

ASPEN CLUB NEWS

September/October 2021 | Volume 34 | Issue 5

UCHealth unveils plans to transform Poudre Valley Hospital.

UCHealth is preparing to embark on a significant renovation project at Poudre Valley Hospital (PVH) to enhance patient experience and care ahead of the hospital's 100th anniversary.

"PVH has been a shining example of excellence in patient care for many years. We have a nationally recognized program and a tremendous team of providers and staff who are whole-heartedly dedicated to providing our patients with the best care and experience possible," said Kevin Unger, president and CEO of UCHealth's northern Colorado region. "We have developed this master plan so that our facility will match that level of excellence and ensure that we can efficiently meet the needs of our community today and in the future."

The investment will bring improvements to the hospital's

first and third floors focused on patient care. The addition of a new heart and vascular care clinic and testing area just inside the main entrance is one of the highlights of the first-floor projects. Other changes in the master plan project include revamping surgical, imaging, gastroenterology and pulmonary areas; relocating the gift shop, coffee shop and chapel; and updating hallways.

A complete refresh of the birth center, women's care unit and pediatric care areas with upgrades in equipment highlights the changes that are in store for the third floor of the hospital.

The project also includes plans for a more inviting and functional front entrance. New signage and a redesigned traffic flow off of Lemay Avenue and Robertson Street will guide patients and visitors to a redesigned main entrance.

Aspen Club members, keep your eyes open for these exciting changes.

HeartMath helps activate the heart of humanity.

HeartMath was born out of a deep sense of caring for people and our planet. Founded in 1991 by Doc Childre, HeartMath has developed a system of effective, scientifically based tools and technologies to bridge the intuitive connection between heart and mind and deepen our connection with the hearts of others. The HeartMath system empowers people to self-regulate their emotions and behaviors to reduce stress, increase resilience and unlock their natural intuitive guidance. Over 300 peer-reviewed or independent studies utilizing HeartMath techniques or technologies to achieve beneficial outcomes have been published.

See page 7 for more information about upcoming classes to experience and learn more about HeartMath.



uchealth

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

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

Greeley

Greeley Medical Center (GMC)
6767 W. 29th St., Third Floor
Greeley, CO 80634
Phone: 970.652.2796

Longmont

Longs Peak Hospital (LPH)
1750 E. Ken Pratt Blvd.
Longmont, CO 80504
Phone: 720.718.1690

Loveland

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



FUNNY PAGES

What do you call a cheese
that's not yours?
Nacho cheese.



Jill Taylor, UCHealth Aspen Club Supervisor

From the Aspen Club office.

Greetings and happy fall,

In this issue you'll see information about Medicare Part D assistance, in-person fitness classes, UCHealth physician-led presentations, the return of safe driver classes and the final months of our organized walking groups. Fall is here, and Aspen Club programs are full steam ahead.

We've now got two Aging Mastery Programs (AMP) under our belts; one of the first sessions was about gratitude and random acts of kindness. Gratitude, being aware of what you have, rather than what you don't, has a powerful relationship to health and wellbeing. An act of kindness is a spontaneous gesture of goodwill toward someone or something. When we are more intentional about being kind to each other, we help them and we help ourselves. Both these concepts are a great way to approach life and are easier to practice than you think.

I see this often during our wellness walks. It's such a wonderful group of individuals. If someone notices an individual walking alone or at a slower pace, they ask if they can join them. I know another couple who takes groceries to their friends

who have difficulty getting out. And randomly one recent early morning at 6 a.m. as I was in my yard pulling weeds, an Aspen Club member walked by and noticed me. Out of the blue, she shared how much she appreciates the Aspen Club. Those simple words at 6 a.m. just started my day out right. Acts of kindness can be in a word or a deed, but they truly have a ripple effect.

We have a lot going on in this newsletter. We hope you read it thoroughly. If you have any ideas for future Aspen Club programs or services, we always love to hear from you.

Good health, happiness and humor to you.

Jill Taylor
UCHealth Senior Services
Aspen Club Supervisor

**"There is not a more
pleasing exercise of the
mind than gratitude."**

—Joseph Addison



Making your home safe.

We love our homes. Homes provide a sense of comfort, security and independence. According to the AARP, 89% of older Americans want to remain in their home and community for as long as possible. So ask yourself: Is your current home still right for you? Will it continue to match your abilities and needs as you age? Unfortunately, most people don't discuss or think about this until there is a crisis. The crisis could be a fall, when the upkeep of home and property becomes unmanageable, if you are no longer able to navigate stairs or if you have mobility or vision concerns. Truly, it could be anything.

Take the time to assess your home for livability. Ask yourself these questions:

- Is there at least one step-free entrance to the home?
- Is there a bedroom, full bath and kitchen facility on one level that is barrier-free?
- Are the doorways and hallways wide enough to let a wheelchair pass through?
- Do door knobs and faucets have lever handles (which are easier than rounded knobs)?
- Are kitchen countertops mounted at varying heights so they can be used while standing or seated?
- Can kitchen and bathroom cabinet shelves be easily reached?
- Does the bathroom and/or shower have non-slip surfaces?
- Are there grab bars in the bathroom, and has the wall been reinforced where you added them?
- Are hallways and stairwells well lit? Does the stairwell have secure handrails on both sides?
- Can windows be opened with minimal effort?
- Are hallways and floors free of rugs and items that may cause tripping or slipping?

For more information, you might want to check out a great resource—the AARP Home Fit Guide—which can be found at aarp.org/housing.

UCHealth trauma physician speaks on “balance.”

Join us for the 4th annual Ready, Steady, Balance Event in recognition of Fall Prevention Awareness Day. This event will be 9 a.m.–noon on Wednesday, September 22 at the Chilson Senior Center in Loveland.

Enjoy a hot breakfast starting at 8:30 a.m. There will be booths and screenings and these keynote speakers:

- Warren Dorlac, MD, trauma medical director at UCHealth Medical Center of the Rockies and a retired Air Force colonel, will highlight the causes of falls, outcomes seen and complications that can occur due to a fall.
- Amy Dodd, UCHealth geriatric-certified physical therapist, will follow up by discussing action steps you can take to prevent falls from occurring.

Afterward, partake in exercise previews, educational booths, balance screenings and medication reviews. This fun, educational journey will surely help you stay on your feet. When you call the Aspen Club to register, let us know if you want a medication review appointment and if you are coming to breakfast.



Family heirlooms or family headaches?

There are things we all hold onto in hopes of passing them down to others one day. They hold value to us in our memories. Maybe it's a box of antique china plates, beautiful in a dated, old-world way. We had dreams of bringing them out for elegant dinner parties and holidays. Instead, they are turned down for being "too ornamental" or seen as the result of a long-ago plate-of-the-month club.

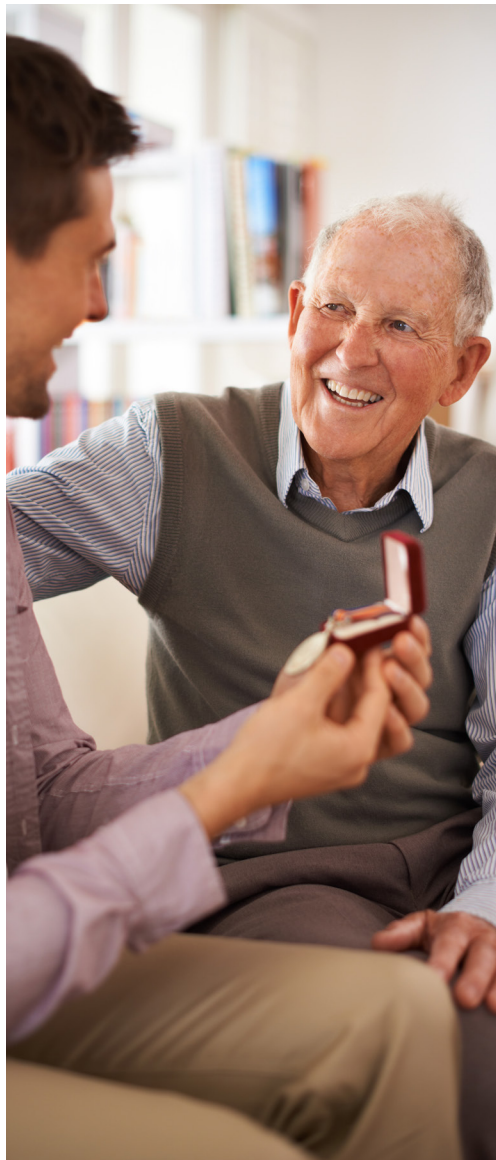
Possibly, it was that set of encyclopedias bought for your children, thinking they would be seen as resources to pass down to their own children. Those heavy hard-bound books have been replaced by Google and computer screens.

Hand-painted wine glasses, colorful rugs, framed prints of places our family visited, rings you once loved—will any of these find a place in the homes of our grandchildren? After all, aren't we supposed to pass down possessions that tie the generations together as they move through the family?

We can't forget how the world changes between each generation. The world is now dedicated to sustainability, recycling and fewer material goods. The bottom line is, don't take it personally if your kids don't want your stuff. Don't cling to the idea that your kids will change their minds. You may not feel it now, but the best part of this is that it gives you permission to let go.

But every once in a great while, something like this will happen: One day a young girl visiting her grandparents comes upon a music box. She picks it up and turns the key that starts the music playing. "Grandma," she says, "What is this? Can I have it?" "It's yours," I say, my heart skipping a beat. "It always has been. You only had to ask."

Join us for a Family Heirlooms or Family Headaches program on October 18 in Greeley. See page 9.



HEALTHY AGING

Your health is directly related to lifestyle—nutrition, physical activity, a healthy weight and restorative sleep.

—Jacob Mirsky, MD

Free shredding day.

A free shredding day will be offered by Canvas Credit Union 9 a.m.–noon Saturday, October 2, at their Fort Collins branch, 2503 Research Boulevard. This is a great time to safely shred those no-longer-needed legal and financial documents. Please bring any canned goods or non-perishable food items that day too. They will be collected and given to the local food bank.

Aspen Club flu shots 2021.

We'll be starting earlier and many insurances will be accepted. See the back page for details.



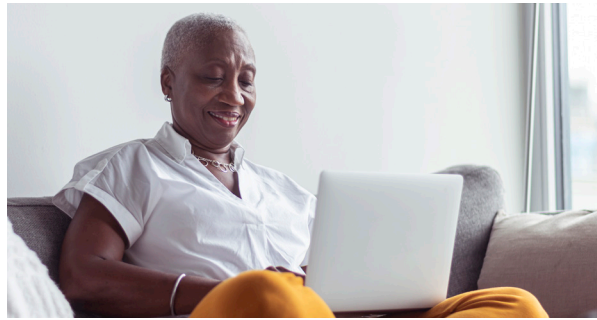
Death happens— a powerful panel presentation.

10 a.m.-noon
Wednesday, Sept. 22

Tips from experts and first responders will help you and loved ones be prepared for an unexpected death and what comes after. These people know and see firsthand what happens when someone dies, and it's important for you to put some plans in place. Panelists include:

- Fort Collins Police Department
- Larimer County Coroner's Office
- Goes Funeral Home
- Charter Home Care and Hospice
- Alzheimer's Association
- Advance Care Planning Team members from the Health District of Northern Larimer County and the UCHealth Aspen Club

Registration is required; call the Fort Collins Senior Center at 970.221.6644 and refer to activity #425403. Please submit questions you would like addressed prior to the event to Mindy Rickard with the Health District of Northern Larimer County Advance Care Planning Program, mrickard@healthdistrict.org or call 970.482.1909.



Medicare open enrollment is just around the corner.

Medicare open enrollment is October 15–December 7. This is the period you can join, switch or drop a Medicare drug plan. During this time, you can:

1. Drop original Medicare in order to switch to a Medicare Advantage Plan.
2. Drop Medicare Advantage in order to return to original Medicare.
3. Switch from one Medicare Advantage Plan to a different Medicare Advantage Plan.
4. Switch from your current Part D drug plan to a different Part D drug plan.
5. Sign up for a drug plan for the first time.

Most people take advantage of option four (4) during open enrollment.

Things change every year. If your doctor added or reduced your prescription drugs this year, it would be wise to review your options for next year. In fact, even if that didn't happen, it is likely that your current drug plan has made some changes to your coverage for next year. Maybe your premium is going up. Maybe some of your drugs that were covered this year aren't going to be covered under your plan for next year.

The only way to find out is to review your options during open enrollment. The Aspen Club has classes that will teach you how to review your plan. These classes are currently scheduled for September 15 and 25 and October 9. See page 7 for details on class times and locations.

If you would like a Medicare/State Health Insurance Assistance Program (SHIP) counselor to assist you, we will be offering phone sessions or in-person sessions. Call the Aspen Club at 970.495.8560 for information on signing up for one of these appointment times. SHIP counselors are trained and certified and offer unbiased Medicare information and education.

This is an important time to review your coverage. Most people who take the time to do so have found that they saved themselves money because they reviewed and adjusted their coverage for the new year. The Aspen Club is here to help you do that.



The greatest happiness of life is the conviction that we are loved—loved for ourselves, or rather loved in spite of ourselves.

—Victor Hugo

Tai chi for better balance.

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:

- Who have never taken tai chi before.
- Who have fallen at least once in the past year.
- Who are able to attend at least 14 of the 16 scheduled 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.

- 1-2 p.m. Mondays and Wednesdays Sept. 1-Oct. 27.
- Lifestyles room at the Westbridge building, 1107 S. Lemay Ave.
- Cost: Free, thanks to grant-funding.



Muscle mass helps stave off sarcopenia.

Muscle mass is not just important for athletes. We need muscle tissue to carry out the activities that make up our daily routines, such as reaching into an upper kitchen cabinet or easing ourselves into the car. From the time we are born to around age 30, our muscles grow larger and stronger. At some point in our 30s, however, we start to lose muscle mass and function due to age-related sarcopenia. Typically accelerated around age 75, it is a factor in frailty in older adults, increasing the likelihood of falls and fractures.

Physically inactive people can lose as much as 3% to 5% of their muscle mass each decade after age 30. Even if you are active, you'll still have some muscle loss. There's no test or specific level of muscle mass that will diagnose sarcopenia. Any loss of muscle matters because it lessens strength and mobility. Symptoms of sarcopenia can include weakness and loss of stamina, which can interfere with physical activity. Reduced activity further shrinks muscle mass, contributing to a declining cycle.

The primary treatment for sarcopenia is exercise, specifically resistance/strength training activities that are designed to increase muscle strength and endurance. Any exercise that uses resistance to contract muscles in order to increase strength, boost anaerobic endurance and build skeletal muscles will be beneficial. It also can improve an older adult's ability to convert protein to energy in as little as two weeks.

The proper number, intensity and frequency of resistance exercises is important for getting the most benefit with the least risk of injury. You should work with an experienced physical therapist or trainer to develop an exercise plan.

Whatever your choice of activity, give yourself the gift of combating sarcopenia by adopting an exercise routine that increases strength and endurance. Learn how you can incorporate strength training into your daily routines in the program—Gym on a Whim—listed on page 9.

The primary treatment for sarcopenia is **exercise.**



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—MS TEAMS

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

Awareness Through Movement **R**

The focus of this class is to explore movements and exercises that are used for injury prevention and rehabilitation for the shoulder and knee joints.

- 12:30–1:30 p.m. Fridays, Sept. 3–Oct. 29
- Class one on Sept. 3 will be held in person in the Westbridge classroom
- Cost: \$45

Virtual Strong Women, Healthy Bones **R**

Weight training to improve bone density and body composition, increase strength and independence and create an overall sense of well-being.

- 4–4:45 p.m. Tuesdays and Thursdays, Sept. 7–Oct. 28
- Cost: \$60

Burning Issues on Smoking and Vaping—Learn To Help Yourself or Loved Ones Quit **R**

UCHealth smoking cessation experts from Longs Peak Hospital will talk about the effects smoking and vaping nicotine or marijuana has on your lungs. Understand how lung function is evaluated and get the latest resources to help you quit.

- 5:30–6:30 p.m. Thursday, Sept. 16

Living Well With Pain **R**

This six-session virtual class helps those in pain and their support person deal with ongoing issues associated with chronic pain.

- 5–7:30 p.m. Thursdays, Sept. 16–Oct. 21
- No cost
- To register, call UCHealth RN Laura at 970.495.7091

Mind-Body Connections Class **R**

This six-week class discusses some of the science supporting mind-body connections as participants delve into tools and strategies that enhance that connection. Class is led by UCHealth Community Health Improvement Nurse Julie Knighton.

- 3:30–5 p.m. Tuesdays, Oct. 5–Nov. 9
- Cost: \$24

Views From the Field: A Day in the Life of an Emergency Room Physician **R**

Join UCHealth Longs Peak Hospital Emergency Physician Bucky Ferozan, MD, to get a glimpse into his day. Learn when you should go to the ER versus urgent care, what we're doing to combat the opioid crisis, what a geriatric ED designation means and why it's important and much more.

- 5:30–6:30 p.m. Tuesday, Oct. 5

IN-PERSON AND VIRTUAL LEARNING CLASSES

- Upon registration, details of class location will be shared.
- Class link will be emailed a few days before class date.
- Poudre Valley Hospital (PVH), Medical Center of the Rockies (MCR), Greeley Medical Center (GMC), Longs Peak Hospital (LPH), Family Medicine Center (FMC).

Five Ways to Well-Being **R**

People with better well-being tend to have improved health and life expectancy, are better able to cope with adversity, are more productive and have stronger social relationships.

- **Fort Collins:** 10–11:30 a.m. Thursday, Sept. 9, FMC Room #118

Medicare Part D Made Easy **R**

Open enrollment for your Prescription Drug Plans (PDP) is September 15–December 7. This class, presented by Aspen Club Medicare counselors, will teach you how to do this using the Medicare Plan Finder.

- **Greeley:** 10–11:30 a.m. Wednesday, Sept. 15, GMC #3
- **Fort Collins:** 9–10:30 a.m. Saturday, Sept. 25, FMC #118
- **Loveland:** 9–10:30 a.m. Saturday, Oct. 9, MCR

HeartMath **R**

See cover page for more information.

- **Fort Collins** (in person only): 2:30–5 p.m. Thursday, Sept. 23, FMC #118
- **Virtual only:** 9:30 a.m.–noon Saturday, Oct. 2

Pancreatic Cancer Updates **R**

This presentation by UCHealth surgeon Joshua Tierney, MD, will cover the incidence and risk factors for pancreatic cancer.

- **Greeley:** 2–3:30 p.m. Friday, Sept. 24, GMC #3
- **Fort Collins:** 5:30–7 p.m. Wednesday, Oct. 27, PVH Café F
- Feel free to purchase a meal from the cafeteria and bring to the program

Organ Donation Explained **R**

The Donor Alliance Organization partners with hospitals to support families through end-of-life care and to honor the donation decisions of individuals. Donor Alliance Hospital Professional Katherine Orozco will share information about the gift of life.

- **Fort Collins:** 11 a.m.–noon Thursday, Sept. 30, FMC #118

Maintain Your Brain **R**

UCHealth Longs Peak Hospital speech therapy will provide education on normal and abnormal changes in cognitive function as you age.

- **Longmont:** 1–2 p.m. Thursday, Oct. 14, LPH, 3rd-floor conference room A

Aspen Club Monthly Features

- In-person, virtual-learning and recorded-class options are noted for certain classes.
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- Recorded registration line available 24 hours a day at 970.495.8565.



Do You Have Droopy Eyelids? ^R

Aaron Frye, MD, from UCHHealth plastic and reconstructive surgery, will discuss treatment and management of ptosis.

- **Fort Collins:** 5:30–7 p.m. Tuesday, Oct. 19, Fort Collins Senior Center
- Register by calling the Senior Center at 970.221.6644; refer to activity #425405-01

IN-PERSON-ONLY CLASSES, ONGOING SERVICES AND HEALTH SCREENINGS

IN-PERSON CLASSES

The Wheel of Awareness ^R

UCHHealth community health RN Julie Knighton and health educator JoAnn Herkenhoff will show you how awareness supports a healthy mind.

- **Fort Collins:** 2–3:30 p.m. Wednesday, Sept. 1, Fort Collins Senior Center
- Register by calling the Senior Center at 970.221.6644; refer to activity #425402-01

Living Well With Diabetes ^R

In this six-week class, you'll learn skills to help you with the life changes and emotions that come with living with diabetes.

- **Fort Collins:** 1–3:30 p.m. Thursdays, Sept. 2–Oct. 7, Fort Collins Senior Center
- Register by calling the Senior Center at 970.221.6644; refer to activity #425407-01
- **Estes Park:** 1–3:30 p.m. Wednesdays, Sept. 22–Oct. 27, Estes Park Library

Brain Boosters and Memory Strategies ^R

UCHHealth community educator Rich Shipman will share strategies to boost brain health and address everyday memory concerns.

- **Loveland:** 2–3:30 p.m. Thursday, Sept. 2, Chilson Senior Center
- **Greeley:** 10–11:30 a.m. Thursday, Sept. 9, GMC #3

Am I Hungry? Mindful Eating Workshop ^R

During this eight-week workshop, you'll learn how to be in charge of your eating instead of feeling out of control. Taught by Deanna O'Connell, UCHHealth dietitian and mindfulness practitioner.

- **Fort Collins:** 4:30–6 p.m. Tuesdays, Sept. 7–Oct. 26, Fort Collins Senior Center
- Cost: \$65; includes all classes, materials and workbook
- Register by calling the Senior Center at 970.221.6644; refer to activity #425409-01

Stepping On ^R

Stepping On is a seven-week workshop that develops the knowledge and skills needed to help older adults prevent falls.

- **Fort Collins:** 9:30–11:30 a.m. Tuesdays, Sept. 7–Oct. 19, FMC
- **Longmont:** 10 a.m.–noon Fridays, Sept. 10–Oct. 22, LPH
- **Fort Collins:** 5:30–7:30 p.m. Wednesdays, Sept. 8–Oct. 20, Westbridge classroom
- **Loveland:** 9:30–11:30 a.m. Mondays, Sept. 13–Oct. 25, MCR
- Suggested donation: \$10 (materials and supplies)

Powerful Tools for Caregivers (PTC) ^R

PTC is a six-week class in which family caregivers learn self-care strategies. Participants learn about reducing stress, guilt and depression; taking care of yourself physically and emotionally; communication strategies; helpful community resources; and more.

- **Windsor:** 9–11 a.m. Wednesdays, Sept. 8–Oct. 13, Windsor Recreation Center
- Registration for this class is required; call 970.400.6117

New Member Orientation ^R

- **Loveland:** 10–11:15 a.m. Friday, Sept. 10, MCR
- **Greeley:** 1–2:15 p.m. Friday, Oct. 22, GMC
- **Fort Collins:** 9:30–10:45 a.m. Saturday, Nov. 13, Aspen Club office

Enhance Wellness - All About Nutrition ^R

Each month, a registered dietitian from UCHHealth presents on an interesting and trending nutrition topic; the presentation is followed by questions and discussion.

- **Greeley:** 10–11 a.m. Mondays, Sept. 13 and Oct. 11, GMC
- **Fort Collins:** 1–2 p.m. Mondays, Sept. 20 and Oct. 18, Fort Collins Senior Center
- Register by calling the Senior Center at 970.221.6644; refer to activity #425410-01 for September and activity #425410-02 for October

Diabetes Prevention Program ^R

Lose weight, increase your activity and learn and practice healthy habits in this year-long, evidence-based program to prevent or delay Type 2 diabetes. Covered by Medicare. Call 970.495.8777 to see if you qualify and for more class details. Classes offered virtually or in person.

- **Fort Collins:** 5:30–6:30 p.m. Tuesdays, starting Sept. 14, PVH
- **Loveland:** 5–6 p.m. Wednesdays, starting Oct. 20, MCR
- **Fort Collins:** Noon–1 p.m. Mondays, starting Nov. 8, PVH

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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.



AARP Smart Drivers Course ^R

This class covers defensive driving skills, age-related changes and driving safely in today's world. Participants may be eligible for discounts on their auto insurance premiums. Please arrive 15 minutes early for required check-in paperwork.

- **Fort Collins:** 12:15–4:30 p.m. Friday, Sept. 17, PVH, Café F
- **Loveland:** 11:45 a.m.–4 p.m. Friday, Oct. 8, MCR, Longs Peak room
- **Greeley:** 12:15–4:30 p.m. Monday Nov. 15, GH, conference room 3
- Cost: \$20 for AARP members, \$25 for non-members (checks only, payable day of class to AARP)
- The course is available to take on your own time at your own pace online at aarpdriversafety.org

Cancer–Thriving and Surviving

In this six-week workshop, build confidence around managing your health, staying active and enjoying life. Learn skills to help cope with fear of occurrence and regain a sense of empowerment while sharing and learning from others who understand the cancer journey.

- **Greeley:** 1–3:30 p.m. Tuesdays, Sept. 21–Oct. 26, GMC

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 from this class can be sent via email or mail and a follow-up phone consultation is an option.

- **Fort Collins:** 2–3:30 p.m. Tuesday, Sept. 21, Fort Collins Senior Center
 - Register for this class by calling 970.221.6644; refer to activity #425408-01
 - 9:30–11 a.m. Thursday, Sept. 23, UCHHealth Internal Medicine – Prospect
 - 10–11:30 a.m. Thursday, Oct. 14, UCHHealth Internal Medicine Clinic – Snow Mesa Drive
- **Longmont:** 10–11:30 a.m. Wednesday, Oct. 13, LPH
- **Greeley:** 10–11:30 a.m. Thursday, Oct. 21, GMC
- **Loveland:** 4–5:30 p.m. Tuesday, Oct. 26 MCR, North Medical Office Building, Suite 2200

Living Well With Lifelong Health Issues

Take charge of your health during this six-week program for those living with heart disease, arthritis, diabetes, COPD, obesity and other health conditions. Learn “tools” to find ways to better cope and manage your health through food choices, movement, emotional well-being and making small changes toward a better you.

- **Fort Collins:** 1:30–4 p.m. Wednesdays, Sept. 22–Oct. 27, UCHHealth Internal Medicine – Prospect

Ready, Steady, Balance Event ^R

See page 3 for more information.

- **Loveland:** 9 a.m.–noon Wednesday, Sept. 22, Chilson Senior Center

Death Happens–What to Know and Expect ^R

See page 5 for more information.

- **Fort Collins:** 10 a.m.–noon Wednesday, Sept. 22, Fort Collins Senior Center
- Register by calling the Senior Center at 970.221.6644; refer to activity #425403-01

Palliative Care and Advance Care Planning ^R

Palliative care is specialized medical care for people living with a serious illness, with a focus on symptom relief and quality of life. Advance care planning goes hand in hand with palliative care, as it helps you think about what matters most to you and to help in making decisions. If you are over age 18, at any stage of health, learn more about these two important topics from UCHHealth specialists.

- **Fort Collins:** 2:30–4 p.m. Monday, Sept. 27, Fort Collins Senior Center
- Register by calling the Senior Center at 970.221.6644; refer to activity #425404-01
- **Loveland:** 2–3:30 p.m. Thursday, Oct. 28, Chilson Senior Center

Family Heirlooms or Family Headaches? ^R

See page 4 for more information.

- **Greeley:** 10–11:30 a.m. Monday, Oct. 18, GMC classroom 3

Writing to Capture Your Memories ^R

Writing to capture memories is about connecting with your childhood and growing-up years. Sharon Greenlee, author and therapist, presents an easy-to-follow model for capturing bird's-eye snippets, called vignettes, of your past. It doesn't matter if the only thing you've written before is a letter. Learn to create memories to share with your children and grandchildren.

- **Fort Collins:** 1–3 p.m. Tuesdays, Nov. 2–23, Westbridge classroom
- Cost: \$32

Gym on a Whim ^R

JoAnne Herkenhoff, UCHHealth community health educator and ACE-certified fitness specialist, will share ideas about setting up a gym—no matter where you are. This could be in your home, while you travel, in the car or in places you would least expect. The goal is to stay in good shape.

- **Fort Collins:** 9–10 a.m. Wednesday, Nov. 3, FMC #118

Aspen Club Monthly Features

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



Book Discussion—Keep Sharp and Build a Better Brain at Any Age ^R

Neurosurgeon and CNN chief medical correspondent Sanjay Gupta wrote a great book titled *Keep Sharp*—all about keeping your brain healthy. Participants will discuss the book's main points.

- **Fort Collins:** 1-3 p.m. Thursdays, Nov. 4-18, Westbridge classroom
- **Greeley:** 9:30-11:30 a.m. Thursdays, Nov. 17 and Dec. 1, GMC

HEALTH SCREENINGS

Blood Pressure Checks—The Nurse Is In ^R

- **Loveland:** 9 a.m.-1 p.m. Wednesdays, Sept. 8 and Oct. 13, MCR, Aspen Club office
- **Fort Collins:** 10 a.m.-2 p.m. Thursdays, Sept. 16 and Oct. 21, Aspen Club office
- **Greeley:** 10 a.m.-2 p.m. Wednesdays, Sept. 15 and Oct. 20, GMC
- **Loveland:** 9-11 a.m. Mondays, Sept. 27 and Oct. 25, Chilson Senior Center. No appointment needed—drop-in only

Balance Screenings ^R

Physical therapists from UHealth community health improvement and Covell Care and Rehabilitation will assess your fall risk using the Fullerton balance test. Appointments are required.

- **Fort Collins:** 9:30 a.m.-noon Tuesdays, Sept. 14 or Oct. 12, Westbridge classroom, 1107 S. Lemay Ave.
- **Loveland:** 1-4 p.m. Wednesday, Oct. 20, Chilson Senior Center, 700 E. 4 St.
- Cost: free, thanks to grant-funding

Medication and Supplement Reviews ^R

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

- **Loveland:** 9-11 a.m. Tuesday, Sept. 14, MCR, Aspen Club office
- **Longmont:** 8 a.m.-noon Tuesday, Sept. 14 or Oct. 12, LPH
- **Greeley:** 9-11 a.m. Wednesday, Oct. 20, Aspen Club office

Hearing Screenings ^R

Certified audiologists from Hearing Rehab Center will provide baseline hearing screenings and answer your hearing health questions. Appointments are required.

- **Greeley:** 11 a.m.-1 p.m. Thursday, Sept. 16, Hearing Rehab Center, 2018 35th Ave., Suite A
- **Fort Collins:** 1-4 p.m. Thursday, Oct. 14, Hearing Rehab Center, 1030 Centre Ave., Suite A

Bone Density Screenings ^R

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

- **Loveland:** 3-4:30 p.m. Tuesday, Sept. 28, MCR, Aspen Club office
- **Fort Collins:** 2-3:30 p.m. Tuesday, Oct. 12, Aspen Club office
- Cost: \$12; appointments and prepayment required

FITNESS

**No classes on Labor Day.*

Tai Chi for Better Balance ^R

See page 6 for details and class qualifiers.

- 1-2 p.m. Mondays and Wednesdays, Sept. 1-Oct. 27
- Cost: Free, thanks to grant-funding

Focused Yoga ^R

This class is best suited for those with some prior yoga experience or who are fairly fit. You must be able to get up from and down to the floor.

- 2:15-3:30 p.m. Thursdays, Sept. 2-Oct. 28, Westbridge Lifestyles room, 1107 S. Lemay Ave.
- Cost: \$56.25

PWR! Moves ^R

The Parkinson's Wellness Recovery (PWR) class helps people with Parkinson's disease (PD) stay better longer with exercise.

- 1-2 p.m. Thursdays, Sept. 2-Oct. 28, Contemporary Dance Academy, 2519 S. Shields St., #1A (entrance is north of and next to Tokyo Joe's)
- Cost: \$45

Men - Loosen Up! ^R

It's never too late to start a stretching routine. This all-men stretching series will integrate moves to improve flexibility and range of motion. Please select one of the days offered below, to ensure that we comply with distancing requirements.

- 9-10 a.m. Wednesdays and Fridays, Sept. 8-Oct. 29, Westbridge classroom
- Must choose one day of the week for this class
- Cost: \$60

Chair Yoga ^R

Safe and gentle exercises will tone and strengthen muscles, loosen joints, lower stress, relieve tension and help you relax. No experience necessary.

- 10:15-11:15 a.m. Wednesdays and Fridays, Sept. 8-Oct. 29, Westbridge classroom
- Cost: \$60

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.



Strong Women, Healthy Bones ^R

Weight training to improve bone density and body composition, increase strength and independence and create an overall sense of well-being.

- 7:30-8:15 a.m. Mondays and Thursdays, Sept. 9-Oct. 28, Westbridge classroom
– Cost: \$56.25
- 8:30-9:15 a.m. Mondays and Thursdays, Sept. 9-Oct. 28, Westbridge classroom
– Cost: \$56.25
- 8-8:45 a.m. Tuesdays and Thursdays, Sept. 7-Oct. 28, Westbridge classroom on Tuesdays and Lifestyles room on Thursdays
– Cost: \$60
- 4-4:45 p.m. Tuesdays and Thursdays, Sept. 7-Oct. 28, Virtual class, using Microsoft Teams
– Cost: \$60
- 5:30-6:30 p.m. Mondays and Wednesdays, Sept. 9-Oct. 29, Westbridge classroom on Mondays and Lifestyles room on Wednesdays
– Cost: \$56.25

Tai Chi for Healthy Living ^R

Tai chi uses gentle and fluid movements to increase strength and flexibility, decrease pain in joints, decrease stress, reduce blood pressure, improve balance and improve your sense of well-being.

- **Seated tai chi:** This modified, seated version of tai chi can be enjoyed by anyone wishing to practice tai chi sitting down.
– 9:45-10:45 a.m. Mondays, Sept. 13-Oct. 25, Westbridge classroom
– Cost: \$35
- **Beginning tai chi:** A safe and easy introduction to the program for those new to Aspen Club tai chi classes.
– 9:30-10:30 a.m. Tuesdays and Thursdays, Sept. 7-30, Our Saviour's Lutheran Church, 2000 S. Lemay Ave.
– Cost: \$40
- **Intermediate:** This class is meant for those who have completed the beginning class offered through the Aspen Club and are ready to progress and learn more.
– 9:30-10:30 a.m. Wednesdays Sept. 1-Oct. 27, Our Saviour's Lutheran Church, 2000 S. Lemay Ave.
– Cost: \$45
- **Advanced tai chi:** This class is meant for those who have taken the beginning and intermediate classes through the Aspen Club and feel confident in their skills.
– 8:15-9:15 a.m. Wednesdays Sept. 1-Oct. 27, Our Saviour's Lutheran Church, 2000 S. Lemay Ave.
– Cost: \$45

Strong People ^R

This strength-training class is open to all. Strength is a critical factor in living healthier, more active lives. Join us for weight training to help improve bone density, reduce the risk of falls and increase flexibility and strength.

- 2-3 p.m. Wednesdays and Fridays, Sept. 8-Oct. 29, Westbridge classroom
- Cost: \$60

Aspen Club Walking Schedules

Please call 970.495.8560 for a complete list of September and October walk locations for Fort Collins, Loveland, Greeley and Longmont

ONGOING SERVICES

Toenail Service ^R

- **Greeley:** 9 a.m.-3 p.m. Wednesdays, Sept. 1 and 8 and Oct. 6 and 13, GMC, Aspen Club office
– Appointments required; call 970.495.8560
- **Fort Collins:** 8:15 a.m.-3:45 p.m. every Tuesday 1107 S. Lemay Ave.
– Appointments required; call 970.495.8560
- **Longmont:** 1-5 p.m. Wednesday, Sept. 22, LPH
– Appointments required; call 720.718.1690
- Cost: \$38; prepayment required

Foot Reflexology ^R

Certified and licensed massage therapists provide 30-minute foot reflexology sessions to promote relaxation, stress reduction and pain relief.

- **Fort Collins:** 9 a.m.-2 p.m. Sept. 11 and Oct. 9, Fort Collins Aspen Club office
- Cost: 30-minute sessions for \$35; prepayment required

CarFit Assessments ^R

CarFit teaches you how to make your car "fit you" to increase safety and mobility and to help you drive safer.

- **Fort Collins:** 9 a.m.-noon Mondays, Sept. 13 or Oct. 11, Aspen Club Office

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 is required; go to uchealth.org, click on the classes and events section and search for joint replacement surgery
- For more information, please call 970.624.4326



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Aspen Club Flu Shot Clinic.

According to the CDC, flu season can be hard to predict. It usually starts in early fall around October and continues into spring. December through March are considered peak flu season. The best way to stay protected is by getting a yearly flu vaccination.

Working in conjunction with the UCHealth Family Medicine Center Walk-In Clinic, Aspen Club flu vaccinations are available starting in September. Both the high-dose and regular vaccine will be available, and most insurances will be accepted. We are setting aside specific dates and times for Aspen Club members to come in, so please call 970.495.8560 for those specific times.