Thank you for your support.

Dear Aspen Club members,

The COVID-19 pandemic brought the toughest challenges many health care workers have ever faced. It arrived quickly and has driven multiple surges in hospitalizations across UCHealth, the United States and the world.

We are proud of our teams’ heartfelt commitment to continuing to provide the best care to you, our patients, 24/7. We appreciate your support and are grateful to serve you and your families. You are our neighbors.

The COVID-19 vaccines are a historic scientific achievement and our best chance at returning life back to normal in the near future.

UCHealth Greeley Hospital began seeing patients in summer 2019. Its integral role in our region crystallized as patients arrived in March 2020 with COVID-19. We’ve since added three ICU rooms and are working on further expanding our top floor.

At UCHealth Medical Center of the Rockies in Loveland, the American Nurses Credentialing Center (ANCC) honored us in 2021 with our third Magnet designation. That our teams accomplished this during the pandemic is a testament to their high level of commitment to you.

In autumn, UCHealth Poudre Valley Hospital began a series of upgrades to improve your experience. This project includes the addition of a new heart and vascular care clinic, a refresh of the birth center, women’s care unit and pediatric areas and a more inviting and functional front entrance and front lobby.

We are in awe of our employees’ passion to improve lives. Thank you for everything you do to support them.

With gratitude,

Kevin Unger
President and CEO
UCHealth Medical Center of the Rockies
UCHealth Poudre Valley Hospital

Marilyn Schock
President, UCHealth Greeley Hospital

Long-time Aspen Club leader retires.

Jill Taylor, who has been at the helm of the Aspen Club over the past 31+ years, is retiring in early 2022. “It’s been such an honor and pleasure to see the Aspen Club grow and impact the lives of so many,” Jill said.

Jill started in 1990 at Poudre Valley Hospital (PVH) when the Aspen Club was just getting off the ground. Now, PVH is just one of many UCHealth hospitals and medical and specialty care clinics that treat people up and down Colorado’s Front Range. During Jill’s time with the Aspen Club, it has expanded to Loveland, Greeley and Longmont.

“It’s always been rewarding, challenging and fun to be part of our dedicated team and to meet so many wonderful Aspen Club members over the years,” she said. “I have learned about healthy aging along with all of you, and now I get to truly put those lessons into practice.”

If you get a chance to stop in and wish Jill well, please do.
From the Aspen Club office.

Although each new year brings thoughts of hope, renewal and new beginnings, the past two years have been challenging, impacting each and every one of us in different ways. We may not have been around loved ones and friends as much or as active as we usually were or visited places we wanted to see. But we got through it.

My thought for 2022 is that it is indeed filled with hope. Hope for staying healthy and realizing each year is a gift; hope for having unwavering resiliency, with a bit of internal optimism and spunk tossed in, as life ebbs and flows; and hope for an engaged life that brings you joy at every age and stage. That’s what I hope for as my retirement years emerge. I’ve certainly seen many of you having the time of your life in retirement, and I hope to emulate you. Thank you for being such great role models on how retirement can be such a meaningful time.

In this issue, we are honored to have a message from our UCHealth Senior Leaders as they point out the herculean work of our health care teams. Also in this issue are nutrition articles that support the fact that food truly is medicine. As we compiled this newsletter back in October, we were still uncertain if COVID would have a continued impact on our community classes. You might note that we have fewer than usual, and we’ll be staying up on safety guidelines along the way.

We always look forward to seeing you and hearing from you. Thank you, Aspen Club members. Signing off for the last time: good health, happiness and humor to you! I hope to see you around.

Jill Taylor
UCHealth Senior Services
Aspen Club Supervisor

Age is no barrier. It’s a limitation you put on your mind.
—Jackie Joyner Kersee
Wonderful resources right in our backyard.

The Senior Peer Counseling program at the Aging Clinic of the Rockies is a free service that connects older adults in Larimer County with paraprofessionals, who are also older adults, who have been trained by the Psychology Department at Colorado State University. The program aims to improve seniors’ quality of life by providing social connection, emotional support and companionship. To find out more about our services or to make an appointment, call 970.491.6795.

Are you interested in being a virtual volunteer? The Partnership for Age-Friendly Communities in Larimer County (PAFC) is evaluating how virtual volunteering makes a difference in the lives of volunteers and affects feelings of loneliness, isolation and sense of community engagement and well-being. PAFC is looking for 30 individuals who may prefer to volunteer from their home, including those who may be homebound or feeling socially isolated. Requirements are an internet connection and a willingness to be involved for three to six months or longer. Visit the PAFC online at pafclarimer.org for more information about this project or email info@pafclarimer.org by January 31, 2022.

Your heart loves these foods.

To keep your heart healthy and happy all year round, Jenifer Bowman, registered dietitian from UCHealth cardiovascular services, shared the following top nutrition strategies:

• **Don’t run on empty.** Consider eating three small meals and two healthy snacks each day to keep from overeating. Snacks might include fruits, raw veggies, natural peanut butter and small amounts of nuts.

• **Choose food naturally high in fiber.** Eating foods naturally high in fiber, especially soluble fiber, helps lower cholesterol and creates a feeling of fullness so you consume fewer calories. Soluble fiber is in beans, fruits, vegetables, oats, barley and flaxseed, to name a few.

• **Choose low-fat dairy products.** Low-fat dairy products such as skim milk, low-fat cheese and low-fat yogurt are high in calcium, which is great for your bones and helps regulate blood pressure.

• **Choose foods high in omega-3 fats.** Omega-3 fats have been shown to help lower blood pressure, lower triglycerides, promote healthy blood clotting and prevent life-threatening arrhythmias. Foods such as fish, eggs labeled high in omega-3, walnuts, flaxseeds and chia seeds are excellent sources.

• **Choose foods high in monounsaturated fats.** Foods such as olive oil, canola oil, peanut oil, unsalted nuts and avocados are rich in monounsaturated fats. These fats can help lower LDL cholesterol and may help raise HDL cholesterol.

• **Limit saturated fats.** Saturated fats are found in full-fat dairy products, fatty meats, poultry skin, lard and tropical oils. Foods high in saturated fat tend to increase cholesterol, which increases your risk for heart disease.

• **Choose soy.** Soy protein can help to lower cholesterol and is a good replacement for protein foods high in saturated fats. Start with soy milk, soy nuts or soy-based meat alternatives.

• **Choose low-sodium.** Foods high in sodium will raise blood pressure and contribute to fluid retention. Look for low-sodium versions of your favorite foods.

• **Limit sugar.** Sugar provides calories, but has no other nutrients. These “empty” calories can raise your blood sugar quickly, leading to a relatively quick blood sugar “crash” that causes you to want to eat. This cycle can lead to weight gain and an increase in triglycerides. Avoid sweetened beverages, and limit use of added sugar.

• **Get moving.** To help raise your HDL-cholesterol, lower blood pressure, regulate blood sugar and control weight, aim for at least 30 minutes of moderate physical activity each day.
Greeley urologist creates better outcomes with robots and lasers.

As a urologist, Jason Warncke, MD, often performs minimally invasive surgeries using state-of-the-art robotics and lasers to improve lives. The opportunity to become acquainted with his patients over time, similar to a primary care doctor, drew him to the profession.

“In the field of urology, you have the opportunity to get to know your patients, their families and what is important to them,” he said, adding that, after listening to his patients’ priorities and goals, he works with the patient and his team to come up with a treatment plan.

Dr. Warncke is based at UCHealth Urology Clinic in the Greeley Medical Center, next to UCHealth Greeley Hospital. He also has a clinic at the Harmony Campus in Fort Collins twice per month.

A significant portion of Dr. Warncke’s clinic is centered around treating patients with urinary symptoms, including benign prostatic hyperplasia (BPH). He said that among men over 50, as many as 50% or more experience symptoms of BPH.

Dr. Warncke uses the DaVinci Robot system to perform surgeries such as removing prostate or kidney cancer. Traditionally, this kind of operation would involve a large incision and a longer hospital stay; using the robot allows for much smaller incisions, quicker recovery and better long-term outcomes for patients.

“The robotic platform is a minimally invasive surgical approach that allows more refined movements. Patients recover more quickly with this approach than with a more traditional ‘open’ surgery,” he said. Dr. Warncke also uses lasers to break up and remove kidney stones, typically with an outpatient procedure using cameras with no incisions.

Dr. Warncke earned his undergraduate degree at Westminster College in Fulton, Missouri, where he played point guard on the basketball team. He earned his MD from University of Missouri School of Medicine in Columbia, Missouri, and completed his urologic surgical training at the University of Colorado School of Medicine in Aurora.

Schedule an appointment with Dr. Warncke by calling 970.652.2491 or using the My Health Connection app.

To find UCHealth physicians in all areas, please visit uchealth.org/provider.

HEALTHY AGING

Not only does self-care have positive outcomes for you, but it also sets an example to younger generations as something to establish and maintain your entire life.
—Richell Concepcion

Make every move count in 2022.

When you move more every day, you can reach some pretty big goals over time. Small steps can add up to huge strides in your physical and mental health, stress levels, sleep, productivity, relationships and more.

The American Heart Association shares these tips to add more activity into your life:

• 10 minutes of stretching is like walking the length of a football field.
• 30 minutes of single’s tennis is like walking a 5K.
• 2.5 hours of walking every week for a year is like walking across the state of Wyoming.
• 1 hour of dancing every week for a year is like walking from Chicago to Indianapolis.
• 20 minutes of vacuuming is like walking one mile.
• 30 minutes of grocery shopping every other week for a year is like walking a marathon.
Please consider donating blood.

Did you know that one out of seven hospitalized patients needs a blood product? Blood can’t be made, and we depend on community members to donate blood every 56 days to help those in need.

When you give blood at UCHealth Garth Englund Blood Center, it supplies Poudre Valley Hospital, Medical Center of the Rockies, Greeley Hospital and Longs Peak Hospital.

UCHealth Garth Englund Blood Center has a center located within the Medical Center of the Rockies and in Fort Collins near Poudre Valley Hospital. We also have standing community blood drives in Greeley, Fort Collins, Loveland, Timnath, Longmont and Broomfield. To schedule a blood donation appointment at one of our centers, please call 970.495.8965.

- UCHealth Greeley Hospital: Blood drive the first Wednesday of every month.
- UCHealth Longs Peak Hospital: Blood drive the second Thursday of every month.
- UCHealth Longmont Clinic: Blood drive the second Tuesday of every month.

Please contact us at 970.495.8965 or email donateblood@uchealth.com to learn more.

Eat fewer UPFs.

A change you can make to your lifestyle that can have a significant impact on your overall health and especially your blood sugar is to eat less ultra-processed food (UPF). Research shows that the amount of UPF someone eats is linked to an increased risk of developing Type 2 diabetes, cancer and early death.

You can recognize which foods are UPFs by looking at the ingredients list on food labels. These products will have long lists of chemical names and things you aren’t likely to have in your kitchen. There may be added refined sugars, hydrogenated oils, emulsifiers, sweeteners, thickening agents and colorants. These products are packaged to entice consumers and may be artificially flavored to be extremely palatable. For all the work that goes into making these products, important essential nutrients such as fiber, vitamins and minerals and antioxidants are truly slighted for the less healthy added calories, sugar, “bad” fats, salt and a long shelf life.

Examples of ultra-processed foods are sodas, energy drinks and beverages (with added sugars, colorings and flavorings); sweet and salty packaged snacks; candies; some commercially baked breads and buns; many breakfast cereals and energy bars; chicken nuggets; fish sticks; hot dogs, instant foods that are made to reconstitute and much more. Eating these foods from time to time may not pose a health risk, but if you eat them consistently, they may affect your overall health and contribute to disease risk. A reliance on these foods as staples of your weekly meal plan may be negatively impacting your health.

Ultra-processed foods are often low in fiber. Fiber helps us to feel satisfied following the meal and helps us avoid overeating. Fiber can also help keep blood sugar somewhat steady after eating and instead of spiking. Try a quick breakfast of a small whole wheat or high-fiber tortilla with one or two tablespoons of peanut butter instead of a breakfast bar or biscuit and see if it keeps you satisfied longer.

If you are looking for more tips on how to eat fewer UPFs and incorporate more health-promoting foods, see page 9 for an upcoming class on this topic.

Written by Julia Gormley, UCHealth registered dietitian and certified diabetes care and education specialist.
It’s that time of year again, when many Americans make New Year’s resolutions to exercise more. The new year can bring with it a fresh perspective that helps us prioritize goals for the year to come. In typical years, the Aspen Club has offered a variety of group exercise classes, and we would often see our greatest participation at the very start of the new year.

The continuing pandemic has disrupted so many typical programs and routines, and we’ve seen a number of fitness centers close their doors. With that has come a disruption of our sense of community and the exercise habits many had built. While we all long for what we were used to doing, the new year could be a chance to reset our focus on fitness. Thankfully, northern Colorado has much to offer in the way of exercise, much has become available online and fitness centers are becoming more available.

One program we’d like to highlight is the Adult Fitness Program at the Glenn Morris Field House at Colorado State University (CSU) in Fort Collins. The CSU Adult Fitness Program offers personal and group training from Health and Exercise Science Department practicum students, regular fitness assessments and a variety of exercise options with the goal of improving members’ cardiovascular fitness, strength and flexibility. The program is available year-round with options for in-person and online participation.

The Aspen Club is partnering with the Adult Fitness Program to offer a special tour of the facilities at 7:45 a.m. on Saturday, February 19. The tour will be followed by the option to attend a student-led warm-up and access to any and all classes and equipment available that day. See page 10 for more details.

Let the start of the new year be a time to focus on fitness and become stronger with new routines and achievable goals. No matter where or how, all efforts to move more are worthwhile.
Healthy aging in Colorado.

Colorado’s older-adult population is growing fast and living longer. Since 1990, the life expectancy among Colorado residents has increased from 77.2 years to 80.4 years. Between 2003 and 2013, the number of Colorado adults ages 65+ increased by 46.8%, the third-highest growth rate in the nation.

So what does all this mean? What are potential opportunities? What are potential challenges?

Healthy aging benefits all of us. It’s a job all of us must take seriously. The health and wellness of older Coloradans enables them to maintain independence, have a higher quality of life and live longer, better. Older Coloradans who benefit from health-conscious behaviors, social supports and preventive screenings, reduce costs and other challenges.

An individual’s health begins even before they are born. The good news is that the majority of the factors that impact health (about 70%) are controllable by individuals and their friends, families and community. Poor health—both physical and mental—is not an inevitable consequence of aging.

Not everyone is aging the same. Some suffer from more illness and have less access to resources. 90% of all Coloradans ages 65+ have at least one chronic condition, and the risk of disease and disability increases with advancing age. Three behaviors—smoking, poor diet and physical inactivity—were the leading causes of almost 35% of U.S. deaths in 2020. The tragedy is that heart disease, cancer, stroke and diabetes are often preventable.

Make small steps. Adopting healthier behaviors, such as engaging in physical activity, eating a healthy diet, leading a tobacco-free lifestyle, receiving recommended immunizations like flu shots and getting regular health screenings (for example, mammograms and colonoscopies), can dramatically reduce your risk for most chronic disease, including those leading causes of death.

Source: Colorado Department of Health and Environment Healthy Aging Report.

Men, blueberries and blood pressure.

The Functional Foods & Human Health Laboratory in the Department of Food Science and Human Nutrition at Colorado State University is currently seeking men between the ages of 45 and 70 to participate in a research study investigating the effects of wild blueberries on blood pressure and vascular health.

All qualifying participants will receive the benefit of measures of blood pressure and cardiovascular health, including vascular (blood vessel) function and monetary compensation.

If you would like to join this study, please complete the online survey at colostate.az1.qualtrics.com/jfe/form/SV_5mMRzJg0xwcATdj

For more information about the study:
• Phone: 970.491.0464
• Email: FunctionalFoodsLab@colostate.edu.
**VIRTUAL-ONLY CLASSES—MS TEAMS**

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

**Living Well With Diabetes**  
In this 6-week program, learn what you can do to take control of diabetes, rather than letting diabetes take control of you. If you are dealing with diabetes or living with someone who has diabetes, come learn skills to deal with the life and emotional changes that come with diabetes. No cost. This does NOT replace Diabetes Education.  
- 5:15–7:30 p.m. Thursdays, Jan. 13–Feb. 17

**Powerful Tools for Caregivers**  
If you are the primary caregiver for a loved one, it’s imperative you take care of yourself too. The Powerful Tools for Caregivers program will introduce you to 35 tools that can help you avoid burnout and reduce stress. You will learn strategies for recognizing and dealing with your emotions, communicating your needs and making decisions. This online class is intended especially for LGBTQ caregivers and those caring for members of the LGBTQ community. This is offered in partnership with the Larimer County Office on Aging and Volunteers of America.  
- Class will meet for seven weeks, starting the week of March 14. Specific days and times to be determined.  
- You must have reliable access to a screen with Zoom and the internet during class time.  
- Registration required. Call 970.472.9630 for more information

**VIRTUAL AND LIMITED IN-PERSON CLASSES**

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

**Medicare 101**  
This class will offer an overview of Medicare benefits, supplemental insurance, Medicare Advantage Plans, prescription drug coverage, preventive services and more. This is taught by UCHealth Medicare counselors.  
- **Loveland:** 2–3:30 p.m. Thursday, Jan 13  
  Chilson Senior Center  
- **Windsor:** 2–3:30 p.m. Tuesday, Feb 22  
  Windsor Recreation Center (in-person only)  
- **Fort Collins:** 9–10:30 a.m. Saturday, March 12  
  Family Medicine Center

**Hidden Benefits of Muscular Training**  
Strength training improves your mobility, reduces your risk of falls and gives you the “green light” to accept that hiking invitation from your neighbor. Learn about the hidden benefits of using weights and working through a set of reps. JoAnn Herkenhoff, community health educator and American Council on Exercise senior fitness specialist, will share the often-overlooked health-related benefits of muscular/strength training that are for people of every ability.  
- **Fort Collins:** 10–11 a.m. Monday, Jan. 17  
  Location given upon registration

**Getting Back in the Dating Game—Stay Safe**  
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. Dinner will be provided to in-person attendees. Seating is limited.  
- **Longmont:** 5:30–6:30 p.m. Tuesday, Jan. 18  
  Longmont Senior Center
Age-Related Eye Conditions

Many changes occur to the eye as part of the normal aging process. As a person ages, risk for various eye diseases increases. Dr. Christopher Kirkpatrick, ophthalmologist from the Eye Center of Northern Colorado, will talk about early detection and treatment of age-related eye diseases and how to promote good ocular health. Special emphasis will be on advancements in the area of cataracts and glaucoma.

- **Greeley:** 1–2:30 p.m. Tuesday, Jan. 25
  - Location given upon registration

Health Benefits of Gratitude

Gratitude, which has been shown to positively affect emotions, resilience and relationships, is more important than ever as we experience novel uncertainty and global challenges. Did you know that those who express gratitude report fewer health issues? JoAnn Herkenhoff, community health educator and American Council on Exercise senior fitness specialist, will highlight the health benefits of gratitude and lead you through some practices that just might improve your health.

- **Greeley:** 10–11:30 a.m. Wednesday, Feb. 2
  - Location given upon registration

Dental Health and Your Heart

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. Dinner will be provided to in-person attendees. Seating is limited.

- **Longmont:** 5:30–6:30 p.m. Tuesday, February 15
  - Longmont Senior Center

Nutrition, Inflammation and Brain Health

Learn how anti-inflammatory eating can affect health and the brain. Review foods and lifestyle factors that support our aging bodies, minds and digestion. Taught by Deanna O’Connell, UCHealth Registered Dietitian and Mindfulness Practitioner.

- **Loveland:** 2–3:30 p.m. Thursday, Feb. 24
  - Chilson Senior Center

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

IN-PERSON-ONLY CLASSES

- **COVID-19 restrictions will dictate in-person class sizes.**

Yoga for Brain Health

Yoga offers many brain-health benefits. This class will focus on breathing practices, beginning yoga poses and meditation. These practices can help the brain cells develop new connections, reduce anxiety and depression and help with focus. Join UCHealth educator and mindfulness practitioner Deanna O’Connell for this calming two-week session. There is no charge.

- **Fort Collins:** 1–2:30 p.m. Tuesdays, Jan. 11 and 18
  - Fort Collins Senior Center
  - To register, call the Senior Center at 970.221.6644 and refer to activity #125403

Age Mastery Program (AMP)

AMP is a comprehensive and fun approach to supporting long lives. Guest speakers explore relevant aging topics, and participants create their own age-well playbook to improve overall well-being and stability. UCHealth Aspen Club sponsors this engaging 10-week program. Participants are encouraged to attend at least eight of the sessions.

- **Loveland:** 10:30 a.m.–noon Tuesdays, Jan. 18–Mar. 22
  - Chilson Senior Center

UPFs—A Negative Impact on Health

Discover what ultra-processed foods (UPFs) are and why they have been shown to adversely impact health. Learn about which healthy alternative foods, beverages and simple meal combinations could replace UPFs in your diet. Class presenter is Julie Gormley, registered dietitian and certified diabetes care and education specialist.

- **Fort Collins:** 10–11 a.m. Thursday, Jan. 20
  - Fort Collins Senior Center
  - To register, call the Senior Center at 970.221.6644. Refer to activity #125409-01

Get Your Advance Directives Done

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.

- **Greeley:** 10–1:30 a.m. Thursday, January 20, GMC
- **Fort Collins:** 9:30–11 a.m. Thursday, Jan. 27
  - Prospect Medical Plaza
    - 10–11:30 a.m. Thursday, Feb. 17, Snow Mesa Clinic
- **Loveland:** 1:30–3 p.m. Tuesday, Feb. 22
  - MCR North Medical Office Building, Ste. 2200
Stepping On Fall Prevention Workshop
In this seven-week course, you’ll learn how you can avoid a dangerous and costly fall and keep doing the things you love to do. Stepping On has been researched and proven to reduce falls by 30%. Call 720.718.1210 to reserve your spot today.
- **Longmont:** 1–3 p.m. Thursdays, Feb. 3–Mar. 17
  Longmont Senior Center
- **Cost:** $15 suggested donation

Healthy Eating for Successful Living
The program’s focus is to encourage participants to understand and implement eating and activity behaviors that support heart and bone health. Meeting two hours per week, it’s a six-week nutrition-education and support program. No cost.
- **Fort Collins:** 1–3 p.m. Tuesdays, Feb. 8–April 12
  Fort Collins Senior Center
- **To register, call the Senior Center at 970.221.6644; refer to activity number #125410-01

Learn About Adult Fitness Opportunities at CSU
Take a 30-minute tour of the facilities used by the Adult Fitness Program, followed by a student-led warm-up at 8:15 a.m. and access to the entire facility after that. This program offers access to practicum-student-led personal training, regular fitness assessments and a wide variety of group class offerings with a goal of improving members’ cardiovascular fitness, strength and flexibility.
- **Fort Collins:** 7:45–8:15 a.m. Saturday, Feb. 19
  Glenn Morris Field House, S. College Ave.
- From Laurel St., turn south onto Mason St. There is free parking on the west side of the field house

Rebound and Refresh Your Health
Renew confidence for your weight mastery and health goals. Learn tools to get back on track for nutritious eating, exercise and self-care routines. Review keys for good nutrition and tools to break negative patterns. Taught by Deanna O’Connell, community health improvement registered dietitian and mindfulness practitioner.
- **Greeley:** 2–3:30 p.m. Thursday, Feb. 10
  Location given upon registration

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. Learn researched techniques and how to apply simple strategies to everyday life to stay mentally sharper and alert.
- **Loveland:** 10–11:30 a.m. Thursday, March 3
  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:** 9–10:15 a.m. Saturday, Jan. 22
  Aspen Club office
- **Loveland:** 11:30 a.m.–12:45 p.m. Friday, Feb. 25, MCR
- **Greeley:** Call 970.495.8560 for dates and times

Mindfulness for Pandemic Relief
This class will refresh the mind, body and spirit through gentle yoga movements and guided meditation. Leave with a clear mind and ten practices to maintain positivity in your daily life. Taught by Deanna O’Connell, UCHealth Community Health Improvement registered dietitian and mindfulness practitioner.
- **Fort Collins:** 2–3:30 p.m. Wednesday, March 2
  Location given upon registration

Powerful Tools for Caregivers
If you are the primary caregiver for a loved one, taking care of you must become a priority. Learn about community resources, reducing stress and guilt, making tough decisions and communication strategies. This six-week program is offered through an Aspen Club partnership with the Weld and Larimer Office on Aging.
- **Greeley:** 9–10:30 a.m. Tuesdays, March 10–April 7
  GMC conference room 3

HEALTH SCREENINGS
The Nurse Is In for BP Checks and More
Have your blood pressure checked and visit with UCHealth Community Health RN Julie Knighton to ask questions about medications, chronic diseases and healthy lifestyles. Julie can also help you complete advance directives.
- **Fort Collins:** 9 a.m.–noon Wednesdays, Jan. 5 and Feb. 2, Aspen Club office
- **Loveland:** 9 a.m.–noon Wednesdays, Jan. 12 and Feb. 9, Aspen Club office, MCR
- **Greeley:** 9 a.m.–noon Wednesdays, Jan. 19 and Feb. 16, Aspen Club office, GMC
- **Schedule an appointment today by calling 970.495.8560 or go to uchealth.org/aspenclub
- **Please note:** Drop-in blood pressure checks, with no appointment necessary, are available at Chilson Senior Center 9-11 a.m. on Mondays, Jan. 24 and Feb. 28 in Loveland
Balance Screenings
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. Appointments required.
• Fort Collins: Tuesdays, Jan. 11 or Feb. 8
  Westbridge classroom
  Call 970.495.8560 to make an appointment
• Loveland: Wednesdays, Jan. 26 or Feb. 23
  Chilson Senior Center
  Call 970.962.2428 to make an appointment
• 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.
• Greeley: 9-11 a.m. Wednesday, Jan. 12
  Aspen Club office
• Fort Collins: 8 a.m.–noon Friday, Feb. 11
  Aspen Club office
• Longmont: Call 720.718.1267 to schedule an appointment
• Cost: $12, appointments and prepayment required

Hearing Screening
Certified audiologists from Hearing Rehab Center and Alpine Ear, Nose and Throat will provide baseline hearing screenings and answer your hearing-health questions. Appointments are required.
• Fort Collins: 1-4 p.m. Thursday, Jan. 13
  Hearing Rehab Center

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: 1-3 p.m. Tuesday, Feb. 15
  Aspen Club office
• Cost: $12, appointments and prepayment required

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, Jan. 5 and Feb. 2 and 9, Greeley Medical Center, 3rd floor
• Fort Collins: 8:15 a.m.–3:45 p.m. every Tuesday
  Please note, we are booked out sometimes 2–3 months for the Fort Collins service
• Appointments in Greeley and Fort Collins required; call 970.495.8560
• Longmont: 1-5 p.m. Wednesday, Jan. 26
  Longs Peak Hospital
• Appointments required by calling 720.718.1690
• Cost: $38 (pre-paid)

Ice Melt Giveaway Day
Time to keep your sidewalks safe this winter in conjunction with fall prevention and awareness. Do everything you can to avoid a fall. Small bags of ice melt, paid for with your kind donations, will be available to pick up on the following dates. This is our last pick-up day opportunity.
• Fort Collins: 9 a.m.–noon Friday and Saturday, Jan. 7 and 8, Aspen Club office

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 is required. Visit uchealth.org, go to the classes and events section and search for joint replacement surgery
• For more information, please contact 970.624.2378
Aspen Club T-shirts for you.

Sizes: Small to 3XL
Colors: Cardinal red and heather gray
Cost: $10

A great shirt to wear as you stay active in 2022. Available in the Fort Collins Aspen Club office.