

ASPEN CLUB NEWS

March/April 2021 | Volume 34 | Issue 2

Brain Health Awareness Week—great opportunities abound

Brain Health Awareness Week is a global campaign to foster public enthusiasm and support for brain science with a common theme of hope for treatments, preventions and possible cures for brain diseases and disorders. Every March, imaginative activities are launched in communities throughout the U.S. and abroad. The goal is to share the wonders of the brain and the impact brain science has on our everyday lives.

The Aspen Club is expanding this special brain health recognition week (March 15–21) into opportunities throughout March and April. Not only will we feature presenters (mostly virtually) from the academic and health care arenas, but we've organized other brain health activities, from the serious to the sublime, that we're sure you'll enjoy.

- **Opening event—Laughter is good for the brain!**
2–3 p.m. Tuesday, March 16
Denver-based standup comedian Mark Masters presents this virtual laugh-out-loud (LOL) fun fest.
- **UCHealth physician presentation—When to take memory loss seriously.**
5:30–7 p.m. Monday, April 12
UCHealth Neuropsychologist Dr. Joy DeJong Lago will talk about how some memory challenges are part of normal aging, when to take it more seriously and the available tests and treatments.
- **Final event: Aspen Club sing-along—featuring Sound Affects.**
2–3 p.m. Friday, April 30
A virtual sing-along, featuring happy songs, will conclude our brain health awareness events.

Please see the column on the right for more great classes and presentations associated with brain health in this newsletter. We hope you can join us.



Comedian
Mark Masters

More brain health classes.

Enjoy these other brain health classes in this issue. Details are listed on pages 8–11.

- **Virtual cooking classes, featuring a Blue Zones recipe:** 3 p.m. Thursday, March 11
- **Nutrition, Inflammation and Brain Health:** 10 a.m. Tuesday, March 16
- **Removing Shadows of Depression:** 5:30 p.m. Tuesday, April 6
- **Stress Less and Breathe Better:** 12:30 p.m. Wednesday, March 17
- **Brain Boosters and Memory Strategies:** 10 a.m. Wednesday, March 24
- **Exercises You Can Do at Home—Good for Your Heart and Brain:** 9 a.m. Tuesday, April 20
- **Saving Your Brain:** 9 a.m. Wednesday, April 21

Registration is required. Please email aspenclub@uchealth.org or call 970.495.8560 to register.

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*)

Community Health Improvement Building
1025 Garfield St., Suite A
West of Poudre Valley Hospital
Phone: 970.495.8560

Greeley (*limited hours*)

Greeley Medical Center (GMC)
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

Medicare helpline:

970.495.8558

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

aspenclub@uchealth.org
uchealth.org/aspenclub



Spring will come, and so will happiness. Hold on. Life will get warmer.

– Anita Krizzan



Jill Taylor, UCHealth Aspen Club Supervisor

From the Aspen Club office.

Greetings and happy spring.

I had a wonderful opportunity to work with 77-year-old Wally and 28-year-old Colton. Colton played his sound system, rather loudly, as the three of us made salads and sandwiches in the PVH Cafeteria. Why was I in the cafeteria? During November and December, knowing that hospital staff were working so hard to take care of patients during the rise of COVID-19, UCHealth leadership decided to offer free meals to these dedicated employees. When the cafeteria crew needed help feeding those hundreds and hundreds of employees, our Community Health Department colleagues stepped in.

I only mention Walter and Colton because of the respect and joy they had working together while listening to music featuring anything from Led Zeppelin to big band songs, from lovely instrumentals to rap songs. "Hey, Wally," said Colton, "I didn't know you liked Led Zeppelin music." "Heck, yeah, that was one of my favorite classic rock bands. I loved it," Wally responded. Wally then started to sing his favorite Led Zeppelin tune ("Whole Lotta Love").

The generational spread was there, but the friendship they had was apparent. In today's world, ageism (going both ways) and generational differences can cause friction, but in this instance, it was the way it was supposed to be, just two people enjoying each other's company, working side by side, not even thinking about their ages. It was a beautiful thing.

May you surround yourself with people from all walks of life and all ages, and may you all have your own Wally and Colton. Your life will be truly enriched.

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

Jill Taylor
UCHealth Senior Services
Aspen Club Supervisor

Join us for our **Brain Health Awareness events** you see in this newsletter. From the more serious to the sublime, the activities are all proven beneficial for your "noggin."



Medications and the brain.

Written by Gina Harper, PharmD, UCHealth Pharmacist

As the body ages, the brain unfortunately follows. It is a natural progression. The term cognitive decline is used to describe the anticipated effects of age on the brain. Not enough crossword puzzles in the world will stop it. However, when the brain ages more quickly than expected, this is called mild cognitive impairment (MCI). MCI may never worsen or may go on to become the scariest form of dementia—Alzheimer’s disease.

Many things are potentially tied to MCI, including heart disease, smoking, diabetes, obesity and lack of exercise. Another risk factor for MCI that has recently come back into the spotlight is the use of medications that have an “anticholinergic” effect. These medications are fairly common; they include both over-the-counter and prescription medicine and are used for a wide variety of conditions including allergies, high blood pressure, depression, overactive bladder and urinary incontinence. For some time, experts have recommended that older adults should avoid these types of medications when possible.

A recent study published last fall¹ added to this information. In the study, 688 people who were an average of 74 years old and had normal cognitive function when the trial started were studied over a period of 10 years. Those who took at least one anticholinergic medicine had a 47% higher chance of developing mild cognitive impairment. The most common anticholinergic medications in this study were metoprolol, atenolol, loratadine and bupropion. Are you taking one of these medications or another in the long list of anticholinergic meds? Talk to your pharmacist or provider to see, or check out this link: “medications to avoid or use briefly”, health.harvard.edu/mind-and-mood/two-types-of-drugs-you-may-want-to-avoid-for-the-sake-of-your-brain.

Remember, sometimes the benefit of taking a medicine outweighs the risk. Discuss this with your provider. Also, abruptly stopping certain medications may result in significant side effects. Never stop taking a prescription medication before discussing with your prescriber.

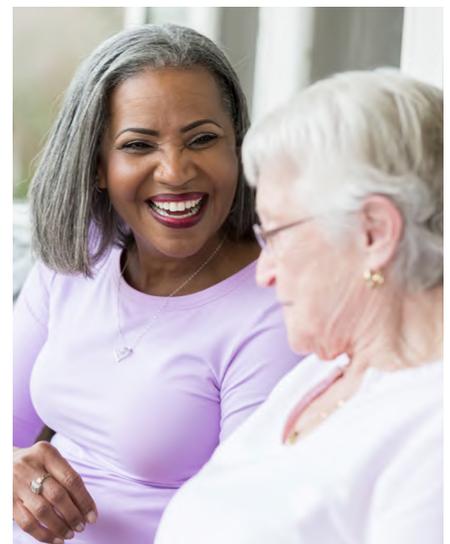
Take advantage of the Aspen Club’s medication and supplement review service. This is offered in Fort Collins, Loveland, Greeley and Longmont. Check page 10 for details.

¹Weigan AJ, Bondi MW, Thomas KR et al. Association of anticholinergic medications and AD biomarkers with incidence of MCI among cognitively normal older adults. *Neurology* Oct. 2020.

Senior peer counseling services.

The Aging Clinic of the Rockies’ Senior Peer Counseling program is a free service that connects older adults in Larimer County with paraprofessionals who are also seniors. The program aims to improve seniors’ quality of life and well-being by providing social connection, emotional support and companionship. Peer counselors, who receive training and supervision from the psychology department at Colorado State University, are often able to understand and connect with clients’ experiences in unique and meaningful ways. You and your counselor can work together to set goals, resolve issues, practice skills and achieve objectives. Counseling sessions can take place in your home, over the phone or virtually. To find out more about our services or to make an appointment, call 970.491.6795.

For other beneficial mental health services in Larimer County, visit lcoa.networkofcare.org. For services in Weld county, visit Northern Colorado Behavioral Health at northrange.org or call 970.347.2120.

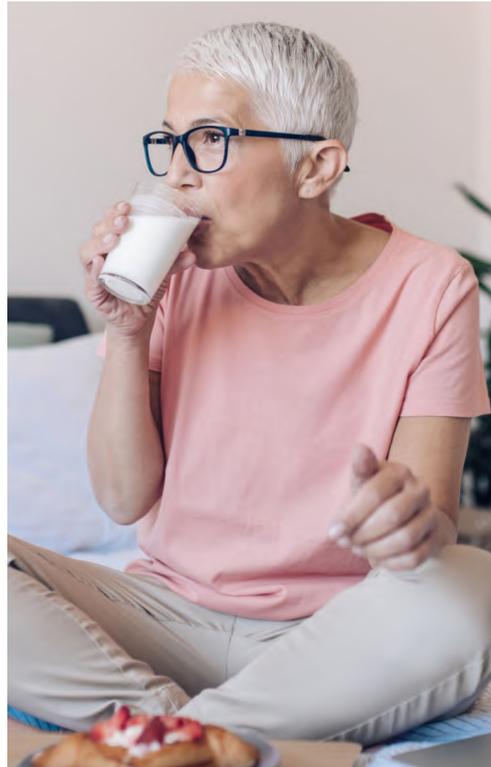


Osteopenia versus osteoporosis.

Written by Sharon Petty, PhD
UCHealth Rehabilitation

Sometimes the medical community uses terms thinking we all understand the difference. Osteopenia versus osteoporosis. Osteopenia is a loss of bone, but not as severe as osteoporosis, and nearly half of Americans over 50 have it.

Bone is constantly remodeling, renewing itself and breaking itself down. Unfortunately, as we age, we may lose overall bone density, increasing risk of fracture. Just like muscles, bones can get stronger with exercise and eating a healthy diet. Calcium and vitamin D are important to make sure we have the material to build bone. Working on our posture is also important especially with exercise. Don't let gravity win and pull you over; stooped posture has been correlated with poor balance and higher fall risk. Studies show that regular physical activity can reduce falls by nearly a third in older adults with a fall risk.



Our bone health can be assessed with a bone mineral density test or a DEXA scan. The T-score is an indicator of the density of the bone; osteopenia is a T-score of -1 to -2.5, and osteoporosis is a T-score >2.5. Risk of breaking a bone goes up with a lower T-score; a person with a score of -1 has a 16% chance of breaking a hip, which increases to 33% with a score of -2.5, so managing bone health is important to decrease risk of fractures.

According to a recent Harvard Medical School report, exercise for bone health should be weight-bearing (walking, elliptical). When lifting weights or using resistance bands, muscles contract and pull on bones to increase density. Balance exercises can help prevent falls, which decreases our risk for a break. Yoga, tai chi and stretching can improve posture and keep us more flexible for easier movement. A combination of exercises is usually recommended to keep our bones and bodies strong.

Learn more about bone health, exercise recommendations according to the Harvard Medical School, posture and good body mechanics from Sharon Petty, PT, DPT, OCS, from UCHealth. She will present at 10 a.m. on Friday, April 23. See page 9 for details.

Wake up your body. Try walking for five to ten minutes each morning and then stretch. A gentle stretch is a great way to get your blood flowing to your brain and make you feel more alert and ready for the day.

Goodbye, winter.

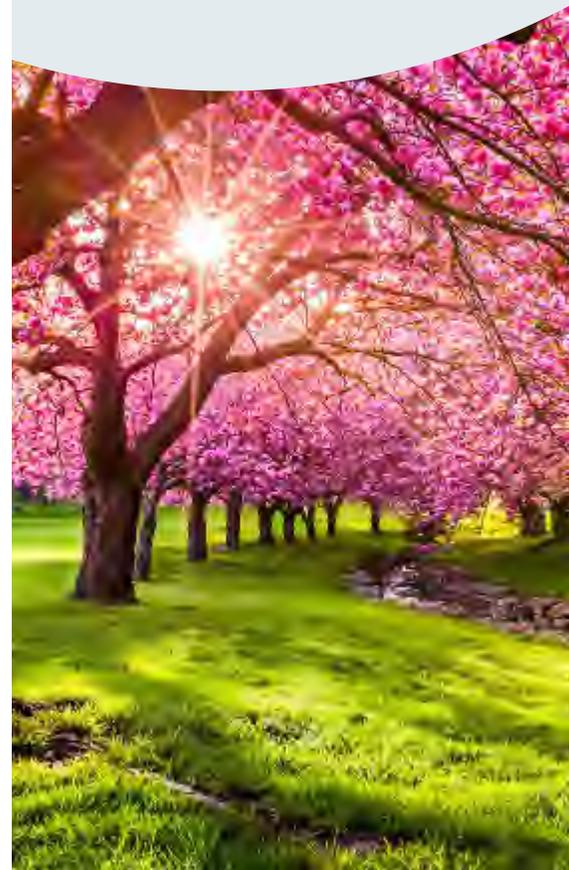
Goodbye winter,
spring is in the air.

Flowers are in bloom,
you see colors everywhere.

Birds build their nests,
in branches way up high.

But out my window, that
loud bird woke me up
again...sigh!

Poem by Becky Spence



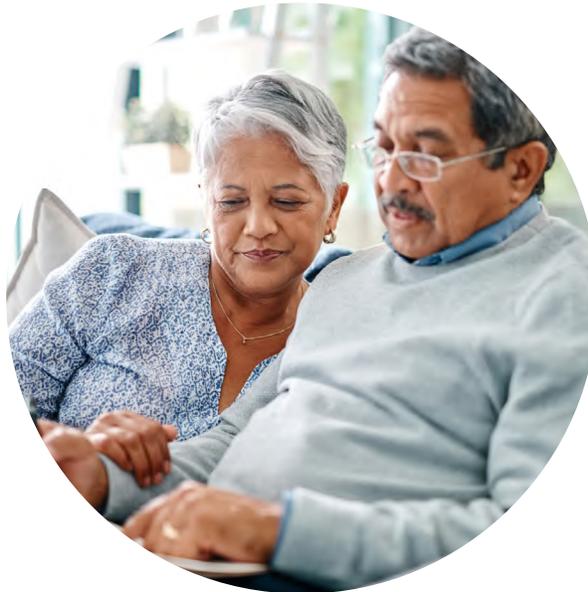
Advance care planning documents available.

While the Aspen Club services look a little different these days, we are happy to continue providing free copies of advance directive documents, information and some assistance in completing them.

Documents available include:

- Medical Durable Power of Attorney (also available through My Health Connection)
- Advance Directive for Medical/Surgical Treatment (Living Will)
- CPR Directive
- Medical Orders for Scope of Treatment (MOST form)
- Five Wishes
- Colorado Disposition of Last Remains Document

All of the above are helpful tools for supporting conversations with loved ones and documenting your values and preferences for medical treatment.



Your health care decisions matter.

National Healthcare Decisions Day (NHDD) is Friday, April 16, 2021. This nationally recognized day exists to inspire, educate and empower the public and providers about the importance of advance care planning. NHDD is an initiative to encourage people to express their wishes regarding health care and for providers and facilities to respect those wishes, whatever they may be.

Among other things, NHDD helps people understand that advance health care decision-making is a process that should focus first on conversation and choosing an agent and then supporting documentation. Robust conversation paired with documentation ensures a plan for the future.

Have you completed your advance directives? An advance directive is a general term for any written health care instruction specifying your preferences. Most commonly, this includes Medical Durable Power of Attorney (MDPOA) and a Living Will.

The most important document to complete is the MDPOA. With this form you designate who will make health care decisions for you if you are unable to make your own decisions. Make sure you have chosen someone you trust to speak for you in case you are unable to speak for yourself. Remember this doesn't have to be a spouse or family member; it can be someone that understands what is important to you and will follow your decisions even if they disagree.

If you would like an appointment to go over the forms or to get a hold of these documents, please call the Aspen Club in Fort Collins at 970.495.8563. You can also call the Larimer Advance Care Planning Team for assistance at 970.482.1909.

The Aspen Club provides ongoing education, helpful tools and support in Fort Collins, Loveland, Greeley and Longmont for your advance care planning needs for free.

Always remember, you are absolutely unique. Just like everybody else.

– Margaret Mead

Music for your brain.

Join us for the first ever Aspen Club virtual sing-along.

If you want to keep your brain engaged throughout the aging process, listening to music, playing music and singing are all great tools. They provide a total brain workout. Research has shown that listening to music can reduce anxiety, blood pressure and pain as well as improve sleep quality, mood, mental alertness and memory.

The Aspen Club has partnered with Sound Affects, a collaborating organization with Partnership for Age-Friendly Communities. They provide musical programming for older adults living at home or in senior living facilities while working with many local, talented musicians.

Sound Affects will lead us all in a virtual sing-along that is sure to uplift your spirit and soul in this musical hour of fellowship and fun. Sign up today for this event, which culminates our brain health awareness classes and opportunities. See front page for details.



Longs Peak Hospital Executive Chef Rita Gee and General Manager Matt Wallwork

Virtual cooking classes are a hit.

Aspen Club members loved joining Longs Peak Hospital Executive Chef Rita Gee and General Manager Matt Wallwork for virtual cooking classes recently. Delicious and healthy meals were prepared, and cooking techniques and tips shared. Some members cooked along with the chef, while others prepped and cooked later, while others just enjoyed watching this fun class. These cooking classes became an intergenerational activity, with one member cooking alongside her granddaughter. In another household, three generations—a mother, daughter and granddaughter—participated.

Comments from participants included, “Thank you for giving me the opportunity to try new foods by providing the ingredients for cooking the recipes. The food was great!” Another member said, “This was totally enjoyable and informative. Many thanks for this bright spot in our day.”

Join us for upcoming virtual cooking classes featuring recipes and tips we are associating with brain health awareness activities. Good nutrition is imperative to brain health. Register today.

- Virtual: 3–4 p.m. Thursday, March 11
Featuring a special recipe from the Blue Zones.
- Virtual: 3–4 p.m. Tuesday, April 20
Techniques and tips for cutting fruits and vegetables, along with a great recipe featuring these brain-healthy items.

Let food be your
medicine and
medicine be your food.

–Hippocrates

The difference between original Medicare and Medicare Advantage plans.

Written by Alan Heileman, Aspen Club Medicare Coordinator

Back in the fall, consumers were bombarded with Medicare Advantage (MA) commercials and endless mail. There were hundreds of calls to the Aspen Club wondering what it was all about. Here are basic differences of regular Medicare and MA plans to help you distinguish which is right for you.

First of all, everyone starts off with original Medicare A and B. Part A is hospital insurance and free to most people. Part B is medical insurance and costs \$148.50 per month for most people. Once you have parts A and B in place, you can consider staying with original Medicare or perhaps switching to a Medicare Advantage plan.

1. When you choose to stay with original Medicare, you can go to any doctor or hospital that accepts Medicare. If you choose an MA plan, you must stay within their network. All MA plans are either an HMO or a PPO with their own network of participating doctors and hospitals.
2. When you choose to stay with original Medicare, you should (but are not required to) add a part D prescription drug (PDP) plan, which will cost extra. If you choose MA, your drug plan will probably be included.
3. If you choose to stay with original Medicare, you will not get vision, dental or hearing benefits. In many MA plans, you will get some amount of coverage for these items.
4. If you choose to stay with original Medicare, you have the option of adding a supplementary Medigap policy, which will pay some or all of your extra costs, your deductibles and copays. If you choose MA, even though your deductibles and copays are limited, you cannot buy a supplement to cover them.
5. If you choose to stay with original Medicare, your insurer for parts A and B will be the federal government. If you choose MA, your insurer will be a private insurance company.

Understanding the differences between original Medicare and Medicare Advantage is important in making decisions for your health care coverage. If you would like further help in understanding your Medicare options, please call the Aspen Club's Medicare help line (also known as SHIP—the State Health Insurance Program) at 970.495.8558.



Open enrollment 2020 was truly unique.

Open enrollment for changing Prescription Drug Plans (PDP) ended December 2020. Just like everything else last year, it turned out to be very different in how we were able to help people. The Medicare counseling program truly had to do a 180-degree pivot. Out were the in-person consultations we had done for decades and in was being able to help people only over the phone. It was a new model indeed.

Despite that, the Aspen Club was able to help.

- 338 people
- \$295,425 was collectively saved on drug plans changes for 2021

One woman almost didn't do an annual review. She said she liked her plan and the premiums weren't going up in 2021. But her review revealed that one of her drugs that had been covered in 2020 was being dropped by her plan in 2021. She saved herself \$700 by doing this check.

A proud shout-out to all the dedicated Medicare counselors, who helped so many people. On behalf of UHealth, the Aspen Club and the Colorado State SHIP program, we applaud you.



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

**Class link will be emailed a few days before class date.*

Osteoarthritis Management—Getting Back to the Golf Course and Dance Floor **R**

Dr. Jared Pate, a CU orthopedist in Longmont, will discuss non-operative management for osteoarthritis, surgical options and new research on the horizon. You'll also get some tips and tricks to help deal with the pain associated with osteoarthritis.

- 5:30-6:30 p.m. Tuesday, March 2

Virtual Cooking Classes **R**

Longs Peak Hospital executive chef Rita Gee and general manager Matt Wallwork will feature recipes and cooking tips. You'll be sent what you need before the class. The Blue Zone recipe will have brain health components, because as you know, good nutrition is imperative to brain health. Register today.

- Virtual: 3-4 p.m. Thursday, March 11
Featuring a special recipe from the Blue Zones
- Virtual: 3-4 p.m. Tuesday, April 20
Techniques and tips for cutting fruits and vegetables, along with a great recipe featuring these brain-healthy items

Virtual Comedy Show—Laughter and the Brain **R**

Join Mark Masters Comedy for an online presentation about the surprising health benefits of laughter. Learn while you laugh! Following the presentation, comedian Mark Masters and some of his friends will put on a clean comedy show.

- 2-3 p.m. Tuesday, March 16

The Scoop on Poop **R**

Join UCHHealth Gastroenterologist Dr. Daniel Freese as he explains how you can get a lot of health clues from your number twos. Learn what vital health information can be gleaned from your bowel movements and habits and what you can do to keep going strong.

- 5:30-6:30 p.m. Tuesday, March 16

Removing the Shadow of Depression in Older Adults **R**

Join UCHHealth Psychiatrist Dr. Konoy Mandal for a discussion on depression and how it differs in older adults, the increased risks, why medications are often less tolerated, treatment options and how ECT can be the fastest, safest and most effective way to achieve remission from severe depression.

- 5:30-6:30 p.m. Tuesday, April 6

Virtual Fall-Prevention Assessments **R**

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, April 14
- Cost: Free, thanks to grant-funding
- In-person balance assessments available. See page 10

Virtual Fall-Prevention Workshop **R**

Learn at your own pace about ways to prevent falls. From exercises you can do within your home to vision, medication-management and home modifications. These videos will guide you on ways to stay up on falls.

- First class will be sent out to registered participants on 3/8. Register by emailing Alison.Weston@uchealth.org
- Cost: Free



LIMITED IN-PERSON AND VIRTUAL LEARNING CLASSES

**Class link will be emailed a few days before class date.*

Pelvic Floor Health in Women **R**

UCHHealth physical therapist and pelvic floor specialist Sharon Petty will talk about the impact to women's bodies—from pregnancies to menopause—in the areas of prolapse, constipation, incontinence, exercise and body mechanics.

- **Fort Collins:** 10-11:30 a.m. Friday, March 5
- Fort Collins Senior Center, 1200 Raintree Drive
- Call 970.221.6644 to register and refer to activity #225407-01

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 and 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, March 8
Family Medicine Center, room 118
- **Fort Collins:** 9-10:30 a.m. Saturday, April 10
Family Medicine Center, room 118
- **Loveland:** 4:30-6 p.m. Wednesday, April 21
Medical Center of the Rockies, Big Thompson room

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.

Nutrition, Inflammation and Brain Health **R**

Learn how anti-inflammatory eating can affect health and the brain. Taught by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

- **Greeley:** 10-11:30 a.m. Tuesday, March 16
Greeley Medical Center
- Limited in-person and virtual class options

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 a follow-up phone consultation is an option.

- **Fort Collins:** 5:30-7 p.m. Tuesday, March 16
Fort Collins Senior Center. Register for this class by calling 970.221.6644 and refer to activity #225414-01
- 9:30-11 a.m. Thursday, March 25
UCHealth Internal Medicine, 1106 E. Prospect Road
- 10-11:30 a.m. Thursday, April 8
UCHealth Internal Medicine Clinic - Snow Mesa
4674 Snow Mesa Drive, Suite 100
- **Longmont:** 10-11:30 a.m. Wednesday, April 14
Longs Peak Hospital, conference room A
- **Greeley:** 5:30-7 p.m. Thursday, April 15
Greeley Medical Clinic, conference room 1
- **Loveland:** 4-5:30 p.m. Tuesday, April 27
Medical Center of the Rockies
North Medical Office Building, Suite 200

Brain Boosters and Memory Strategies **R**

Aspen Club Health Educator Rich Shipman will facilitate this fun program, which is for people who want to learn strategies to boost brain health and address everyday memory concerns.

- **Fort Collins:** 10-11 a.m. Wednesday, March 24
- Westbridge classroom, 1107 S. Lemay Ave.

UCHealth Physician Presentation—When to Take Memory Loss Seriously

UCHealth Neuropsychologist Dr. Joy DeJong Lago will talk about tests and assessments that can help clarify concerns, either for yourself or your loved ones. Other strategies for brain health will also be discussed.

- **Fort Collins:** 5:30-7 p.m. Monday, April 12
- Family Medicine Center, 1025 Pennock Place

Six Keys for a Healthy Weight and Avoiding Emotional Eating **R**

This class will cut to the chase so you can leave with tools and renewed confidence for healthy weight. The presenter is Deanna O'Connell, UCHealth dietitian and mindfulness practitioner.

- **Loveland:** 10-11:30 a.m. Friday, April 16
- Medical Center of the Rockies

Exercises You Can Do at Home—Good for Heart and Brain **R**

Community health educator, JoAnn Herkenhoff, shares a great daily exercise routine you can do from the comfort of your home that features cardio, flexibility and strength components. Remember, you have to "keep movin' to keep movin'." Getting into the habit with this routine should do the trick.

- **Fort Collins:** 9-10 a.m. Tuesday, April 20
- Westbridge classroom, 1107 S. Lemay Ave.

Osteopenia Versus Osteoporosis **R**

Learn more about bone health, exercise recommendations according to the Harvard Medical School, posture and good body mechanics from Sharon Petty, PT, DPT, OCS, from UCHealth.

- **Loveland:** 10-11:30 a.m. Friday, April 23
- Medical Center of the Rockies, Big Thompson room

Age Mastery Program (AMP) **R**

These classes help boomers and beyond live well, do well and age well by taking key steps that improve well-being. Participants are encouraged to attend at least eight of the ten classes. Class will meet two days a week for five weeks.

- **Fort Collins:** 3-4:30 p.m. Tuesdays and Thursdays, April 27-May 27, 1107 S. Lemay Ave.
- **Greeley:** This class will be offered in Greeley in the fall

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

Daen Scott, Nurse Practitioner with UCHealth Endocrinology, will discuss how the thyroid works, what it controls and what happens when it stops working. She will discuss the symptoms of a dysfunctional thyroid and the course of treatment.

- **Loveland:** 5:30-7 p.m. Thursday, April 29
- Medical Center of the Rockies, Big Thompson room

IN-PERSON-ONLY CLASSES AND SERVICES

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. UCHealth Community Health educator, Rich Shipman, will present the Remembering When program that focuses on eight fire-prevention and eight fall-prevention tips that everyone should be aware of. Trivia, humor and nostalgia will be woven together to present safety messages in a fun format.

- **Greeley:** 1-2:30 p.m. Monday, Mar. 8
- Greeley Medical Clinic, conference room 1

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.

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.

- **Greeley:** 10 a.m.–noon Monday, March 8
Location to be determined
- **Fort Collins:** Noon–3 p.m. Monday, March 8
Aspen Club office
– 9 a.m.–noon, April 12, Aspen Club office
- Appointments are required

Diabetes Prevention Program **R**

Lose weight, increase your activity and learn and practice healthy habits in this yearlong, evidence-based program to help prevent or delay Type 2 diabetes. This class is covered by Medicare if you meet certain criteria. Call 970.495.8777 for information and to see if you qualify.



- **Fort Collins:** 5:30–6:30 p.m.
Wednesdays, starting March 10
at Poudre Valley Hospital
- **Loveland:** Noon–1 p.m. Wednesdays, starting in April at Medical Center of the Rockies (call for details)

Enhance Wellness **R**

These monthly classes, which cover a variety of trending nutrition topics, are led by Deanna O’Connell, UHealth registered dietitian. Bring all your nutrition and food-related questions.

- **Fort Collins:** 1–2 p.m. Mondays, March 15 and April 19
- Fort Collins Senior Center, 1200 Raintree Dr.
- Call 970.221.6644 to register, and refer to activity #225403-01 (March) or #225403-02 (April)

It’s Important to Stress Less **R**

Do you ever wonder how you show up for yourself when you are responsible for taking care of others? Aren’t you just as important? Learn stress-reduction tips from Julie Knighton, RN, from UHealth Community Health Improvement. Explore the things that impact stress, such as eating well, exercise, pacing yourself, being mindful, sleeping well, deep breathing, medications and more.

- **Greeley:** 12:30–2 p.m. Wednesday, March 17
Greeley Medical Center
- **Loveland:** 10:30–11:45 a.m. Wednesday, April 14
Medical Center of the Rockies, Big Thompson room

New Member Orientation **R**

- **Loveland:** 11:30 a.m.–12:45 p.m. Tuesday, March 30
Medical Center of the Rockies
- **Fort Collins:** 9–10:15 a.m. Friday, March 26
Aspen Club office
- **Greeley:** 1–2:30 p.m. Wednesday, April 17
Greeley Medical Clinic

Stroke and Rehabilitation **R**

Participants will learn more in depth about stroke symptoms, medical management and focused interventions in rehabilitation. This is led by a UHealth outpatient rehabilitation therapist.

- **Fort Collins:** 1–2:30 p.m. Wednesday, March 31
Fort Collins Senior Center, 1200 Raintree Drive
- Call 970.221.6644 to register, and refer to activity #225406-01

Cancer: Thriving and Surviving

This class for cancer survivors was developed by Stanford University. Sessions provide mutual support and success by building your confidence to manage your health and maintain an active and fulfilling life.

- **Fort Collins:** 1:30–4 p.m. Wednesdays, April 14–May 19
- Fort Collins Senior Center, 1200 Raintree Drive
- Call 970.221.6644 to register and refer to activity #225402-01

Powerful Tools for Caregivers **R**

Powerful Tools for Caregivers (PTC) is a class designed for family caregivers taking care of loved ones or friends.

- **Fort Collins:** 10 a.m.–noon, Fridays, April 16–May 21
- Westbridge classroom, 1107 S. Lemay Ave.

Saving Your Brain **R**

All the up-to-date research on Mild Cognitive Impairment (MCI) will be covered and integrated into fun practice activities. This is led by a UHealth outpatient rehabilitation therapist.

- **Fort Collins:** 9–10 a.m. Wednesday, April 21
- Fort Collins Senior Center, 1200 Raintree Drive
- Call 970.221.6644 to register, and refer to activity #225404-01

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, please call 970.624.4326

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.



HEALTH SCREENINGS

Medication and Supplement Reviews **R**

UCHealth pharmacists review your medications, vitamins, supplements and over-the-counter drugs. Appointments are required.

- **Loveland:** 9 a.m.-noon Tuesday, March 9
Medical Center of the Rockies pharmacy
- **Longmont:** 8 a.m.-noon Tuesday, April 13
Longs Peak Hospital pharmacy
- **Greeley:** 9-11 a.m. Wednesday, April 21
Greeley Hospital pharmacy
- **Fort Collins:** 8 a.m.-noon Friday, May 7
Aspen Club office

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, balance and fall-prevention strategies will be shared based on your results.

- **Fort Collins:** 9 a.m.-noon Tuesdays, March 9 or April 13
- Westbridge classroom
- Cost: \$15, appointments and prepayment required

The Nurse Is In for BP Checks and More **R**

Have your blood pressure checked and visit with UCHealth community health nurse Julie Knighton, RN, to ask questions about medications, chronic diseases and healthy lifestyles..

- **Fort Collins:** Various days each month upon making appointment
- **Loveland:** 9 a.m.-1 p.m.
Wednesdays, March 10 and April 14
Medical Center of the Rockies, Aspen Club office
- **Greeley:** 10 a.m.-2 p.m.
Wednesdays, March 17 and April 21
Greeley Medical Center, Aspen Club office, 3rd floor
- Schedule an appointment today by calling 970.495.8560 or at uhealth.org/aspenclub

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.

- **Greeley:** 11 a.m.-1 p.m.
Thursday, March 18
Hearing Rehab Center, 2018 35th Ave., Suite A
- **Fort Collins:** 8:30 a.m.- 4 p.m. Thursday, April 8
Location given when making an appointment



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:** 9-10:30 a.m. Friday, March 19
Aspen Club Office, 1025 Garfield St., Suite A
- **Greeley:** 3-4:30 p.m. Tuesday, March 23
Greeley Aspen Club Office, 6767 W. 29th St
- Cost: \$12, appointments and prepayment required

Toenail Service **R**

A specially trained nurse will do a foot assessment, toenail trimming, light foot massage and more.

- **Greeley:** 9 a.m.-3 p.m. Wednesdays, March 3 and 10, April 1 and 8, Greeley Medical Center, 3rd floor
Appointments required; call 970.495.8560
- **Fort Collins:** 8:15 a.m.-3:45 p.m. every Tuesday
Appointments required; call 970.495.8560
- **Longmont:** 1-5 p.m. Wednesdays, March 24 and April 28, Long Peaks Hospital
Appointments required; call 720.718.1690
- Cost: \$38 (prepaid)

Aspen Club Ongoing Services

To find out more about these services, call any Aspen Club office or go online to uhealth.org/aspenclub. Please note—not all services are available in all Aspen Club locations.

- Advance directives/notary assistance
- Aspen Club low-cost blood tests
- Blood pressure checks
- Bone density screening (\$12)
- Caregiver classes and resources
- Exercise and nutritional consultations (\$30)
- Hearing screenings
- Information and referral about senior services
- Medicare counseling and assistance
- Quarterly arthritis support and education
- Toenail services in Fort Collins and Greeley (\$38)
- Total hip and knee replacement classes



Non Profit Org
 U.S. Postage
PAID
 Permit No. 168
 Fort Collins, CO

Aspen Club

UCHealth Poudre Valley Hospital
1024 S. Lemay Ave.
Fort Collins, CO 80524-3998

Return service requested.



IN THIS ISSUE...

Brain Health Awareness	Comedy hour	Health care directives	Virtual cooking classes
page 1	page 1	page 5	page 6

Aspen Club membership
13,880

Age Mastery Programs (AMP)—revisited.

UCHealth Aspen Club, in partnership with the Larimer County Office on Aging, will offer Age Mastery Programs. This is a combination of in-person and virtual classes, and participants are encouraged to attend at least eight of the ten classes. Class will meet two days a week for five weeks.

- **Fort Collins:** 3-4:30 p.m. Tuesdays and Thursdays, April 27-May 27, 1107 S. Lemay Ave.
- **Greeley:** This class will be offered in Greeley in the fall

There is no class charge, and the materials are wonderful. If you are interested in AMP, please call the Aspen Club at 970.495.8560 or email aspenclub@uchealth.org.