

ASPEN CLUB^{NEWS}

January/February 2021 | Volume 34 | Issue 1

Vaccines for adults—what to know.

With flu season here and COVID-19 continuing to spread, it's a good time to review whether you're up to date on vaccinations. UHealth family practice physician Dr. Shannon Becker provides some insight.

What is a vaccination?

By introducing molecules from the disease, a vaccination causes an immune response that prepares your body to identify and fight off the disease in the future. They are usually given as shots, but some may be given through nasal sprays or oral medications.

What is recommended for older adults?

Adults commonly receive the flu shot and the Tdap vaccination, which is for tetanus, diphtheria and pertussis or whooping cough. In addition, adults ages 50 to 64 may get the vaccination for shingles. And after age 65, a pneumonia vaccine is also typically recommended.

What is a booster shot?

A booster shot is an extra dose of a vaccine given at a specific time after the initial dose because in some vaccines, effectiveness wanes over time.

What common concerns do you hear about vaccines?

One common concern is that the flu shot "gives the person the flu." The flu shot is a killed vaccine, so it cannot give a person the flu. It can ramp up the immune system as it is supposed to, which can make a person feel a bit under the weather for a few days. And some adults worry about the flu shot if they're allergic to eggs. But the egg proteins found in the flu shot are small enough that it shouldn't cause an allergic reaction.

What if I have questions?

Bottom line, talk to your doctor. They can help guide you regarding what immunizations are recommended for your age and medical condition risk factors.

While supplies last.

- For Aspen Club members only, your last opportunity to pick up a small bag of ice melt for your icy winter patches around your home.
 - One box per member household is allowed, and each box has two small bags in it.
 - 9 a.m.-noon
Saturday, January 9
Only available for pickup at the Aspen Club office in Fort Collins.
- Aspen Club's calendars came in late this year but are now available in all Aspen Club offices.
 - Two sizes available—a small pocket size and an 8½" x 11" size for one that is easy to write on. With Aspen Club offices having limited hours, please call the location of your choice for open office hours.



uhealth

Aspen Club

Aspen Club offices in all locations have limited open hours. It's always advised to call ahead before coming in.

Closed on all major holidays.

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



What lies behind us and
what lies ahead of us are
tiny matters compared to
what lives within us.

– Oliver Wendell Holmes



Jill Taylor, UCHealth Aspen Club Supervisor

From the Aspen Club office.

Greetings and happy new year.

When we prepared this newsletter at the end of October, COVID-19 cases were ticking up. Now, our new normal is to roll with the pandemic punches. Even as we plan wonderful winter wellness opportunities, we have to remain fluid, pivoting at any given time, with safety in the forefront at all times. The term resilience—used many times in past newsletters—has taken on new meaning. We truly think it is one of those must-have traits that allows us to keep moving forward.

As we head into this new year, please know how much we appreciate you. We appreciate your participating in virtual learning opportunities to keep the mind and body engaged. We appreciate your participating in our recent Aspen Club donation request. We appreciate your riding the waves of change and resilience with us.

I heard someone say, 2020 was rough enough. I'd like to propose, for all of us, that 2021 brings more fun. Having fun is good for mental, spiritual and emotional wellbeing. It is something we'll never discount.

As always, good health, happiness and humor to you.

Jill Taylor
UCHealth Senior Services
Aspen Club Supervisor

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called opportunity and the first chapter is New Year's Day."

–Edith Pierce





Microsoft Teams virtual classes—how to connect.

The Aspen Club will continue to offer more classes virtually through the UHealth approved method, Microsoft Teams (MS Teams). You can access classes via mobile device, tablet or desktop/laptop computer from the comfort of your home.

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, click the link provided OR 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 (Firefox or Google Chrome seem to work best).
- After choosing to join via the app or the 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 allow 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 about joining MS Teams classes. We'll be happy to walk you through the process.

The benefits of using My Health Connection and UHealth's mobile app.

Most everything you need to take charge of your health, whether it's making a virtual visit, scheduling an appointment, messaging your provider or keeping track of prescriptions, can be done through My Health Connection.

My Health Connection is UHealth's safe and secure patient portal that allows you to:

- Schedule or cancel appointments.
- Use your device for virtual visits, without downloading extra software.
- Message your provider.
- Save your spot in line at UHealth urgent care locations.
- View test results.
- Find the nearest clinic, urgent care or emergency room.
- Renew or refill a prescription.
- Read your provider's notes.
- Pay bills securely and easily.
- Search for a UHealth provider.

You can create an account by going to My Health Connection at uchealth.org. Answer a few questions, enter your email address and date of birth to create the account and then click "Sign Up Now." Complete the form, including choosing a username and password, and then click "Sign up."

The patient portal also is available on your phone through the UHealth app. By downloading the app onto your phone, you now have My Health Connection, as well as health care news from UHealth Today, in the palm of your hand.

The symptoms could be similar.

Before 2020, you might not have worried much about a tickle in your throat or a little tightness in your chest. Now that has changed. Even the slightest sign of a respiratory bug brings your mind to the possibility of COVID-19. Don't jump to conclusions if you start to feel sick. Learn the hallmarks of common illnesses and how they differ from COVID-19, so you can take the appropriate action and potentially set your mind at ease.



COVID-19:

An extremely contagious respiratory illness caused by a type of virus called SARS-CoV-2. It's a cousin to the common cold, but its potential symptoms are far more serious.

- Hallmarks—loss of taste and smell, fever, cough, shortness of breath and muscle aches.
- Other potential symptoms—sore throat, diarrhea, congestion, runny nose, chills, shivering, headache, fatigue and loss of appetite.

**Note—some infected people don't have any symptoms of COVID-19, but they're still contagious.*

Influenza:

Influenza (flu) is a highly contagious respiratory infection caused by the influenza A, B or C virus. The U.S. flu season typically lasts from October to March, but flu is present year-round.

- Hallmarks—fever, aches and cough.
- Other potential symptoms—sore throat, diarrhea, congestion, runny nose, chills, shivering, headache, fatigue and loss of appetite.

**Note—unlike COVID-19, flu usually does not cause shortness of breath.*

Common cold:

The common cold is an upper respiratory infection that can be caused by any of hundreds of viruses. It's usually mild and resolves within a week.

- Hallmarks—congestion, runny nose, cough and sore throat.
- Other potential symptoms—fever, muscle aches and fatigue.

**Note—unlike COVID-19, a cold does not cause shortness of breath, body aches, chills or loss of appetite and it usually doesn't cause a fever.*

Along with seasonal allergies and asthma issues that may arise, call your doctor and report any concerning symptoms—the earlier the better. Don't deny yourself care and try to tough it out; you may need tests and treatment.



FUNNY PAGES

I told the doctor I broke my leg in two places. He told me to quit going to those places.

— Henny Youngman



Tai Chi for Better Balance—virtual only.

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:

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

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

- 10:30-11:30 a.m.
Tuesdays and Thursdays,
January 12-February 18
- Virtual class using Microsoft Teams app
- Cost: Free, thanks to grant funding

New year contemplations.

It is midnight, and I hear the sounds of firecrackers in the distance, heralding the beginning of a new year.

I ask myself, "What is the best way to begin this new era?" My thoughts are of love and thankfulness. First, for my husband of almost 63 years. Although he no longer lives beside me, he still lives within my heart and will, eternally. Second, for our children and their families. Because of the way they live their lives, I know they will continue to spread love and thankfulness, extensively.

No one in this world has had the choice of whether to be born or not. But once we are living, the choices we each make matter—a lot!

We all must live one day at a time, but each individual day is a part of a year, a pathway to the future we should look forward to, not fear.

So plan thoroughly, and carefully choose the path that is best for you, and along the way you'll find your path joining with others to help build this new year and years to come, into a future that will be more peaceful, strong, honest and true.

Written by and shared with permission by Aspen Club member Irene B. Edgett



Staying active and safe during the COVID-19 pandemic.

While many in-person exercise options are still "on hold" or limited, there are many ways to remain active. Now is a great time to get creative and make home a place where you can thrive and do more of what you'd typically do outside the home. Maintaining strength, balance, flexibility and endurance not only help to reduce fall risk and strengthen the immune system, but can also keep your mind sharp and thinking positively.

Some may question safety, but research shows that the risks of exercising at home are no greater than exercising in a group setting, especially during our Colorado winter months. The National Physical Activity Guidelines recommend 150 minutes of moderate to intense activity weekly. Those minutes can be filled with any and all movement you do—seated or standing, it's up to you.

- **Move more.** During a phone call, commercial breaks or movie credits, march in place, walk the hallway, dance, walk up and down a flight of stairs or use a stair and hand railing for calf-raises.
- **Maintain and gain strength.** Use your body weight to do "countertop push-ups," "wall-squats" and "seated abdominal crunches." Improving overall arm and lower body strength can be done while intentionally and repeatedly reseating yourself—push yourself up a few extra times each time you leave the couch or chair. For added resistance, raid your pantry for soup cans, rice bags, filled water bottles or containers that you can grip safely and securely.
- **Practice balance.** Stand on one foot while brushing your teeth; practice reaching for objects in all directions. Have a countertop, wall or sturdy chair nearby for support.
- **Stretch often.** Maintain your range of motion and encourage blood flow. Hold each stretch for at least 30 seconds, breathe deeply and feel the stretch but avoid pain.
- **Some virtual options include;**
 - The National Council on Aging, Go4Life workout videos
 - YMCA health and fitness videos
 - American Heart Association, Healthy Living fitness information
 - YouTube exercise videos and programs
 - Local community centers

For all of the above, always listen to your body to know when you've reached your limit, warm up and cool down, be aware of your environment, stay hydrated and wear appropriate shoes and clothing.



I still find each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read and all the friends I want to see.

– John Burroughs

The Nurse Is In returns.

The Aspen Club has decided to bring back a service called The Nurse Is In. Julie Knighton, UCHHealth Community Health Nurse, will be available in Fort Collins, Greeley and Loveland on a consistent basis to help with the following:

- Take your blood pressure
- Answer questions about medications and lab results
- Discuss chronic diseases and how best to manage them
- Healthy lifestyles
- Advance directive assistance and completion (living wills and medical durable power of attorney forms)

To schedule an appointment, please call 970.495.8560.



Ever “plan” for dealing with grief?

Grieving is a completely natural process that is so uniquely different for everyone. The death of someone close is one of the most severe stressors imaginable. It can increase the risk of mental and physical health problems and can be profoundly painful and distressing.

Occasionally, we are aware in advance that someone is reaching the end of his or her life. In this case, getting prepared in advance is helpful. Just coping with the circumstances without the added pressure to “get yourself together” is tough enough.

Here are a few tips that may help when you experience grief from any loss you may encounter:

- **Build a network of caring people.** Let the people close to you know what you’re going through. Warn them that you may soon need more support than usual or not to be offended if you don’t contact them for a while. Knowing when to ask for help is important.
- **Look after yourself physically.** Try to eat well and get plenty of rest. It is very easy to overlook your physical needs when you are busy dealing with everything that has to be done surrounding a death or when you are struggling with grief.
- **Gather information on the financial and legal aspects of bereavement.** Do this in advance so you feel less overwhelmed. It’s sensible to be prepared as far ahead as possible.
- **Emotionally, you may get used to the idea of the loss, but it might happen gradually and come and go.** You may switch between talking rationally about the situation, and then have a sudden surge of hope that the person will recover. Know that’s OK.

Remember it isn’t morbid to talk about death. At times, you may be the person who can support others also affected by the loss. As you do this, you will probably, slowly, find a way of imagining life after the loss. The person will be in your thoughts and memories.

Be a smart older driver

Safe driving is our responsibility. Each of us must make a personal commitment to do what it takes to maintain good driving skills. Overall health, along with the more we understand how health conditions affect driving, will help us drive safely longer.

The difference between a safe driver and one who should no longer be behind the wheel is often the difference between one who recognizes age-related changes and takes steps to compensate for them and one who simply ignores or denies diminished abilities and continues to drive as if nothing has changed over the decades. The latter puts the driver and others at risk.

Some of the critical aspects of physical health that may impact driving are:

- Vision
- Strength
- Flexibility
- Agility
- Medications

With cognitive health, critical factors are:

- Memory
- Judgment
- Quick thinking and reaction time
- Reasoning—particularly the ability to recognize driving deterioration without the willingness to make realistic and appropriate changes

Four steps to improve your physical and cognitive health to continue driving include:

- Get a thorough physical examination and follow your doctor's recommendations.
- Consider your medications and any side effects that may relate to safe driving. Be aware that new medications may need a break-in period while your body adjusts and some can produce drowsiness.
- All older eyes experience changes in vision, so it's important to have a thorough eye examination.
- Exercise regularly to improve your strength and agility. And don't forget about cognitive health; keep your brain fit and sharp.

To be a safe driver throughout your lifetime, use your maturity, experience and common sense to your advantage.

The column on the right has some driving resources you may want to check out.



Safe-driving resources:

- **AARP Safe Drivers classes.**
Classes address mental alertness and current rules of the road. After completion, automobile insurances typically offer a discount. Call the Aspen Club, 970.495.8560, for class options in Fort Collins, Loveland and Greeley or go to aarpdriversafety.org.
- **CarFit Assessments.**
CarFit's 12-point checklist teaches you how to make your car "fit you" so you can drive safely longer. The checklist covers steering wheel spacing, checking headrests, seatbelts and more. Appointments available; call 970.495.8560.
- **UCHealth Mobility and Driving Assessment Clinic.**
Developed by the National Highway Traffic Safety Administration, this two- to three-session assessment helps you learn how various medical conditions impact driving. A referral from your physician is required, and this may be covered by insurance. In Loveland call 970.624.4370; in Fort Collins, 970.495.8454.
- **Covell Care and Rehabilitation.**
Covell Care provides a driving rehabilitation program that provides information about community mobility, driving performance and the road ahead. For information, call 970.204.4331.
- **Pro31 Safe Senior Driver.**
The Pro31 program involves a self-assessment for older drivers and their family members that provides objective information regarding driving safety and the promotion of making well-informed decisions. For information, call 970.744.8238.

Please note, various fees are associated with the above services.

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.



VIRTUAL-ONLY CLASSES

UCHealth Physician Presentation—Advances in Spine Surgery ^R

As we age, our spines age too. Nearly everyone has some kind of disk degeneration by the age of 40. Join CU School of Medicine Orthopedic Spine Surgeon Dr. Abdul Sabri for an interactive Zoom presentation, and learn more about what causes your back pain, the latest treatment options and when you should and should not opt for surgery. This program is in partnership with the Longmont Senior Center (using Zoom), and another great program in the Talk With a Doc series.

- 5:30–6:30 p.m. Tuesday, Jan. 5
- Register by calling the Longmont Aspen Club program at 720.718.1690 or the Longmont Senior Center at 303.651.8411

Tai Chi for Better Balance ^R

The Aspen Club presents Tai Chi for Better Balance, an evidence-based program proven to help people improve balance. See page 4 for additional details and class qualifiers.

- 10:30–11:30 a.m.
Tuesdays and Thursdays, Jan. 12–Feb. 18
- Cost: Free, thanks to grant funding

Virtual Fall Prevention Assessments ^R

Learn your fall risk from the comfort of your own home. A physical therapist will virtually take you through a few quick tests to find out what your fall risk is and, from the results, make recommendations on how to reduce the risk.

- 1–4 p.m. Wednesday, either Jan. 13 or Feb. 10
- Cost: Free, thanks to grant funding
- In-person assessments available

Virtual Fall Prevention Workshop ^R

Learn at your own pace about ways to prevent falls. Each session features a different topic related to falls, including balance and strength exercises; pharmacy, medications and bone health; mobility, from safe transfers to standing and climbing curbs or stairs; vision's impact on falls; and awareness of fall risks and modifications you can implement in your home and community. These videos will guide you on ways to stay up on falls.

- Larimer County and surrounding communities, register by calling 970.495.8560 or email alison.weston@uchealth.org
- Longmont and Boulder Counties, register by calling 720.718.1690

Chinese New Year 2021 ^R

Prepare your chi for the Chinese New Year. Welcome in the year of the Ox. Clear away the past and bring in new energy, wealth and abundance. Get the table set with auspicious foods, and let's use the power of the lunar New Year to clear our energies and open our hearts. Presented by Maryann Richardson, certified feng shui teacher.

- 1:30–2:30 p.m. Monday, Jan. 18

Strength Training Builds More Than Just Muscles ^R

Most of us know that strength training can help build and maintain muscle mass, but learning strength training basics can also enhance bone health. JoAnn Herkenhoff, certified personal trainer and UCHealth Community Health Educator, shows you five exercises you can do at home.



- 1–2 p.m. Tuesday, Jan. 26

Living Well With Pain ^R

Are you one of over 10 million people in the U.S. who experience daily pain? Would you like to increase your confidence to better manage your pain? Join us for a six-week program to discover practical skills and tools to help better manage pain. Learn about nutrition and benefits of moving, goal-setting and problem-solving. Together, let's take those small steps toward living well.

- 5:15–7:30 p.m. Thursdays, Jan. 28–March 4

UCHealth Physician Presentation—Osteoarthritis Management ^R

CU Orthopedist Dr. Jared Pate will discuss strategies to help manage osteoarthritis so that you can get back to the golf course or dance floor with less pain.

- 5:30–6:30 p.m. Tuesday, Feb. 2
- Register by calling the Longmont Aspen Club program at 720.718.1690 or the Longmont Senior Center at 303.651.8411

Social Security—Your Questions Answered ^R

Presented by Jim Saulnier, CFP of the UCHealth Northern Colorado Foundation Committee, and Chris Stein, CFP from CSU's Financial Planning Program, the main focus of this program will be to answer your questions, which you will pre-submit to us by February 17 via email to aspenclub@uchealth.org.

- 9–10:30 a.m. Saturday, Feb. 20

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.



LIMITED IN-PERSON AND VIRTUAL LEARNING CLASSES

**Note—COVID-19 restrictions and locations will dictate in-person participant numbers.*

Medicare 101 ^R

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

- **Fort Collins:** 4:30–6 p.m. Monday, Jan. 11
Family Medicine Center, room 118
- **Loveland:** 3–4:30 p.m. Monday, Jan. 25
Medical Center of the Rockies, Big Thompson room
- **Fort Collins:** 9–10:30 a.m. Saturday, Feb. 13
Fort Collins Senior Center; call 970.221.6644 to register, and refer to activity #125404-0
- **Greeley:** 11:30 a.m.–1 p.m. Wednesday, Feb. 24
Greeley Medical Center, conference room 1

New Member Orientation ^R

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

- **Fort Collins:** 1:30–2:45 p.m. Friday, Jan. 15
Westbridge Classroom, 1107 S. Lemay Ave.

Improve Your Blood Pressure ^R

Understanding and controlling your blood pressure is one of the most important things you can do to prevent heart disease, stroke and diabetes. Learn about blood pressure, how to properly monitor it at home, how to understand your readings and the new and free Improving Blood Pressure Program. Presenters Cheri Nichols, RN, and Julie Abramoff, RN, are heart health nurses from the Health District of Northern Larimer County.

- **Fort Collins:** 5–6 p.m. Tuesday, Jan. 19
- Location to be announced

Stepping On—Fall Prevention ^R

Stepping On is a seven-week workshop that develops the knowledge and skills needed to help older adults prevent falls. It focuses on how strength and balancing exercises, medication management, home safety, footwear, vision and mobility all play important roles in fall prevention. Call 720.819.6855 to register.

- **Longmont:** 1–3 p.m. Fridays, Jan. 22–March 5
- Longs Peak Hospital
- Suggested donation: \$15 (for materials and supplies)

UCHealth Physician Presentation—Keeping Bones Healthy and Strong ^R

Our bones support us and allow us to move. They protect our brain, heart and other organs from injury. Our bones also store minerals such as calcium and phosphorus, which help keep our bones strong, and release them into the body when we need them for other uses. UCHealth Internal Medicine Physician Benjamin Leon, MD, will share top tips to help keep your bones healthy and strong at every age.

- Noon–1:30 p.m. Thursday, Feb. 4
- Location to be announced
- Limited in-person capacity and virtual program options

Nutrition, Inflammation and Brain Health ^R

Learn how anti-inflammatory eating can affect health and the brain. Review foods and lifestyle factors to support our aging bodies, minds and digestion.

Taught by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

- **Loveland:** 2–3:30 p.m.
Wednesday, Feb. 17
Medical Center of the Rockies
- **Greeley:** 10–11:30 a.m. Tuesday, March 16
Greeley Medical Center
- Limited in-person and virtual class options



IN-PERSON-ONLY CLASSES, SERVICES AND HEALTH SCREENINGS

**Note—COVID-19 restrictions and locations will dictate in-person participant numbers.*

Bone Density Screening ^R

An ultrasound bone sonometer is used to measure the bone density in your heel. Results should be shared with your physician.

- **Fort Collins:** Aspen Club Office
1025 Garfield St., Suite A
- 3–4:30 p.m. Monday, Jan. 11
- 2–3:30 p.m. Tuesday, Feb. 9
- Cost: \$12; appointment and prepayment required

Aspen Club Monthly Features

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- 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.



Let's Talk About Pain ^R

What is pain and how can I manage it? What can I do when it will not go away? Find answers to these questions as well as receive guidance on pursuing general wellness from UCHealth physical therapist Rachel Williamson.

- **Fort Collins:** 10-11:30 a.m. Tuesday, Jan. 12
Fort Collins Senior Center Auditorium
- To register, please call 970.221.6644 and refer to activity #125417-01

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.

- **Fort Collins:** 9 a.m.-noon Tuesday, Jan. 12 or Feb. 9
Westbridge classroom, 1107 S. Lemay Ave.
- Cost: \$15; appointment and prepayment required

Medication and Supplement Reviews ^R

UCHealth pharmacists 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.

- **Longmont:** 8 a.m.-noon Tuesday, Jan. 12 or Feb. 9
Longs Peak Hospital Pharmacy
- **Greeley:** 9-11 a.m. Wednesday, Jan. 20
Greeley Hospital Pharmacy
- **Fort Collins:** 8 a.m.-noon Friday, Feb. 12
Aspen Club office
- **Loveland:** 10 a.m.-1 p.m. Tuesday, March 2
Medical Center of the Rockies Pharmacy

Get Your Advance Directives Done ^R

Learn about medical health care directives and have an opportunity to complete and notarize them. If you prefer, materials about this class can be sent via email, and follow-up phone consultations are an option.

- **Longmont:** 10-11:30 a.m. Wednesday, Jan. 13
Longs Peak Hospital, conference room A
- **Greeley:** 10-11:30 a.m. Thursday, Jan. 21, Greeley Medical Clinic, 6767 W. 29th St.
- **Fort Collins:** 9:30-11 a.m. Thursday, Jan. 28
UCHealth Internal Medicine, 1106 E. Prospect Road
- 10-11:30 a.m. Thursday, Feb. 11, UCHealth Internal Medicine, 4674 Snow Mesa Drive, Suite 100
- **Loveland:** 1:30-3 p.m. Tuesday, Feb. 23
Medical Center of the Rockies
North Medical Office Building, Suite 200

Hearing Screenings ^R

Certified audiologists from Hearing Rehab Center and Alpine Ear, Nose and Throat will provide baseline hearing screenings and answer your hearing-health questions. Appointments are required.

- **Fort Collins:** 8:30 a.m.-4 p.m. Thursday, Jan. 14
Location given when making appointment
- **Loveland:** 9 a.m.-noon Wednesday, Feb. 10
Alpine Ear Nose and Throat, 3820 Grant Ave.
- **Greeley:** 11 a.m.-1 p.m. Thursday, March 18
Hearing Rehab Center, 2018 35th Ave., Suite A

Living Well With Diabetes

This class helps you learn skills to help you deal with the life changes and emotions that come with living with diabetes. This six-week class shares strategies to help manage glucose levels through nutrition, movement, goal setting and other tools. This program does not replace services provided by a diabetes educator.

- **Fort Collins:** 1-3:30 p.m. Tuesdays, Jan. 19-Feb. 23
Fort Collins Senior Center, 1200 Raintree Drive
- Call 970.221.6644 to register and refer to activity #125402-01

Am I Hungry? Mindful Eating ^R

Learn tools to be in charge of your eating instead of feeling out of control. Get lifelong tools for overeating and emotional eating from Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

- **Fort Collins:** 4:30-6 p.m. Tuesday, Jan. 19
Fort Collins Senior Center, 1200 Raintree Drive
- To register, please call 970.221.6644 and refer to activity #125405-01

Arthritis Education Quarterly ^R

Do you see an advertisement for medications or supplements and think, that sounds too good to be true? Well, sometimes it is. Learn how to tell fact from fiction when UCHealth Pharmacist Gina Harper discusses arthritis medications and over-the-counter options.

- **Fort Collins:** 11:30 a.m.-1 p.m. Monday, Feb. 8
- Fort Collins Senior Center

Osteoarthritis Management—What's in the Physical and Occupational Therapy Tool Kit? ^R

Ruth Rice, UCHealth physical therapist, will educate participants about osteoarthritis and various options available through physical and occupational treatments.

- **Fort Collins:** 10:30 a.m.-noon Tuesday, Feb. 9
- Fort Collins Senior Center
- To register, please call 970.221.6644 and refer to activity #125418-01

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- Recorded registration line available 24 hours a day at 970.495.8565.



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.

- **Fort Collins:** Noon–3 p.m. Monday, Feb. 8
Fort Collins Aspen Club office
- **Greeley:** 10 a.m.–noon Monday, Mar. 8
Location to be determined
- Appointments are required

Remembering When ^R

Older adults are twice as likely to be killed or injured by fires compared to the population at large. That statistic increases with age. UCHHealth safety experts Ted Beckman and Scott Pringle will present the Remembering When program, which focuses on eight fire-prevention and eight fall-prevention tips that everyone should be aware of. Trivia, humor and nostalgia are woven together to present safety messages in a fun format.

- **Loveland:** 1–2:30 p.m. Thursday, Feb. 18
Medical Center of the Rockies, Big Thompson room
- **Greeley:** 1–2:30 p.m. Monday, Mar. 8
Greeley Medical Center, conference room 1

Healthy Mind Platter for Healthy Brain Matter ^R

Learn Dr. Siegel’s daily recommendations for a healthy mind. Julie Knighton, RN, from UCHHealth Community Health Improvement will share the seven daily essential mental activities to optimize brain matter and create well-being that includes focus, play, connecting, physical time, down time and sleep time.

- **Fort Collins:** 2–3:30 p.m. Wednesday, Feb. 24
Fort Collins Senior Center, 1200 Raintree Drive
- Call 970.221.6644 and refer to activity # 125407-01

Aspen Club Fitness Opportunities ^R

A variety of classes may be available virtually through Microsoft Teams from our wonderful and knowledgeable certified fitness instructors. Please let us know if we can provide a schedule of classes for you.

- Call Kat Laws at 970.495.8563 for more information

The Nurse Is In for BP Checks and More ^R

Have your blood pressure checked with UCHHealth Community Health RN, Julie Knighton, and ask questions about medications, chronic diseases and healthy lifestyles.

- **Fort Collins, Loveland and Greeley** dates given when you make your appointment
- Schedule an appointment today by calling 970.495.8560

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.

- **Greeley:** 9 a.m.–3 p.m. Wednesdays, Jan. 6 and 13 and Feb. 3 and 10, Greeley Medical Center
– Appointments are required; call 970.495.8560
- **Fort Collins:** 8:15 a.m.–3:45 p.m. every Tuesday
– Appointments are required; call 970.495.8560
- **Longmont:** 1–5 p.m. Wednesdays
Jan. 27 and Feb. 24, Long Peaks Hospital
– Appointments are required; call 720.718.1690
- Cost: \$38 (pre-paid)

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 uchealth.org—go to the classes and events section and search for joint replacement surgery
- For more information, please call 970.624.4326

Aspen Club Ongoing Services

To find out more about these services, call any Aspen Club office or go online to uchealth.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 (\$38)
- Total hip and knee replacement classes



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Aspen Club
membership
13,842

Age Mastery Programs (AMP)—revisited.

Back in March of 2020, we at UCHealth Aspen Club, in partnership with the Larimer County Office on Aging, were so excited to start offering Age Mastery Programs. These classes help boomers and beyond live well, do well and age well by taking key steps that improve wellbeing.

Over 100 people were scheduled to take these classes, so I hope you'll want to join us again for either in-person or virtual classes. If you are interested in AMP, please connect with the Aspen Club at 970.495.8560 or email us at aspenclub@uchelath.org for details.