

## Hints for handling insomnia pre- and post-COVID-19.

Stress and anxiety can easily escalate during times like the COVID-19 pandemic. Along with stress and anxiety can come insomnia. We need to take a step back and remember to breathe and to protect our sleep. Protecting our sleep starts during the day, and here are some steps you can take:

1. Stop watching news alerts all day long—it increases stress levels and fear.
2. Give yourself a plan for the day—something to get up and accomplish.
3. Keep a consistent wake time and bedtime. If you cannot turn your mind off prior to sleep, try journaling your worries before bed and write down a plan for the next day.
4. Put all electronics away two hours prior to bedtime. Using electronics has been shown to delay sleep onset by two hours.

If you have trouble sleeping during the night, don't turn to electronics (such as a tablet, TV or phone). When sleep eludes you, get out of bed and go to another room. Meditate, relax and keep your environment dark and quiet.

Remember, we will continue to get through this together. If stress, anxiety and insomnia are overwhelming to you, speak with your physician about getting help.

To learn more about UHealth Pulmonology, Sleep Clinics and Specialists, please call:

- UHealth Sleep Clinic - Longmont at 720.718.3900.
- UHealth Pulmonology Clinics - Northern Colorado at 970.224.9102.

*Written by Kelli Janata, DO, Sleep Medicine Specialist UHealth Pulmonology Clinic - Longmont*

## Age Mastery Program (AMP) rescheduled.

We rescheduled the AMP from last spring, and we look forward to offering it again. AMP was developed by the National Council on Aging (NCOA) and is made possible through a partnership with the Larimer County Office on Aging.

The philosophy behind AMP is to live well, do well and age well by making modest lifestyle changes that cultivate health and longevity.

The five-week AMP class brings people 50+ together to create their own age-well playbook by developing sustainable behaviors that lead to improved health, stronger financial security, enhanced well-being, gratitude and increased connectedness.

This class will start at a future date. Call if interested.



## Aspen Club

At the time of this newsletter, Aspen Club offices remain closed, but we are returning messages in a timely manner.

### 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



I've enjoyed every age I've been. Every laugh line, every scar, is a badge I wear to show I've been present, the inner rings of my personal tree trunk that I display proudly for all to see. Nowadays, I don't want a "perfect" face and body; I want to wear the life I've lived.

—Pat Benatar



Jill Taylor, UCHealth Aspen Club Supervisor

## From the Aspen Club office.

The date we prepared the material for the Aspen Club July/August newsletter was April 15. The newsletter deadline for the most recent May/June newsletter was February 15. Who knew at that time that it was just weeks before the COVID-19 pandemic would upend our lives and we would cancel most of the Aspen Club's March, April and May classes? We made more than 1,100 calls to participants in 61 classes, nine health screenings and over 150 one-on-one appointments during that time. Even during these challenging times, it was so nice to connect with you and get a pulse on how you were doing.

We learned of friends walking together—six feet apart—and still enjoying each other's company. We learned of a sewing group making masks and wheelchair and walker bags. We learned of coffee groups connecting online for spirited conversations and others enjoying a happy hour over Zoom or FaceTime. Many of you tried online grocery shopping for the first time, while others took this time to declutter and do other home projects. Through it all, there was a pervasive attitude of *we'll get through this*, which was nice to hear.

You'll be receiving this issue in mid-June, and we still can't predict what our world will look like. Will we be in a new post-COVID normal or still be social-distancing? We do know it's important to keep a culture of wellness alive through programs and health opportunities, and we'll do our best to be resilient in coming back safely and slowly for all the communities the Aspen Club serves.

Marilyn Monroe once said, "Sometimes good things fall apart so better things can fall together." We look forward to seeing how better things come together for us all.

Good health, happiness and humor to you.

Jill Taylor  
UCHealth Senior Services  
Aspen Club Supervisor



## The gift of resilience.

"It is really wonderful how much resilience there is in human nature. Let any obstructing cause, no matter what, be removed in any way, even by death, and we fly back to first principles of hope and enjoyment."

—Bram Stoker, *Dracula*

## Did you think about your advance directives?

While much of the global conversation around COVID-19 is about how to prevent the spread of the virus, the pandemic was certainly a wake-up call about discussing the "what ifs." For example, what if you did become ill with COVID-19 or another serious illness? When these things are so hard to predict or control, having your health care preferences outlined and documented in advance directive forms (living will and medical power of attorney) becomes incredibly important. In addition, having the "what if" conversation with your designated health care agent becomes vital.

According to the Mayo Clinic, advance directives help guide doctors and caregivers should you become terminally ill, be seriously injured, be in a coma, enter the late stages of dementia or be at the end of life. Before this stage, those end-of-life choices need to be discussed openly and honestly. One study noted that 92% of people said talking with loved ones about end-of-life choices was important, but only 32% had actually done it.

When the conversation is approached with thoughtfulness, preparation and love, people likely are grateful for the resulting clarity and reassurance knowing loved ones' wishes are honored. This also helps family members avoid the added stress of weighing care decisions when loved ones face terminal illness or medical emergencies.

Below are URLs of helpful resources designed to assist you, your family members, your parents and all of us in considering specific medical treatments, values and decisions. Use these tools to take these important "just in time" advance care planning steps:

1. Complete a Medical Durable Power of Attorney Document (MDPOA), unless it is already completed, accurate and available: [coloroadvancedirectives.com/wp-content/uploads/2014/07/MDPOA\\_form.pdf](https://coloroadvancedirectives.com/wp-content/uploads/2014/07/MDPOA_form.pdf)
2. Identify what matters to you by completing a conversation-starter kit: [theconversationproject.org/starter-kits](https://theconversationproject.org/starter-kits)

Remember to take care of yourself and contact your medical provider if you have questions and to ensure that they know your and your loved ones' decisions.

This year has brought forth an opportunity to build resilience in yourself and model its characteristics to family and friends. Resilience can be related to a tree that bends in the wind. The tree welcomes the wind because it helps it grow stronger and taller while its roots grow deeper. In other words, the wind is the tree's unique support system.

Your support system, being with family, friends or pets, along with your mindset and having positive thoughts, beliefs and values can enhance being resilient. The experiences we have faced this year develop character and resilience and deepen our roots.

When we grow deep, we too can stand tall.



# Greetings from our UCHealth Northern Colorado Foundation.

I recently had the honor of sitting down with a former patient who was so grateful for her care. She wanted to discuss making a donation to the UCHealth Northern Colorado Foundation, but wanted to structure her gift so that it could be as meaningful as possible. The following donation options were presented:

- **Donate to need or relief funds.** The UCHealth Northern Colorado Foundation for Greatest Need Fund, Patient Assistance Fund or Health Care Worker Emergency Relief Fund to help our employees who have been impacted by COVID-19. (The new Coronavirus Aid, Relief and Economic Security [CARES] Act allows all taxpayers to take a charitable deduction of up to \$300, even if you do not itemize.)
- **Itemized deductions.** If you itemize your deductions, the CARES Act allows for cash contributions to UCHealth Northern Colorado Foundation to be deducted up to 100% of your adjusted gross income for 2020.
- **IRA distribution.** Although the new CARES Act has temporarily suspended the RMD (required minimum distribution) from an IRA, if you are 70½ or older, you can still make a gift from your IRA.
- **Gifting appreciated stocks or mutual funds.**
- **The legacy gift option.** These are possible:
  - By naming UCHealth Northern Colorado Foundation as a beneficiary in your will.
  - By designating gifts "in honor of" or "in memory of" to be given to UCHealth Northern Colorado Foundation.
  - By designating UCHealth Northern Colorado Foundation as payment on death (POD) of a CD, savings account or money market account.

There are many ways to show appreciation for the excellent health care UCHealth provides at hospitals and clinics in Fort Collins, Loveland, Greeley and Longmont. I encourage you to consider these meaningful ways that help us continue to support excellence in care by making sure it is available to all.

For information, visit [uchealthnoco.foundation.org](http://uchealthnoco.foundation.org) or call 970.237.7400.

*Written by Annette Geiselman, Development Manager*



Success is not defined by money or power, but through well-being by taking care of ourselves and honoring the wisdom gained through the experience of living. It's also defined by a sense of wonder, taking delight in the wonders of the universe, everyday occurrences and small miracles. Finally, success is defined by the willingness to give of ourselves prompted by empathy and compassion for others.

## Preventive care is so important.

Only one in four adults from 50 to 64 years of age is up to date with basic recommended cancer screenings and other preventive health care. Cancer, heart disease, diabetes and other often preventable chronic diseases are responsible for seven of 10 American deaths every year and consume 75% of our health spending.

According to one study, if people got just a few preventive services when they needed them—colorectal and breast cancer screening, flu vaccinations, counseling to help stop smoking—thousands of lives would be saved.

Getting screened for illnesses is simple and effective. Taking care of these things during what has been called "extended middle age" will bring more years to your life and more life to your years.

## Electronic option to complete your medical durable power of attorney.

To help individuals take next steps when they are ready, UHealth has tools available through My Health Connection ([uhealth/access-my-health-connection](https://uhealth/access-my-health-connection)), the personalized and secure online access to an individual's medical record.

Through My Health Connection, individuals can:

- Complete an electronic medical durable power of attorney (MDPOA) form to legally appoint who they trust to make medical decisions for them if they are unable to.
- View and print their electronic MDPOA form.
- View educational advance care planning resources to learn more.

Once completed in My Health Connection, an MDPOA automatically becomes part of a patient's medical record, so that it is available for the health care team to view as part of the patient's medical care. Patients are encouraged to share personal values, life goals and preferences regarding future medical decision-making with their health care decision-maker and their health care team.



## Staying SANE— tips from the blue zones.

The blue zones are places in the world where people have lived extraordinarily long lives with low incidence of chronic disease. Recently on [bluezones.com](https://bluezones.com), an article titled *50 Ways to Stay SANE During the Crisis* caught our eye. SANE stands for staying strong, active, neighborly and energetic; the article shared several pearls of wisdom while posing some important questions.

- When we emerge, is it possible we'll be more caring, taking a more cooperative approach to life?
- Will there be a new kind of economy based less on greed and more on the economics of kindness?
- Will values of cooperation, consideration and caring be more prioritized over individualized ones?
- Will we start extending a helping hand to others, sacrificing self-interests for the common good?
- Will fascination with fame and riches diminish and take a back seat to admiration for simple acts of kindness?
- Will we realize that simplifying our life has added to its richness or go back to the excesses we had been used to?
- Will we practice gratitude more after having seen it displayed so heroically?
- Will we continue to connect more with people in our lives that matter the most?

SANE tips:

- **Strong:** Don't forget to take steps to stay strong mentally, physically, emotionally and spiritually.
- **Active:** Take daily walks and do exercises that enhance flexibility, balance, strength and cardiovascular fitness.
- **Neighborly:** Sometimes the simplest way to be a good neighbor is to smile, wave and get to know names.
- **Energetic:** Stress-induced emotions consume a lot of energy, so reach out and connect with caring individuals. Exercising and eating healthy nutrients also promotes having energy.

In the long run, could it be possible that this crisis ends up bringing out the best in all of us?



“Like a lot of fellows out there, I have a furniture problem. My chest has fallen into my drawers.”

—Billy Casper  
Professional golfer

## Questions about Medicare.

If you have questions about becoming Medicare-eligible; when to sign up; or what parts A, B, C and D mean, give our office a call. The UHealth Aspen Club is the designated State Health Insurance Program (SHIP) for both Larimer and Weld Counties.

Although we have been able to help most folks via telephone consults, in the fall we hope to expand those options to virtual visits; safely distanced, in-person appointments; and recorded education programs.

Open enrollment for prescription drug programs will be October 15 through December 7. Our procedures will change this year with less in-person help and more mail-in and phone consultations. Our September/October newsletter will have more details.

Medicare questions? Call 970.495.8560 any time for all northern Colorado communities.

## Social-distance yourself from scammers.

People 50+ have a high level of concern about fraud and identity theft and with good reason. Identity theft, investment fraud and other financial scams cost Americans billions each year. People 50+ are often the targets because they tend to have more assets. As scammers become more sophisticated and creative in their devious ways to pry loose people’s hard-earned money, be aware, use common sense and don’t become one of their victims.



Never give out personal information such as PayPal accounts, Social Security or bank account numbers or anything callers say is essential for receiving things such as the recent stimulus checks related to the pandemic. Phone calls, texts or emails asking for personal or financial information are not legitimate. According to the Better Business Bureau, consumers have reported receiving emails that include phony websites that look official. Check out the legitimacy of these sites and know you will not receive things like this from the U.S. Treasury, the IRS or Medicare. Never click on links, because you may download things on your computer that make it easier for scammers to access information about you.

Common scams that have emerged during the COVID-19 pandemic include:

- Mandatory coronavirus testing—there is no such thing as a COVID-19 preparedness test or other online application to receive a test. Do not respond to such products
- In-home test kits—some crooks are hawking in-home test kits for a steep price. Hang up on these solicitors.
- Stimulus checks—never respond to any solicitation offering assistance in getting your check.
- Government imposter scams—no one at the IRS, Social Security Administration or other federal or state government agencies will ever call or email you to tell you there is a problem with your personal information. These calls or emails are always fake.
- Charity scams—unscrupulous “charities” always pop up in times of uncertainty. Verify the legitimacy of the charity and never send cash or a prepaid gift card.

Please check out the following official websites for updated and accurate information.

- [stopfraudcolorado.gov](https://stopfraudcolorado.gov)
- [aarp.org/money/scams-fraud/elderwatch](https://aarp.org/money/scams-fraud/elderwatch)
- [bbb.org/coronavirus](https://bbb.org/coronavirus)

# Aspen Club Ongoing Services

To find out more about these services, call any Aspen Club office or go online to [uhealth.org/aspenclub](http://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 Monthly Features

**Canceled for July and August.**

To be on the safe side, we are still putting all classes on hold. We'll do our best to reschedule many of those classes you expressed interest in later on. A sample of those include:

- Age Mastery Program
- Conventional and Complimentary Arthritis Treatments
- Nutrition for Brain Health
- Estate Planning Hot Topics
- Being Mortal Book Discussion
- Medicare 101
- De Agony of De Feet
- Tai Chi for Fall Prevention
- Movement Is Medicine
- Downsize and Declutter
- Aging, Digestive Health and Your Gut
- Medication and Supplement Reviews
- Writing Your Memories
- And more...

## Aspen Club bingo challenge.

Although Aspen Club classes are still canceled and many of us are still spending more time at home, please join us for our first-ever Aspen Club Healthy bingo challenge. Just getting one bingo line filled in by the end of August will make you eligible for a \$50 gift card. Participants must sign up by July 1 by emailing [aspenclub@uhealth.org](mailto:aspenclub@uhealth.org) or calling 970.495.8560. Additional details will be available upon registration.

| A   | S   | P   | E   | N  |
|---|---|---|---|--|
| Check in with an old friend you haven't talked to in a while.           | Enjoy a nature walk in an area you haven't visited before.                        | Donate to your favorite charity.  | Finish a book you have always wanted to read.                     | Organize a Zoom meeting with family or friends. Learn the process. |
| Try four new healthy recipes. Have one include beans.                   | Laugh or sing out loud daily. Start a laughter journal                            | Declutter at least one closet, cabinet or box of old records.           | Get your ducks in a row by reviewing your finances.               | Memorize a favorite poem, quote or joke. Share it.                 |
| Review or update advance directives. Share your wishes with loved ones. | Develop a balance, strength and flexibility routine; do it at least twice a week. | Support a local restaurant through take-out.                            | Reach out to a neighbor; ask if they need any assistance.         | Practice a random act of kindness weekly.                          |
| Explore your artistic side—draw, paint, color. Do something weekly.     | Go meatless on Mondays for four weeks in a row.                                   | Challenge yourself mentally with brain games weekly. Try something new. | Take a break from social media for an hour, every day for a week. | Meet someone new from a different generation.                      |
| Make a list of five things you are grateful for, every day for a week.  | Destress through meditation, prayer or deep breathing. Do daily for a week.       | Write a short story about one of your life's experiences.               | Listen to music daily and/or dance like no one's watching.        | Complete three things you know will help prevent a fall.           |



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**IN THIS ISSUE...**

Insomnia and COVID-19

page 1

Advance directives

page 3

UCHealth foundation

page 4

Be aware of scammers

page 6

Aspen Club membership  
**13,929**

**COVID-19 update.**

UCHealth primary care, urgent care, specialty clinics and hospitals are open, safe and here for you. Every precaution is being taken to ensure your safety as more surgeries and procedures open up. Remember, delaying care for an emergency or urgent medical condition can be dangerous. If you have a medical emergency, don't hesitate to call 911.

Up-to-date information about COVID-19 in Colorado can be found at [uhealth.org/coronavirus](http://uhealth.org/coronavirus).