Is happiness a mindset to be cultivated?

Sonja Lyubomirsky, a psychologist from the University of California, defines happiness as the experience of joy, contentment and a sense that life is meaningful and worthwhile. Harvard psychologist Dan Gilbert cautions that happiness is not something we chase or achieve or something we can find, but rather something we manufacture. He suggests that happiness is a mindset to be cultivated, not a condition to be imposed. What do you think?

In Dan Buettner’s book *The Blue Zones of Happiness*, long-lived people were asked what made them happy. Here is what he found:

- They had an identified purpose in life. They were all invested in something greater than themselves.
- They prioritized family and friends.
- They hung out with happy people. They avoided the influence of grumpy people.
- They were all likable by smiling, trusting and giving others their time and attention. They were open and approachable.
- They focused on others. They donated, volunteered and practiced regular acts of kindness.

The science of happiness has grown leaps and bounds over the past few years. It’s been said that how happy you are—give or take—is based 10% on your circumstances, 50% genetics and 40% on your attitude and overall thoughts. Bad health habits can affect happiness. A good goal to have as we head into 2022 is to overcome bad habits and replace them with things that bring rewards and make you feel good. Remember, happiness is what you make it, regardless of the circumstances.

Our thanks to Jim Riesberg, MA, consulting gerontologist, for sharing this article with us.

Annual Aspen Club Services— for members only.

It’s sidewalk safety time—Ice Melt Give-Out Days—starting December. Pick up small bags of ice melt on following dates:

- 9 a.m.–noon Friday and Saturday, December 10 and 11.
- 9 a.m.–noon Friday and Saturday, January 7 and 8.
- Available for pickup only at the Aspen Club office in Fort Collins.

Aspen Club’s annual calendars: available November 1. Aspen Club’s annual calendars will be available at all Aspen Club offices.

Annual Aspen Club donation letter. The annual donation letter was sent out in October. Your donations help support so many things that make up the essence of the Aspen Club. If you would like to support us, let us know by calling 970.495.8560 or emailing AspenClub@uchealth.org.
From the Aspen Club office.

Season greetings,

When we started in-person classes in September, you responded with great enthusiasm. It was wonderful to see your smiling faces. Then, with the surge of Delta variant cases, we had to pull group classes back again. If you were impacted by this, please know it was not an easy decision to make, but it was made with your safety in mind. We have always made choices based on the best information and data at the time and under the guidance of UCHealth senior leaders. In early September, when this newsletter was compiled, we felt fully confident we would once again return with that same gusto later this year. Hopefully by the time you receive this newsletter, we have.

It’s been yet another “interesting” year as we head into the last few months of 2021. We learned how to pivot on a dime and about the power of resiliency. Although COVID-19 impacted the Aspen Club in so many ways, we still welcomed more than 350 new members, and 8,000+ participants took part in programs and services. For that we are truly proud.

We continue to help people in our one-on-one services such as Medicare assistance (see page 6), completing advance directives, foot health services, blood pressure checks, health screenings and more.

We also want to shout out to our community partners for their partnership, dedication and commitment in providing older-adult services in Larimer, Weld and Boulder Counties. We should all feel very fortunate to live in northern Colorado communities.

Good health, happiness and humor to you.

Jill Taylor
UCHealth Aspen Club Supervisor

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

One sure sign that you’re getting older is how Santa seems to look younger each year. My, oh, my!

On behalf of our team at the Aspen Club, Community Health Improvement and UCHealth, may the holiday season fill your home with joy, your heart with love and your life with laughter.
Free blood pressure checks.

Have your blood pressure checked and visit with one of our UCHealth Community Health RNs—Julie Knighton or Linda Strauss. They will be available to answer questions about medications, chronic diseases and healthy lifestyles. Julie can also help you complete advance directives.

- **Fort Collins:** 9 a.m.–noon Wednesdays, Nov. 3 and Dec. 1, Aspen Club office.
- **Loveland:** 9 a.m.–noon Wednesdays, Nov. 10 or Dec. 8, Aspen Club office, MCR.
- **Loveland:** 9–11 a.m. Mondays, Nov. 29 or Dec. 20, Chilson Senior Center (no appts. needed).
- **Greeley:** 9 a.m.–noon Wednesdays, Nov. 17 or Dec. 15, Aspen Club Office, 3rd floor at GMC.

Appointments are required, unless noted otherwise. Schedule today by calling 970.495.8560 or go to uchealth.org/aspenclub.

Do I need to check my blood pressure in both arms?

This is a common question, and the current answer is a solid "maybe." Thanks to some studies, this practice is becoming more common and can be helpful when predicting cardiovascular event risk. Measuring blood pressure in both arms can help identify individuals who may have plaque buildup in one arm. That type of plaque buildup may lead to greater arterial stiffness. This applies to all people, regardless of their cardiovascular risk factor score.

Now here’s where it gets technical. A 10mmHg difference in systolic blood pressure between arms should be considered an upper limit of normal. Study-level meta-analyses have observed associations of inter-arm blood pressure differences with increased cardiovascular event rates. Cardiovascular disease remains the leading cause of death worldwide, and high blood pressure is a major risk factor for a cardiovascular event.

So what does this mean for you? If you do have one arm that reads higher than the other, the higher-reading arm should be used for routine monitoring of blood pressure for management and treatment. In studies, 1 in 10 people with high blood pressure will have inter-arm blood pressure differences. In the general population, there’s a rate of about 4 in 100 people. Having your blood pressure checked in both arms once a year can help identify your potential increased risk for a cardiovascular event in the next 13 years.

If you have just been diagnosed with hypertension, ask to have your blood pressure checked in both arms at your next visit. If there is an inter-arm difference greater than 10mmHg, be sure to have your blood pressure checked in the arm with the higher reading at future blood pressure checks. This is good practice. Once per year, have your blood pressure checked in both arms to monitor for changes.

Written by Julie Knighton, UCHealth Community Health Improvement RN.

Julie offers free blood pressure checks in many communities. Please call for an appointment.
Nutritional psychiatry—your brain on food.

Think about it. Your brain is always “on.” It takes care of your thoughts and movements, your breathing and heartbeat, your senses—it works hard 24/7—even while you’re asleep. This means your brain requires a constant supply of fuel. That “fuel” comes from the foods you eat—and what’s in that fuel makes all the difference. Put simply, what you eat directly affects the structure and function of your brain and, ultimately, your mood.

Like an expensive car, your brain functions best when it gets only premium fuel. Eating high-quality foods that contain lots of vitamins, minerals and antioxidants nourishes the brain and protects it from oxidative stress—the “waste” (free radicals) produced when the body uses oxygen, which can damage cells.

Unfortunately, just like an expensive car, your brain can be damaged if you ingest anything other than premium fuel. If substances from “low-premium” fuel (such as what you get from processed or refined foods) get to the brain, it has little ability to get rid of them. Diets high in refined sugars, for example, are harmful to the brain. In addition to worsening your body’s regulation of insulin, they also promote inflammation and oxidative stress. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function—and even a worsening of symptoms of mood disorders, such as depression.

What’s interesting is that, for many years, the medical field did not fully acknowledge the connection between mood and food. Fortunately, today, the burgeoning field of nutritional psychiatry is finding there are many consequences and correlations between not only what you eat, how you feel and how you ultimately behave, but also the kinds of bacteria that live in your gut.

Start paying attention to how eating different foods makes you feel—not just in the moment, but the next day. Perhaps try eating a “clean” diet for two to three weeks—that means cutting out all processed foods and sugar. See how you feel. Then slowly introduce foods back into your diet, one by one, and see how you feel. When some people “go clean,” they cannot believe how much better they feel both physically and emotionally and how much worse they feel when they reintroduce the foods that are known to enhance inflammation.

The Aspen Club sponsors classes in good nutrition and inflammation on a consistent basis. Keep your eyes open in future newsletters for those opportunities.

Source: Harvard Health Medical School, March 2020
AARP Smart Driver courses and CarFit assessments.

AARP Smart Driver courses will return to northern Colorado communities in early 2022. Please note, all classes will still be subject to current COVID-19 restrictions. This class is recognized as an approved motor vehicle accident-prevention course by the Colorado Division of Motor Vehicles. Drivers aged 55 and older who complete the course may be eligible for a reduction in their automobile insurance premiums. Please check with your insurance company or agent prior to taking this course for any additional requirements for eligibility. Virtual classes are available until further notice at aarpdriversafety.org and currently, there is a 25% discount for AARP members—use the discount code DRIVING SKILLS. Watch for future newsletters with in-person class dates.

CarFit assessments are available through the Aspen Club. CarFit technicians go over a 12-point checklist addressing seat placement and seat-belt usage, mirror placement, visibility gaps, options for adaptive equipment and more. Appointments can be made in Fort Collins, Loveland and Greeley.

Taking steps to drive safely longer.

All of us feel more independent with a driver’s license and access to a vehicle. As we age, however, it is important to realize that mental reaction, situational awareness, vision and motor controls may not be as sharp as they once were. Taking steps to remain a safe driver is important at all ages, but becomes paramount for older drivers. Here are some tips on how to drive safely:

• Staying physically active helps older drivers stay safer on the road, similar to the way it may help in preventing falls. Remaining active reinforces the mind-body connection. Cardio, strength, flexibility and balance exercises should be done consistently.

• Deal with pain. Sometimes driving can cause discomfort, especially in the neck, shoulders and hands, which can make driving more difficult. Perhaps meeting with a therapist who specializes in adaptive features for driving might be a good idea. There are solutions when you have pain.

• Get better acquainted with your car. Car technology has come a long way, with line-drifting alerts, parking sensors and more. Take time to learn about those safety capabilities.

• Remember not to multitask while driving. Accidents happen every day involving distracted drivers.

• Make sure you “fit” your car. You’ve probably been driving the same way for a long time, so it’s time to take a look at that. Take advantage of a “CarFit” session, during which trained technicians will show you how to take proper measurements to improve your visibility and vehicle control.

• Safety—yours and others’—is the goal. Physicians can be a resource in helping you decide when it is time to start curtailing driving activities, but in many cases, family members are the first they turn to. Start exploring the many transportation options available to you. Even if you are not behind the wheel someday, those many options will only enhance your independence.

Sources: National Safety Council and AARP
Medicare’s different enrollment periods.

Medicare has several different open enrollment periods for different things. Although many of them might not apply to you, that doesn’t lessen the confusion when you see and hear about the alphabet soup of letters, initials and explanations. We hope the following is helpful:

- **Initial Enrollment Period (IEP).** This is for people who are new to Medicare. It is when you can first sign up for Medicare Parts A and B. It is a seven-month period, three months before you turn 65, the month you turn 65, and three months after your 65th birthday.

- **Special Enrollment Period (SEP).** This is for persons who didn’t sign up for Medicare A and B during their IEP because they had insurance coverage from their employment or that of their spouse. This is called credible coverage. You have eight months after your employment or coverage ends (whichever happens first) to sign up for Medicare A and Medicare B.

- **General Enrollment Period (GEP).** If you didn’t sign up for Medicare Parts A and B during the IEP time, and don’t qualify for the SEP, then your opportunity to sign up for Medicare Parts A and B is January 1 to March 31. Coverage will start July 1, and you may pay higher premiums due to enrolling late.

- **Open Enrollment Period (OEP).** Each year, from October 15 to December 7, you can join, switch or drop a Prescription Drug Plan (Part D) or Medicare Advantage (with drug coverage) plan.

- **Medicare Advantage Open Enrollment period (MA OEP).** This is only for persons who are currently in a Medicare Advantage plan. You can switch to original Medicare or switch to a different Medicare Advantage plan during this period (January 1 to March 31).

The first three enrollment periods (IEP, SEP and GEP) are for people who are starting Medicare A and B. The last two enrollment periods (OEP and MA OEP) are for persons who are already enrolled in Medicare and want to change their drug coverage.

Did we confuse you even more? If you have questions, please call our Medicare Helpline at 970.495.8558. Our highly trained Medicare counselors help folks in Larimer and Weld Counties.
Hugs and hearts go out to health care workers.

Back in September, UCHealth medical social worker Kylene Davis shared her personal story called “Today” about caring for patients. We were given permission to share it with Aspen Club members:

Today is Monday and it feels as though the weeks have forgotten to reset every seven days. I want to go home and crawl in my nice, warm, safe bed. I want to shut out the world and its violence and disease. I want to eat pizza with my family and watch a funny movie together. I want to walk my dog outside in shadows of purple mountains, while a cool breeze reminds me autumn is on its way. But that is not what is in store for me today.

Today, mixed among skilled nursing discharges, home-health arrangements and substance abuse evaluations, I will spend time consoling families as their loved ones are diagnosed with COVID-19, being intubated or having care withdrawn. I will be the crosshair for anger and frustration, fear and unpredictability. I will come up short on resources and answers. I will try to explain to deaf, exhausted ears the overly saturated medical and mental health systems. I will absorb opinions, feelings and viewpoints while acknowledging and validating emotions. I will feel the eyes of an angry spouse, parent, sibling or child burning through me as I tell them the visitor policy. For the staff, patients and families surrounding me, I will feel I can never be there enough, listen enough or support enough. I will wonder deep inside when, and if, this will all end. COVID-19 has broken us as health care workers, and I will wonder when we will start fixing people again and being able to heal ourselves.

But that is not all today is.

Today, I will proudly walk into the hospital, determined to make a difference. I will be the rock for dedicated bedside staff, encouraging and supporting. I will be the light for families and patients, encouraging them toward their goals. I will be a conduit to resources and support, empowering those who feel there is nothing left. I will harness my drive to improve and go above and beyond for my patients. I will continue to scratch for every ounce of hope that we will eventually get through the COVID-19 years, and bridle the strength, resolve and satisfaction of overcoming a mountain. I will make mistakes, pick myself up and continue on. I will practice my craft with grit and compassion. After all, I am a medical social worker; this is my calling. This is my duty.

And then, I will go home. I will mourn for the ones we lost, hug my friends and family a little longer and look forward to the hope of tomorrow.

Ten secrets to ageless living.

As we head into the remaining months of 2021, here are some things to think about as we navigate living longer lives.

• Never let age get in the way of life.
• Stay curious, explore, discover and continue to learn new things.
• Play, have fun, be happy and maintain a zest for life by being vital.
• Keep the brain and body busy: stimulate the mind, eat healthy and exercise.
• Smile, laugh, maintain a sense of humor and always stay young at heart.
• Have a positive attitude and outlook and be optimistic to overcome challenges.
• Believe in yourself by having faith, hope, spirit, value, meaning and purpose.
• Stay connected, engaged, creative and useful by continuing to contribute.
• Find fulfillment, peace, serenity and self-esteem by giving back—volunteer.
• Enjoy and cherish healthy relationships with loved ones, family and friends.

Kylene Davis, UCHealth Medical Social Worker
VITAL-ONLY CLASSES—MS TEAMS

**Virtual Talk With a Doc**
Join UCHealth physicians and staff for a shared conversation on a variety of health-related topics from head to toe. Plan for an interactive hour of fun and helpful health information. Please call 720.718.1690 for the specific health topic.
- **5:30–6:30 p.m. Tuesday, Nov. 2**
  - Bone Health
    - Longs Peak Hospital rehab department will provide education on maintaining strong bones. This will be a lecture and exercise demonstration.
    - **1-2 p.m.** Thursday, Nov. 11
- **10–11:30 a.m. Thursday, Dec. 9, Snow Mesa Internal Medicine Clinic**
- **3–4 p.m. Thursday, Dec. 2**
  - Innovative Sleep Apnea Relief
    - Learn more about how Inspire treats obstructive sleep apnea. Inspire is the only FDA-approved obstructive sleep apnea treatment that works inside your body. You’ll hear from an Inspire patient and UCHealth’s Mike Jacobson, PA.
  - Noon-1:30 p.m. Thursday, Dec. 2

**Virtual Cooking Classes**
Longs Peak Hospital's food and nutrition team will feature recipes and cooking tips for healthy eating options. Register today.
- **3-4 p.m. Thursday, Nov. 18**
  - Topic: Healthy holiday desserts

**Get Your Advance Directives Done**
It’s important to have your advance directives completed, especially as we age. Learn about medical health care directives, and have an opportunity to complete and notarize them. If you prefer, materials about this class can be sent via email, and a follow-up phone consultation is an option.
- **Windsor: 3-4:30 p.m. Tuesday, Nov. 9, Windsor Recreation Center**
- **Fort Collins: 10-11:30 a.m. Thursday, Dec. 9, Snow Mesa Internal Medicine Clinic**
- **Classes have the potential to be shifted to virtual only. Please ask what’s available upon registration**

**Healthy Holiday Eating to Minimize Inflammation**
Discover how to enjoy holiday treats without compromising your health. We will review the worst and best food choices to minimize inflammation and maintain weight and good habits right into the new year. Class presenter is Deanna O’Connell, UCHealth registered dietitian and mindfulness practitioner.
- **Greeley: 10-11:30 a.m. Wednesday, Nov. 17, GMC #3 (in-person only)**
- **Loveland: 2-3:30 p.m. Monday, Dec. 6, MCR Big Thompson classroom**

**Tame Your Stress**
Bring awareness to the mental habits that keep us stuck in a cycle of stress as we explore the practical applications of mindfulness for stress reduction in our everyday lives. Learn how we can change our brains for the benefit of our well-being. Class is led by Sue Schneider, PhD, from Family and Community Health CSU Extension Office.
- **Loveland: 9:30-11 a.m. Friday, Dec. 3, MCR Big Thompson classroom**

IN-PERSON AND VIRTUAL LEARNING CLASSES

**COVID-19 restrictions will dictate in-person class sizes.**
**Class link will be emailed a few days before class date.**

**Get Your Advance Directives Done**
It’s important to have your advance directives completed, especially as we age. Learn about medical health care directives, and have an opportunity to complete and notarize them. If you prefer, materials about this class can be sent via email, and a follow-up phone consultation is an option.
- **Windsor: 3-4:30 p.m. Tuesday, Nov. 9, Windsor Recreation Center**
- **Fort Collins: 10-11:30 a.m. Thursday, Dec. 9, Snow Mesa Internal Medicine Clinic**
- **Classes have the potential to be shifted to virtual only. Please ask what’s available upon registration**

**Healthy Holiday Eating to Minimize Inflammation**
Discover how to enjoy holiday treats without compromising your health. We will review the worst and best food choices to minimize inflammation and maintain weight and good habits right into the new year. Class presenter is Deanna O’Connell, UCHealth registered dietitian and mindfulness practitioner.
- **Greeley: 10-11:30 a.m. Wednesday, Nov. 17, GMC #3 (in-person only)**
- **Loveland: 2-3:30 p.m. Monday, Dec. 6, MCR Big Thompson classroom**

**Tame Your Stress**
Bring awareness to the mental habits that keep us stuck in a cycle of stress as we explore the practical applications of mindfulness for stress reduction in our everyday lives. Learn how we can change our brains for the benefit of our well-being. Class is led by Sue Schneider, PhD, from Family and Community Health CSU Extension Office.
- **Loveland: 9:30-11 a.m. Friday, Dec. 3, MCR Big Thompson classroom**

**Aspen Club Monthly Features**

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

**A guide to Aspen Club class locations:**

- **Fort Collins:**
  - PVH: Poudre Valley Hospital, 1024 S. Lemay Ave.
  - FMC: Family Medicine Center, 1025 Pennock Place
    (the classroom is located at door #118)
  - FCSC: Fort Collins Senior Center, 1200 Raintree Drive
  - Fort Collins Aspen Club Office, 1025 Garfield St., Ste. A
  - Westbridge, 1107 S. Lemay Ave.
    (the classroom and lifestyles room are both on the first floor)

- **Longmont:**
  - LPH: Longs Peak Hospital, 1750 E. Ken Pratt Blvd.
  - Longmont Senior Center, 910 Longs Peak Ave.

- **Loveland:**
  - MCR: Medical Center of the Rockies, 2500 Rocky Mountain Ave.
  - MCR North Medical Office Building, 2500 Rocky Mountain Ave., Ste. 2200
  - Chilson Senior Center, 700 E. 4th St.

- **Greeley:**
  - GMC: Greeley Medical Center, 6767 W. 29th St.
  - Hearing Rehab Center, 2018 35 Ave., Ste. A

**Registration required**

**Aspen Club News**

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

**A guide to Aspen Club class locations:**

- **Fort Collins:**
  - PVH: Poudre Valley Hospital, 1024 S. Lemay Ave.
  - FMC: Family Medicine Center, 1025 Pennock Place
    (the classroom is located at door #118)
  - FCSC: Fort Collins Senior Center, 1200 Raintree Drive
  - Fort Collins Aspen Club Office, 1025 Garfield St., Ste. A
  - Westbridge, 1107 S. Lemay Ave.
    (the classroom and lifestyles room are both on the first floor)

- **Longmont:**
  - LPH: Longs Peak Hospital, 1750 E. Ken Pratt Blvd.
  - Longmont Senior Center, 910 Longs Peak Ave.

- **Loveland:**
  - MCR: Medical Center of the Rockies, 2500 Rocky Mountain Ave.
  - MCR North Medical Office Building, 2500 Rocky Mountain Ave., Ste. 2200
  - Chilson Senior Center, 700 E. 4th St.

- **Greeley:**
  - GMC: Greeley Medical Center, 6767 W. 29th St.
  - Hearing Rehab Center, 2018 35 Ave., Ste. A

**Registration required**

**A guide to Aspen Club class locations:**

- **Fort Collins:**
  - PVH: Poudre Valley Hospital, 1024 S. Lemay Ave.
  - FMC: Family Medicine Center, 1025 Pennock Place
    (the classroom is located at door #118)
  - FCSC: Fort Collins Senior Center, 1200 Raintree Drive
  - Fort Collins Aspen Club Office, 1025 Garfield St., Ste. A
  - Westbridge, 1107 S. Lemay Ave.
    (the classroom and lifestyles room are both on the first floor)

- **Longmont:**
  - LPH: Longs Peak Hospital, 1750 E. Ken Pratt Blvd.
  - Longmont Senior Center, 910 Longs Peak Ave.

- **Loveland:**
  - MCR: Medical Center of the Rockies, 2500 Rocky Mountain Ave.
  - MCR North Medical Office Building, 2500 Rocky Mountain Ave., Ste. 2200
  - Chilson Senior Center, 700 E. 4th St.

- **Greeley:**
  - GMC: Greeley Medical Center, 6767 W. 29th St.
  - Hearing Rehab Center, 2018 35 Ave., Ste. A

**Registration required**

**A guide to Aspen Club class locations:**

- **Fort Collins:**
  - PVH: Poudre Valley Hospital, 1024 S. Lemay Ave.
  - FMC: Family Medicine Center, 1025 Pennock Place
    (the classroom is located at door #118)
  - FCSC: Fort Collins Senior Center, 1200 Raintree Drive
  - Fort Collins Aspen Club Office, 1025 Garfield St., Ste. A
  - Westbridge, 1107 S. Lemay Ave.
    (the classroom and lifestyles room are both on the first floor)

- **Longmont:**
  - LPH: Longs Peak Hospital, 1750 E. Ken Pratt Blvd.
  - Longmont Senior Center, 910 Longs Peak Ave.

- **Loveland:**
  - MCR: Medical Center of the Rockies, 2500 Rocky Mountain Ave.
  - MCR North Medical Office Building, 2500 Rocky Mountain Ave., Ste. 2200
  - Chilson Senior Center, 700 E. 4th St.

- **Greeley:**
  - GMC: Greeley Medical Center, 6767 W. 29th St.
  - Hearing Rehab Center, 2018 35 Ave., Ste. A

**Registration required**
Sciatica Nerve Pain
Sciatica is a common complaint. In fact, about 40% of people in the U.S. experience it sometime in their lives. If you have sciatica, you might experience severe pain along the path of the nerve, anywhere from the lower back, through the hips and down the legs. Learn about the management and treatment of sciatica from Michael Brown, DO, from the UCHealth Pain Clinic.

• Fort Collins: 5:30-7 p.m. Tuesday, Dec. 9, PVH Café F

Medicare 101
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: 2-3:30 p.m. Wednesday, Dec. 15, FCSC
   Call 970.221.6644 to register; refer to #125404

Let’s Talk About Those Unmentionables
Leak when you cough? Struggle to make it to the bathroom? Incontinence is NOT a normal part of aging, and there are behavioral methods available to improve bladder and bowel function. UCHealth physical therapist Kelsey Boyer will present tips and exercises to help with constipation, prolapse and incontinence.

• Greeley: 2-3:30 p.m. Friday, Dec. 17, GMC #3

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

IN-PERSON-ONLY CLASSES
• COVID-19 restrictions will dictate in-person class sizes.

Writing to Capture Your Memories
Writing to capture memories is about connecting with your childhood and growing-up years. Author and therapist Sharon Greenlee 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
Want to make sure you stay fit, no matter what your other priorities are? Maintain your focus on strength training and cardiorespiratory fitness whether you’re traveling abroad, are having an extended stay with family or simply want convenient, affordable options at home. JoAnn Herkenhoff, UCHealth community health educator and ACE certified personal trainer, will share ideas about setting up a gym—no matter where you are—that won’t break the bank.

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

Book Discussion—Keep Sharp, Build a Better Brain at Any Age
CNN chief medical correspondent and neurosurgeon Sanjay Gupta wrote a great book titled Keep Sharp—all about keeping your brain healthy while protecting your mind from decline. Participants are encouraged to purchase and start reading the book. We’ll discuss the book’s main points and how to personalize the strategies to build a stronger brain. This two-session discussion will be led by journalist and creative non-fiction writer Kay Rios, PhD, in Fort Collins and James Riesberg, MA, from gerontology in Greeley.

• Fort Collins: 1-3 p.m. Thursdays, Nov. 4 and 18, Westbridge classroom
• Greeley: 1-3 p.m. Tuesdays, Nov. 16 and 30, GMC classroom #3

Brain Boosters and Memory Strategies
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. Researched techniques will be shared, as well as tips about how to apply simple strategies to everyday life to stay mentally sharper and alert.

• Loveland: 2-3:30 p.m. Friday, Nov. 5, Chilson Senior Center

Arthritis Quarterly, Featuring Orthopedist C. Dana Clark, MD
When joint disease takes over, there are many treatment options available, including injection therapy, physical therapy, medicine, surgery or a combination of these things. Dr. Clark will speak about robotic-assisted surgery options for arthritis-related joint disease.

• Fort Collins: 11:30 a.m.-1 p.m. Monday, Nov. 8, Fort Collins Senior Center
Prescription Drug Plan (PDP) Assistance
For assistance reviewing and choosing your 2022 Medicare Prescription Drug Plan, remaining dates include the following. Location given upon making your appointment.
- Fort Collins: Tuesdays, Nov. 2, 16, or 23 or Dec. 7
- Loveland: Wednesday, Nov. 10
- Greeley: Thursday, Nov. 18 or Wednesday, Dec. 1
- Estes Park: Wednesdays, Nov. 10 or 17 or Thursday, Nov. 18

The Wheel of Awareness
Learn about Dr. Daniel Siegel’s Wheel of Awareness. This tool helps cultivate more focus, presence and peace and can lead to a healthier resilience, reduced stress levels and better access to your intuition. UCHealth community health RN Julie Knighton and health educator JoAnne Herkenhoff will lead you through this very interactive and engaging program all about keying into your awareness and how it supports a healthy mind.
- Loveland: 10:30 a.m.–noon Thursday, Nov. 11, Chilson Senior Center

New Member Orientation
New and longtime Aspen Club members are invited to learn about the benefits and services available to them such as blood tests, health screenings and educational programs.
- Fort Collins: 9:30–10:45 a.m. Saturday, Nov. 13, Aspen Club office

The Conversation Project
The Conversation Project is a public-engagement initiative with a goal that is both simple and transformative: to help everyone talk about their wishes for care through the end of life, so those wishes can be understood and respected. Learn with us about how to share what matters to you with those you care about.
- Fort Collins: 3–4:30 p.m. Tuesday, Nov. 16, FCSC Activity # 425403-01

Surviving the Paperwork—for Survivors
Losing a loved one can be extremely emotional. Day-to-day tasks seem hard enough, let alone managing finances. Perhaps you were not the one who dealt with those things, but now you have to. Laurel Kubin, family and consumer educator, will share helpful tips to take care of immediate and long-term financial needs and paperwork that you should be aware of. Learn to plan before there is a crisis and before you are suddenly alone.
- Greeley: 10–11:30 a.m. Monday, Nov. 29, GMC classroom #3

High-Intensity Interval Training (HIIT)—a Safe Option for Older Adults
HIIT is very popular in today’s fitness conversations. The term however, may evoke a scary response from older adults. When done safely, intensity training allows more bang for your buck by delivering results in less time. Community health educator and ACE-certified personal trainer, JoAnn Herkenhoff, will help you safely up your intensity game to improve your aerobic capacity, elevate the hormones that promote muscle growth and help manage a healthy body weight.
- Fort Collins: 10:30–11:30 a.m. Tuesday, Nov. 30, FCSC
- To register, call the Senior Center at 970.221.6644 and refer to activity #425406-01

HEALTH SCREENINGS
Balance Screenings
You can’t go through life without a fall or two. What can you do to stay more balanced? 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, Nov. 9 or Dec. 14, Westbridge classroom
- Cost: free, thanks to grant-funding
**Medication and Supplement Reviews**
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.
- **Fort Collins:** 8 a.m.–noon Friday, Nov. 12, Aspen Club office
- **Longmont:** call 720.718.1267 to schedule an appointment

**Bone Density Screening**
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, Nov. 19, Aspen Club Office
- **Cost:** $12; appointments and prepayment required

**Hearing Screenings**
Certified audiologists from the 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, Dec. 16, Hearing Rehab Center

**The Nurse Is in for Blood Pressure Checks and More**
Have your blood pressure checked and visit with UCH Health community health RN Julie Knighton to ask questions about medications, chronic diseases and healthy lifestyles. Julie can also help you complete advance directives. See page 3 for details.

**FITNESS**
- **Class availability will be dictated by COVID-19 restrictions at the time.**
- **No class the week of Thanksgiving (Nov. 22-26), the week of Christmas (Dec. 20-24) and the week of New Year’s (Dec. 27-31).**

**Virtual Strong Women, Healthy Bones**
Weight training to improve bone density and body composition, increase strength and independence and create an overall sense of well-being.
- **8:15–9 a.m. Mondays and Thursdays, Nov. 1–Dec. 16**
  - Virtual class using Microsoft Teams
  - **Cost:** $45
- **4–4:45 p.m. Tuesdays and Thursdays, Nov. 2–Dec. 16**
  - Virtual class using Microsoft Teams
  - **Cost:** $45

**Virtual Seated Tai Chi**
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. This modified seated class can be enjoyed by anyone wishing to practice tai chi sitting down.
- **9:15–10 a.m. Thursdays, Nov. 4–Dec. 16**
  - Virtual class using Microsoft Teams
  - **Cost:** $30

**ONGOING SERVICES**

**Toenail Service**
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, Nov. 3 and 10 and Dec. 1 and 8, GMC 3rd floor
  - Appointments required; call 970.495.8560
- **Fort Collins:** 8:20 a.m.–3 p.m. every Tuesday
  - Appointments required; call 970.495.8560
- **Longmont:** 1–5 p.m. Wednesdays, Nov. 17, Long Peaks Hospital
  - Appointments required; call 720.718.1690
- **Cost:** $38, prepaid

**CarFit Assessments**
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. Appointments required.
- **Fort Collins:** Noon–3 p.m. Mondays, Nov. 8 and Dec. 13, Aspen Club parking lot

**Preparing for Total Hip and Knee Replacement**
Learn what to expect from joint-replacement surgery, including pre-surgery exercises, necessary equipment, diet, pain management and recovery.
- **Registration required; go to uchealth.org and then go to the classes and events section and search for joint replacement surgery**
- **For more information, call 970.624.4326**
COVID-19 booster shots—what you need to know.

How long do coronavirus vaccines stay effective? Does effectiveness wane over time? What’s the latest on booster shots? UCHealth Today provides a rundown of some of the big questions and answers having to do with coronavirus booster shots. Learn more at uchealth.org/today/covid-19-booster-shots-what-you-need-to-know.