

ASPEN CLUB NEWS

May/June 2020 | Volume 33 | Issue 3

UCHealth Longs Peak Hospital in Longmont receives special certification.

It's estimated that, in the United States, 10,000 baby boomers turn 65 every day. This demographic shift brings unique challenges to our health care systems, particularly inside emergency departments (ED). Older adults visit EDs at higher rates than non-seniors, bringing multiple chronic conditions and complex social and physical challenges. As a result, around the country, the concept of a geriatric ED has developed to address the challenges that are specific to older adults, rather than a one-size-fits-all approach.

Over the past year, Longs Peak Hospital took the initiative to become a geriatric-accredited ED to address the needs of older adults in our community. In May of 2019, they achieved accreditation from the American College of Emergency Physicians as a geriatric emergency department.

The goal of the geriatric ED program is to recognize those patients who will benefit from inpatient care and to effectively implement outpatient care to those who do not require inpatient resources by offering a comprehensive team approach. The team consists of an emergency medicine physician and a registered nurse, a hospitalist, a physical therapist, a pharmacist and a social worker.

Our hope is that older patients can be assured that they are being provided with the highest quality of care that includes a more positive and physical environment that supports and assists a safe return home, along with improved overall wellness.

Written by Dr. Bucky Ferozan, UCHealth Geriatric Physician Champion

Greeley Aspen Club office is literally "moving on up."

The Greeley Aspen Club office, located inside the Greeley Medical Center (GMC) at 6767 W. 29th St., has literally moved up one floor. The new space is now on the third floor and gives us more room to provide ongoing programs and services.

Our Aspen Club staff would love to meet you. It's always best to call first if you need to make an appointment for Medicare, sign up for classes or inquire about resources or how we can enhance opportunities for you. Our phone number remains the same at 970.652.2796. Don't be afraid to leave a message; we promise to get back to you in a timely manner.

It is an honor to serve folks aged 50+ in Greeley and its surrounding communities, as we have for the past seven years.



Aspen Club

Closed on all major holidays.

Fort Collins

1025 Garfield St., Suite A
West of Poudre Valley Hospital
Phone: 970.495.8560

Open Monday-Friday
8 a.m.-4:30 p.m.
Second Saturday of the month
9 a.m.-noon

Greeley (limited hours)

6767 W. 29th St., Third 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



We think too small. Like the frog at the bottom of the well. He thinks the sky is only as big as the top of the well. If he surfaced, he would have an entirely different view.



Jill Taylor, UCHealth Aspen Club Supervisor

From the Aspen Club office.

May is Older Americans month. This is when we recognize the countless contributions older adults make to their families, friends and communities through their time, experience and talent. When we say older Americans, are you one who says "old age is always five years older than I am?" Well, we know for sure there's no getting around the fact that we add another digit to our age each year, and I know many of you truly do make a positive impact in the lives of others. So, let's be grateful for our years and, yes, celebrate!

My husband and I recently enjoyed a wonderful orchestral performance featuring the work of Mozart. The sounds made by the instruments and talented people of all ages blended together to make a magical night for all. Throughout the performance, you could tell the musicians and audience alike experienced what positive psychologists call the concept of flow.

The concept of flow is when you are so completely immersed, so utterly absorbed in an enjoyable activity, that time seems to fly away. You live in that moment. We used music as an example above, but for you, flow might be enjoying

art, books, sports, dancing, hiking, nature or any number of things. Researchers have not officially linked flow to increased levels of happiness or stress reduction, but there is definitely a connection people feel.

As you celebrate your years during this special recognition month, make sure you take time to "go with the flow."

Good health, happiness and humor to you.

Jill Taylor
UCHealth Senior Services
Aspen Club Supervisor

Aspen Club team members, Shelley Steele in Greeley and Patti Welfare in Loveland are retiring in May and June.

Their talents and dedication will be missed but we are excited for their retirement adventures yet to come.



Solo agers.

Baby boomers are living longer and healthier than ever before, but eventually some of the same health challenges that faced previous generations, such as cancer, heart disease or diabetes, might catch up to them. Many of these conditions are treated by health care professionals and, eventually, with help provided by family members. But for baby boomers, family members will be in shorter supply.

According to the Pew Research Center, the rate of childlessness among boomers has doubled. One in five boomers does not have adult children to help them when independent living becomes difficult. These childless boomers are called “solo agers.” A slightly different group is the “elder orphans”—those with no spouse, significant other or family nearby.

Solo agers want to stay as independent as possible, and they want choices. They have been the masters of their universe for a long time and are not ready to give that up. To do that, important planning needs to start now.

- **Start building your community and expanding your social network.** Strengthen ties with relatives and make new friends of all ages. Develop a support system you can call on when physical and emotional needs arise.
- **Choose your home carefully.** Is your current home the ideal place to grow older? Will your current home give you opportunities to socialize should you no longer drive? Do you know your neighbors?
- **Protect your finances.** Enlist or hire someone who will be that trusted person to protect your financial and legal interests.
- **Take care of your health care directives.** Put your health care directives in place and select someone who will respect your end-of-life wishes. Because a health crisis can come up at any time, have those conversations now.
- **Learn about local resources and services.** Find the resources and services that might come in handy when you no longer drive or when you need help in the home.

Boomers will continue to pursue learning and development, even as they approach the century mark. Putting key strategies into place for living long lives will help solo agers thrive.

Loveland Highlight - Larimer Emergency Telephone Authority (LETA).

Learn about LETA. Lenny Layman, emergency management specialist, will explain the importance of LETA, their philosophy of “If we can’t reach you, we can’t alert you” and how to be prepared for an emergency. This important LETA overview will address these four critical processes:

1. How do you receive information?
2. How do you share information?
3. How do you stay (shelter in place)?
4. How do you go (evacuate)?

This class is 9:30-11 a.m. Wednesday, May 27, at MCR. Registration is required.

Also, in a partnership with the City of Loveland Recreation Department, look on page 9 for classes and opportunities at the new fitness court at Barnes Park. Several UCHHealth physicians and allied health professions will present interesting health talks, and you can join in for wellness walks along the river.



Combat brain shrinkage.

A healthy brain can reduce atrophy if we approach brain health as we do heart health. Making lifestyle and behavioral changes can help us avoid factors that lead to damage and impaired function. Research has shown that brain atrophy can be slowed and possibly reversed through many strategies. These six strategies, in particular, have been linked to significant benefits to brain health:

1. **Get regular exercise.** Aerobic exercise improves circulation to the brain and promotes the production of brain growth factors that support the survival of new brain cells.
2. **Reduce stress.** Chronic stress is associated with the shortening of telomeres—DNA-protecting end caps on cells whose wear is an indication of aging. Relaxation techniques that incorporate meditation in particular have a beneficial effect.
3. **Maintain heart health.** Have regular checkups and follow your doctor's advice to prevent and manage conditions that affect the heart and blood vessels, such as high blood pressure, high levels of LDL cholesterol and diabetes.
4. **Watch your diet and weight.** Evidence suggests that a Mediterranean-style diet and the American Heart Association's D.A.S.H. diet are good for both heart and brain health.
5. **Stay socially and mentally engaged.** Several studies have shown that busying the brain with challenging and meaningful activities is helpful in staying sharp, reducing the risk for brain atrophy and improving memory.
6. **Get adequate sleep.** Too little sleep is associated with increased brain atrophy and faster brain aging in older adults. Experts recommend that seniors get six to eight hours of uninterrupted sleep at night and seek help for sleep disorders that interfere with a good night's sleep.



The Aspen Club has memory training classes on a consistent basis. Let the Aspen Club know if you are interested in upcoming classes.

Never stop learning and challenging your mind. Take dance lessons, learn a new language, attend lectures, learn to play a musical instrument or read a book.

Take part in a CircleTalk.

CircleTalk is a social engagement program designed for aging adults to form relationships, create community and have more meaningful engagement, connection and belonging—all markers of healthy aging. CircleTalks have been conducted throughout Boulder County, Denver and the Front Range since 2011. They are now being introduced in Larimer County by the Partnership for Age-Friendly Communities (PAFC).

How does CircleTalk work? CircleTalk is a structured conversation program led by trained facilitators who use a fun, unique and non-repeating curriculum. Through high-engagement activities and discussion themes, a safe environment is created to support new relationships and inspire sharing.

Get involved in an introduction to CircleTalk, facilitated by a retired physician, Dr. Janet Seeley, at 1 p.m. Friday, June 12, and let's see where the conversation goes.

See page 8 for details.

When do I sign up for Medicare?

You can first sign up for Part A (hospital insurance) and/or Part B (medical insurance) during a seven month period that begins three months before you turn 65, the month you turn 65 and three months after you turn 65. Please note, you may be penalized if you wait too long.

If you or your spouse is still working and you have health coverage through that employer, contact your benefits administrator to find out how your coverage works with Medicare and whether it is considered creditable coverage. Generally, if you are still working, you may want to sign up for Part A, as it is free. You may delay applying for Part B and D without a penalty. You will have a special enrollment after you retire or leave the employer plan.

Sign up for Medicare online by going to the Social Security site—ssa.gov/benefits/Medicare—or apply at your local Social Security office. Appointments can also be scheduled with trained Medicare counselors at Aspen Club offices in Fort Collins, Loveland and Greeley, and educational classes are provided year-round.



Aspen Club walking clubs begin.

Walking is cost-effective, easy on the joints, has low risk of injury, improves cardiovascular health, helps fight weight problems, boosts your immune system, helps prevent arthritis pain and can add quality years to your life. But do you know what the best part of walking is? Our walking groups bring people together at natural areas, open spaces and city sidewalks, and we have so much fun. Walks are anywhere from two to four miles, dependent on location, and you determine your own pace.

Listed below is where we start our walks, but a schedule with directions is available at uhealth.org/aspenclub or you can call or stop by any Aspen Club office.

Loveland: 8 a.m. Thursdays in May and 7:30 a.m. Thursdays in June.

May 7 Medical Center of the Rockies (MCR)
May 14 Mehaffey Park (B)
May 21 Centerra/Chapungu Sculpture Park
May 28 Centennial Park
June 4 Long View Trail
June 11 Seven Lakes (B)
June 18 Coyote Ridge
June 25 Benson Sculpture Park

Fort Collins: 8 a.m. Mondays in May and 7:30 a.m. Mondays in June.

May 4 Spring Canyon Park
May 11 Cathy Fromme Open Space
May 18 Poudre River Trail, near Discovery Museum (B)
May 25 Memorial Day recognition—no walk
June 1 Dixon Reservoir/Pineridge Open Space
June 8 Arapahoe Bend Nature Area
June 15 Gardens at Spring Creek
June 22 Horsetooth Reservoir (east side—Maxwell nature area)
June 29 Cache La Poudre School to Lions Park (B)

"I gave my father \$100 and said, 'Buy yourself something that will make your life easier.' So he went out and bought a present for my mother."

—Rita Rudner



Fort Collins highlight—get your tai chi on.

**1-2 p.m.
Mondays and
Wednesdays
May 4-June 17.**
Contemporary Dance
Academy
2519 S. Shields St., #1A
(north of and next to
Tokyo Joe's).
Cost: \$45
(scholarships available).

The Aspen Club presents Tai Chi for Better Balance, an evidence-based program proven to help people improve balance. We are looking for specific individuals who meet the following criteria and can meet twice a week for six weeks:

- Who have never taken tai chi before.
- Who have fallen at least once in the past year.
- Who are able to attend at least 10 of the 12 classes.

Is this you? This program has pre- and post-class assessments, and class size is limited. Registration is required; call the Aspen Club at 970.495.8560.

Consequences of untreated hearing loss.

Approximately one in three people between the ages of 65 and 74 has hearing loss, and nearly half of those older than 75 have difficulty hearing. Hearing loss is a common problem caused by noise, aging, disease and heredity.

People with hearing loss may have a hard time conversing with friends and family, trouble understanding a doctor's advice or responding to doorbells, sirens and phones. Studies have shown that older adults with hearing loss also have a greater risk of developing dementia than older adults with normal hearing.

People who can't hear well may become depressed or withdrawn from others because they feel frustrated or embarrassed. Sometimes people are mistakenly thought to be confused, unresponsive or uncooperative because of their hearing challenges. When people don't admit they have trouble hearing, there is cause for concern. Is this you?

It's time to have a conversation with your doctor if you:

- Have trouble hearing over the phone.
- Find it hard to follow conversations when two or more people are talking.
- Often ask people to repeat what they said.
- Need to turn up the TV volume so loud that others complain.
- Think that others mumble.
- Can't understand when women and children speak to you.

Instead of hearing loss, think about what you gain when you can hear. Moving away from the denials of hearing loss will allow you to live life to the fullest and is essential to physical and emotional well-being.

The Aspen Club sponsors hearing screenings on a regular basis. See page 11 for details.

Aspen Club Monthly Features

Specific rooms at locations will be given upon registration.

The multi-location section has additional programs to enjoy in our northern Colorado communities.

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

FORT COLLINS

AC: Aspen Club office, 1025 Garfield St., Suite A

FCSC: Fort Collins Senior Center, 1200 Raintree Drive

HC: UCHealth Harmony Campus, 2121 Harmony Blvd.

PVH: Poudre Valley Hospital, 1024 S. Lemay Ave.

UCHMG-P: UCHealth Medical Group, 1106 E. Prospect Road

UCHMG-SM: UCHealth Medical Group

4674 Snow Mesa Drive, Suite 100

WB: Westbridge Building, 1107 S. Lemay Ave. (Women's Clinic)

Healing Through Meditation and Spiritual Wisdom **R**

Age gracefully by bringing strength to midlife joys and challenges through simple yoga breathing, visualization, positive affirmation and meditation. Swamiji Dharmananda is the teacher.

- 10-11:30 a.m. Fridays, May 1-22, FCSC
Cost: \$40, activity #225400-03
- 10-11:30 a.m. Fridays, June 5-26, FCSC
Cost: \$40, activity #325400-01
- Call 970.221.6644 to register, and refer to the activity number listed.

Palliative and Hospice Care—What Is the Difference? **R**

Palliative and hospice care focus on relieving suffering related to a life-threatening disease process and improving quality of care for people of any age. Learn about key similarities and differences.

- 9-10:30 a.m. Thursday, May 7, FCSC
- Call 970.221.6644 to register and refer to activity #223407-01

CarFit Assessments **R**

CarFit teaches you how to make your car “fit you” to increase safety and mobility and to help you drive safer for longer. A CarFit technician goes over a 12-point checklist, including steering wheel spacing, properly adjusted headrests, seatbelt usage and more.

- 9 a.m.-noon. Mondays, May 11 or June 8, AC

Arthritis Education Quarterly **R**

Dr. Daniel Muller, UCHealth rheumatologist, will discuss the wide range of diseases he treats, conventional and alternative treatment options and how you can incorporate preventive measures in your daily life.

- 11:30 a.m.-1 p.m. Monday, May 11, FCSC

Balance Screenings **R**

These screenings assess your risk of falls using the Fullerton Advanced Balance Scale. Therapists will give exercise suggestions and balance and fall-prevention strategies based on your results.

- 9 a.m.-noon Tuesdays, May 12 or June 9
- WB Lifestyle Room. Cost: \$15
- Appointments required

High-Tech Aging and Caregiving **R**

Join the Larimer County Office on Aging and the City of Fort Collins in exploring technological advancements that enhance communication, connection, safety, security, health, learning and sharing. Jane W. Barton, a passionate national speaker, will give the keynote address, and a panel of experts will share practical solutions faced by caregivers.

- 4-6 p.m. Wednesday, May 13, FCSC
- Registration is required; call 970.498.7790 or email ADRC@larimer.org

Enhance Wellness—Nutrition **R**

Discuss nutritional choices and mindful eating strategies with UCHealth registered dietician and mindful practitioner Deanna O'Connell.

- 1-2 p.m. Monday, May 18 or June 15, FCSC
- Call 970.221.6644 to register, and refer to activity #225403-03 (May) or #325403-01 (June)

Diabetes Prevention Program **R**

Lose weight, increase your activity and learn and practice healthy habits in this yearlong, evidence-based program to help prevent or delay Type 2 diabetes. Medicare may pay for these classes if you meet specific requirements.

- 5:30-6:30 p.m. Wednesdays, starting May 20, HC
- Call the UCHealth Diabetes Services Program at 970.495.8777 to register

TED Talk Trilogy **R**

A trilogy of short TED Talks will be presented on issues related to healthy aging, mental intrigue and humor. Discussion to follow. Feel free to grab a lunch from the cafeteria and bring it to the program.

- 11:30 a.m.-1 p.m. Friday, May 29, PVH, Café F

Movement Is Medicine **R**

UCHealth physical therapist Rachel Williamson will discuss spine mobility, core stability, the mechanism of pain and how to move past it. Class will be part lecture and part doing helpful movements. Dress for activity.

- 10 a.m.-noon Monday, June 1, FCSC
- Call 970.221.6644 to register, and refer to activity #325407-01

Death Café **R**

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, from the UCHealth Aspen Club, leads the discussion.

- 1:30-3 p.m. Thursday, June 4, FCSC
- Call 970.221.6644 to register, and refer to activity #325401-01

Aspen Club Monthly Features

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Recorded registration line available 24 hours a day at 970.495.8565.



Osteoarthritis Management **R**

Learn about osteoarthritis management and treatment options in physical and occupational therapy.

- 10-11:30 a.m. Tuesday, June 9, FCSC
- Call 970.221.6644 to register, and refer to activity #325406-01

10 Things to Know About the Medical Orders for Scope of Treatment (MOST) Form **R**

The MOST form helps you have control over life-sustaining medical care when you cannot speak for yourself. A UHealth nurse practitioner will talk about who should have a MOST form and the process of completing it.

- 9-10:30 a.m. Wednesday, June 10, PVH, Mortenson Room

CircleTalk Introduction **R**

CircleTalk is a structured conversation program that uses a safe environment to create and support new relationships. See page 4 for more information.

- 1-2:30 p.m. Friday, June 12, PVH, Café F

Nutrition for Brain Health **R**

Learn about superfoods, anti-inflammatory foods and other nutrition tips to promote optimal brain health. Taught by Deanna O'Connell, UHealth dietitian and mindfulness practitioner.

- 10-11:30 a.m. Tuesday, June 16, PVH, Café F

Legal and Financial Issues When a Loved One Has Alzheimer's **R**

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. This program will be presented by an attorney who volunteers for the Alzheimer's Association.

- 1-4 p.m. Friday, June 19, PVH, Café F

Technology and Scams **R**

Learn to recognize scams, avoid unwanted contact and stay safe in today's cyber world. AARP ElderWatch Director Mark Fetterhoff presents real-life scenarios.

- 5:30-7 p.m. Wednesday, June 24, PVH, Café F

GREELEY

GMC: Greeley Medical Center, 6767 W. 29 St.

Downsize and Declutter **R**

What to do with so much stuff is a common thoughts when deciding to downsize and simplify your life. Decluttering can be a job, but it can give a sense of freedom. Get ideas on how to sort through your possessions, while considering the wants and needs of yourself and others.

- 10-11 a.m. Wednesday, June 3, GMC

Alzheimer's and Dementia **R**

Learn how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving and making legal and financial plans.

- 10-11 a.m. Tuesday, June 9, GMC, conference room 3

The Unmentionables Talk **R**

Sharon Petty, UHealth physical therapist, will discuss her favorite topics—incontinence, constipation and prolapse—with a little humor. Also, you will get lots of information on exercise and diet and other tips to help take back control of the bathroom again.

- 10-11 a.m. Friday, June 12, GMC, conference room 3

Preserving Cartilage in the Knee **R**

Join Dr. Trumper, from Orthopedic and Spine Center of the Rockies, for tips on how to avoid progressive arthritis and minimize the need for knee replacement surgery in the future.

- 4-5 p.m. Thursday, June 25, GMC

Parkinson's Syndromes **R**

Sara Schaefer, NP, UHealth Neurology, will explain the continuum between Parkinsonism, Parkinson's and Parkinson's plus syndromes and how it differs from one person to the next.

- 10-11 a.m. Thursday, June 18, GMC, conference room 3

LONGMONT

LPH: Longs Peak Hospital, 1750 E. Ken Pratt Blvd.

LSC: Longmont Senior Center, 910 Longs Peak Ave.

How to Make Delicious Salads **R**

Join Longs Peak Hospital's chef to learn how to make delicious and filling composed salads, along with different techniques to make your own salad dressing.

- 2-3:30 p.m. Monday, May 4, LPH, third-floor classroom

Stepping On—Fall Prevention **R**

This seven-week class helps participants develop the knowledge and skills needed to prevent falls. It focuses on strength and balancing exercises, medication management, home safety, footwear, vision and mobility.

- 1-3 p.m. Fridays, May 8–June 19
- Suggested donation: \$15 (for materials and supplies)
- To register or for more information, please call 720.819.6855

Common Vision Disorders **R**

Join Lynda McCullough, outreach coordinator for Ensign Skills Center, to learn about the most common vision disorders and how people adapt and remain independent. There will be a free vision screening after the talk.

- 1:30-3 p.m. Wednesday, May 20
- LPH, third-floor classroom

Aspen Club Monthly Features

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Recorded registration line available 24 hours a day at 970.495.8565.



Toenail Service—New 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.

Appointments required; call 720.718.1690.

- 1-5 p.m. Wednesday, June 24, LPH, third-floor classroom
- Cost: \$35, service also available in Fort Collins and Greeley

Supper and a Stroll **R**

Join UHealth physicians for a light supper and shared conversation on a variety of health-related topics. After supper, join us for a stroll in the gym to continue our talk. Physician speaking to be announced.

- 5:30-6:30 p.m. Tuesdays, May 5 and June 2, LSC
- To register, please call 303.651.8411

Healthy Grilling **R**

Grilling is a great way to impart flavor to food without adding extra fats or sodium. Join Longs Peak Hospital's chef to learn different grilling techniques, along with marinades and rubs.

- 10-11:30 a.m. Wednesday, June 3
- LPH, third-floor classroom

Farmer's Market to Table Ride

Enjoy a leisurely ride from Longmont's Senior Center to the Farmer's Market and back. Relax and recharge with a delicious lunch prepared by the chef at LPH using fresh in-season goodies from that day's market.

- 8:45 a.m.-2 p.m. Saturday, June 20, LSC
- To register call, 303.651.8411

Stop the Bleed

Civilians need basic training in bleeding control principles so they are able to provide immediate, frontline aid until first responders are able to take over. Learn how to apply a tourniquet to stop uncontrolled bleeding in an emergency situation, a skill that can help save a life or limb.

- 1-2:30 p.m. Tuesday, June 22, LSC
- To register, call 303.651.8411

LOVELAND/WINDSOR

MCR: Medical Center of the Rockies, 2500 Rocky Mountain Ave.

CSC: Chilson Senior Center, 700 E. 4th St.

LFC: Loveland Fitness Court, Fairgrounds Park, 700 S. Railroad Ave.

WRC: Windsor Recreation Center, 250 11th St.

Pelvic Floor—Restoring Continence and Confidence **R**

Many women and men experience urinary or fecal incontinence. This is not a normal part of aging. UHealth physical therapist Sharon Petty, DPT, can teach you how physical therapy can help.

- 1-2:30 p.m. Tuesday, May 12, WRC

Tai Chi in the Park **R**

UHealth Aspen Club tai chi practitioner Denise Kocol will discuss the benefits of tai chi while leading participants in tai chi movements in an open-air environment.

- 10:30-11:30 a.m. Monday, May 18, LFC

What You Should Know About Your Thyroid **R**

Daen Scott, nurse practitioner with UHealth endocrinology, will discuss how the thyroid works, what it controls, what happens when it stops working and the course of treatment.

- 3-4 p.m. Tuesday, May 19, MCR

Aging, Digestive Health and Your Gut **R**

Michael Nosler, MD, UHealth gastroenterologist, will discuss common digestive health issues. This could be from a changing digestive system, the impact of medications and inactivity, the importance of fluids, diverticular disease, polyps or GERD.

- 2-3:30 p.m. Thursday, May 21, CSC

LETA—Preparedness Begins With Communication **R**

Being prepared for emergencies begins with communication. See page 3 for more information.

- 9:30-11 a.m. Wednesday, May 27, MCR

Take Your Brain on a Walk **R**

Learn how to add cognitive components as you walk to enhance concentration and increase memory. The combination of mental and physical activities is a proven prescription for healthy aging.

- 9-10 a.m. Mondays, June 8-June 29, LFC

What Is Reflexology? **R**

Mary Axelrod, LMT, CR, licensed massage therapist and certified reflexologist, will give a demonstration and explain the benefits of reflexology.

- 1-2:30 p.m. Tuesday, June 9, MCR

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.

- 1-3 p.m. Wednesday, June 10, MCR

Health Talk and Doc Walk With Dr. Peter Smith **R**

UHealth internal medicine physician Peter Smith will discuss the top ten "must haves" for healthy aging that all of us should incorporate. A walk along the river will follow.

- 9-10:30 a.m. Tuesday, June 16, LFC

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R
Registration
required

Nature-Based Mindfulness **R**

Reconnect with your own wisdom and serenity with a guided practice of deep listening and attuning to the rhythms of nature. Class is led by Deanna O'Connell, UHealth registered dietician and mindfulness practitioner.

- 9:30-11 a.m. Tuesday, June 30, LFC

IN MULTIPLE LOCATIONS

Look under the individual communities for location codes and addresses.

Living Well (LW) Classes **R**

Learn "tools" to take charge of your health conditions and gain confidence to make changes that help you live a better life. All participants receive a beneficial class manual.

- **Fort Collins:** LW with diabetes
1:30-4 p.m. Tuesdays, May 5-June 9, UCHMG
- **Windsor:** LW with chronic disease
1:30-4 p.m. Tuesdays, June 2-July 7, WRC
- **Fort Collins:** LW with pain
5:15-7:30 p.m. Thursdays, June 4-July 9, WB
- For registration and additional information, please call 970.495.7509 or visit uhealth.org/events/events

Bone Density Screenings **R**

An ultrasound bone sonometer will be used to measure the bone density in your heel. A discussion of the results and beneficial resources will be shared.

- **Loveland:** 1:30-3 p.m. Thursday, May 7, MCR
- **Fort Collins:** 3-4:30 p.m. Monday, May 11, AC
- **Fort Collins:** 2-4 p.m. Tuesday, June 2, AC
- **Greeley:** 3-4:15 p.m. Tuesday, June 2, GMC

Foot Reflexology Appointments **R**

Board-certified and licensed massage reflexology therapists provide 20-minute foot reflexology sessions to promote relaxation, stress reduction and pain relief. Appointments are required.

- **Fort Collins:** 9 a.m.-2 p.m.
Saturdays, May 9 and June 13, AC
- **Loveland:** 9 a.m.-1 p.m. Tuesday, May 19, MCR
- Cost: \$20 for each 20-minute session

New-Member Orientation **R**

- **Greeley:** 1-2:15 p.m. Monday, May 4, GMC
- **Loveland:** 1-2:15 p.m. Tuesday, May 5, MCR
- **Fort Collins:** 5:30-6:45 p.m. Thursday, May 28, AC
- **Longmont:** 1:30-2:45 p.m. Thursday, June 25, LPH

Authentic Connection **R**

We will explore four elements of authentic conversation, presence, mindfulness, attunement and compassion. Presented by Sue Schneider, CSU Extension.

- **Greeley:** 10-11 a.m. Thursday, May 14, GMC
- **Loveland:** 2-3:30 p.m. Thursday, June 18, CSC

AARP Safe Drivers Class **R**

This class covers defensive driving skills, age-related changes and driving safely in today's world. Participants may be eligible for discounts on their auto insurance premiums upon completion.

- **Fort Collins:** Noon-4:30 p.m.
Thursdays, May 21 or June 18, FCSC
- **Fort Collins:** 8 a.m.-1 p.m. Saturday, June 6, FCSC
- **Greeley:** 9 a.m.-1:30 p.m. Friday, June 12, GMC
- Cost: \$15 for AARP members, \$20 for non-members (checks only, payable day of class)

Medicare 101 **R**

Are you turning 65 or new to Medicare? This informative class, presented by Aspen Club Medicare Counselors, provides an overview of Medicare benefits, supplemental insurance, Medicare Advantage plans, prescription drug plans, preventive services and how Medicare works with employer health insurance and more.

- **Fort Collins:** 11 a.m.-12:30 p.m. Monday, May 11, PVH
- **Estes Park:** 2-3:30 p.m. Wednesday, May 27
Estes Valley Recreation Center
- **Fort Collins:** 9-10:30 a.m. June 20, FCSC
- Call 970.221.6644 to register for this specific class and refer to activity #325404-01

Blood Pressure (BP) Checks

- **Fort Collins:** Available any time by appointment at the AC
- **Greeley:** 10-11 a.m. Fridays, May 22 and June 26
Rodarte Center, 920 A. St.
- **Loveland:** 9-11 a.m. Mondays, May 18 and June 22, CSC

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'll also discuss end-of-life discussions and the importance of sharing your plans with loved ones.

- **Greeley:** 10-11:30 a.m. Wednesday, May 20, GMC
- **Fort Collins:** 9:30-11 a.m. Thursday, May 28, UCHMG-P
- **Loveland:** 1:30-3 p.m. Monday, June 8, MCR, North MOB
- **Fort Collins:** 10-11:30 a.m. Thursday, June 11, UCHMG-SM

Medication and Supplement Reviews **R**

A UHealth pharmacist will review your prescribed medications, vitamins, supplements and over-the-counter drugs for safety purposes, looking at the potential of adverse reactions, making sure you are getting a good value for your dollar and to answer questions. Appointments are required.

- **Longmont:** 8 a.m.-noon Tuesday, May 12 or June 9, LPH
- **Fort Collins:** 8 a.m.-noon Friday, May 15, AC
- **Greeley:** 9-noon Wednesday, June 17, GMC

Aspen Club Monthly Features

Specific rooms at locations will be given upon registration.

The multi-location section has additional programs to enjoy in our northern Colorado communities.

Recorded registration line available 24 hours a day at 970.495.8565.



Hearing Screenings

Certified audiologists from the Hearing Rehab Center and All About Hearing are available for baseline screenings and to answer questions about hearing health. This service is not for people who already have hearing aids. Locations will be given upon making your appointment.

- **Loveland:** 9 a.m.-noon Wednesday, May 13
- **Fort Collins:** 8:30 a.m.-4 p.m. Thursday, May 14
- **Greeley:** 11 a.m.-1 p.m. Thursday, June 18

Preparing for Total Hip and Knee Replacement

Learn what to expect from joint replacement surgery, including pre-surgery exercises, necessary equipment, diet, pain management and safety. No registration needed; just drop in.

- **Fort Collins:** 2-4 p.m. every Monday, WB
For more information, please call 970.495.8260
- **Loveland:** 8:30-9:30 a.m. every Wednesday, MCR
For more information, please call 970.624.4326

Aspen Club Fitness Opportunities

Eight-week sessions (May 4-June 26) • No classes on May 25 (in observance of Memorial Day) • Register by calling 970.485.8560

Class locations (all in Fort Collins):

WB: Westbridge, 1107 S. Lemay Ave.

CDA: Contemporary Dance Academy, 2519 S. Shields St., #1A (north of and next to Tokyo Joe's)

LC: Lifepoint Church, 901 E. Lake St.

OSLC: Our Saviour's Lutheran Church, 2000 S. Lemay Ave.

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.

- 12:15-1:15 p.m. Mondays and Thursdays, May 4-June 25
WB. Cost: \$56.25
- Noon-1 p.m. Wednesdays and Fridays, May 6-June 26
WB. Cost: \$60
- 1:15-2:15 p.m. Wednesdays and Fridays, May 6-June 26
WB. Cost: \$60
- 2:45-3:45 p.m. Tuesdays and Thursdays, May 5-June 25
WB. 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, May 4-June 24
WB. Cost: \$56.25

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, May 5-June 23, WB. Cost: \$50

Focused yoga

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

- 1:15-2:30 p.m. Thursdays, May 7-June 25, WB. Cost: \$50

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, May 7-June 25, CDA. 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:** Consider attending Tai Chi for Better Balance; more information listed on page 6
- **Beginning part 2:** Ideal for those who have completed Beginning Part 1 and are looking for a more challenging course to enhance their tai chi skills.
9:30-10:25 a.m. Wednesdays, May 6-June 24
OSLC. Cost: \$40
- **Intermediate:** 9:45-10:45 a.m. Fridays, May 8-June 26
OSLC. Cost: \$40
- **Advanced:** 8:30-9:30 a.m. Fridays, May 8-June 26
OSLC. Cost: \$40

Men-Loosen Up!

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, May 6-June 26
WB. Cost: \$60



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Aspen Club

UCHealth Poudre Valley Hospital
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Fort Collins, CO 80524-3998

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IN THIS ISSUE...

Longs Peak
Hospital special
certification

page 1

Aging solo

page 3

Evidence-
based tai chi
classes

page 6

Programs
galore

page 7

Aspen Club
membership
14,087

**UCHealth has deep experience
in caring for people who have
infectious disease.**

Find easy-to-read and up-to-date information about COVID-19
in Colorado at uhealth.org/coronavirus.