services or home-delivered meals? Can you provide occasional rides to and from medical appointments or pick up prescriptions? Can you treat the caregiver to a spa day or movie? It might be just calling every Saturday to see how things are going.

Being a caregiver is a tough job, so anything you can do to bring a smile to their face or say the right thing at the right time or, again, just listen, is truly golden.

- 30th-anniversary events were celebrated in Greeley, Loveland, Fort Collins and Longmont. The Aspen Club began in Fort Collins at PVH in 1989.
- Aspen Club offices are now open in Fort Collins, Loveland, Greeley and Longmont.
- 13,650 Aspen Club members.
- 17,500 participants took part in programs, services and events.
- 1,200 people assisted in completing advance directive forms.
- 91% of participants in fall-prevention classes decreased their fear of falling.
- 69% of participants in *Check. Change. Control.* classes improved blood pressure readings.
- \$471,000 was saved, collectively, by participants assisted during Medicare's open enrollment period.
- 320 people participated in our annual skin cancer screenings, and 50% found conditions that required follow-up.
- 20,000 pounds of documents were shredded safely during the *Fight Fraud, Shred Instead* event.
- And so much more.



Decreasing ageism starts with you.

Ageism is everywhere. It's where we work, learn and seek medical attention. It is easy and dangerous to create stereotypes of older adults, and many people do it. Those unfair assumptions have caused a belief that older adults are less capable of doing many things, which is misdirected thinking.

It's no surprise that ageism is boldly displayed in the local drug/beauty store, with well-known companies advertising "anti-aging" serums and cream. They are promoting the idea that, by paying for a tiny bottle of lotion, you can potentially erase any signs of aging. Aging is something that can't be delayed or stopped—it should be accepted and embraced.

According to the World Health Organization (WHO), negative thinking about aging has consequences on the mind, body and overall health. Research shows that older people who hold ageist thoughts live roughly 7.5 years less than usual and are at risk for cardiovascular disease.

Other harming consequences include lower levels of self-care, decrease in productivity, social isolation and more rapid physical and cognitive decline. With this in mind, decreasing ageism and harmful prejudiced mindsets is critically important. We need to stop ageism in its tracks by becoming more comfortable with the idea of aging from a personal and societal standpoint.

Just when you think you have a picture in your head of what a senior is, you realize how very diverse this population is. We all know people who seem a lot older than they are at age 50 and others who at age 80 are bursting with energy and zest for life.

The Aspen Club will be sponsoring discussions on ageism in various communities in 2020. We hope you'll join us and share your personal experiences and thoughts. Watch for details in future newsletters.



It is easy and dangerous to create stereotypes of older adults. Just when you think you have a picture in your head of what a senior is, you realize how very different and unique everyone is.

Check. Change. Control. (CCC).

Blood pressure monitoring program.

UCHealth Aspen Club, in partnership with the American Heart Association (AHA) and American Stroke Association (ASA), is excited to bring CCC to northern Colorado communities once again. This online hypertension management program uses blood pressure self-monitoring to help participants take ownership of their cardiovascular health. We hope 100 people—members and non-members—sign up for this program by January 30. Last year, 69% of participants showed improvement in blood pressure measures.

If you, or someone you know (of any age), might benefit, please join us at one of the kickoff events listed on page 10. If you are unable to get to a kick-off event, please contact Kat Laws at Kathryn.Laws@uchealth.org or 970.495.8563, and she'll be happy to get you started.

Are you among the 61%?

We know from recent Aspen Club applications that 61% of our members have completed advance directives—living wills and medical power of attorney forms. If you are among the 39% who haven't, please take advantage of classes and opportunities to complete them, just like Longmont members Michael and Yvonne Cooper did.

The Coopers attended the *Get Your Advance Directives Done* class. This class stressed the importance of having end-of-life conversations with loved ones and that everyone 18+ is encouraged to complete documents, knowing that accidents can happen to people of all ages. They also attended a program called *Death Café*, where everyone's differing viewpoints on death were honored and respected. Yvonne commented, "People are very ignorant of death in our society and yet it is very important to discuss. Do this for yourself, your children and grandchildren—get your advance directives done."

Call any Aspen Club office for more information about advance directives. Classes are listed on page 10.



UCHealth physicians present with "a lot of heart."

The difference between his and her heart health.

February is American Heart Month, and heart health is important to all of us. Join us for a light supper and conversation on the differences in male and female health. After supper, we'll stretch and play a game or enjoy a new activity or device.

- Longmont: 5:30–6:30 p.m. Tuesday, Feb. 11
Longmont Senior Center

10 questions to ask your cardiologist.

UCHealth cardiologist Eks Wye Pollack, MD, will review 10 common cardiac concerns affecting people age 50+ and what questions you should ask your cardiologist about these issues. We will review simple preventive measures you can undertake to increase and improve your cardiovascular health.

- Fort Collins: Noon–1:30 p.m. Wednesday, Feb. 12
Poudre Valley Hospital, Café F
- Greeley: Noon–1 p.m. Thursday, Feb. 20
Greeley Medical Center, conference room three

Heart disease—what's next?

If you or someone you love has been diagnosed with heart disease and you are wondering what's next, come to this informative talk. UCHealth cardiologist Lance Richards, MD, will discuss what to expect as well as treatment options for heart disease.

- Loveland: Noon–1:30 p.m. Tuesday, Feb. 18
MCR, Longs Peak conference room

Registration is required. Call any Aspen Club office listed on page 2 or go to uchealth.org/aspenclub.

Me: (I'm sobbing my heart out, my eyes are swollen and my nose is red)...“I can't see you anymore. I'm not going to let you hurt me like this ever again.”

Fitness Trainer: “It was just a sit-up...you did one sit-up!”



Mental health and aging.

- One in five older adults experiences mental health concerns that are not a normal part of aging. In most cases, these issues respond well to treatment. Sadly, too often, older adults do not reach out.
- While older adults may experience loss, deep sadness that lingers may signal clinical depression.
- Mental health is as important as physical health. Good mental health contributes greatly to an overall feeling of well-being. Untreated mental health disorders in older adults can lead to diminished functioning, substance abuse, poor quality of life and increased mortality.
- Healthy older adults can continue to thrive and enjoy life. Reading, walking and socializing are just a few of the activities that many individuals enjoy at any age. Exercising your mind and body and maintaining social connections are good for your mental health.
- Mental health problems are a risk for older adults, regardless of history. While some adults go through life managing a chronic mental illness, mental health difficulties can also appear late in life. Sometimes mental health deteriorates in response to disease or medications.
- Suicide is a risk among older adults. Suicide is a major public health concern, and older adults are not immune.

If you feel any of these symptoms, talk with your doctor or a mental health professional:

- Sadness lasting longer than two weeks.
- Consistent worries about money, family, health, etcetera.
- Consistent trouble sleeping or concentrating.
- Frequent trouble remembering things or feeling confused in familiar places.
- Have more than one alcoholic drink a day or taking more medication than prescribed.

Valuable resources:

Aging Clinic of the Rockies 970.491.6795
 SummitStone 970.494.4200 (24-hour access)
 Alliance for Suicide Prevention
 of Larimer County 970.482.2209
 Veterans Crisis Line 800.273-8255, press 1
 National Suicide Prevention Lifeline 800.273.TALK (8255)
 UHealth Mountain Crest
 Behavioral Health Center, Fort Collins 970.207.4800

Please attend the upcoming three-part series on *Empowering Older Adults* and watch for other resources, including classes to help with mental health, in upcoming newsletters.

Who received the very first Medicare card?

The first time national health care was mentioned in the United States was from Teddy Roosevelt in 1912. He had been president once and was running again but did not win. We didn't hear about national health care again until his cousin Franklin Delano Roosevelt (FDR) was president. After FDR passed Social Security, Congress was in no mood to pass anymore huge government programs.

President Truman took over upon FDR's death and was the true champion of national health care. Despite his best efforts, he could not get it through Congress either. President Kennedy suffered an embarrassing defeat when he tried to get it done.

President Johnson, in 1965, finally got it passed. The bill-signing ceremony took place in Independence, Missouri, and Harry Truman was the first person to receive a Medicare card. His wife, Bess, got the second.

Aspen Club Monthly Features

Locations are denoted: Fort Collins Senior Center (FCSC), Greeley Medical Center (GMC), Greeley Medical Center Midtown (GMCM), Longmont Senior Center (LSC), Longs Peak Hospital (LPH), Medical Center of the Rockies (MCR), Poudre Valley Hospital (PVH).

Look under **Multiple Locations** for additional classes in your community.



FORT COLLINS

Bone Density Screening **R**

An ultrasound bone sonometer is used to measure bone density in your heel.

- 3-4:30 p.m. Monday, Jan. 6
Aspen Club Office, 1025 Garfield St., Suite A
- 2-4 p.m. Tuesday, Feb. 11
Aspen Club Office, 1025 Garfield St., Suite A
- Cost: \$12. Appointments required

Balance Screenings **R**

Exercise suggestions, balance and fall-prevention strategies will be shared based on your results. This is done in conjunction with UHealth Medical Fitness.

- Noon-4 p.m. Thursdays, Jan. 9 and Feb. 13
- 2315 E. Harmony Road, Building C, Suite 170
- Cost: \$15. Appointments are required—call 970.674.6500

CarFit Assessments **R**

A CarFit technician goes over a 12-point checklist including steering wheel spacing, properly adjusted headrests, seatbelt usage and more.

- Noon-3 p.m. Mondays, Jan. 13 or Feb. 10
- Aspen Club, 1025 Garfield St., Suite A

Healthy Mind Platter for Healthy Brain Matter **R**

Julie Knighton, RN, and JoAnn Herkenhoff share the seven daily essential mental activities to optimize brain matter and create well-being.

- 10:30 a.m.–noon Wednesday, Jan. 15
- PVH, Indian Paintbrush Classroom

Social Security–Survivor Benefits **R**

Learn how Social Security spousal and survivor benefits interact with your own personal benefits. The presenter is Jim Saulnier, CFP, from the PVH/MCR Foundation Committee.

- 9-11 a.m. Saturday, Jan. 18, PVH, Café F

Introduction to “Am I Hungry?”–Mindful Eating **R**

Learn tools to work with our food-abundant culture and our own emotional eating cues. Taught by Deanna O’Connell, UHealth dietitian and mindfulness practitioner.

- 10-11:30 a.m. Tuesday, Jan. 21
- Westbridge Classroom, 1107 S. Lemay Ave.

Droopy Eyelids/Ptosis **R**

When you look in the mirror, do you see sleepy-looking eyes? This could be ptosis, a fancy term for droopy eyelids.

Dr. Aaron Frye, UHealth Plastic and Reconstructive Surgery – Fort Collins, will discuss the treatment and management of ptosis.

- 5:30-7 p.m. Wednesday, Jan. 22, PVH, Café F

Palliative and Hospice Care Overview–Plus More **R**

Dr. Michael Towbin, Medical Director with Pathways Hospice, will discuss real end-of-life scenarios and how palliative care and hospice services are used and differ.

- 2-3:30 p.m. Friday, Jan. 24, PVH, Café F

10 Questions to Ask Your Cardiologist **R**

See page 5 for class overview.

- Noon-1:30 p.m. Wednesday, Feb. 12, PVH, Café F

Arthritis Quarterly–Mindfulness **R**

Learn mindfulness and relaxation tools to calm your mind and nervous system and use them for daily arthritis pain management.

- 11:30 a.m.–1 p.m. Monday, Feb. 17
- Fort Collins Senior Center, 1200 Raintree Drive

Benefits of Plant-Based Nutrition **R**

Learn about plant-based proteins, nutrients of concern and health benefits and enjoy tasty veggie-focused recipes.

- 1-2:30 p.m. Friday, Feb. 21
- Westbridge Classroom, 1107 S. Lemay Ave.

Aging Mastery Program (AMP) Introduction **R**

See page 1 for details.

- 2-3:30 p.m. Monday, Feb. 24, PVH, Café F

Note: Please look under Multiple Locations for other Fort Collins offerings.

The following Aspen Club classes are at the Fort Collins Senior Center, 1200 Raintree Drive. Registration is available at fcgov.com/recreator or by calling 970.221.6644. Please refer to the activity number listed.

Brain Boosters for Your Noggin **R**

Work out your noggin with brain games, mental exercises and new activities to keep the mind active.

- 9-10:30 a.m. Tuesday, Jan. 7; refer to activity #125401-01
- Cost: \$6

Healing Through Meditation and Spiritual Wisdom **R**

Age gracefully, bringing strength to life’s joys and challenges with simple yoga and meditation.

- 10-11:30 a.m. Fridays, Jan. 10-31
Refer to activity #125400-02
- 10-11:30 a.m. Fridays, Feb. 7-28
Refer to activity #125400-03
- Cost: \$40 per session

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Look under **Multiple Locations** for additional classes in your community.



Tips and Trails for Snowshoeing **R**

Learn about snowshoeing and about where to go, where to get your gear and how to stay safe. All levels of experience are welcome.

- 4:30–5:30 p.m. Monday, Jan. 20
Refer to activity #125404-01
- Cost: \$6

Enhance Wellness–Nutrition **R**

Discuss nutritional choices and mindful eating strategies with Deanna O'Connell, RD, of UCHealth Community Health.

- 1–2 p.m. Monday, Jan. 20; refer to activity #125403-02
- 1–2 p.m. Monday, Feb. 17; refer to activity #125403-03

Live Involved Fair

The Live Involved Fair features numerous local hobby, interest, civic and activity options for you as well as interesting presentations. The event is co-sponsored by AARP, Volunteers of America, Larimer County Extension and the Fort Collins Senior Center—which is also the location of the event.

- 10 a.m.–2 p.m. Saturday, Jan. 25
- No cost and no registration needed

“Am I Hungry?”–Mindful Eating **R**

In this eight-week program, learn how to be in charge of your eating instead of feeling out of control.

- 4:30–6 p.m. Tuesdays, Feb. 4–March 24
- Refer to activity #125405-01
- Cost: \$66 (includes all classes, book and workbook)

Is It Time Yet? **R**

Most people avoid thinking about the “what if’s” regarding aging, but being informed helps prevent crisis and empowers you and your loved ones. We will explore living options, including costs, at this interactive presentation.

- 2–3:30 p.m. Tuesday, Feb. 18; refer to activity #125407-01

The Unmentionables Talk **R**

Sharon Petty, UCHealth physical therapist, will discuss her favorite topics—*incontinence, constipation and prolapse*—with a little humor tossed in.

- 10:30 a.m.–noon Wednesday, Feb. 26
Refer to class #125406-01

Brain Fun With Movement, Music and Laughter **R**

Humor and fun will be woven into movement, dance, cognitive walking and singing to positively impact brain health. Humor leads to improved well-being, boosted morale, increased communication skills and an enriched quality of life. Wear comfortable shoes. Led by Jill Taylor from the UCHealth Aspen Club.

- 2–3:30 p.m. Thursday, Feb. 27; refer to class # 125402-01
- Cost: \$6

GREELEY

Financial Security and Cognitive Health **R**

Dr. Eric Chess will explore the connection between financial decision-making and brain health and how to identify the risk of dementia long before symptoms appear. Participants will take part in pre- and post-assessments.

- 9–11 a.m. Tuesday, Jan. 14, GMC, conference room three

Common Age-Related Eye Problems **R**

Common age-related eye problems including presbyopia, glaucoma, dry eyes, age-related macular degeneration, cataracts and temporal arteritis will be discussed. Dr. Kirkpatrick, from the Eye Center of Northern Colorado, will present beneficial eye health information.

- 10–11 a.m. Thursday, Jan. 23
- GMC, conference room three

The Power of Positive Expectancy **R**

Having a positive state of mind helps us accept ourselves and others and allows us to focus on living a purpose-filled life.

- 10–11 a.m. Wednesday, Jan. 29
- GMC, conference room three

10 Questions to Ask Your Cardiologist **R**

See page 5 for class overview.

- Noon–1 p.m. Thursday, Feb. 20
- GMC, conference room three

Sleep Well, Feel Well **R**

James Reisburg, MA Gerontology, talks about common sleep problems and tips to manage them. Participants will receive a brochure on sleep facts and myths for adults over 50, a self-help quiz and a 10-day sleep diary.

- 10–11 a.m. Monday, Feb. 24, GMC, conference room three

Note: Please look under Multiple Locations for other Greeley offerings.

LONGMONT

Positive Brain Change **R**

Sue Schneider, PhD, with CSU Extension, presents how we can change our brains to benefit our health and well-being. We'll explore the concept of positive neuroplasticity and experiment with practices that create new neural pathways by cultivating mindful presence and seeding positivity.

- 10:30–noon Thursday, Jan. 9, LPH, conference room A

The Skinny on Counting Calories **R**

Meet registered dietician Kimberly Jordan and enjoy a light supper and conversation on counting calories. After supper, we'll stretch, play a game and enjoy a new activity or device during this fun and informative session.

- 5:30–6:30 p.m. Tuesday, Jan. 14, LSC, 910 Longs Peak Ave.
- To register, please call 303.651.8411

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Look under **Multiple Locations** for additional classes in your community.



Toenail Service Comes to LPH **R**

A specially trained nurse will do a lower-leg and foot assessment, foot soak, toenail trimming and filing, corn and callus reduction, light foot massage and more.

- 1-5 p.m. Wednesdays, Jan. 22 and Feb. 26, LPH
- Cost: \$35—appointments required. Call 720.718.1690

Vaping—Views From Local Experts **R**

This panel discussion will be led by LPH's Chief Medical Officer, Dr. Mark Schane, and include panelists Dr. Heather Isaacson, pediatrician; Dr. Rob Janata, pulmonologist; and NaNet Jenkins from Healthy Hearts.

- 6:30-8 p.m. Tuesday, Jan. 28
- LPH, conference rooms A and B

His and Hers Heart Health—Is There a Difference? **R**

Enjoy a light supper and discussion about the differences in male and female heart health.

- 5:30-6:30 p.m. Tuesday, Feb. 11
- LSC, 910 Longs Peak Ave.
- To register, please call 303.651.8411

Memory Training **R**

This four-week class is for people who want to improve or maintain memory abilities by learning proven techniques developed at UCLA.

- 10 a.m.-noon Fridays, Feb. 14-March 6
- LPH, conference room A
- Cost: \$32

Note: Please look under Multiple Locations for other Longmont offerings.

LOVELAND/WINDSOR

Getting Through the Maze of an Acute Hospital Experience **R**

Learn the role of the hospitalist from team members Cheryl Campbell, RN, and Peter Wallskog MD. Hospitalists help treat and monitor your acute illness with the goal of getting you back home and under the care of your primary physician.

- Noon-1:15 p.m. Thursday, Jan. 9, MCR, Longs Peak Room

The "Gift" of Information **R**

The My Gift of Information booklet helps you organize all your financial, legal and other personal information that your family will need to know in the future. Mary Anne Heyman, MSFP, will give you tips on how to get started.

- 1-2:30 p.m. Tuesday Jan. 14
- Windsor Recreation Center, 250 11th St.

Soul on Fire—I Am Enough **R**

See page 1 for details.

- 2-3:30 p.m. Thursday, Jan. 16
- Chilson Senior Center, 700 E. 4 St.

Meditation for Brain Health **R**

Stress reduction is one of the best things you can do for your memory. This class combines brain health, mindfulness and various meditation techniques to reduce stress and improve memory.

- 11 a.m.-noon Mondays, Feb. 3-24
- MCR, Big Thompson Room
- Cost: \$10 for the four-week session

Stepping Into Our Wisdom **R**

See page 1 for details.

- 4:30-6 p.m. Monday, Feb. 3, MCR, Longs Peak Room

Heart Disease—What's Next? **R**

See page 5 for details.

- Noon-1:30 p.m. Tuesday, Feb. 18, MCR, Longs Peak Room

Creating Well-Being on the Dementia Journey **R**

Learn how to engage and create meaningful interactions for those living with dementia.

- 2-3:30 p.m. Thursday, Feb. 20
- Chilson Senior Center, 700 E. 4 St.

Death Café **R**

Death cafés are an opportunity to demystify the topic of death and engage in thoughtful and respectful conversation. This is not a bereavement or grief group, and there is no set agenda. Patti Welfare, with the UCHealth Aspen Club, will lead the discussion.

- 1:30-3 p.m. Tuesday, Feb. 25
- MCR, Horsetooth Mountain Room

Choose Better, Live Better **R**

This program, the last in our three-part series, features Alan Carpenter, PhD. Dr. Carpenter spent six years researching lifestyle choices he could make to thrive following a life-threatening accident. He's validated these choices under demanding conditions.

- 1:30-3 p.m. Tuesday, March 3, MCR, Longs Peak Room

Note: Please look under Multiple Locations for other Loveland/Windsor offerings.

IN MULTIPLE LOCATIONS

Check. Change. Control. (CCC)—Kickoff Events

See page 4 for details.

- **Loveland:** 3-4:30 p.m. Tuesday, Jan. 7
MCR, Arapahoe Peaks Room
- **Fort Collins:** 10-11:30 a.m. Saturday, Jan. 11, PVH Café F
- **Greeley:** 3-4:30 p.m. Monday, Jan. 13
GMC, conference room one
- **Longmont:** 3-4:30 p.m. Wednesday, Jan. 22
LPH, conference rooms A and B
- If you cannot attend a kickoff event, please contact Kat Laws at Kathryn.Laws@uchealth.org or 970.495.8563

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Look under **Multiple Locations** for additional classes in your community.



Healthy Mind Platter for Healthy Brain Matter **R**

Learn Dr. Daniel Siegel's recommended daily diet for a healthy mind that includes the seven daily essential mental activities to optimize brain matter and create well-being.

- **Fort Collins:** 10:30 a.m.–noon Wednesday, Jan. 15
PVH, Indian Paintbrush classroom
- **Greeley:** 10 a.m.–noon Wednesday, Feb. 26
GMC, conference room three

Get Your Advance Directives Done **R**

This class will explain living wills and medical health care directives, and you will have an opportunity to complete them. We will also talk about end-of-life discussions and the importance of sharing your plans with loved ones.

- **Longmont:** 2:30–4 p.m. Wednesday, Jan. 8
LPH, conference room
- **Greeley:** 10–11:30 a.m. Wednesday, Jan. 15
GMC, conference room three
- **Fort Collins:** 9:30–11 a.m. Thursday, Jan. 23
UCHealth Internal Medicine, Prospect
1106 E. Prospect Road
- 10–11:30 a.m. Thursday, Feb. 13
UCHealth Internal Medicine – Snow Mesa
4674 Snow Mesa Drive, Suite 100
- **Loveland:** 1:30–3 p.m. Monday, Feb. 10
MCR, North Medical Office Building, Suite 2200

Medicare 101 **R**

UCHealth Aspen Club Medicare counselors will present an overview of Medicare.

- **Greeley:** 2:30–4 p.m. Monday, Jan. 27
GMC, conference room three
- **Fort Collins:** 9–10:30 a.m. Saturday, Feb. 15, PVH, Café F

Being Mortal Film and Discussion **R**

Being Mortal is a public television documentary adapted from physician Atul Gawande's bestselling book. The film explores the hopes of patients and families facing a terminal illness and their relationships with the doctors who care for them.

- **Fort Collins:** 2–4 p.m. Monday, Feb. 3, PVH, Café F
- **Greeley:** 10 a.m.–noon Tuesday, Feb. 18
GMC, conference room one

Foot Reflexology **R**

Board-certified, licensed massage therapists and certified reflexologists provide 20-minute foot reflexology sessions that promote relaxation, stress reduction and pain relief.

- **Fort Collins:** 9 a.m.–2 p.m. Saturdays, Jan. 11 and Feb. 8,
Aspen Club Office, 1025 Garfield St., Suite A
- **Loveland:** 9 a.m.–1 p.m. Tuesday Jan. 21
MCR, Arapahoe Peaks Room
- Cost: \$20 for a 20-minute session. Appointments are required

AARP Safe Drivers Class **R**

This class covers defensive driving skills, age-related changes and driving safely in today's world.

- **Fort Collins:** Noon–4:30 p.m. Thursdays, Jan. 16 and Feb. 20
Fort Collins Senior Center
- **Loveland:** 8:30 a.m.–1 p.m. Thursday, Feb. 6
MCR, lower-level classroom
- Cost: \$15 for AARP members, \$20 for non-members (checks only, payable day of class)

New Member Orientation **R**

- **Fort Collins:** 2–3:15 p.m. Monday, Jan. 27
Westbridge Classroom, 1107 S. Lemay Ave.
- **Loveland:** 1–2:15 p.m. Wednesday, Feb 5
MCR, Mount Audubon Room
- **Greeley:** 1–2:15 p.m. Monday, Feb. 10
GMC, conference room three

Blood Pressure (BP) Checks

- **Fort Collins:** Available by appointment at the Aspen Club Office, 1025 Garfield Road, Suite A. Call 970.495.8560 to schedule an appointment
- **Loveland:** 9–11 a.m. Mondays, Jan. 27 and Feb. 24
Chilson Senior Center, 700 E. 4th St.
- **Greeley:** 10–11 a.m. Friday, Jan. 24
Rodarte Center, 920 A. St.

Hearing Screenings **R**

Certified Audiologists are available for baseline hearing screenings and to answer your questions about hearing health. No charge but appointments are required.

- **Loveland:** 9 a.m.–noon Thursday, Feb. 13
All About Hearing, 3820 N. Grant Ave.
- **Fort Collins:** 8:30 a.m.–4 p.m. Thursday, Feb. 13
Location given when you make an appointment

Medication and Supplement Reviews **R**

PVH, MCR and GMC PharmDs will review your medications, vitamins, supplements and over-the-counter drugs.

- **Loveland:** 8:30 a.m.–12:30 p.m. Tuesday, Jan. 7
MCR, Aspen Club Office
- **Greeley:** 8:30 a.m.–12:30 p.m. Wednesday, Feb. 12
GMC, conference room three
- **Fort Collins:** 8 a.m.–noon Friday, Feb. 14
Aspen Club Office, 1025 Garfield St.
- Appointments required. Call any Aspen Club office

Preparing for Total Hip and Knee Replacement

Learn what to expect from joint replacement surgery.

- **Fort Collins:** 2–4 p.m. every Monday
Westbridge conference room, 1107 S. Lemay Ave.
For more information, please call 970.495.8260
- **Loveland:** 8:30–9:30 a.m. every Wednesday
MCR, 4th-floor conference room
For more information, please call 970.624.4326

Aspen Club Ongoing Services

To find out more about these services, call any Aspen Club office or go online to uhealth.org/aspenclub.

Please note—not all services are available in all Aspen Club locations.

- Advance directives/notary assistance
- Aspen Club low-cost blood tests
- Blood pressure checks
- Bone-density screening (\$12)
- Caregiver classes and resources
- Exercise and nutritional consultations (\$30)
- Hearing screenings
- Information and referral about senior services
- Medicare counseling and assistance
- Quarterly arthritis support and education
- Toenail services in Fort Collins and Greeley (\$35)
- Foot reflexology in Fort Collins and Loveland (\$20)
- Total hip and knee replacement classes
- Stroke and arthritis support and education groups
- Therapeutic mini massages (\$1 per minute)

Aspen Club Fitness Opportunities [®]

Eight-week session (Jan. 6–Feb. 28) • Register by calling 970.495.8560

Strong Women, Healthy Bones

Weight training to improve bone density and body composition, increase strength and independence and create an overall sense of well-being.

- Noon–1 p.m. Wednesdays and Fridays, Jan. 8–Feb. 28
Lifestyles Room, 1107 S. Lemay Ave.. Cost: \$60
- 1:15–2:15 p.m. Wednesdays and Fridays, Jan. 8–Feb. 28
Lifestyles Room, 1107 S. Lemay Ave. Cost: \$60
- 2:45–3:45 p.m. Tuesdays and Thursdays, Jan. 7–Feb. 27
Westbridge Classroom, 1107 S. Lemay Ave. Cost: \$60

Yoga

Chair yoga

Safe and gentle exercises will tone and strengthen muscles, loosen joints, lower stress and help you relax.

- 10–11 a.m. Mondays and Wednesdays, Jan. 6–Feb. 26
Westbridge Classroom, 1107 S. Lemay Ave. Cost: \$60

Gentle yoga

This class is perfect for those wanting a slower-paced yoga class with stretching and slower movements.

- 1:15–2:30 p.m. Tuesdays, Jan. 7–Feb. 25
Westbridge Classroom, 1107 S. Lemay Ave. Cost: \$50

Focused yoga

This class is best suited for those with some prior yoga experience or who are fairly fit.

- **Fort Collins:** 1:15–2:30 p.m. Thursdays, Jan. 9–Feb. 27
Westbridge Classroom, 1107 S. Lemay Ave.. Cost: \$50
- **Loveland:** 1:30–2:45 p.m. Mondays, Jan. 6–Feb. 24
First Christian Church, 2000 N. Lincoln Ave.. Cost: \$50

Core Strength

Learn ways to strengthen your core muscles using a fit ball. These exercises increase stability and balance while you engage the abdominal muscles to stay upright.

- 10–11 a.m. Mondays, Jan. 6–Feb. 24
Lifepoint Church Gym, 901 E. Lake St.. Cost: \$40

PWR! Moves Level II

The Parkinson's Wellness Recovery (PWR) class helps people with Parkinson's Disease (PD) move better longer.

- 1–2 p.m. Thursdays, Jan. 9–Feb. 27
Contemporary Dance Academy, 2519 S. Shields St., #1A
Cost: \$40

NEW! Fit Forever

Improve your strength, flexibility and balance in order to overcome everyday obstacles in this group exercise class.

- 10–11 a.m. Wednesdays, Jan. 8–Feb. 26
Our Saviour's Lutheran Church, 2000 S. Lemay Ave. Cost: \$40

Tai Chi for Healthy Living

Tai chi uses gentle movements to increase strength and flexibility, decrease pain in joints, decrease stress, improve balance and improve your sense of well-being.

- **Beginning part 1:** 9:30–10:30 a.m.
Tuesdays and Thursdays, Jan. 7–30 (four weeks)
Lifepoint Church Gym, 901 E. Lake St. Cost: \$30
- **Beginning part 2:** 11:15 a.m.–12:15 p.m.
Wednesdays, Jan. 8–Feb. 26
Our Saviour's Lutheran Church, 2000 S. Lemay Ave. Cost: \$40
- **Intermediate:** 9:45–10:45 a.m. Fridays, Jan. 10–Feb. 28
Our Saviour's Lutheran Church, 2000 S. Lemay Ave. Cost: \$40
- **Advanced:** 8:30–9:30 a.m. Fridays, Jan. 10–Feb. 28
Our Saviour's Lutheran Church, 2000 S. Lemay Ave. Cost: \$40

Men–Loosen Up! (NEW—now offered twice a week)

This class is about being more flexible to help prevent injury, increase energy, enhance daily activities and impact overall health in a positive way.

- 8:30–9:30 a.m. Wednesdays and Fridays, Jan. 8–Feb. 28
Westbridge Classroom, 1107 S. Lemay Ave.. Cost: \$60



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Aspen Club
 membership
13,650

Health screening opportunities to start the year.

Aging well is all about prevention and early detection. Health screenings, along with healthy lifestyle choices, can help make each year a good year. These health-screening opportunities, available in January and February, are listed on pages 7-10.