

# ASPEN CLUB<sup>NEWS</sup>

May/June 2022 | Volume 35 | Issue 3

## Stroke—the good, the bad and the ugly.

### Why should I care about stroke?

With stroke being the leading cause of disability and 5th leading cause of death in the United States, we want everyone to know what to do if you see signs of stroke. In recent years, the options for treating stroke have expanded greatly, and we can help many of the stroke patients that come to our hospitals. *Treatment options depend entirely on time from symptom onset so please, seek emergent care as soon as you think you or a loved one is having a stroke.*

### What should I do if I think I (or someone else) might be having a stroke?

- Call 911 and get to an emergency room.
  - Calling 911 will give the hospital a head's up that you're coming, and they'll be ready for you.
  - Local ambulance crews will take you to your hospital of choice.
  - **All** hospitals in this area can take care of suspected stroke patients
- Do **not** go to urgent care or your primary care provider.

### Will they think I'm overreacting if my symptoms are mild?

- **No.** We care about your brain and your health too much to dismiss any signs of stroke.
- Even mild symptoms can be disabling, so we will do everything we can to figure out what's going on.

### Should I be worried if I only had a ministroke?

- Ministrokes are your brain's **warning signs** that you are at high risk for having a stroke.
- We treat ministrokes just as urgently as strokes because we want to fix the things causing the symptoms before damage occurs.

Join UCHealth neurology specialists May 9 to learn more about stroke prevention and amazing advancements in diagnosing and treating strokes. See *Spotlight on Strokes* on page 8 for details.



### What are the signs of stroke?

**Balance:** Sudden difficulty standing or walking.

**Eyes:** Sudden loss of vision or double vision.

**Face:** Uneven or drooping smile.

**Arm:** One arm is weak.

**Speech:** Slurred or jumbled speech.

**Time to call:** Call 911 if you suspect any symptoms.

Also note sudden onset of terrible headache.

### What are some of the risk factors for stroke?

- High blood pressure (aka hypertension)
- High cholesterol (aka hypercholesterolemia)
- Smoking
- Diabetes
- Age
- Overweight/obesity
- Sleep apnea
- Atrial fibrillation
- Coronary artery disease (aka CAD)

uchealth

## Aspen Club

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

Closed on all major holidays.

### Fort Collins

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

### Greeley

New location to be announced  
Phone: 970.495.8560

### 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: 970.495.8560

### 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

My mother always used to say, "The older you get, the better you get. Unless you're a banana."

—Betty White



## Mental health matters.

May is Mental Health Awareness Month, the time to focus on those things that bring us overall health and wellbeing. Perhaps, as we venture out more, we can reconnect with family and friends. Deepening relationships deepens our sense of wellbeing and purpose.

As you may know, the UCHealth Poudre Valley Hospital (PVH) campus is undergoing renovation. Beginning this spring, our expansion will include inpatient and outpatient behavioral health services at the campus. Anticipated in spring 2024, services at UCHealth Mountain Crest Behavioral Health Center in Fort Collins will be moved to PVH, and the new facilities will create an improved environment and experience for these patients. A few highlights:

- **Inpatient:** Capacity for 50 patient beds (about 22% more than the 41 beds at Mountain Crest, with more private rooms) will be available in a renovated area on the third floor, north side of PVH. It will include high-acuity adult, general adult and adolescent units.
- **More patient-use areas:** At the center of the space will be an outdoor, rooftop courtyard.

- **Outpatient:** A separate space for patient visits with more small-group meeting areas will be located on the first floor of the Westbridge medical office building across Lemay Avenue from the main hospital.
- **Additional services:** A unit offering electroconvulsive therapy, transcranial magnetic stimulation and more will be added to a lower floor at PVH.

While specific geropsychiatric services are not part of this expansion, the facilities are poised to provide exceptional care for older adults.

The notion of warmer summer months reminds us to bask in the days of longer sunshine and to nurture our minds and bodies with self-care. Commit to doing something for yourself each day. And as you venture out, I hope you'll be inspired to join us for an upcoming class or two.

Yours in health and harmony,

JoAnn Herkenhoff  
UCHealth Senior Services  
Aspen Club Supervisor



## Harnessing wellbeing.

As the hours of sunshine extend their reach at the start and end of our days and the moist ground gives way to the early blooms of spring, we, too, start to venture outside of our winter and pandemic cocoon. Admittedly, the seasons of the past two years have somewhat blended together. We likely found ourselves more isolated, less active and somewhat melancholy.

Signs of depression or anxiety should be checked by your doctor, if they persist. Symptoms that you can link to situational factors—like the pandemic—may be improved through intentional efforts to positively impact your wellbeing:

- **Get outside:** Stepping out of the confines of our homes lends itself to a sense of freedom, allows us to drink in fresh air and ignites our senses through unique sounds and smells.
- **Move your body:** Whether it's structured exercise or simply playful movement, plan activities that help lubricate your joints and wake up your muscles.
- **Strengthen resilience:** Focus on the positive influences in your life to help offset the times when life deals you a disappointment.
- **Build relationships:** Combat isolation and loneliness by reaching out to those you care about. Empathy and understanding are often reciprocated expressions.
- **Seek resources:** Manage chronic conditions through exploring resource options with your providers, family and neighbors, as well as the Aspen Club.
- **Reinforce purpose:** Establish small goals to accomplish things you want to do and build on your success by tackling progressively larger goals.
- **Count your blessings:** Reflect on the things in your life that you are most grateful for. Write them down. Verbally express them to others.
- **Establish routine:** Set some time parameters around your day to guide a balance of productivity, play, social interactions and rest.

Pick and choose which ideas work for you based on what matters most in your life. The key to harnessing wellbeing is in setting the intention to deliberately work on various aspects of it and then committing your energy and creativity to make it happen.



### Aspen Club leadership:

Serving in the interim leadership role for Aspen Club gave me the chance to meet some of you. And now I will have the opportunity to expand my service to you all, as I take on the permanent position. I am honored and excited to work closely with the Aspen Club team—Alan, Alyssa, Julie and Kat—to help you live healthy, independent and rewarding years. Thank you for trusting us to share resources, provide programming to enhance your life and connect you to our extraordinary health system. I am energized by all that is to come!

—JoAnn Herkenhoff





# Healthy mouth, healthy body.

A healthy mouth and a healthy body go hand in hand, but did you know poor oral health can be an indicator of some major health problems? Periodontal (gum) disease can introduce bacteria and inflammation into our mouths, which has the potential to migrate through the bloodstream to other parts of our body and even to the brain. Once the bacteria go systemic, they can wreak havoc and have been proven through research to cause cardiovascular disease, kidney disease, dementia and more.<sup>1</sup> The bottom line is that our whole body is interconnected, and in order to age healthy, we need to keep all systems healthy, teeth and gums included.

Maintaining good oral hygiene can keep your body healthy and can decrease your chances of facing health consequences down the road. It is better and more beneficial to prevent these problems than to treat them. The actions to the right can help you maintain a healthy smile and a healthy body.<sup>2</sup>

To learn more about the connection between a healthy mouth and a healthy body, register to join Dr. Rhonda Krause for her presentation in Loveland (see Say Ahh—How the Mouth and Body Are Connected, and What You Can Do to Be Healthy in our class offerings.)

## References:

<sup>1</sup>Rose, L. F. (2019, January 15). Gum Disease & Systemic Health. Gum Disease and Systemic Health. Retrieved from <https://www.deardocor.com/articles/gum-disease-and-systemic-health/>

<sup>2</sup>Why your gums are so important to your health. Harvard Health. (n.d.). Retrieved February 9, 2022, from <https://www.health.harvard.edu/heart-health/why-your-gums-are-so-important-to-your-health>



## Good oral hygiene:

- **Brush and floss.** Brush twice a day, morning and night, and floss once a day. This will prevent the buildup of oral bacteria.
- **See a dentist regularly.** Professional cleanings are necessary to remove plaque that is missed from everyday brushing and flossing. If you're experiencing symptoms of gum disease such as bleeding or swollen gums, bad breath or painful brushing, you should consult your dentist.
- **Avoid smoking.** Smoking can cause buildup of bacterial plaque on the teeth. It also reduces the amount of oxygen in the bloodstream, so infected gums don't heal as quickly.
- **Eat a healthy diet.** An anti-inflammatory diet that is high in vitamin C can help prevent and even reverse some of the effects of gum disease. Foods such as citrus fruits, salmon, blueberries and green tea are great for maintaining healthy gums.



## HEALTHY AGING

The difficult is what takes a little time; the impossible is what takes a little longer.

—Fridtjof Nansen

## With a will, there's a way.

In considering your plans for the future, you may not be thinking about how you might benefit the health of our community. A charitable bequest is one of the easiest gifts to make and permits you to leave a legacy. You can create a bequest of any dollar amount, gift specific property or designate a percentage of your estate in your will or trust plan. If you wish to make a gift of your IRA or 401(k) plan, this can usually be done by filling out a beneficiary designation form.

The following language demonstrates how simple it is to designate UCHealth Northern Colorado Foundation as a beneficiary of your will.

**Specific bequest:** I give and bequeath to UCHealth Northern Colorado Foundation, a qualified 501(c)3 non-profit organization (Federal Tax ID Number: 74-1894581), located at 2315 E. Harmony Road, Suite 200, Fort Collins, CO 80528, the sum of \$ \_\_\_\_\_ to be used for its unrestricted use (or [Optional] for the following purpose: \_\_\_\_\_).

**Percentage bequest:** I give and bequeath to UCHealth Northern Colorado Foundation, a qualified 501(c)3 non-profit organization (Federal Tax ID Number: 74-1894581), located at 2315 E. Harmony Road, Suite 200, Fort Collins, CO 80528, \_\_\_\_% of my estate to be used for its unrestricted use (or [Optional] for the following purpose: \_\_\_\_\_).

**For further information:** For confidential information on how to create a legacy gift, please contact Annette Geiselman, Development Manager, at 970.237.7404 or [Annette.Geiselman@uchealth.org](mailto:Annette.Geiselman@uchealth.org).

## Know your numbers— but what do they mean?

You have probably heard many times that you should know your numbers when it comes to blood pressure and heart health. But what do the numbers mean, and which is more important?

Blood pressure is the force exerted on the inner walls of blood vessels as your heart pumps blood throughout the body. Systolic pressure is the top number of a blood pressure reading and represents the pressure against the vessel walls during the surge of blood that happens with every beat of your heart. Diastolic pressure, the bottom number, represents the pressure during the rest phase between heart beats.

Which is more important? Well, they both are important. If your systolic reading is consistently over 130, then by definition you have hypertension, even if your diastolic is below 80. If your systolic is under 130 but your diastolic is over 80, then you have hypertension. This is not based on a single reading and must be confirmed by a health care professional. The risk of death from ischemic heart disease and stroke doubles with every 20 mm Hg systolic or 10 mm Hg diastolic increase among people aged 40–89. Systolic readings rise as we age and vessels become stiffer and more plaque build-up occurs.

Blood pressure category	Systolic mm Hg (upper arm)	and/or	Diastolic mm Hg (lower arm)
<b>Normal</b>	Less than 120	and	Less than 80
<b>Elevated</b>	120–129	and	less than 80
<b>High blood pressure (hypertension) Stage 1</b>	130–139	or	80–89
<b>High blood pressure (hypertension) Stage 2</b>	140 or higher	or	90 or higher
<b>Hypertension crisis</b> (consult your doctor immediately)	Higher than 180	and/or	Higher than 120

Source: American Heart Association

If you are checking your blood pressure at home, be sure to sit with your back supported and your feet flat on the floor (do not cross your legs or ankles), rest for 5 minutes before and do not talk during the reading. Factors that can affect blood pressure include caffeine, stress, a full stomach, pain, tobacco use and alcohol use, among other things. To get a good picture, check your blood pressure at the same time each day. Blood pressure tends to be lower in the morning and rises throughout the day.

*Written by Julie Knighton, MSN, RN, NC-BC*

There are shortcuts to happiness, and dancing is one of them.

—Vicki Baum

## Common myths about advance care planning.

**Myth:** I'm a parent or spouse, so I will automatically have decision-making capability.

**Fact:** Selecting a health care agent is important in Colorado, as there is no default as to who can make decisions for adult children or spouses. Therefore, it's important to designate your health care agent by completing a medical durable power of attorney form.

**Myth:** Advance care planning is only for the elderly and seriously ill.

**Fact:** Anyone can become suddenly ill or injured and need to make decisions about health care treatments. Making your values and preferences known ahead of time can be a tremendous help.

**Myth:** Once I create my plan, it's final.

**Fact:** We recommend reviewing and potentially updating your advance directives if any of these six Ds occur: decade, divorce, death, decline, new diagnosis or departure to another state.



## Advance care planning for peace of mind today.

Advance care planning (ACP) helps you think about what matters to you and make decisions about your future care so you can live your extraordinary life today. The best way to ensure peace of mind now is to make sure your loved ones and medical providers know where you stand if serious illness or injury ever makes you unable to speak for yourself. Documents including medical durable power of attorney and a medical living will, also known as advance care directives, give you a voice in decisions about your future medical care.

These powerful documents, paired with robust conversations with loved ones and medical providers, ensure that you get the treatment you want for yourself if you cannot communicate your preferences. Please view the column to the left for a few commonly held myths that should not stand in your way of creating your advance care directives.

Start your plan today by attending an advance care directives-focused class, or schedule an appointment to have your questions answered and get your directives done. There are a variety of free options for local assistance available, and you don't need an attorney to complete your plan. You can even complete your medical durable power of attorney through UCHealth's online patient portal, My Health Connection, at [uchealth.org/access-my-health-connection](https://uchealth.org/access-my-health-connection). Once completed online, your document is available to your providers and can be printed and shared with those named as decision-maker(s).

By making advance care plans, you can decrease distress for you and your loved ones, ensure you get the care you value and improve quality of life through to the end of life.

Free assistance, documents and information are available through the following sources:

- UCHealth Aspen Club presentations and individual appointments: 970.495.8560 or [uchealth.org/aspenclub](https://uchealth.org/aspenclub).
- Health District Advance Care Planning Team presentations and appointments: 970.482.1909 or [larimeradvancecare.org](https://larimeradvancecare.org).



# Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

**R**  
Registration  
required

## A guide to Aspen Club class locations:

### Fort Collins:

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

- 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 Am I Hungry? Mindful Eating Eight-Week Workshop **R**

Learn how to be in charge instead of feeling out of control. Learn to eat foods you love without overeating or guilt. Get tools to work with emotional eating cues. Taught by Deanna O'Connell, UCHHealth dietitian and mindfulness practitioner.

- 4-5:30 p.m.  
Wednesdays, May 4-June 22



### Virtual Living Well With Lifelong Health **R**

Learn self-managing tools that help improve health in this six-week program. Learn skills that can be incorporated into daily life to help be in control of your health.

- 5:15-7:30 p.m. Thursdays, June 16-July 21

### Virtual Let's Get Moving **R**

Do you want to start moving again in the safety of your own home with an experienced exercise leader? Join Jennie Valdez for a gentle 30-minute seated exercise program in the comfort of your own space. Required: computer with internet access or smartphone with camera and microphone capabilities. Go to [uchealth.org/events](https://uchealth.org/events) to register. Search for *Let's Get Moving*.

- 9-9:30 a.m. Thursdays, every month
- No cost.

## IN-PERSON AND VIRTUAL LEARNING CLASSES (MS Teams)

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

### 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.

- **Loveland:** 2:30-4 p.m. Tuesday, May 10  
MCR Big Thompson Room
- **Fort Collins:**
  - 9-10:30 a.m. Saturday, May 14, FMC, #118
  - 5:30-7 p.m. Monday, May 16, FCSC
  - Call 970.221.6644 to register;  
refer to activity # 225400\_01
  - 9-10:30 a.m. Saturday, June 18, FMC, #118
- **Greeley:** 2:30-4 p.m. Thursday, May 26  
GMC conference room 3

### Get Your Advance Directives Done **R**

It's important to have your advance directives completed, especially as we age. Learn about medical health care directives and have an opportunity to complete and notarize them. If you prefer, materials from this class can be sent via email or mail, and a follow-up consultation is an option.

- **Fort Collins:**
  - 9:30-11 a.m. Thursday, May 26, UCHHealth Internal Medicine - Prospect Clinic, Ste. 100
  - 10-11:30 a.m. Thursday, June 9, UCHHealth Internal Medicine - Snow Mesa Clinic, Ste. 100
- **Loveland:** 4:30-6 p.m. Tuesday, June 28  
MCR, North Medical Office Building, Ste. 2200

# Aspen Club Monthly Features

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## Talk With a Health Care Professional **R**

Join UCHHealth 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, May 17

- Dermatologist Dr. Brad Baack will speak about skin cancer

- 5:30-6:30 p.m. Tuesday, June 21, Dr. Maina Flecha (internal medicine) will speak about the dating game

- Register by calling Longmont Senior Center at 303.651.8411

## IN-PERSON CLASSES, HEALTH SCREENINGS AND SERVICES

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

## My Health Connection Open House

Have you been wanting to set up your My Health Connection account in the UCHHealth app, but need a little technical help? We've got you covered. Join us for an opportunity to be guided through set-up and to have your questions answered. No appointment necessary; just drop in and bring your phone.

- **Fort Collins:** 9-noon Saturday, May 14  
Fort Collins Aspen Club office

## Living Well With Diabetes **R**

In this six-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 with diabetes, come learn skills to deal with the life and emotional changes that come with diabetes. This does NOT replace diabetes education.

- **Fort Collins:** 1-3:30 p.m. Tuesdays, May 10-June 14  
UCHHealth Medical Group  
1106 E. Prospect Road, Ste. 100

## Chronic Pain Management **R**

For those living with chronic pain such as arthritis, back pain, neck pain, headache or pelvic pain. Participants learn how to identify triggers and learn skills to manage their pain on a day-to-day basis with exercise, healthy eating, relaxation and more.

- **Longmont:** 10-11 a.m. Tuesday, May 10  
LPH conference room A

## Spotlight on Strokes **R**

Strokes occur when the blood supply to part of your brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. It is a medical emergency that requires prompt attention. UCHHealth Neurology Specialists will talk about stroke prevention and amazing advancements in diagnosing and treating strokes. Time is of the essence!

- **Fort Collins:** 2-4 p.m. Thursday, May 12

- Chilson Senior Center

- Register by calling 970.962.2783;  
refer to activity #191212-1.

## Tired All The Time (TATT) **R**

This class is all about learning strategies to boost your energy so that you are not TATT. Who doesn't need that? Doctors even refer to the acronym TATT in their care plans. Our own UCHHealth community health nurse, Julie Knighton, will discuss what might be causing your tiredness and what you can do to help yourself have more energy.

- **Greeley:** 1-2:30 p.m. Wednesday, May 25  
GMC conference room 3

- **Loveland:** 1:30-3 p.m. Thursday, June 9  
MCR Big Thompson room

## 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 p.m. Wednesday, May 25  
MCR Big Thompson Room

- **Fort Collins:** 2-3 p.m. Friday, June 24  
Aspen Club office

- **Greeley:** Call 970.495.8560 for new member orientation dates coming up in Greeley

## Say Ahh - How the Mouth and Body Are Connected, and What You Can Do to Be Healthy **R**

Many people are aware of the relationship between good health and a long life, but have you ever considered that the health of your mouth is linked to your overall health? As a general dentist for over 27 years in Loveland and a member of the American Academy of Oral Systemic Health, Dr. Rhonda Krause will talk about the connection between a healthy mouth and a healthy body.

- **Loveland:** 2-3 p.m. Friday, June 10  
Chilson Senior Center

- Register by calling 970.962.2783;  
refer to activity #391210-1



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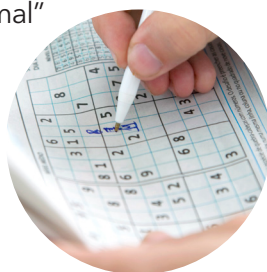
## Arthritis and Joint Diseases **R**

When joint diseases take over, there are many helpful treatment options available. These might include injection therapy, physical therapy, medicine, surgery, or a combination of these things. Learn about robotic-assisted surgery options for arthritis-related joint diseases. Provided by Dr. Hale, joint replacement surgeon.

- **Fort Collins:** 2-3:30 pm Monday, May 9, FCSC
- Register by calling 970.221.6644;  
refer to activity #225403\_01

## Cognitive Wellness and Brain Health **R**

Do you ever wonder what is “normal” for memory as you age? This class will focus on normal aging versus cognitive decline, brain-healthy lifestyle and exercises for cognitive stimulation. Taught by Marlis Lane, occupational therapist with Health Promotion Partners.



- **Fort Collins:** 2-3 p.m. Thursday, June 9  
Westbridge classroom
- **Loveland:** 9-10 a.m. Thursday, June 16  
MCR Big Thompson room
- **Greeley:** 2-3 p.m. Thursday, June 23  
GMC conference room 3

## Resiliency: A Steady Inner Resource **R**

Have you felt beaten down by repeated disheartening news? 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, UHealth registered dietitian and mindfulness practitioner.

- **Fort Collins:** 10-11 a.m. Wednesday, June 29  
FCSC Auditorium
- Register by calling 970.221.6644;  
refer to activity #325401-01

## Ultra-Processed Foods - A Negative Impact on Health **R**

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

- **Fort Collins:** 10-11 a.m. Friday, June 10  
FCSC Auditorium
- Register by calling 970.221.6644;  
refer to activity #325400-01

## Staying Healthy in a Viral World **R**

Learn seven important lifestyle factors for staying healthy and optimizing your immune system. Dr. Rhonda Krause, a general dentist in Loveland and a member of the American Academy of Oral Systemic Health, will talk about conditions that make people vulnerable and how lifestyle can have an impact.

- **Fort Collins:** 2-3 p.m. Friday, June 24, FCSC
- Register by calling 970.221.6644;  
refer to activity #325408-01

## Living Well With Lifelong Health **R**

Learn self-managing tools that help improve health in this six-week program. Learn skills that you can incorporate into daily life to help be in control of your health.

- **Fort Collins:** 1-3:30 p.m. Thursdays, June 30-Aug. 4  
UHealth Medical Group  
1106 E Prospect Road., Ste. 100

## The Doctor in the Mirror **R**

The health advocate you need most is YOU! Don’t let your health situation take control of you—take control of your health. It’s time to age with more vitality. Join UHealth Community Health RN Julie Knighton and discuss ways to improve your health as you age.

- **Loveland:** 3-4:30 p.m. Wednesday, June 29  
Chilson Senior Center
- Register by calling 970.962.2783;  
refer to activity #391207-1

## Driving Safely in Your Golden Years **R**

Older drivers are generally safe drivers. However, aging can affect the skills necessary for driving. 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.

- **Fort Collins:** 3-4 p.m. Thursday, June 30  
Westbridge classroom
- Future dates to be offered in other communities

## HEALTH SCREENINGS

### Medication and Supplement Reviews **R**

UHealth pharmacists review your medications, vitamins, supplements and over-the-counter drugs to check for overall medication safety and potential adverse reactions, make sure you are getting a good value for your dollar and answer medication-related questions. Appointments are required.

- **Fort Collins:** 8 a.m.-noon Friday, May 6  
Aspen Club office
- **Longmont:** Please call 720.718.1267 to make an appointment

# Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

**R**  
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## Balance Screenings **R**

These screenings, performed by physical therapists, will assess your fall risk using the Fullerton balance test. Exercise programs and balance and fall-prevention strategies will be shared based on your results.

- **Fort Collins:** Tuesday, May 10 or June 14  
Westbridge classroom; call 970.495.8560 to schedule an appointment
- **Loveland:** Wednesday, May 25 or June 22  
Chilson Senior Center  
Call 970.495.8560 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. Julie can also help you complete advance directives.

- **Fort Collins:** 9 a.m.-noon Wednesdays, May 4 and June 1, Aspen Club office
- **Loveland:** 9 a.m.-noon Wednesdays, May 11 and June 8, Aspen Club office, MCR
- Schedule an appointment by calling 970.495.8560

## Blood Pressure Checks

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

- **Loveland:** 9-11 a.m. Mondays, May 23 and June 27  
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, May 5, Hearing Rehab Center, 1030 Centre Ave., Ste. A
- **Greeley:** 11 a.m.-1 p.m. Thursday, June 16, Hearing Rehab Center, 2018 35 Ave., Ste. A
- Appointments are required for both locations; call 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:** 9 a.m.-1 p.m. Tuesday, May 17  
Aspen Club Office
- **Loveland:** 2-6 p.m. Tuesday, June 21  
Aspen Club office at MCR
- Cost: \$12; appointments and prepayment required

## IN PARTNERSHIP WITH COMMUNITY AGENCIES

### COVID-19 Isolation Project

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](mailto:adrc@larimer.org).

## ONGOING SERVICES

### CarFit Assessments **R**

CarFit teaches you how to make your car "fit you" to increase safety and mobility. Using a 12-point checklist, including steering wheel spacing, properly adjusted headrests, seat belt usage and more, occupational therapist Marlis Lane or Heather Ackart will help you drive safer for longer.

- **Fort Collins:** 1-4 p.m. Mondays, May 9 or June 13  
Health Promotion Partners, 2850 McClelland Drive
- Appointments are required by calling 970.495.8560



### 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.

- **Greeley:** 9 a.m.-3 p.m. Wednesdays, May 4, May 11, June 1 and June 8. Call for location
- **Fort Collins:** 8:15 a.m.-3:45 p.m. every Tuesday, Family Medicine Clinic, 1025 Pennock Place, Ste. 101 (Please note: We are generally booked out 2-3 months in advance.)
- **Longmont:** 1-5 p.m. Wednesday, June 22
- Prepayment of \$38 is required
- Schedule appointments at 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 is required. Visit [uchealth.org](http://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

- Nine-week session May 2–June 30 • 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

## Wellness Walks

All are welcome to join the following walks. Unless the weather is particularly bad, this group walks rain or shine; however, if you'd like to opt in to our walker's email list for cancellation notices and a flyer with more details about this group, please message us at [aspenclub@uchealth.org](mailto:aspenclub@uchealth.org).

### • Fort Collins walks:

- 8 a.m. Monday, May 9  
Dixon Reservoir/Pineridge Open Space
- 8 a.m. Monday, June 13  
Colorado Welcome Center
- 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, October 10, Fossil Creek Park

### • Longmont walks:

- 7:30 a.m. every Thursday beginning May 5  
Locations TBD
- For more information, call 720.718.1690

## Seated Tai Chi <sup>®</sup>

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 wellbeing. This class is a safe, seated option for those new to practicing tai chi.

- 9:30–10:15 a.m. Mondays, May 2–June 27  
Westbridge classroom
- Cost: \$40.50

## Chair Yoga <sup>®</sup>

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, May 4–June 29  
Westbridge classroom
- Cost: \$51.75

## Gentle Yoga <sup>®</sup>

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.

- 2:30–3:45 p.m. Thursdays, May 5–June 30  
Westbridge Lifestyles room
- Cost: \$51.75

## PWR! Moves <sup>®</sup>

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, May 5–June 30  
Contemporary Dance Academy
- Cost: \$40.50

## Men - Loosen Up! <sup>®</sup>

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.

- 8–9 a.m. Wednesdays and Fridays, May 4–July 1  
Westbridge classroom
- 9:15–10:15 a.m. Wednesdays and Fridays May 4–July 1  
Westbridge classroom
- Cost: \$58.50

# Aspen Club Ongoing Services

To find out more about these services, call any Aspen Club office or go online to [uchealth.org/aspenclub](http://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 Greeley (\$38)
- Total hip and knee replacement classes



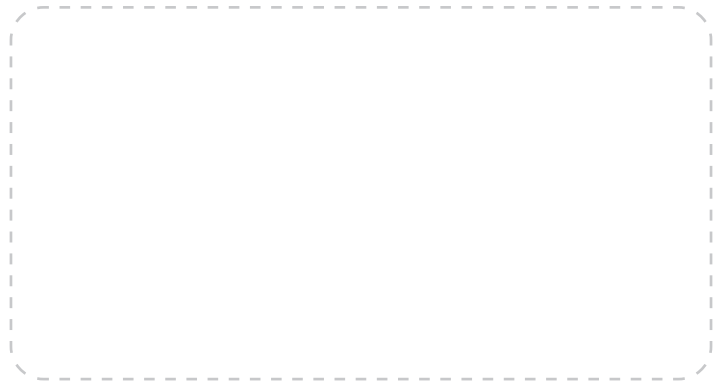


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Aspen Club  
membership  
**14,049**

## National Healthcare Decision Day.

In honor of National Healthcare Decisions Day, April 16, you are encouraged to think about your values and preferences in the event of serious illness and who you would want to speak for you if you are unable. There are many myths surrounding advance directives—see page 6 for more information. And if you have questions or would like to meet with someone to help you complete your advance directives, please call 970.495.8560 to schedule an appointment or register for a class.