

ASPEN CLUB^{NEWS}

March/April 2022 | Volume 35 | Issue 2

National Nutrition Month – March 2022.

National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics to invite everyone to learn about making informed food choices and develop healthful eating and physical activity habits.

Diet alone cannot and should not replace medicine in all circumstances, but research continually shows that dietary habits influence disease risk. Certain foods may trigger chronic health conditions, while others offer strong medicinal and protective qualities.

Transitioning to a diet based on whole foods can improve your health in countless ways. Foods that offer particularly powerful benefits include:

- **Berries:** Studies have found that nutrients and plant compounds in berries combat disease.
- **Cruciferous vegetables:** Cruciferous vegetables like broccoli and kale contain a wide array of antioxidants.

- **Fatty fish:** Fatty fish fight inflammation due to their high levels of omega-3 fatty acids.
- **Mushrooms:** Compounds in mushrooms have been shown to boost your immune system, heart and brain.
- **Spices:** Turmeric, ginger, cinnamon and other spices are packed with beneficial plant compounds.
- **Herbs:** Herbs like parsley, oregano, rosemary and sage not only provide natural flavor to dishes but also boast many health-promoting compounds.
- **Green tea:** Green tea has been thoroughly researched for its impressive benefits, which may include reduced inflammation and lower disease risk.

The bottom line is that transitioning to a diet rich in whole foods like fruits and vegetables is the simplest way to reap the medicinal benefits of food. Although it's clear that following a nutritious diet is one of the most important factors in living a long, healthy life, keep in mind that you should not rely on food to replace conventional medicine.



A Food as Medicine Institute recipe.

Enjoy this healthy smoothie for a fortifying and nutrient-packed addition to any meal. Add to blender:

- 1 cup of frozen strawberries
- 1 cup frozen blueberries
- 1 fresh or frozen banana
- ½ apple
- ½ cup of raw almonds, sliced or whole
- 2 TBSP coconut oil
- One large handful of spinach
- 4 pieces of kale
- Optional: 1 teaspoon of ground cinnamon, chopped ginger or raw honey

Fill the blender with water to cover ingredients, blend and enjoy.



uhealth

Aspen Club

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

Closed on all major holidays.

Fort Collins

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

Greeley

New location coming soon.
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

When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandma," he advised. "Mine says I'm four!"



Jill Taylor and JoAnn Herkenhoff

Greetings and happy springtime!

This newsletter was written in mid-December, so it was a tag-team effort between outgoing Aspen Club leader Jill Taylor and interim leader JoAnn Herkenhoff. Jill stated, "It made my heart sing to turn over the reins of the Aspen Club to such a wonderful and caring individual as JoAnn. JoAnn has been with UCHealth for 11 years in key roles with the UCHealth Northern Colorado Foundation and most recently as a health educator in our very own Community Health Improvement Department. She brings a wealth of experience in health promotion, overall wellness and community development. You may have met JoAnn in several Aspen Club programs over the past few years, sharing her expertise in the areas of senior fitness. JoAnn looks forward to connecting with you in 2022."

Other updates of note include that, at the time of this newsletter, our Greeley Aspen Club office on the third floor of the Greeley Medical Center was being relocated to make room for much needed clinic space. And by now you've noticed the significant renovation going on at PVH to improve patient experience and care. This will be a multiyear project that will benefit the community for years to come.

We'll keep you posted on both those developments along the way.

Lastly, spring is the time of plans and projects. The promise of spring's arrival is enough to get anyone through the winter. Despite the forecast, live like it's spring. Some old-fashioned things like fresh air and sunshine are hard to beat. We'll leave you with that.

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

Jill and JoAnn
UCHealth Senior Services

Always remember to shoot for the moon. Even if you miss, you'll be among the stars.





Hypertension and cognitive function: What you should know.

Nearly half of U.S. adults (roughly 116 million people), have hypertension (high blood pressure) as defined as a systolic reading of 130 mmHg or higher or a diastolic reading of 80 mmHg or higher that stays over time according to the American Heart Association. Almost 6 million Americans over age 64 have Alzheimer's disease, the most common form of dementia. Experts agree that hypertension is a major risk factor for Alzheimer's disease and vascular dementia. Neurologists are finding that dementia is a vascular disease, in which high blood pressure can cause a little damage to a lot of small areas of the brain. This causes those areas to not work as well as they used to.

New research is showing that the brain actually performs differently when a person has high blood pressure. Tests that measure blood flow changes in the brain show people with high blood pressure are more likely to experience communication issues between different regions of the brain than those individuals who do not have high blood pressure. Hypertension has been associated with reduced abstract reasoning, slowing of mental processing speed and memory deficits.

Controlling high blood pressure slows the speed of cognitive decline. Studies show little to no difference in individuals with treated hypertension and those without the disease. Know your numbers. Blood pressure must be adequately treated to maintain readings below 130/80. Lowering blood pressure is not a cure-all for brain health, but prevention is key. "The goal is to preserve it (brain function) at its high level when you're 30 or 40 years of age," said Dr. Raymond Townsend, Director of the Hypertension Program at the Hospital at University of Pennsylvania. If you have high blood pressure, keep track of your readings and if it's consistently higher than 130/80, talk to your doctor about ways you can lower your blood pressure.

Written by UCHHealth Community Health Improvement RN Julie Knighton, with supportive material from the American Heart Association News.

A note from new Aspen Club leader JoAnn Herkenhoff.

I often ask people, "What gets you out of bed in the morning?" And the answer matters not. The critical part of that question is that it's asked at all. It gives me the opportunity to really learn what is important to the other person. And it reminds me of what is really important in life—meaningful connection. We all have our top five healthy aging strategies. My number one is healthy relationships. The positive, purposeful relationships that we nurture all along our paths come back to us tenfold. And they provide the powerful energy we need to tackle the remaining four on our list, whatever they may be. As I transition into leading the Aspen Club, I look forward to building relationships with all of you.



You've got to "move it" to improve vein health.

Your legs are swollen and sore and your feet are cold and throbbing. Nothing out of the ordinary has happened, so why are you experiencing those conditions and the pain associated with them? Could it be that you are sitting too much? Sitting for extended lengths of time truly has a negative impact on your veins and circulation.

For vein health, you need to "move it." In people with healthy circulation, veins carry the blood away from the lower legs and up to the heart. With prolonged sitting or standing (i.e., long car rides, plane trips or general inactivity), it is harder for your body to maintain that upward blood flow. What doesn't go up, then stays down in your legs and pools, causing swelling.

The easiest way to combat this is to walk more. Even walking at a snail's pace of 1 mile per hour, you can burn twice the calories of sitting and get your blood flowing. Ideal is to do this 30 minutes a day, five days a week, but doing less still provides benefits. The benefits of doing this will also go to your head. A recent study found that the foot's impact during walking sends pressure waves through the arteries that increases blood flow to the brain.

If you find yourself sitting too much during the day, you can also do things like:

- Stand up at least every 30 minutes.
- Regularly change your posture.
- Walk to see neighbors or colleagues instead of emailing.
- Hold walking meetings or social gatherings.

Poor circulation isn't a condition by itself. Instead, it results from other health issues. Therefore, it's important to treat the underlying causes, rather than just the symptoms. Be sure to talk to your doctor to find out what exercises or foods work best to improve circulation, especially if you are experiencing symptoms. But remember, move more and sit less.



Three key factors predict strong mental function in old age:

1. Regular physical activity.
2. A strong social support system.
3. Belief in one's ability to handle what life has to offer.

Hand strength is important too.

Muscle strength is an important determinant of healthy aging. We talk a lot about fall prevention and mobility strategies, but handgrip strength is critical as well.

For example, if you fall and are able to get to a place where you can grab a chair to get yourself back up, but are unable to grip the chair, you may find yourself still on the floor. Research shows a strong correlation between handgrip strength and mobility, strength of the lower limbs and balance. Simple assessments, such as handgrip strength, chair stand, gait speed, Timed Up and Go (TUG) test and balance assessments can assess the prevalence of mobility limitations and functional performance and facilitate proper planning of appropriate interventions to prevent disability. If you're concerned about grip strength, ask your provider about an assessment and recommendations for strengthening.

Call the Aspen Club and ask about balance assessments in your community.

Age is just a number.

- At 57, Frank Dobesh completed his first 100-mile bicycle ride, exactly 10 years after being diagnosed with an inoperable brain tumor.
- At 59, Satchel Page became the oldest Major League Baseball player.
- At 69, Mother Theresa received the Nobel Peace Prize.
- At 72, Margaret Ringenberg flew around the world.
- At 71, Katsusuke Yanagisawa, became the oldest person to climb Mt. Everest.
- At 75, cancer survivor Barbara Hillary became one of the oldest people to reach the North Pole.
- At 77, John Glenn became the oldest person to go into space.
- At 80+, Susan B. Anthony formed the International Woman Suffrage Alliance.
- At 82, William Ivy Baldwin became the oldest tightrope walker, crossing the South Boulder Canyon in Colorado.
- At 94, comedian George Burns performed in Schenectady, New York, 63 years after his first performance.
- At 100, Frank Schearer was the oldest active water skier in the world.

Remember, age is a matter of mind over matter. If you don't mind, it doesn't matter.



Create a great day, no matter what happens.

We all have "those days." Those days when, no matter what we do, nothing seems to go our way. Days when we lock the keys in the car, spill a drink on our shirt, trip over the cat or forget to pay an important bill on time. You all know the type of day we are talking about. Sadly, we often let these little glitches overshadow all the simple yet amazing things we often take for granted.

However, you can create a great day no matter what happens. First, take a deep breath and say to yourself, "A thousand things went right today." Then start feeding your brain more positive thoughts. Those thoughts could be as simple as, my elbow bent, I found my glasses, the toaster works, I can smile, I got to my destination on time, the flowers are coming up, my blood pressure reading was good. As the momentum of this type of thinking continues to build more and more, you'll be surprised by all the things that come to you and begin to shape your attitude of gratitude.

"We spend our days looking, hoping and wishing that our lives could go better, when all the while, so much of life is already working perfectly!"

—Ilan Shamir

When you begin to look, the more wonderful positive things you'll discover. Changing your perspective changes your mental picture and combats negativity when it starts. But seeing the positive takes practice. Positive perception is similar to a muscle; the more you exercise it, the stronger it grows. So exercise your "celebrate life" muscle because there is so much to be thankful for each day. Let go of what isn't working to focus on what is. Make each day more of what you want and deserve.



A great thing about getting older is getting your priorities straight. You can stop tap-dancing to everyone else's tune and focus on perfecting your own routine and the real you.

Why are we still seeing Medicare ads?

Open enrollment for Medicare ended on December 7. Doesn't it seem odd there are still a lot of ads for Medicare running on TV? What's the reason?

The reason you are still seeing these is that there is another open enrollment period that has been running from January 1 and goes through March 31. You don't hear as much about this one because it only affects people who are on Medicare Advantage (MA) plans. During this time, people with MA plans can switch plans or go back to original Medicare.

People with original Medicare are not affected by this enrollment period. They are not allowed to make changes again until the main Open Enrollment Period, October 15 through December 7.

If you have questions, please call the State Health Insurance Assistance Program (SHIP) office, (housed at the UCHealth Aspen Club) at 970.495.8558.



Do I have to start Medicare when I turn 65?

The answer to almost all Medicare questions begins with, "Well, that depends." That is true for this question. Let's try to take the mystery out of this.

When you turn 65, you enter into your Initial Enrollment Period (IEP). This is when you are first eligible for Medicare. If you are under 65 and have a disability or if you have ALS or ESRD, you may be eligible sooner. You are required to enroll in Medicare B during your IEP. If you don't, you will be penalized, and this penalty will follow you the rest of your life. Unless...

Unless you have credible coverage, usually through your employer or your spouse's employer. If you have credible coverage, then you can disregard your IEP. When you decide to retire (or your spouse does) and drop your current insurance, then you will create for yourself a Special Enrollment Period (SEP). At that time, you will need to be aware of certain timelines and deadlines.

But the short answer to the question "Do I have to start Medicare when I turn 65?" is, no—as long as you have credible coverage at your employer or your spouse's employer. Please note, if you work for an organization with fewer than 20 employees, then you are required to start Medicare when you turn 65.

The Aspen Club is home to northern Colorado's State Health Insurance Assistance Program (SHIP) office. We have Medicare counselors trained and certified by CMS to provide objective and unbiased Medicare counseling. Call 970.495.8560 or 970.495.8558 for assistance.

Nutrition label changes.

If you have participated in some of Aspen Club's nutrition, mindful eating or other behavior-change focused classes, you have probably learned the value of reading nutrition labels. The U.S. Food and Drug Administration has mandated an update to nutrition labels to reflect current scientific information and address the link between diet and chronic diseases—such as obesity and heart disease—that are of growing concern in American society. The label update is designed to help you make more informed choices about the food you consume.



Practice utilizing the new labels as you navigate healthy eating in the new year. Eating fresh whole foods (that often don't have a nutrition label) is a good practice. When you do eat packaged food, the label makes it easier than ever to check in on important nutrients such as sodium (no more than 2300mg/day—ideally no more than 1500mg/day), sugars (limit added sugars to 24 grams/day) and fiber (for those over 50, try to get daily 21 grams for women or 30 grams for men). Watch for a new six-week class in a future Aspen Club newsletter titled *Healthy Eating for Successful Living* to delve into label reading and many other supportive nutrition and health tips.

Source: [fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label](https://www.fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label)

What changed?

The label changes include the following important features:

- Increasing the visibility of calories, servings per container and serving size.
- Indicating the actual amount (in addition to Percent Daily Value) of vitamin D, calcium, iron and potassium.
- Clarifying that Percent Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet, and that 2,000 calories a day is used for general nutrition advice.
- Inclusion of added sugars in both percent daily value and grams.
- Inclusion of vitamin D and potassium to help address the public health concern related to under-consumption of these nutrients.
- Removal of calories-from-fat because research shows the type of fat is more important than the amount.
- Updated daily values for certain nutrients.
- Updated serving sizes to reflect what people are actually eating, not what they should be eating.
- Updating package size to reflect a normal serving size.

Nutrition Facts		
8 servings per container		
SERVINGS: Larger, bolder font.	Serving Size	2/3 cup (55 g)
	Amount Per Serving	
	Calories	230
		% Daily Value*
	Total Fat 8 g	10%
	Saturated Fat 1 g	5%
	Trans Fat 0 g	
	Cholesterol 0 mg	0%
	Sodium 160 mg	7%
	Total Carbohydrate 37 g	13%
	Dietary Fiber 4 g	14%
	Total Sugars 12 g	
	Includes 10 g Added Sugars	20%
SUGARS: New added sugars.	Protein 3 g	
	Vitamin D 2 mg	10%
	Calcium 260 mg	20%
NUTRIENTS: Change in some nutrients required.	Iron 8 mg	45%
	Potassium 240 mg	6%
	* This % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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)

- Snow Mesa Clinic, 4674 Snow Mesa Drive, Ste. 100
- Prospect Medical Plaza, 1106 E. Prospect Road
- Hearing Rehab Center, 1030 Centre Ave., Ste. A

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

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.

Cooking Classes **R**

Longs Peak Hospital's food and nutrition team will feature recipes and cooking tips on healthy eating options. Today's session: Facts About Fats—increasing satiety with fresh avocado. In-person seating will be limited.

- **Longmont:** 3-4 p.m. Thursday, March 10
LPH, 3rd-floor classroom

Medicare 101 **R**

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

- **Fort Collins:** 9-10:30 a.m. Saturday, March 12, Family Medicine Center, door #118

Powerful Tools for Caregivers **R**

If you are the primary caregiver for a loved one, you must also take care of yourself. The Powerful Tools for Caregivers program will introduce you to 35 tools that can help you avoid burnout and reduce your 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. The class size is limited and registration is required. For more information and to register, contact Dani DePas, Larimer County Office on Aging: 970.498.7758 or adrc@larimer.org.

- 1-3 pm. Wednesdays, March 16-April 27

The Scoop on Poop—Part Two **R**

UCHealth physicians and staff from UCHealth Longs Peak Hospital in Longmont will lead 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. Join UCHealth gastroenterologist Dr. Daniel Freese as he explains how you can get a lot of health clues from your number twos. Dinner will be provided to in-person attendees. Seating is limited.

- **Longmont:** 5:30-6:30 p.m. Tuesday, March 15
Longmont Senior Center: 303.651.8411

Cancer: Thriving and Surviving

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

- **Fort Collins:** 5:15-7:30 p.m. Thursdays, March 24-April 28

10 Warning Signs and Symptoms **R**

Join us to learn about the 10 common warning signs and what to watch for in yourself and others, typical age-related changes, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, the diagnostic process and the Alzheimer's Association resources.

- **Fort Collins:** 10-11:30 a.m. Friday, April 15
PVH, Café F

Organ Donation Explained **R**

The Donor Alliance organization partners with hospitals to support families through end-of-life care and to honor the donation decision of individuals. Donor Alliance hospital professional, Katherine Orozco, will share information about the gift of life.

- **Loveland:** 4:30-6 p.m. Wednesday, April 27
MCR, Big Thompson room

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



Cornea Transplants

UCHealth physicians and staff from UCHealth Longs Peak Hospital in Longmont lead a shared conversation on a variety of health-related topics from head to toe. Plan for an interactive hour of beneficial health information, featuring UCHealth ophthalmologist [need provider name], who will discuss the advances in cornea transplant treatment. Dinner will be provided to in-person attendees. Seating is limited.

- **Longmont:** 5:30–6:30 p.m. Tuesday, April 19
Longmont Senior Center: 303.651.8411

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

IN-PERSON-ONLY CLASSES

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

Mindfulness for (continued) Pandemic Relief ^R

This class will refresh the mind, body and spirit through gentle movements and guided meditation. Leave with a clear mind and ten practices to maintain positivity in your daily life—something we can all benefit from. This is taught by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

- **Fort Collins:** 2–3:30 p.m. Wednesday, March 2
Westbridge classroom

Brain Boosters and Memory Strategies ^R

Aspen Club Health Educator Rich Shipman will facilitate this fun program, which is for people who want to learn strategies to boost brain health and address everyday memory concerns. Researched techniques will be shared, as well as how to apply simple strategies to everyday life to stay mentally sharper and alert.

- **Loveland:** 10–11 a.m. Thursday, March 3
Chilson Senior Center

Mediterranean Diet Workshop ^R

Many long-term health benefits have been associated with following a Mediterranean lifestyle, including weight loss, reduced blood pressure and cholesterol and reduced risk for various chronic conditions. Learn about the Mediterranean lifestyle and how to incorporate it from a representative of the Larimer County/CSU Extension Office.

- **Fort Collins:** 2–3:30 p.m. Tuesday, March 15
Fort Collins Senior Center
- Call 970.221.6644 to register, and refer to activity #225402-01

Get Your Advance Directives Done ^R

This class will explain living wills and medical health care directives, and you will have an opportunity to complete them. We will also discuss end-of-life decisions and the importance of sharing your plans with loved ones.

- **Fort Collins:**
 - 9:30–11 a.m. Thursday, March 24
Prospect Medical Plaza
 - 10–11:30 a.m. Thursday, April 14, Snow Mesa Clinic
- **Longmont:** 10–11:30 a.m. Wednesday, April 13
Location to be announced
- **Greeley:** 10–11:30 a.m. Thursday, April 21
Greeley Medical Center
- **Loveland:** 1:30–3 p.m. Tuesday, April 26
MCR, North Medical Office Building, Suite 2200

Stepping On—Guarding Against Future Falls ^R

Stepping On is a seven-week, evidence-based class that develops the knowledge and skills needed to help prevent falls. It focuses on how strength and balance exercises, medication management, home safety, footwear, vision and mobility all play an important role in fall prevention.

- **Loveland:** 9:30–11:30 a.m. Mondays, March 21–May 2
MCR, Big Thompson Canyon room (first floor)
- **Fort Collins:** 9:30–11:30 a.m.
Wednesdays, March 23–May 4
Family Medicine Center, door 118
- Suggested donation of \$10 is requested to cover class materials

Tired All The Time (TATT) ^R

This class is all about learning strategies to boost your energy so that you are not TATT. Our own UCHealth community health nurse Julie Knighton will discuss what might be causing your tiredness and what you can do to help yourself have more energy.

- **Fort Collins:** 10–11:30 a.m. Monday, April 4
Family Medicine Center, door 118
- **Greeley:** 1–2:30 p.m. Wednesday, May 25, GMC

Gym on a Whim ^R

When you age, it's good to stay fit and keep moving. Learn how to focus on strength training and cardiorespiratory fitness no matter where you are. JoAnn Herkenhoff, UCHealth community health educator and ACE-certified senior fitness specialist, will share ideas about setting up a home gym that won't break the bank.

- **Fort Collins:** 2–3 p.m. Friday, April 15
Fort Collins Senior Center
- Register by calling 970.221.6644 and refer to activity #225401-01

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



Am I Hungry? Mindful Eating Strategies

Enjoy this introduction to the Am I Hungry? Program, where you'll learn to be in charge instead of feeling out of control when it comes to eating. Eat foods you love without overeating or feeling guilty and how to identify your own emotional cues. Taught by UCHHealth registered dietitian and mindfulness practitioner Deanna O'Connell.

- **Loveland:** 2-3:30 p.m. Thursday, April 21
Chilson Senior Center

New Member Orientation **R**

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.

- **Loveland:** 1-2:15 p.m. Friday, March 18
MCR, Big Thompson room
- **Fort Collins:** 9-10:15 a.m. Saturday, April 23
Aspen Club office
- **Greeley:** Call 970.495.8560 for new member orientation dates coming up in Greeley

HEALTH SCREENINGS

Medication and Supplement Reviews **R**

UCHHealth 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.

- **Loveland:** 9-11 a.m. Tuesday, March 8
MCR, Aspen Club office
- **Fort Collins:** 8 a.m.-noon Friday, May 6
Aspen Club office

Balance Screenings **R**

These screenings, completed by a physical therapist, will assess your fall risk using the Fullerton balance test. Balance and fall-prevention strategies will be shared based on your results.

- **Fort Collins:** Tuesdays, Mar. 8 or April 12
Westbridge classroom; call 970.495.8560 to schedule an appointment
- **Loveland:** Wednesdays, March 23 and April 27
Chilson Senior Center; call 970.962.2783 to schedule an appointment
- Cost is free thanks to grant-funding

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

Have your blood pressure checked and visit with UCHHealth community health RN, Julie Knighton. You can ask her questions about medications, chronic diseases and healthy lifestyles.

- **Fort Collins:** 9 a.m.-noon Wednesdays,
March 2 and April 6, Aspen Club office
- **Loveland:** 9 a.m.-noon Wednesdays,
March 9 and April 13, Aspen Club office, MCR
- To schedule an appointment, please call
970.495.8560

Drop-In Blood Pressure Checks

No appointments necessary for the following basic blood pressure checks completed by a registered nurse.

- **Loveland:** 9-11 a.m. Mondays, March 28 and April 25
Chilson Senior Center

Hearing Screenings **R**

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

- **Fort Collins:** 1-4 p.m. Thursday March 3
Hearing Rehab Center, 1030 Centre Ave., Suite A
- **Greeley:** 11 a.m.-1 p.m. Thursday, March 17
Hearing Rehab Center, 2018 35th Ave., Suite A
- Appointments are required for both locations; call
970.495.8560

Bone Density Screening **R**

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

- **Loveland:** 9 a.m.-1 p.m. Tuesday, March 15
MCR, Aspen Club office
- Cost: \$12; appointments and prepayment required

ONGOING SERVICES

Toenail Service **R**

A specially trained nurse will do a lower-leg and foot assessment, foot soak, toenail trimming and filing, corn and callus reduction, light foot massage and more.

- **Greeley:** 9 a.m.-3 p.m. Wednesdays, March 2 and 9
and April 6 and 13, Greeley Medical Center, 3rd floor
- **Fort Collins:** 8:15 a.m.-3:45 p.m. every Tuesday
Westbridge Building; please note: we are generally booked out 2-3 months in advance
- **Longmont:** 1-5 p.m. Wednesdays, March 23
Long Peaks Hospital; to schedule an appointment
call 720.718.1690
- Prepayment of \$38 is required
- Schedule appointments at all locations
by calling 970.495.8560

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



CarFit Assessments **R**

CarFit teaches you how to make your car “fit you” to increase safety and mobility and to help you drive safer for longer. A CarFit technician goes over a 12-point checklist, including steering wheel spacing, properly adjusted headrests, seat belt usage and more.

- **Fort Collins:** Noon–3 p.m.
Monday, March 14 or April 11 Aspen Club office
- Appointments are required

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

ASPEN CLUB FITNESS OPPORTUNITIES

- 8-week session March 7–April 29.
- Register by calling 970.495.8560.
- Space is very limited. Registration is handled on a first-come, first-served basis. Classes will abide by all COVID-19 protocols assigned by UCHHealth at the time.

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.

- 10:30–11:30 a.m. Wednesdays, March 9–April 27
Westbridge classroom
- Cost: \$46

Gentle Yoga **R**

This class is perfect for those wanting a slower-paced, gentle yoga class with a lot of stretching and slower movements. Please bring a yoga mat. Beginners are welcome, as well as seasoned practitioners; however, you must be able to get up from and down to the floor.

- **Fort Collins:** 2:30–3:45 p.m. Thursdays,
March 10–April 28, Westbridge Lifestyles room
- Cost: \$46

PWR! Moves **R**

The Parkinson’s Wellness Recovery (PWR) class helps people with Parkinson’s disease (PD) stay better longer with exercise. This fun, safe and motivational class is designed to address multiple PD symptoms and enhance daily activities.

- 1–2 p.m. Thursdays, March 10–April 28
Contemporary Dance Academy
2519 S. Shields St., Suite #1A
- Cost: \$36

Men - Loosen Up! **R**

It’s never too late to start a stretching routine. This all-men’s stretching series will integrate moves to improve flexibility and range of motion. Helps you with more energy, decreases potential risk for injury and might even help your golf game. Please select one of the class times below.

- **Fort Collins:**
 - 8–9 a.m. Wednesdays and Fridays,
March 9–April 29, Westbridge classroom
 - 9:15–10:15 a.m. Wednesdays and Fridays,
March 9–April 29, Westbridge classroom
- Cost: \$52

Aspen Club Ongoing Services

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

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



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Aspen Club
membership
14,158

To Aspen Club members.

COMPLIMENTS OF UCHEALTH COMMUNITY HEALTH IMPROVEMENT.

Enjoy an insulated grocery bag with a firm plastic bottom insert.

These come in black and red colors.

Stop by the Fort Collins Aspen Club office anytime. For other locations, please call, and we'll make arrangements.

