

ASPEN CLUB^{NEWS}

July/August 2022 | Volume 35 | Issue 4

Healthy heart, healthier you.

Your heart is a muscle, and as with any muscle of the body, exercise strengthens it. Regular exercise is proven to have beneficial effects on risk factors for chronic conditions, including lower blood pressure and cholesterol, and better regulation of blood sugar levels. If you have already been diagnosed with a chronic condition, like diabetes or hypertension, beginning an exercise routine can help decrease and manage your existing symptoms.

Exercise encourages positive physical changes of the heart, and with consistency can dramatically increase its strength. Because the heart is essential to the health and function of your body, a stronger heart will help you live a longer and healthier life. While working out, your muscles become fatigued and require more oxygen and nutrients. Your heart recognizes this increased demand and beats faster to increase blood flow. Over time and with regular

exercise, your heart gains efficiency and pumps more blood with each beat. The influx of blood circulation during exercise also diminishes cholesterol and plaque buildup in vessels that surround and supply blood to your heart. Weight loss can be a secondary benefit of regular exercise, which lowers your heart's workload. Studies show that losing even a small amount of weight can dramatically improve heart and vascular health. All of these benefits support effective management of chronic conditions.

The American Heart Association recommends doing aerobic exercises such as walking, biking, swimming, etc., to effectively work out your heart. 150 minutes of moderately paced exercise per week is sufficient, which breaks down to 30 minutes a day for five days a week. Simple daily changes can also be beneficial to heart health, such as taking stairs instead of an elevator or walking to a close destination (like the corner market) instead of driving.

—Kristen Abel, CSU Intern



Decoding fitness terminology.

It is important to understand commonly used fitness terms so that you can set realistic health goals and get the most out of your exercise routines:

- **Functional training:** Training methods designed to help build strength and endurance to support everyday movement and activity.
- **Cardio:** Any exercise that elevates your heart rate.
- **Aerobic:** Requiring oxygen—activities that help your cardiorespiratory system run efficiently.
- **Anaerobic:** Activities, performed for short duration, that do not require oxygen and are beneficial for building strength and power.
- **Dynamic:** These stretches require active extension to move a joint through its available range of motion.
- **High intensity interval training (HIIT):** Short intervals of explosive exercises with short recovery periods.

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.

Convenient one-call number for all Aspen Club locations:
970.495.8560

Fort Collins

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

Greeley

Greeley location to be
determined

Longmont

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

Loveland

UCHealth Medical Center
of the Rockies (MCR)
2500 Rocky Mountain Ave.
Loveland, CO 80538

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



HEALTHY AGING

The curious paradox is that
when I accept myself just
as I am, then I can change.



Age-friendly.

Did you know that Poudre Valley Hospital and Medical Center of the Rockies have earned Age-Friendly Health System designations? With the rapidly growing number of older adults, the age-friendly movement helps ensure that the care of older adults—which can be more complex—is more manageable. According to the definition, age-friendly:

- Follows an essential set of evidence-based practices.
- Causes no harm.
- Aligns with what matters to the older adult and their family or other caregivers.

An Age-Friendly Health System is not a program, but rather a shift in the way care is reliably provided regardless of the number of functional problems an older adult may have or that person's cultural, racial, ethnic or religious background or the setting or provider with whom he/she may come into contact.

Implemented together, the 4Ms comprise:

1. **What Matters:** Knowledge and alignment of care with each individual older adult's specific health goals and preferences (e.g., outcomes, end-of-life care).
2. **Medication:** Does not interfere with What Matters, Mobility or Mentation.
3. **Mentation:** Prevention, identification, treatment and management of dementia, depression and delirium.

4. **Mobility:** Ensuring safety of movement every day to maintain function and consistency with What Matters.

The 4Ms identify the core issues that should drive all decision-making in the care of older adults and fundamentally focus on the older adult's wellness and strengths rather than solely on disease. The 4Ms are relevant regardless of an older adult's individual disease(s).

The Aspen Club team is proud to serve our members and proud to be a part of a health system with an intentional focus on providing the very best age-friendly care.

As always, good health
and joy to you,

JoAnn Herkenhoff
UCHealth Senior Services
Aspen Club Supervisor

Research shows
you are more likely
to have a creative
epiphany when you're
doing something
monotonous, like
exercising, showering
or fishing.



Prevent diabetes.

As we move forward from this life-changing pandemic, it's a great time to get back on track with our health goals. We may have strayed from our good intentions to manage body weight or the progression of pre-diabetes or diabetes. Many of us have become more sedentary and may have gained a few extra pounds over the past few years. Blood glucose and A1C values may have crept up. Many of us are asking "How can we get motivated again? Where can we find support from those who are qualified and can provide expert advice?" Here are some tips to help:

- Ask your doctor about a referral to see an educator at UHealth Diabetes and Medical Nutrition Therapy. Diabetes self-management education has been shown to lower A1C by -.76%, improve quality of life, reduce health care costs, decrease weight and improve coping skills.
- UHealth Diabetes and Medical Nutrition Therapy offers personalized nutrition and diabetes counseling in northern Colorado. Appointments are available at Poudre Valley Hospital in Fort Collins, Medical Center of the Rockies in Loveland and Greeley Hospital in Greeley. A referral from your doctor is needed for diabetes or nutrition education. Educators are registered nurses and registered dietitians who are also certified diabetes care and education specialists. They can answer questions about disease pathophysiology, medications, insulin, diet, physical activity, diabetes technology and much more. Group classes, one-on-one counseling and telehealth visits are available.
- The Diabetes Prevention Program, a yearlong lifestyle-change program, is offered through our department. Medicare, Medicaid and private insurance provide coverage for the classes and/or individual education—always check with your insurance prior to making an appointment.
- We also offer an annual diabetes update with speakers and current information on a wide range of diabetes topics. Mark your calendar for Saturday, November 5, 2022, for this event.

Please call UHealth Diabetes and Medical Nutrition Therapy at 970.495.8205 for more detailed information about how our services can help you.

Written by Cecilia Jamieson, MS, RD, CDCES

Medicare open enrollment:

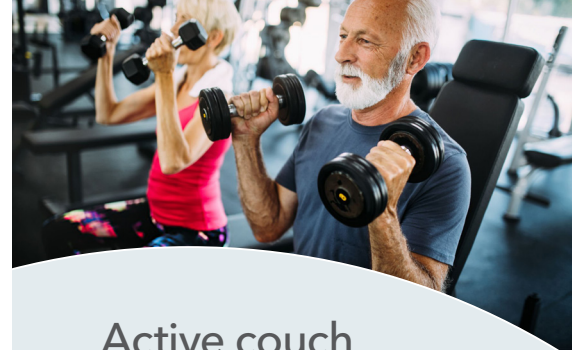
Open enrollment for Medicare will be here soon. It will be October 15 through December 7. During this time, you can switch from original Medicare to Medicare Advantage or from Medicare Advantage to original Medicare. In addition, you can switch from one Medicare Advantage plan to a different one.

Interestingly, most people are not doing any of those things. Most people use open enrollment to review their Part D drug plan. Usually, a person on Medicare Advantage stays on the same plan year after year in order to keep their current benefits and current doctors. And people on original Medicare tend to stay on that so they don't lose their Medicare Supplement (AKA Medigap).

Most people who take the time to review their plan, find that they saved money by doing so.

In the next Aspen Club newsletter, you will find out how to get signed up for a plan review. We will publish this to Aspen Club members before letting the general public know about it. Just one more advantage to being a member of the Aspen Club.





Health screenings: When should I do what?

There are many recommended health screenings, and it can be difficult to keep track of when they are needed. Health screenings are important for people of all ages and stages, and as we age our risk for certain diseases and health conditions changes. Staying on top of screenings helps to catch warning signs early to aid in treatment.

Starting in your 40s and beyond, the following are suggested by the Agency for Healthcare Research and Quality (a branch of the United States Department of Health and Human Services).

Women:

- **Mammogram:** Annual test for breast cancer starting at age 40.
- **Skin exam:** Annual test for skin cancer.
- **Pelvic exam:** Annual check for cancer.
- **Cholesterol screenings:** Annual test for heart disease.
- **Blood pressure screenings:** Every two years to test heart health.
- **Pap smear:** Every three years to test for cervical cancer.
- **Blood glucose test:** Every three years to test risk of diabetes.
- **Bone density testing:** Every three years to test for osteoporosis starting at age 65.
- **Colonoscopy:** Every three years to test for colon cancer beginning at age 45.
- **Depression:** Your emotional health is as important as your physical health. Talk to your health care team about being screened for depression, especially if during the last two weeks you have felt down, sad or hopeless or have had little interest or pleasure in doing things.

Men:

- **Skin exam:** Annual test for skin cancer.
- **Cholesterol screenings:** Annual test for heart disease.
- **Blood pressure screenings:** Every two years to test heart health.
- **Prostate screening:** Every three years to test for prostate cancer starting at age 50 for men who are at average risk.
- **Hearing test:** Every three years for hearing loss detection starting at age 50.
- **Testicular exam:** Every three years to test for testicular cancer.
- **Blood glucose test:** Every three years to test risk of diabetes.
- **Bone density testing:** Every three years to test for signs of osteoporosis.
- **Colonoscopy:** Every three years to test for colon cancer beginning at age 45.
- **Depression:** Your emotional health is as important as your physical health. Talk to your health care team about being screened for depression, especially if during the last two weeks you have felt down, sad or hopeless or have had little interest or pleasure in doing things.

Disclaimer: This is not a complete list of all possible health screenings. Starting age and frequency of screenings depend on your personal health risks and history; talk to your doctor to determine which tests are right for you.

Active couch potatoes?

This new term has been coined to describe those who exercise, but ultimately spend the majority of their days sedentary. Clever as this term is, it's actually quite detrimental to your health, as the latest research suggests that how much time we spend sitting could be just as important as how much time we spend exercising. Not to be confused with lazy, the active couch potato spends much of his/her leisure time sitting down, such as watching TV, working on the computer, eating, driving, etc. An easy way to combat this pattern of behavior is to take inventory of how you spend a typical 24-hour period. Assess opportunities to stand more and move more. Exercise (structured, planned and intentional) should be incorporated into your day, but any and all physical activity (any movement) will be the key to combating your inner couch potato.



INSIGHTFUL

Your body is your deepest friend and oldest ally.

—Anonymous
affirmation statement

Spotlight on UV safety and healthy vision:

Summer is upon us, and while the sun shines bright, we highlight July as UV Safety and Healthy Vision Awareness Month. We hope you enjoy those warm sunny days with safety in mind. The sun emits both UV-A and UV-B rays, both of which can cause skin/eye cancer, premature aging of the skin and vision problems, including cataracts and macular degeneration. Minimize the risks of sun exposure:

- Cover up with shade-protective clothing, including a hat and sunglasses.
- Seek shade, even on cloudy days, between the hours of 10 a.m. and 4 p.m., when the glare of the sun is at its strongest.
- Choose the right sunscreen and use the right amount of it. FDA regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and it's important that you apply at least one ounce (a palmful) of sunscreen every two hours.
- Talk to your health care provider if you are having any problems after being in the sun.



Cognitive rehabilitation.

Just like your body needs exercise to stay strong and limber, your brain needs exercise to ensure proper function. Neuroplasticity (also known as neural plasticity or brain plasticity) is the growth and reorganization that neural networks in the brain undergo, ranging from new neural pathway connections, to systematic adjustments like remapping. Examples of neuroplasticity include circuit and network changes that result from learning a new ability, environmental influences, practice and psychological stress.

You can increase your neuroplasticity and stimulate your brain with these activities:

- "Add 3, subtract 7": Pick any 2-digit number, and then add 3 to that number three times. Next subtract 7 from that final number, then repeat. This exercise helps improve processing and organizing information and is great because your brain must attend to and hold on to several details at once.
- Practice fine motor skills through stacking pennies or putting together a jigsaw puzzle.
- Use your non-dominant hand to write or complete an activity.
- Memory game: Have someone else write down several general categories (such as tools, animals, plants, countries, occupations, foods, sports, etc.), and then try to remember and name (verbally or in writing) as many items in that category as possible.
- Grocery list: Have someone go to the grocery store with you and tell them to choose 2 or 3 food items. Then go and find those items without writing down what the person said. As you improve, you should increase the number of items you must memorize, until you can recall 7 items.
- Making change: Practice making change from a pretend grocery store item.
- Novel journaling: Choose a new place to visit. Sit and observe what you see, hear, smell, etc., and write your observations in a journal.
- Rhythm matching: Have one person tap out a rhythm on the table, and then try to match that rhythm yourself.



Substitutes for a healthy diet:

Pasta - zucchini
Chips - carrots
Milk - almond milk
Rice - cauliflower
Butter - sadness
Cheese - nope
Tacos - this is stupid...I'm not doing it.



SMART goals:

In order for goals to be SMART, they must be:

- **Specific:** Well-defined, clear and unambiguous.
- **Measureable:** Outlines specific criteria to make progress toward the goal. May answer questions such as "how much" and/or "how often."
- **Attainable:** Within your means to achieve.
- **Relevant:** Aligns to your life purpose.
- **Time-based:** Bound to specific timeline to create a sense of urgency.

Ready for a change but wondering where to begin?

As spring knocks at our door, it's a great time to start something new or clear out something old. In order to be successful in our pursuits, we can set goals. Read on for some ideas about the best way to set a realistic, achievable goal.

Start by listening to yourself. Great goals will excite you. Great goals do not come from "should" but rather are driven by an internal desire or drive. Accomplishing great goals can leave a person with a sense of achievement, satisfaction or joy. Great goals are also SMART goals. Setting manageable goals using the SMART method (see side column) helps increase the likelihood of achieving your goals.

Think about your goal, and then apply the SMART methodology. If your goal is to be more physically active, your SMART goal might look like this: I will walk three times per week for 30 minutes per day for the next six weeks. When you can answer yes to each SMART component, you know you've created a solid goal.

Now, think about your SMART goal. Does it excite you? If it doesn't, what can be added to make the goal more interesting, increasing the odds of achieving it? If a SMART goal seems too complicated, you might try a different, three-step method. Think about your ideal goal, create a back-up goal and a minimum goal. Ultimately, even if you land at your minimum goal, you're still making progress.

Having an accountability partner can also help increase the likelihood of achieving goals. The Aspen Club is here to support you and your goals. Share your goals and your progress with us by emailing aspenclub@uchealth.org. We're excited to cheer you on. And if you want to start to set goals and create real change in your life, check out "Bust Those Bad Habits" in our class offerings.

*Written by Jill Levine, Certified Professional Coach,
Community Health Improvement*



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-ONLY CLASSES (MS Teams)

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

Virtual Tai Chi for Better Balance ^R

We are looking for individuals who meet the following criteria and can meet twice a week for eight weeks: never taken tai chi before, fallen at least once in the past year, able to attend 14 of the 16 classes. This program has pre- and post-assessments. Class size is limited.

- **Virtual:** 12:30-1:30 p.m. Tuesdays and Thursdays, July 12 - Sept. 1
- Suggested donation of \$30 to cover class materials and professional instruction

Weekly Online Mindful Eating Practice Group ^R

We'll delve into a different topic each week such as hunger and emotions, recognizing head hunger, calming breath practices, mindful eating tips and much more. Bring a snack each week as we practice mindful eating and share experiences. Facilitated by Deanna O'Connell, UCHHealth registered dietitian and mindfulness practitioner.

- **Virtual:** 4-5 p.m. Wednesdays, starting July 20
- **Loveland:** 1:30-3 p.m. Tuesday, Aug. 23
MCR, North Medical Office Building, Ste. 2200

IN-PERSON CLASSES, HEALTH SCREENINGS AND SERVICES

IN-PERSON-ONLY CLASSES

- *Upon registration, details of class location will be shared*
- *COVID-19 restrictions may still dictate these opportunities.*

Cancer: Thriving and Surviving

In this six-week class, you will learn skills to help you regain a sense of empowerment and live a quality life, including how to cope with fear of recurrence, depression and fatigue. Share and learn from other cancer warriors.

- **Greeley:** 9:30-noon Tuesdays, July 5-Aug. 9
Greeley Medical Center, conference room 1

Driving Safely in Your Golden Years ^R

This presentation will review health factors that affect driving and propose 4 Steps to Improve Driving Health. Taught by Heather Ackart, occupational therapist and driver rehabilitation specialist with Health Promotion Partners.

- **Loveland:** 9-10 a.m. Thursday, July 7
MCR, Big Thompson Canyon room
- **Greeley:** 3-4 p.m. Thursday, July 14
Greeley Medical Center, conference room 3

Brain Boosters and Memory Strategies ^R

For those who want to learn strategies to boost brain health and address everyday memory concerns. You'll learn researched techniques and how to apply simple strategies to everyday life to stay mentally sharper and alert.

- **Loveland:** 2-3:30 p.m. Monday, July 11
MCR, Navajo Peak room

Stepping On ^R

Stepping On is a seven-week workshop that develops the knowledge and skills needed to help older adults prevent falls. It focuses on how strength and balancing exercises, medication management, home safety, footwear, vision and mobility all play important roles in fall prevention.

- **Fort Collins:** 1-3 p.m. Tuesdays, July 12-Aug. 23
Westbridge classroom
- **Loveland:** 9-11 a.m. Thursdays, Aug. 25-Oct. 13
MCR, Big Thompson Canyon room
- Suggested donation: \$10 (for materials and supplies)

Advancing the Science ^R

Join Kelly Osthoff, senior director of programs for the Colorado Chapter of the Alzheimer's Association, for an overview of Alzheimer's Disease science and the latest advances in research to find a prevention, treatment or cure.

- **Fort Collins:** 3-4 p.m. Wednesday, July 13
Westbridge classroom

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



Get Your Advance Directives Done ^R

It's important to have 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 from this class can be sent via email or mail, and a follow-up consultation is an option.



- **Longmont:** 10-11:30 a.m. Wednesday, July 13
LPH, conference room A
- **Greeley:** 5:30-7 p.m. Thursday, July 21, Greeley Medical Center, conference room 1
- **Fort Collins:**
 - 9:30-11 a.m. Thursday, July 28, UCHealth Internal Medicine - Prospect Clinic, Ste. 100
 - 10-11:30 a.m. Thursday, Aug. 11, UCHealth Internal Medicine - Snow Mesa Clinic, Ste. 100

BPH: New Treatment Options for a Common Problem ^R

Dr. Jason Warncke, UCHealth urologist, will provide an overview of BPH (enlarged prostate), including an update covering new technologies and minimally invasive procedures to treat this common condition.

- **Greeley:** Noon-1 p.m. Friday, July 15
Greeley Medical Center, conference room 3

Medicare 101 ^R

This class, taught by UCHealth Medicare counselors, offers an overview of Medicare benefits, supplemental insurance, Medicare Advantage Plans, prescription drug coverage, preventive services and more.

- **Loveland:** 9-10:30 a.m. Saturday, July 16
MCR, Big Thompson Canyon room
- **Fort Collins:** 9-10:30 a.m. Friday, Aug. 12
FMC, Door 118

Talk With a Healthcare Professional ^R

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. A light dinner will be provided. Seating is limited.

- **Longmont:** *Bon Voyage—how to travel safely this summer and fall*, 5:30-6:30 p.m. Tuesday, July 19
Longmont Senior Center
- **Longmont:** *Colds, flu and COVID, oh my! What is our fall/winter forecast?* 5:30-6:30 p.m. Tuesday, Aug. 16
Longmont Senior Center
- Call 303.651.8411 to register

New Member Orientation ^R

- **Loveland:** 10-11 a.m. Saturday, July 23
MCR Big Thompson Canyon room
- **Greeley:** Call 970.495.8560 for new member orientation in Greeley

Resiliency: A Steadying Inner Resource ^R

In this class we engage in five practices to build your resilience or ability to have inner strength, optimism and flexibility in the face of adversity and disappointment. Taught by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

- **Loveland:** 2-3 p.m. Monday, July 25
Chilson Senior Center

Nutrition, Inflammation and Brain Health ^R

Learn how anti-inflammatory eating relates to your health and well-being. Review foods and lifestyle factors to support our aging bodies, minds and digestion. Taught by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

- **Greeley:** Noon-1 p.m. Wednesday, July 27
Farr Regional Library, 1939 61st Ave., Farr meeting room

The Doctor in the Mirror ^R

Don't let your health situation take control of you—take control of your health. It's time to age with more vitality. Join UCHealth Community Health RN Julie Knighton and discuss ways to improve your health as you age.

- **Greeley:** 10-11 a.m. Wednesday, July 27
Greeley Medical Center, conference room 3
- **Fort Collins:** 2-3 p.m. Monday, Aug. 15
Fort Collins Senior Center auditorium
- Register by calling 970.221.6644; refer to activity #325404-01

Healthy Eating for Successful Living ^R

Join this six-week nutrition education and support program to learn how to implement healthy eating and activity behaviors that support your heart and bone health. There is no fee.

- **Fort Collins:** Noon-2 p.m. Thursdays, July 28-Sept. 1
Fort Collins Senior Center Auditorium
- Register by calling 970.221.6644 and refer to activity #325403-01

The AB ZZZZZs of Sleep ^R

UCHealth Community Health RN Julie Knighton will share sleep-management tips to help you identify and overcome age-related sleep problems, get a good night's rest and improve the quality of your waking life.

- **Fort Collins:** 2-3 p.m. Thursday, July 28
Fort Collins Senior Center auditorium
- Register by calling 970.221.6644; refer to activity #325402-01

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

Rebound and Refresh Your Health **R**

Learn tools to get back on track for nutritious eating, exercise and self-care routines, as well as keys for breaking negative patterns. Taught by Deanna O'Connell, UCHHealth registered dietitian and mindfulness practitioner.

- **Loveland:** 9:30-11 a.m. Monday, Aug. 8
Chilson Senior Center

Cooking Classes **R**

Longs Peak Hospital's food and nutrition team will feature recipes and cooking tips on healthy eating options.

- **Longmont:** 3-4 p.m. Wednesday, Aug. 10
LPH, conference room A

Gong Voyage **R**

Participants have attributed sound healing to the reduction of stress and stimulation of deep relaxation, lower blood pressure and relief from chronic pain. You will simply lie down, get comfortable, set your intention and let the gong meditate you. Kathy Dickson will play for an hour with no words spoken as you simply absorb the vibrations. Please wear comfortable clothes.

- **Fort Collins:** 2-3 p.m. Thursday, Aug. 11
Be Free Healing Center, 1006 Spring Creek Lane

Death Café **R**

Demystify the topic of death and engage in thoughtful and respectful conversation about death. Mindy Rickard from the Health District of Northern Larimer County will lead the discussion about living well and "leaving" well.

- **Fort Collins:** 9-10 a.m. Tuesday, Aug. 16
Poudre River Whitewater Park, 201 E. Vine Drive
- Please bring your own chair or blanket to sit on, as we will meet in the grassy area near the parking spots along Vine Drive

Nutrition for Older Adults **R**

Can eating well help you maintain your independence as you age? The answer is yes. In this workshop, Amber Webb, Larimer County CSU Extension agent, will provide strategies you can use to eat healthy as you age and share some delicious recipes.

- **Loveland:** 2-3:30 p.m. Tuesday, Aug. 23
Loveland Library, 300 N. Adams Ave.

Living Well With Diabetes **R**

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 with diabetes, come learn skills to deal with the life and emotional changes that come with diabetes.

- **Fort Collins:** 1-3:30 p.m. Tuesdays, Aug. 2-Sept. 27
UCHHealth Medical Group
1106 E. Prospect Road, Ste. 100

Bust Those Bad Habits **R**

Join certified professional coach and well-being specialist Jill Levine for a class dedicated to changing habits and increasing well-being.

- **Loveland:** 9:30-10:30 a.m. Monday, Aug. 22
Loveland Library, 300 N. Adams Ave.
- **Fort Collins:** 10-11 a.m. Tuesday, Aug. 23
Westbridge classroom
- **Greeley:** 10:30-11:30 a.m. Monday, Aug. 29
Greeley Medical Center, conference room 3

Diabetes Prevention Program **R**

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

- **Loveland:** Noon-1 p.m. Thursdays, starting Aug. 25
MCR, Navajo Peaks conference room
- For more information and to register, call 970.495.8777

HEALTH SCREENINGS

CarFit Assessments **R**

Using a 12-point checklist, including steering wheel spacing, properly adjusted headrests, seat belt usage and more, occupational therapists Marlis Lane and Heather Ackart will help you drive safer for longer.

- **Fort Collins:** 9 a.m.-noon Mondays, July 11 or Aug. 8
Aspen Club offices

Balance Screenings **R**

These screenings will assess your fall risk using the STEADI (Stopping Elderly Accidents, Deaths and Injuries) Initiative tools and protocols. Balance and fall prevention strategies, programs and resources will be shared based on your results.

- **Fort Collins:** 9:20 a.m.-12:20 p.m. Tuesdays, July 12 or Aug. 9, Westbridge classroom; call 970.495.8560 to schedule an appointment
- **Loveland:** 12:30-3:30 p.m. Wednesday, Aug. 24
Chilson Senior Center; visit in person or online at lovgov.org/webtrac to schedule an appointment
- Cost: 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 to ask questions about medications, chronic diseases and healthy lifestyles.

- **Fort Collins:** 9 a.m.-noon Wednesday, July 6 and Aug. 3
Aspen Club office
- Schedule an appointment today by calling 970.495.8560

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



Blood Pressure Checks

No appointment necessary for a blood pressure check performed by our UCHealth Community Health Improvement RN, Linda Strauss. Discussion about healthy lifestyle and general blood pressure information is also available.

- **Loveland:** 9-11 a.m. Monday, Aug. 22
Chilson Senior Center

Hearing Screenings **R**

Certified Audiologists will provide free baseline hearing screenings and answer your hearing health questions. Appointments are required.

- **Fort Collins:** 1-4 p.m. July 7
Hearing Rehab Center, 1030 Centre Ave., Ste. A
- No cost. Appointments required by calling 970.495.8560

Bone Density Screenings **R**

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

- **Fort Collins:** 2-6 p.m. Tuesday, Aug. 16
Aspen Club office
- Cost: \$12
- Appointments and prepayment required; call 970.495.8560

Medication and Supplement Reviews **R**

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, July 13
GMC conference room 2A
- **Fort Collins:** 8 a.m.-noon Friday, Aug. 12
Aspen Club office
- **Longmont:** Call 720.718.1267 to schedule an appointment

IN PARTNERSHIP WITH COMMUNITY AGENCIES

COVID-19 Isolation Project

The Larimer County Office on Aging is providing seniors in Larimer County with weighted blankets and robotic pets in an effort to foster comfort and companionship. Benefits include a reduction in stress, depression, anxiety, sleeplessness, agitation, social isolation and loneliness. Community members can apply for these items themselves or for a loved one.

- Please contact the Larimer County Office on Aging for more information and to apply: 970.498.7750 or adrc@larimer.org

Beware of Scams, Warns Larimer Sheriff's Office

To help community members protect themselves, the Larimer County Sheriff's Office (LCSO) offers descriptions of nearly 40 currently trending scams, useful tips for how to handle these situations if you receive a call plus information on what to do if you've fallen victim to a scam. Visit the LCSO Frauds & Scams online at larimer.org/sheriff/services/information/frauds-scams.



Knox Box

Community Connect is a free, secure and easy-to-use platform that allows you to share critical information about your household that will aid first responders and emergency response personnel when responding to your residence. You can order a lock box that allows first responders easy access to your home in the case of an emergency. Poudre Fire Authority will help you install it. Loaner program available for low-income residents (\$100 deposit fee). For more information and to register, visit communityconnect.io/info/co-poudrefire.

ONGOING SERVICES

Toenail Service **R**

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

- **Fort Collins:** 8:15 a.m.-3:45 p.m. every Tuesday, FMC, Door 101. Please note, we are generally booked out two to three months in advance
- **Longmont:** 9 a.m.-noon
Mondays, July 18 and Aug. 15, LPH
- **Greeley:** Please call for information
- Prepayment of \$38 is required
- Make appointments in all locations by calling 970.495.8560

Preparing for Total Hip and Knee Replacement **R**

Learn what to expect from joint replacement surgery, including pre-surgery exercises, necessary equipment, diet, pain management and recovery.

- Registration required. Visit uchealth.org, go to the classes and events section and search for joint replacement surgery
- For more information, please call 970.624.2378

Aspen Club Fitness Opportunities

- Eight-week session July 11–Sept. 2 • Register by calling 907.495.8560
- 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



Wellness Walks

All are welcome to join the following walks. This group typically walks rain or shine but you're welcome to opt-in to our walker's email list for cancellation notices or to learn more about this group: aspenclub@uchealth.org.

• Fort Collins walks:

- 8 a.m. Monday, July 11
Cache La Poudre School river trail
- 8 a.m. Monday, Aug. 8
Northside Aztlan Center river trail
- 8 a.m. Monday, Sept. 12, Cottonwood Glen Park
- 8 a.m. Monday, Oct. 10, Fossil Creek Park

• Longmont walks:

- 7:30 a.m. Thursday, July 7, Sandstone Ranch
- 7:30 a.m. Thursday, July 14, Roosevelt Park
- 7:30 a.m. Thursday, July 21, Jim Hamm nature area
- 7:30 a.m. Thursday, July 28, Golden Ponds
- 7:30 a.m. Thursday, August 4
Dickens Farm nature area
- 7:30 a.m. Thursday, August 11, Roosevelt Park
- 7:30 a.m. Thursday, August 18, Rogers Grove
- 7:30 a.m. Thursday, August 25, Golden Ponds
- For more information and to register,
call 720.718.1690

Seated Tai Chi ^R

Tai chi uses gentle and fluid movements to increase strength and flexibility, decrease pain in joints, decrease stress, reduce blood pressure, improve balance and improve your sense of well-being. This class is a safe, seated option for those new to practicing tai chi.

- 9:30–10:15 a.m. Mondays, July 11–Aug. 29
Westbridge classroom
- Cost: \$40

Tai Chi for Better Balance ^R

We are looking for specific individuals who meet the following criteria and can meet twice a week for nine weeks: never taken tai chi before, fallen at least once in the past year, able to attend 16 of the 18 classes. This program has pre- and post-assessments, and class size is limited.

- 3–4 p.m. Mondays and Wednesdays, July 11–Sept. 7
1025 Pennock Pl., Ste. 101 (west of and next to Pizza Hut off of Lemay Ave.)
- Suggested donation of \$30 to cover class materials and professional instruction

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. Please select the Wednesday or Friday class offering.

- 10:30–11:30 a.m. Wednesdays, July 13–Aug. 31
Westbridge classroom
- 10:30–11:30 a.m. Fridays, July 15–Sept. 2
Westbridge classroom
- Cost: \$50

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. You must be able to get up from and down to the floor.

- 2:30–3:45 p.m. Thursdays, July 14–Sept. 1
Westbridge Lifestyles room
- Cost: \$50

Men - Loosen Up! ^R

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.

- 8–9 a.m. Wednesdays and Fridays, July 13–Sept. 2
Westbridge classroom
- 9:15–10:15 a.m. Wednesdays and Fridays July 13–Sept. 2
Westbridge classroom
- Cost: \$60

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.

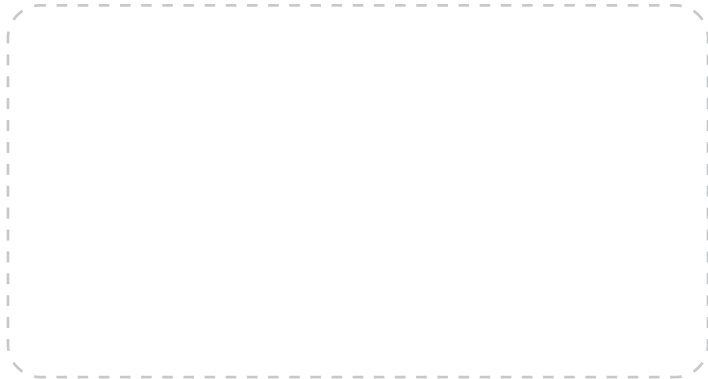
- Advance directives/notary assistance
- Aspen Club low-cost blood tests
- Blood pressure checks
- Bone density screening (\$12)
- Caregiver classes and resources
- Exercise and nutritional consultations (\$30)
- Hearing screenings
- Information and referral about senior services
- Medicare counseling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



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

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

Return service requested.



IN THIS ISSUE...

Heart health	Health screenings	SMART goals	Classes and services
page 1	page 4	page 6	page 7

Aspen Club membership
14,158

Aspen Club volunteer opportunities.

If you have interest in and capacity to help your fellow Aspen Club members, we'd like to hear from you. We are evaluating volunteer opportunities to include clerical, project-based and programmatic. If you'd like to see if your interest and skills sync with our ideas, please call JoAnn at 970.495.8561 or email aspenclub@uchealth.org. Note: You will need to complete the volunteer orientation through UCHealth.