

ASPEN CLUB NEWS

September/October 2020 | Volume 33 | Issue 5

Medicare's prescription drug plans (PDP) open enrollment time begins October 15.

Each Medicare plan must give at least a standard level of coverage set by Medicare. Plans can vary the list of prescription drugs they cover (called a formulary) and how they place drugs into different "tiers" on their formulary.

Think about these six tips and how they apply to you as you start looking at Medicare PDPs:

1. **I take specific drugs.** Look at PDPs that include your medications in their formularies. Then you can compare the costs of the plans.
2. **I want extra protection from high prescription drug costs.** Look at PDPs offering coverage in the coverage gap.
3. **I want my drug expenses to be balanced throughout the year.** Look at PDPs with no or low deductibles, or with additional coverage in the coverage gap.
4. **I take lots of generic prescriptions.** Look at PDPs with "tiers" that charge you nothing or low copayments for generic options.
5. **I don't have many drug costs now, but I want coverage for peace of mind and to avoid future penalties.** Look at PDPs with a low monthly premium for drug coverage.
6. **I like the extra benefits and lower costs available by getting my health care and prescription drug coverage from one plan, and I am willing to pick a PDP with restrictions on what doctors, hospitals and other health care providers I can use.** If this is the case, look for a Medicare Advantage Plan (Part C) with prescription drug coverage.

Please see the column on the right for information regarding this year's PDP assistance options.

Medicare PDP help.

On pages 7 and 8, you will see this year's PDP worksheet. Since there will be fewer in-person options for assistance this year, please fill the enclosed worksheet and mail it to the Aspen Club office no later than November 15. This timing is important in order to give our Medicare counselors enough time to enter your information before the December 7 deadline.

A Medicare counselor will call you to discuss your plan and compare it to next year's options. At that time, you can ask us to sign you up for a new plan or simply mail back our findings. Even if your prescriptions have not changed this year, it is a good idea to look at next year's plan because prices do often change.

Remember, return the worksheet to us sooner than later. Waiting until the last minute will make it more difficult for us to help you.



Aspen Club

Closed on all major holidays.

Office hours in all locations may be limited.

Fort Collins (*limited hours*)
1025 Garfield St., Suite A
West of Poudre Valley Hospital
Phone: 970.495.8560

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



You can never do an act
of kindness too soon,
because you never know
how soon it will be too late.

—Ralph Waldo Emerson



Jill Taylor, UCHealth Aspen Club Supervisor

From the Aspen Club office.

We miss seeing you, but above all we wish you well. This newsletter was compiled in mid-June. In mid-August when you receive it, we can only hope that things have continued to open up safely and slowly in light of continued uncertainties surrounding COVID-19.

The Aspen Club is one of many programs within the UCHealth Community Health Improvement Department. In March, we immediately stopped having classes, closed our doors and were redirected to help in many ways inside Poudre Valley Hospital (PVH) and Medical Center of the Rockies (MCR). Some of those duties included handing out face masks to employees, screening visitors coming into the hospitals, distributing medical supplies, packing meals for the Meals on Wheels program and even helping clean high-touch areas to keep everything as clean and safe as possible. We were very honored to help in some way during that time and some of those tasks still continue.

With this said, we are anxious to come back slowly with limited class sizes, selected one-on-one services and virtual health opportunities—all the

while implementing CDC safety guidelines. It will take us a little while to be as robust as we were at the beginning of the year, but we will be safe, solid and extremely happy to offer what you have come to expect from the Aspen Club—at least in a limited version.

Good health, happiness and humor to you. (P.S. Lots of humor!)

Jill Taylor
UCHealth Senior Services
Aspen Club Supervisor

Any COVID-19 silver linings?

Do you have a good story or positive experience you could share that happened during this time living in the COVID-19 era? Your dog may be happier, overdue home projects got done, you started learning a new language.

Let us hear your silver-lining story by emailing us:
aspenclub@uchealth.org



Darn this virus!

With safety at the forefront of everything we do, the following Aspen Club opportunities are either cancelled, modified or enhanced:

- **Cancelled:** Annual Holiday galas, held each year at the Lincoln Center. Bringing together 250 people in a tight room was something we couldn't chance.
- **Online, not in person:** AARP Smart Drivers classes are cancelled but online classes are available (see page 10).
- **Cancelled:** Annual diabetes update.
- **Modified:** Medicare beneficiaries are encouraged to use the Medicare worksheet on pages 7 and 8 and send it in to our office for PDP assistance this year. In-person meetings with Medicare counselors are available on a limited basis.
- **On hold:** Fitness classes are still on hold.
- **Modified:** Sidewalk Safety Program, where we give out small bags of ice melt, will be available in December and January only.
- **Enhanced:** There are several MS Teams virtual learning opportunities coming your way you can enjoy from the comfort of your home.

Join us for Microsoft Teams virtual-learning classes.

UCHealth has approved Microsoft Teams (MS Teams) as a preferred method to offer online classes. MS Teams is a secure way to virtually communicate, meet and share presentations and may be accessed by mobile device, tablet or desktop computer.

The Aspen Club will be offering more classes using this method, so if you are unfamiliar with MS Teams, here are a few steps to help get you started:

- After registering for an Aspen Club class, you will receive a follow-up email invitation by the organizer of the meeting a few days ahead of time.
- In your email invite, select **Join Microsoft Teams Meeting**.
- You will then have two options prompted to you:
 - **Download the app:** Download the free MS Teams app through your app store.
 - **Join on the web instead:** Join an MS Teams meeting on your web browser.
- After choosing to join via app or web, you will type in your name.
- Choose the audio and video settings you want—if you would like to be seen and heard in the meeting, you will join with both audio and video.
- Next, select **Join now**.
- Depending on meeting settings, you'll get in right away, or you may have to wait for the host to let you into the meeting.

Please call the Aspen Club with questions on how to sign up for MS Teams classes. We can help you troubleshoot.



Every time you see this icon, join us for great virtual learning classes.

With all that said, don't forget to look at all other health opportunities listed in this newsletter.

Influenza and COVID-19—similarities and differences.

As the COVID-19 outbreak continues to evolve, comparisons have been drawn to influenza.

How are COVID-19 and influenza viruses similar?

- COVID-19 and influenza viruses both cause respiratory disease, which presents as a wide range of illnesses from asymptomatic to mild to severe disease and death.
- Both viruses are transmitted by contact, droplets and fomites. As a result, the same public health measures, such as hand hygiene and good respiratory etiquette (coughing into your elbow or into a tissue and immediately disposing of the tissue), are important actions all can take to prevent infection.



How are COVID-19 and influenza viruses different?

- The speed of transmission is an important point of difference between the two viruses. Influenza has a shorter time from infection to appearance of symptoms than COVID-19. For the COVID-19 virus, it is estimated to be 5-6 days, while for influenza virus, the interval is three (3) days. This means that influenza can spread faster than COVID-19.
- Children are important drivers of influenza virus transmission. For COVID-19 virus, initial data indicates that children are less affected than adults and that clinical attack rates in the 0-19 age group are low.
- For COVID-19, data to date suggests that 80% of infections are mild or asymptomatic, 15% are severe (requiring oxygen) and 5% are critical infections (requiring ventilation). This is much higher than what is observed for influenza infection.
- Those most at risk for severe influenza infection are children, pregnant women, elderly, those with underlying chronic medical conditions and those who are immunosuppressed. For COVID-19, our current understanding is that older age and individuals with underlying health conditions increase the risk for severe infection.

What medical interventions are available for COVID-19 and influenza viruses?

- There are many clinical trials going on in the world and more than 20 vaccines in development for COVID-19, however, there are currently no licensed vaccines or therapeutics for COVID-19.
- In contrast, antivirals and vaccines are available for influenza. While the influenza vaccine is not effective against the COVID-19 virus, it is highly recommended to get vaccinated each year to prevent influenza infection.

**Source: World Health Organization, March 2020*

Vitamins and minerals are nutrients that help your body stay healthy and get energy from food. By following a healthy eating plan, you are more likely to get all or most of the vitamins and minerals you need from the food and drink you consume.

Aspen Club's High-Dose Flu Shot Clinic—Wednesday, October 28.

In partnership with our UCHealth community paramedic team, we are now taking appointments for this high-dose flu shot clinic for Aspen Club members who are on Medicare. Medicare will be billed for this service, and we are unable to serve folks with Medicare Advantage plans.

Vaccine supply will be limited, so make your appointment soon.

Vaccinations are also available for homebound individuals on Medicare who have difficulty getting out to community clinics. If you are interested in this option, please call the Aspen Club at 970.495.8560.



Laughter, mindfulness and tai chi fun.

Lighten up, laugh out loud, practice meditations while you walk and enjoy tai chi on the greens.

The following will be a combination of in-person and online events. (Registration is required. More information will be shared when you register.)

- **Laughter Wellness With Debbie Smith**

Debbie is a nurse, Yuen practitioner and Reiki master. She has woven laughter into her work with staff and patients for 20 years because it helps people feel better mentally, emotionally and physically.

-10-11 a.m. Saturday, Sept. 12
Microsoft (MS) Teams virtual class

- **Tai Chi-n' on the Greens**

Tai chi can be even more useful at this time. Not only is it proven to improve immunity, but also helps calm the mind and relieve stress. Join long-time Aspen Club tai chi instructor Denise Kocol for this "breath of fresh air" opportunity.

-**Fort Collins:** 9-10 a.m.
Saturday, Sept. 19
Location TBD

-**Loveland:** 10-11 a.m.
Wednesday, Oct. 14
700 S. Railroad Ave.

- **Meditative Walk in Nature**

Enjoy walking nature meditations as a mindfulness practice and a way to bring peace of mind to your daily life.

-10-11:30 a.m. Thursday, Oct. 22
700 S. Railroad Ave., Loveland



Walking clubs safely return.

Walking can do wonders for your overall mental wellbeing. It can improve mood and sleep quality and reduce stress, anxiety and fatigue. Physically active people have up to a 30% reduced risk of becoming depressed, and staying active helps those who are depressed recover.

Walking is particularly beneficial for older adults because it can improve cognitive function, memory and attention while reducing the risk of cognitive decline and dementia. Physical improvements from walking can impact weight control and functional fitness and build overall confidence. Walking is good for your body, mind and soul, truly making it one of the best investments in long-term health.

The recommendation to keep your body healthy and prevent illness such as heart disease, cancer and diabetes is 150 minutes of activity a week. You could look at this as just 30 minutes a day, five days a week, or you can break it down into chunks of 10 or 15 minutes at a time.

Aspen Club walking groups will return with a limited schedule in September and October. The destinations chosen will allow the groups to go different directions on the trails, promoting safer spacing. Join us at the following locations:

Fort Collins: 8 a.m. Mondays at:

Aug. 31 Cottonwood Glen Park
Sept. 14 . . . Poudre River Trail (starting at the Discover Museum)
Sept. 28 . . . Dixon Reservoir/Pineridge Open Space
Oct. 12 Edora Park/Spring Creek Trail
Oct. 26 Riverbend Ponds

Loveland: 8 a.m. Thursdays at:

Sept. 10 Loveland Sports Park
Sept. 24 Windsor Lake
Oct. 8 Seven Lakes Park
Oct. 22 Equalizer Lake
Nov. 5 Mehaffey Park

I would like to thank my arms for always being by my side, my legs for always supporting me and my fingers—because I can always count on them.

Nurse coaching available.

Coaching is partnering with clients in a thought-provoking and creative process to inspire them to maximize their personal and professional potential. Successful coaching takes place when internal strengths and external resources are mobilized for sustainable change.

UCHealth Community Health Improvement Nurse coach Julie Knighton is available to help you identify a path forward toward a healthier future.

Call the Aspen Club to set up an appointment. Hour-long sessions cost \$15.



Two partnerships of note: Improve your blood pressure and it's shredding time.

Improve Blood Pressure Program

The Health District of Northern Larimer County is offering a free service to help residents with high blood pressure work effectively with their health care provider to manage this condition.

High blood pressure is common, dangerous and controllable and can lead to heart attack, stroke, kidney disease, heart failure and dementia. Blood pressure can be improved by medications and healthy lifestyle.

COVID-19 affects the heart and blood vessels, so controlling blood pressure is highly important during the pandemic, and always. In no-cost telephone or telehealth sessions, Health District RNs will help you take steps to improve your health. Participants may borrow an automatic BP cuff for free for two months.

- Learn about blood pressure, including how to monitor it at home.
- Explore lifestyle strategies, including healthy eating and activity.
- Ask questions about blood pressure medications.

For more information and to register, please contact Cheri Nichols, RN, Program Manager, at 970.692.9770.

Free Shredding Day

- 9 a.m.-noon, Saturday, Sept. 26
- Canvas Credit Union parking lot, 2503 Research Blvd., Fort Collins

To prevent identity theft and safely dispose of financial, legal and other important documents, Canvas Credit Union and the UCHealth Aspen Club are joining forces to provide a free shredding day.

Please be mindful of the shredding limits. You may bring up to three copy-paper size boxes or two large garbage bags of materials to shred.

Please wear a mask when you come; you won't even need to get out of your car.

Medicare Prescription Drug Plan Worksheet

Please complete this form in its entirety. Incomplete forms may result in having to reschedule.

First name: _____ MI: _____ Last name: _____

Date of birth: _____ Phone number: _____

Email address: _____

Address: _____ ZIP code: _____

Pharmacy: _____ Mail order? Yes No

Alternate pharmacy: _____ Mail order? Yes No

Name of your current prescription drug plan:

Are you eligible for or do you receive low-income subsidy (LIS)? Yes No

Eligibility requirements: Individual—income below \$1,582/month and assets less than \$14,390
Couples—income below \$2,134/month and assets less than \$28,720

Which medications do you currently take? List the complete name of the drug, the dosage and how often you take the medication, or you may attach a complete copy of your medication list. Do not include supplements or over-the-counter medications.

Full drug name (exactly as it appears on medication)	Dosage	Monthly quantity
<i>Example: Lisinopril</i>	<i>10 mg</i>	<i>30/once daily</i>



Medicare Prescription Drug Plan (PDP)

Assistance Worksheet

The Aspen Club is offering the following options to help you reevaluate your plan:

- **Mail:** Complete this form and mail to Aspen Club, 1025 Garfield St., Suite A, Fort Collins, CO 80524 by November 23. We will call you to review your options over the phone. At that time, you may call the plan to enroll or have us complete your enrollment over the phone.
- **Appointments will be in person following COVID-19 safety protocols.** Reservations will be required; call one of the numbers listed below.
- **Appointments:** One-on-one appointments will be available on a limited basis in Fort Collins, Loveland, Greeley and Estes Park. Please note: all changes go into effect January 1, 2021. Here is a checklist of items to bring to your appointment:
 - Completed Medicare Prescription Drug Plan worksheet (form on the reverse).
 - Medicare card and Medicaid card (if applicable).
 - All current health insurance card(s).
 - Letter from Social Security Administration regarding low-income subsidy or extra help.
 - User name and password for medicare.gov.

<p>Fort Collins: 970.495.8560 Westbridge Building/The Women's Clinic 1107 S. Lemay Ave.</p> <p>Greeley: 970.652.2798 or 970.495.8560 Greeley Medical Center 6767 W. 29th St. Aspen Club Office, 3rd floor</p> <p>Estes Park: 970.495.8560 Location TBD</p>	<p>Loveland: 970.624.1860 or 970.495.8560 Rangeview Medical Building 2695 Rocky Mountain Ave., Suite 150 (Just north of Medical Center of the Rockies on the west side of Rocky Mountain Avenue)</p> <p>Chilson Senior Center: 970.962.2423 700 E. 4th St., Loveland</p>
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Legal Disclaimer

As part of our community outreach, we are providing education and distributing materials to assist people in understanding the Medicare Prescription Drug Plan.

The information that will be presented or distributed is offered for general informational purposes only, and not for the purpose of providing legal advice or specific advice to you. You are cautioned to seek the advice of your own consultant or advisor concerning how applicable the general principles discussed above are to your own situation.

I have read and understand the disclaimer: _____
Signature Date

Aspen Club Monthly Features

- In-person, virtual-learning and recorded-class options are noted for certain classes.
- Note: COVID-19 safe-opening practices and precautions will dictate certain class options.
- Recorded registration line available 24 hours a day at 970.495.8565.



UCHealth Physician Presentations (Limited in-person and virtual options)

Supper and a Stroll **R V**

Join UCHealth 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. Tuesday, Sept. 1 and Oct. 6
- Longmont Senior Center
- Call the Senior Center to register at 303.651.8411

Sleep Well, Be Well **R V**

Healthy sleep is essential for optimal health, performance and safety in our daily lives. Learn from the UCHealth Medical Group pulmonology/sleep medicine department about healthy sleep basics and common sleep disorders and receive a self-assessment sleep tool and resources.

- 5:30-7 p.m. Monday, Sept. 14
- Westbridge Classroom, 1107 S. Lemay Ave., Fort Collins
- Limited in-person capacity and virtual program options

Health Talk and Doc Walk **R**

UCHealth Cardiologist Dr. Weston Whittington will discuss the importance of walking on your health, in particular its impact on overall cardiovascular health issues. A short walk along the river will follow.

- 11 a.m.-12:30 p.m. Monday, Sept. 28
- 700 S. Railroad, Loveland

Parkinson's Syndromes **R V**

Learn the different kinds of Parkinson's syndromes and how the progression of symptoms differs from one person to the next. Sara Schaefer, NP, from UCHealth Neurology, will explain the continuum between Parkinsonism, Parkinson's and Parkinson's plus syndromes.

- 10-11 am. Tuesday, Oct. 27, location TBD, Fort Collins
- Limited in-person and virtual program options

Wellness Classes and Services (Limited in-person and virtual options)

Healing Through Meditation and Spiritual Wisdom **R**

Bring strength to mid-life joys and challenges through simple yoga breathing, visualization, positive affirmations and meditation, which help with stress, fatigue, lack of sleep and high blood pressure. These four-week sessions are led by Swamiji Dharmananda.

- 10-11:30 a.m. Fridays, Sept. 4-25
Fort Collins Senior Center, activity #425400-01
- 10-11:30 a.m. Fridays, Oct. 2-23
Fort Collins Senior Center, activity #425400-02
- Cost: \$40 per session
- Call 970.221.6644 to register, and refer to the activity number listed

Am I Hungry? Mindful Eating Workshop **R V**

In this eight-week program you'll practice eating the foods you love without overeating or guilt and improve mindless and emotional eating. Taught by Deanna O'Connell, UCHealth dietitian and mindfulness practitioner.



- 4:30-6 p.m.
Tuesdays, Sept. 8-Oct. 27
Loveland's Chilson Senior Center
- Cost: \$65, includes all classes, book and a workbook
- Limited in-person capacity and virtual program options

Neuropathy and Balance **R**

Learn what neuropathy is, how to minimize the effects it has on balance, interventions to maintain and improve balance and what needs to be done to prevent falls from neuropathy.

- 1-2:30 p.m. Friday, Sept. 11, Fort Collins Senior Center
- Call 970.221.6644 to register, and refer to activity #425422-01

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, seat belt usage and more.

- 9 a.m.-noon Mondays, Sept. 14 and Oct. 12
Fort Collins Aspen Club office
- Appointments are required

Food, Inflammation and Lifespan **R**

Understand foods and lifestyle choices that can improve body inflammation and even lengthen your lifespan. Taught by Deanna O'Connell, UCHealth dietitian and mindfulness practitioner.

- 2-3:30 p.m. Thursday, Sept. 17
- Loveland's Chilson Senior Center

New Member Orientation **R**

New and longtime Aspen Club members are invited to learn about the benefits and services available to them such as blood tests, health screenings and educational programs.

- 2-3:15 p.m. Friday, Sept. 18
- Westbridge Classroom, 1107 S. Lemay Ave., Fort Collins

Fall Prevention Awareness Week **R V**

In partnership with the Weld County Office on Aging, several online events will take place that address the multi-faceted approach to fall prevention strategies.

- Events take place the week of Sept. 20-26 in Greeley
- For information and registration, call 970.400.6111

Aspen Club Monthly Features

- In-person, virtual-learning and recorded-class options are noted for certain classes.
- Note: COVID-19 safe-opening practices and precautions will dictate certain class options.
- Recorded registration line available 24 hours a day at 970.495.8565.



Enhance Wellness Nutrition **R**

This open-ended discussion will share solid nutritional information with mindful eating strategies. A strong one-two punch in eating as healthy as you can.

- 1-2 p.m. Mondays, Sept. 21 and Oct. 19
- Fort Collins Senior Center
- Call 970.221.6644 to register, and refer to activity #425403-01 (Sept.) or #425403-02 (Oct.)

Downsize and Declutter (the Double Ds) **R**

What to do with so much stuff is a common thought when deciding to downsize and simplify your life. Decluttering is a big 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, Sept. 30, location TBD in Greeley
- Limited in-person capacity

Taking Care of Your Voice **R**

Learn common changes that can happen to the voice as we age and how to prevent them. A UHealth speech therapist will share tips to keep your voice healthy and strong.

- 1-2:30 p.m., Wednesday, Oct. 14, Fort Collins Senior Center
- Call 970.221.6644 to register, and refer to activity #425423-01

Mindful Nature Walk **R**

Reconnect with your own wisdom and serenity with a guided practice of deep listening and attuning to the rhythms of nature. We'll learn about walking nature meditations as a mindfulness practice and a way to bring peace of mind to your daily life.

- 10-11:30 a.m. Thursday, Oct. 22
- Loveland Fitness Court

AARP Smart Driver's Class **R V**

All classes through 2020 will be offered online. The course is available 24/7, and a special 25% discount is available through the end of the year.

- Website: aarpdriversafety.org
- Promo code for 25% discount: DRIVINGSKILLS

Medicare Education

(Limited in-person and virtual options)

Prescription Drug Plans (PDPs) Made Easy **R V**

Open enrollment for Medicare PDPs is just around the corner. Learn how to access, evaluate and sign up for your 2021 plan. This class will explain how to create your personal account on Medicare.gov, access your current PDP and compare it against next year's PDP. Presented by Aspen Club Medicare counselors.

- 10-11:30 a.m. Saturday, Sept. 26
- Family Medicine Center, 1025 Pennock Place Room 118, Fort Collins
- Limited in-person capacity and virtual class options

Medicare 101 **R V**

Are you turning 65 or new to Medicare? This informative class will offer an overview of Medicare benefits, supplemental insurance, Medicare Advantage Plans, PDPs, preventive services and how Medicare works with employer health insurance and more. This is presented by Aspen Club Medicare counselors.

- **Fort Collins:** 9-10:30 a.m. Saturday, Oct. 10
Family Medicine Center, 1025 Pennock Place, Room 118
- **Loveland:** 10-11:30 a.m. Saturday, Oct. 17, MCR
- Limited in-person capacity, virtual and/or recorded program options

Medicare PDP Assistance

Read page 1 and access the worksheet on pages 7 and 8 for assistance this year.

Complete Your Advance Directives (Limited in-person and virtual options)

Get Your Advance Directives Done **R V**

It's important to have your advance directives completed, especially as we age. Learn about medical health care directives and have an opportunity to complete and notarize them.

- **Greeley:** 10-11:30 a.m. Wednesday, Sept. 16
GMC, lower-level conference room
- **Fort Collins:** 4:30-6 p.m. Thursday, Sept. 24,
UHealth Internal Medicine, 1106 E. Prospect Road
- 10-11:30 a.m. Thursday, Oct. 8, UHealth Internal
Medicine, 4674 Snow Mesa Drive, Suite 100
- 9-10:30 a.m. Tuesday, Oct. 13
Fort Collins Senior Center. Call 970.221.6644 to
register, and refer to activity #425408-01
- **Longmont:** 10-11:30 a.m. Wednesday, Oct. 14
Longs Peak Hospital conference room
- **Loveland:** 4-5:30 p.m., Monday, Oct. 12
MCR, North Medical Office Building, Suite 2200
- Limited in-person capacity, virtual and/or recorded program options

Chronic Disease Management Classes (Limited in-person and virtual options)

Living Well With Diabetes **R V**

If you or someone you care about has diabetes, this six-week class helps you take control back by learning strategies to manage your sugar levels through nutrition, movement, goal-setting and other beneficial tools. This program does not replace services from a diabetes educator.

- 5:15-7:30 p.m. Thursdays, Aug. 20-Sept. 24
- No cost to attend

Aspen Club Monthly Features

- In-person, virtual-learning and recorded-class options are noted for certain classes.
- Note: COVID-19 safe-opening practices and precautions will dictate certain class options.
- Recorded registration line available 24 hours a day at 970.495.8565.



Diabetes Prevention Program (DPP) **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. Call 970.495.8777 to see if you qualify.

- **Fort Collins:** 5:30–6:30 p.m. Tuesdays starting Sept. 15, PVH
- **Loveland:** 5–6 p.m. Wednesdays, starting Oct. 21, MCR

Living Well With Pain **R V**

Are you one of over 10 million people in the United States who experience daily pain? Increase your confidence to better manage your pain without medication in this six-week class. You'll learn practical tools about management, including nutrition, the benefits of moving, goal-setting and problem-solving.

- 1–3:30 p.m. Wednesdays, Sept. 16–Oct. 21
- No cost to attend

Living Well With Lifelong Health Conditions **R V**

Do you need a little incentive to get back on track with your health since COVID-19? It's time to take small steps toward a healthier you by staying active and enjoying life. If you have health issues such as heart disease, COPD, diabetes or other conditions, this six-week class will share practical skills about nutrition, physical activity and problem-solving.

- 5:15–7:30 p.m. Tuesdays, Oct. 6–Nov. 10
- No cost to attend

Health Screenings (In-person only)

Balance Screenings **R**

These screenings, done in conjunction with Covell Care and Rehabilitation, will assess your fall risk using the Fullerton balance test. Exercise suggestions and balance and fall prevention strategies will be shared based on your results. Appointments required.

- 9 a.m.–noon
Tuesdays, Sept. 8 and Oct. 13
- West Bridge Lifestyles Room, Fort Collins
- Cost: \$15



Medication and Supplement Reviews **R**

A UHealth pharmacist will review your medications, vitamins, supplements and over-the-counter drugs to check for overall medication safety and potential adverse reactions, make sure you are getting a good value for your dollar and answer medication related questions. Appointments are required.

- 8 a.m.–noon Fridays, Sept. 11 and Nov. 13
- Fort Collins Aspen Club office

Bone Density Screening **R**

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

- **Fort Collins:** 2:30–4:30 p.m. Monday, Sept. 14
Aspen Club Office
- **Loveland:** 3–4:30 p.m. Tuesday, Sept. 22
MCR, Arapahoe Peaks room
- **Fort Collins:** 2–4 p.m. Tuesday, Oct. 20, Aspen Club Office
- Cost: \$12; appointments required

Hearing Screenings **R**

Certified audiologists from All about Hearing and Hearing Rehab Center will provide baseline hearing screenings.

- 9 a.m.–1 p.m. Thursday, Sept. 17
- Hearing Rehab Center, 2018 35th Ave., Unit A, Greeley

Blood Pressure (BP) Checks

Have your blood pressure checked by a registered nurse; no appointment necessary.

- **Loveland:** 9–11 a.m. Mondays, Sept. 28 and Oct. 26
Loveland's Chilson Senior Center
- **Fort Collins:** By appointment only

Flu Shot Clinic–High-Dose Vaccine **R**

Working in partnership with UHealth community paramedics, appointments are now being taken for our annual flu clinic offering the higher-dose vaccine.

- 8–11 a.m. Wednesday, Oct. 28, Fort Collins.
Location given when you make your appointment
- Vaccinations are also available for homebound individuals on Medicare

Ongoing Services

Toenail Service **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.

- **Longmont:** 1–5 p.m. Wednesdays, Sept. 23 and Oct. 28
Longs Peak Hospital. Appointments required; call 720.718.1690
- **Greeley:** 9 a.m.–3 p.m. Wednesdays, Sept. 2 and 9, Oct. 7 and 14, Greeley Medical Center
- **Fort Collins:** Every Tuesday; make appointments by calling 970.495.8560
- Cost: \$38

Preparing for Total Hip and Knee Replacement **R**

Learn what to expect from joint replacement surgery, including pre-surgery exercises, necessary equipment, diet, pain management and recovery.

- Registration required. Visit uhealth.org, go to the classes and events section and search for joint replacement surgery
- For more information, contact 970.624.4326



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Greeley Hospital celebrates one year.

UCHealth Greeley Hospital just marked its first birthday after caring for thousands of patients and playing a key role in the fight against COVID-19.

“This was an exciting and yet challenging year that helped us build the foundation of Greeley Hospital,” said Marilyn Schock, president of the hospital. “The community will be depending on us for this excellent care for years to come. I am so proud of the work our team has done and all of the lives they’ve touched.”