

ASPEN CLUB NEWS

January/February 2023 | Volume 36 | Issue 1

IS EMERGENCY OR URGENT CARE RIGHT FOR YOU?

In the face of injury or illness, it can be difficult to decide whether to seek emergency care or urgent care. Both facilities treat patients in need of medical attention, but they vary in the degree of severity of a patient's medical needs. Emergency room visits can quickly become expensive, and many individuals who check into the emergency room do not require emergency care and could be seen through an urgent care clinic. There are simple tips to determine whether urgent care or emergency services are the right choice for your medical treatment.

It is important to understand the difference between what types of medical circumstances are recommended for urgent care or the emergency room. Urgent care is designed to treat minor injuries or illnesses that you would seek care for from a primary physician if their clinic were open or an appointment were available.

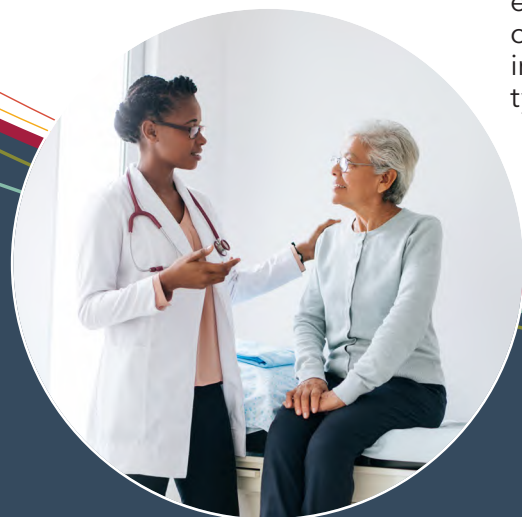
Some of these minor injuries and illnesses include:

- Headaches
- Flu-like symptoms
- Sprains or strains
- Small lacerations
- Bites

The emergency room is designed to treat patients with critical/severe injuries or illnesses. Patients who require medical attention after hours are also advised to seek emergency care. If an injury or illness is life-threatening, immediately seek emergency care. Some critical injuries or illnesses that are recommended to be treated in an emergency facility include:

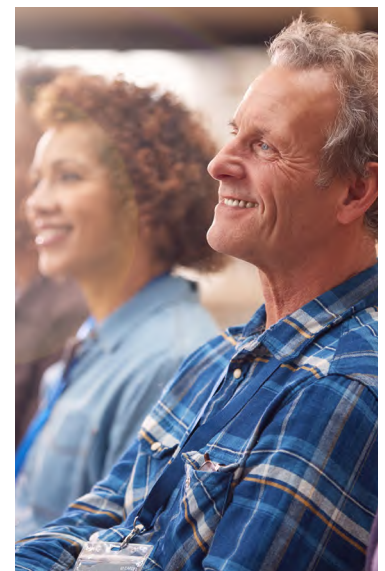
- Chest pain or heart attack symptoms
- Loss of vision or speech
- Severely broken bones
- Head injuries
- Overdose or attempted suicide
- Large lacerations with severe bleeding

Please visit [uchealth.org/extraordinary/growing-families-care-for-yourself](https://www.uchealth.org/extraordinary/growing-families-care-for-yourself) for more information on deciding which type of care is best for you.



Join us! Please.

Our class rosters often fill very quickly. We are delighted that our members are so eager to participate. We have, however, been experiencing a significant number of "no-shows." Not only does the reduced attendance not honor the commitment of our presenters, but we often have a waitlist. If your plans change, please let us know you won't be able to make it. This will allow us to offer your spot to someone else. Thank you for your partnership in maximizing the availability of our classes.



[uchealth](https://www.uchealth.org)

FUNNY PAGES

When life gives you questions, don't worry—Google has the answers

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



HAPPY NEW YEAR AND WELCOME TO CHANGE.

Have you wondered over the last few months if you have gotten so adept at dealing with change that you don't even notice all the changes anymore? Or perhaps you're feeling quite the opposite—that you simply can't tolerate any more change.

We have experienced a lot of turbulence over the course of the last three years. It is important to acknowledge that the environment we're living in is quite outside the realm of familiarity for most of us. And we don't all deal with change the same way. But we can exercise methods to help ease the frustration, loss and sadness that can accompany the revolving door of the unknown:

- Acknowledge that this is a unique time and allow yourself to recognize that uniqueness.
- Reach out for help if you feel completely overwhelmed by your situation.
- Connect with friends and family—they likely need support too.
- Be grateful for the gifts in your life, big and small.
- Find something new you want to try—you may feel more in control.
- Commit to trying something for at least two weeks—the time it typically takes to establish a new habit.
- Breathe.

Know that the Aspen Club has resources to help you. If you'd like to explore your feelings of change fatigue and learn more tricks to resiliency, check out our Change Fatigue class in the new year.

Yours in health and harmony,

A handwritten signature in black ink, reading "JoAnn".

JoAnn Herkenhoff
UCHealth Senior Services
Aspen Club Supervisor



You are the driver of
your own life. Don't let
anyone steal your seat.



Early cancer detection saves lives.

Did you know that more than a third of cancers can be prevented and another third can be cured if detected early and treated properly? Sadly, more than 6 out of every 10 people who die of cancer have lower income, are rural or are indigenous. Immigrants and refugees are also dying at higher rates. Awareness of cancer and its impact must be a priority.

The United Nations and the World Health Organization have urged governments across the globe to recognize the need for a global commitment to raise awareness of the inequities that still exist—even right here in our own community of northern Colorado. World Cancer Day is on February 4, 2023. The theme this year is “Close the Care Gap.” This day is about more than just reminding everyone about cancer. We at UCHealth call upon you to inspire change by becoming aware that cancer care is not the same for every individual. Barriers to accessing quality care cost lives. No one should die of cancer because of where he or she lives or how big a paycheck they bring home. No one should die of cancer because of lifestyle choices, sexual orientation or gender. No one should die of cancer because of age, disability or ethnicity.



WATCH OUT FOR THOSE SCAMS.

As the use of technology and cellular devices becomes more popular, so do those scam text (or SMS) messages. Texting is a convenient and simple way to reach out to someone, so it is no surprise that scammers are utilizing this technology to attempt to gain access to your personal information. In fact, research shows that there has been a 50% increase in the amount of money lost by Americans to text scammers in the past few years. Because text scamming has rapidly escalated, it is important to protect yourself from those scammers using a few simple strategies to ensure your information is safe.

The first step to protecting your information is to understand what scam text messages look like. Many scammers will attempt to contact you through a phone number that is identical to yours, to grab your attention. Scammers will also attempt to portray a popular business or agency or even a friend or loved one. If you are not expecting to be contacted by one of these or do not recognize the phone number you are being contacted by, then it is best to ignore the message and block the number. Private businesses, health care providers and government agencies will never contact you through text (other than for appointment reminders), so if you see a message from someone claiming to be from one of these, it is likely to be a scam. Fraudulent messages are often sent through 10- or 11-digit numbers.

It is important to ensure that you never share any personal or financial information through SMS. Do not open any suspicious files or links that are sent to you through a text. If you receive a fraudulent text message, you can report the message to [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud) and block the number on your phone.

Website reference: allstateidentityprotection.com/security-pro/5-common-scam-texts-to-watch-out-for.

DAILY HABITS THAT NEGATIVELY IMPACT YOUR BRAIN.

Many habits can impact brain health, but too much sitting, lack of socializing, inadequate sleep and chronic stress have been proven to have the largest impact. Too much sitting throughout the day can impact the part of our brain that is associated with memory. This can ultimately lead to cognitive decline and dementia. It is important to remember to move after 15 to 30 minutes of sitting. Movement could include push-ups on the counter, walking around the house or even taking a power walk around the neighborhood.

Lack of socializing is especially common in recent years due to COVID-19. Lack of socializing can lead to loneliness and depression. Depression has been found to be a risk factor for developing Alzheimer's. Being socially active can help an individual maintain the brain's gray matter, which is responsible for processing information. Socializing could include setting up a weekly Zoom call or getting together with close friends.

Research has found that one-third of adults are not getting the recommended seven to eight hours of sleep. Sleep impacts cognitive functions such as memory, reasoning and problem-solving. One way to ensure you are getting enough sleep is going to bed an hour earlier than usual. This can help cut down on the frequency of late nights and will give your body extra time to sleep.

Finally, chronic stress can kill brain cells and impair the prefrontal cortex. Having the "my way or the highway" mindset can lead to unnecessary stress in older adults. This mindset can increase stress levels when things do not go the way you wanted them to. It is important to take deep breaths when you sense you are beginning to become upset. Remind yourself that sometimes you do not always know what is best and someone else's approach may be better.



INSIGHTFUL

We are all in the gutter,
but some of us are looking
at the stars.

—Oscar Wilde

Medicare deadlines.

While Open Enrollment ended December 7, 2022, if you are on a Medicare Advantage Plan, from January 1 through March 31, you can still make changes. You can go back to Original Medicare, or you can switch to another Medicare Advantage plan. If you are interested in making changes or reviewing your plan, call the Aspen Club at 970.495.8560 to schedule time with a SHIP (State Health Insurance Assistance Program) counselor.





Combatting changes in sleep as we age.

As we age, the number of times we wake up throughout the night often increases. Sleeping patterns also change as we age. We spend less time in deeper sleep stages and more time in lighter sleep stages. To maximize the amount of time spent sleeping, it is important to minimize disruptions that could wake you up. This includes wearing earplugs to minimize noise, wearing a sleep mask to block light, avoiding drinking fluid several hours before bedtime and stretching your legs before bedtime to reduce cramping. It is also important to address the presence of sleep apnea, as 15% to 30% of men will experience it. If you do wake up throughout the night, do not further stimulate your mind with things like reading or looking at your phone. Meditating or working on breathing exercises instead can help you fall back to sleep.



SUPPORTING A HEALTHY GUT.

Trillions of microbes live in our guts. Not only do they help digest food, but they also fight pathogens, make important chemicals and vitamins, affect the way medications work and influence numerous other bodily functions. A healthy gut microbiome is associated with lower cholesterol levels and higher levels of beneficial blood chemicals that are said to lengthen lifespan.

To maximize the health benefits microbes provide us, we must live a healthy lifestyle. One way to best support these microbes is by eating a healthy diet. The gut microbes prefer healthy foods such as fruits, vegetables (specifically dark, leafy greens), legumes (beans and peas) and whole grains (quinoa, whole wheat and brown rice). These foods contain fiber, which creates a healthy environment for microbes to thrive in. Eating unhealthy foods full of fats and sugars can make it harder for microbes to survive, further inhibiting their ability to best support our health.

Exercising also impacts our gut microbiome. Exercise can change the rate material moves through the intestines, reduce inflammation or alter the way our body processes the foods we eat. The effects of exercise impact the environment where microbes live. We all know cigarettes are harmful to the whole body, but they are also responsible for killing some microbes and decreasing microbe diversity. Smoking can cause a stressful environment for microbes, which can lead to them attacking each other—or us.

Finally, probiotics can also support a healthy gut microbiome. Probiotics allow us to ingest colonies of “good bacteria” that can be found naturally in fermented foods. Examples of fermented foods include yogurt, kefir and sauerkraut. The intention of probiotics is to boost the beneficial bacteria in the gut. It is especially important to take probiotics after taking antibiotics, because antibiotics can kill harmful and beneficial bacteria.

*Heidi Godman (executive editor, Harvard health letter).
health.harvard.edu/staying-healthy/healthy-gut-healthier-aging*

HEALTHY AGING

Don't worry if you're not where you want to be. Great things take time.

To supplement or not to supplement?

Supplements are not always the answer to improved health in older adults. Sustainable changes in your eating habits can help curb nutritional deficiencies. Nutritional deficiencies don't often develop unless one intentionally avoids eating a certain food group. Teresa Fung, a nutrition professor at Harvard, advises individuals to eat several meals a day, as well as a variety of different types of foods, to lower your odds of nutritional or caloric deficiencies. If you are a woman, you may be more vulnerable to developing vitamin and mineral deficiencies due to age, hormone changes and other factors. The vitamins and minerals for which women are more susceptible to developing deficiencies include vitamin D, iron, B12 and calcium. It is important to remember not to count on symptoms or lack of symptoms when trying to determine if you have a nutritional deficiency. Nutritional deficiencies are diagnosed only with medical testing.

Website reference: health.harvard.edu/nutrition/the-truth-about-nutrient-deficiencies.



PUPPIES AND POSITIVE HEART HEALTH.

As odd as it may sound, puppy snuggles and kisses may be a great way to improve your cardiovascular and cognitive health. Becoming a dog owner as an older adult provides many health benefits, as well as years of companionship and unconditional love.

Research shows that older adults who are dog owners are 31% less likely to suffer from heart attack or stroke. A major contributor to this statistic is the physical exercise it takes to become a good pet owner, including walking or playing with your dog. Dog owners who regularly walked their dogs were found to have reduced cholesterol levels and a lower resting heart rate. Staying active is a great way to maintain good cardiovascular health, and what better way is there to do it than with a furry friend by your side?

Stress is a major contributor to poor cardiovascular health, and having a pet is an easy way to reduce some of this stress on your heart. The unconditional love that dogs provide can significantly reduce blood pressure and can also be a great way to improve your mental health. Owning a dog plays a role in filling that social gap and desire for social interaction in your life. Refraining from social isolation by owning a pet significantly reduces anxiety and loneliness.

Adopting a dog is a fun and exciting way to improve your physical and mental health. It is important to make sure that you are capable of caring for a pet, which includes a sufficient living space, finances for pet supplies and the time it takes to love and care for a dog. If you do not think that owning a dog is the right fit for you, you can always volunteer at local animal shelters or ask a loved one if you can pet-sit their dog!

Website reference: health.harvard.edu/heart-health/your-hearts-best-friend-a-canine-companion.

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
- Hear USA, 1030 Centre Ave., Ste. A
- Northside Aztlan Community Center, 112 Willow St.

Longmont:

- LPH: Longs Peak Hospital, 1750 E. Ken Pratt Blvd.
- LPMC: Longs Peak Medical Center, 1760 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.
- Loveland Library, 300 N Adams Ave

Greeley:

- Greeley Active Adult Center, 1010 6th St.
- GMC: Greeley Medical Center, 6767 W. 29th St.
- Hear USA, 2018 35 Ave., Ste. A

Windsor:

- Windsor Community Recreation Center, 250 11th St.

VIRTUAL-ONLY CLASSES (MS Teams)

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

Virtual Get Your Advance Directives Done **R**

It's important to have our advance directives completed, especially as we age. Learn about medical health care directives, how to complete and share them properly and where to get free assistance in getting this done. If you prefer, materials from this class can be sent via email or mail and a follow-up consultation is an option.

- 1:30–3 p.m. Mondays, Jan. 9 and Feb. 13, MS Teams
- Link to virtual class and class materials will be emailed following registration

Virtual Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM) **R**

Join us for this program designed to give women the tools they need to take control of bladder and bowel leakage. Learn strategies for preventing or lessening symptoms. With practice, these new skills are proven to help you avoid or reduce leakage so you can keep doing the things that matter the most to you. Class limited to 10 participants.

- 1–3 p.m. Tuesdays, Jan. 10 and 24 and Feb. 7
- Link to virtual sessions will be emailed following registration

Virtual Medicare 101 **R**

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

- 11 a.m.–12:30 p.m. Wednesday, Jan. 11, MS Teams
- Link to virtual class and class materials will be emailed following registration

Virtual Living Well With Diabetes **R**

In this 6-week program, learn what you can do to take control of diabetes, rather than letting diabetes take control of you. If you are dealing with diabetes or living with someone with diabetes, come learn skills to deal with the life and emotional changes that come with diabetes. This does NOT replace diabetes education.

- **Introductory class:** 5:30–6 p.m. Tuesday, Jan. 17
- 5:30–7:30 p.m. Tuesdays, Jan. 24–Feb. 28
- Link to virtual sessions will be emailed following registration

Virtual Living Well With Lifelong Health **R**

Living a healthy life with one or more health issues involves learning self-management skills to help you function at your best, regardless of your chronic condition. This class gives you the practical skills and tools to help manage symptoms, set goals, problem-solve, stay active and enjoy the things that are most important to you.

- **Introductory class:** 5:30–6 p.m. Thursday, Feb. 2
- 5:30–7:30 p.m. Thursdays, Feb. 9–Mar. 16
- Link to virtual sessions will be emailed following registration



ASPEN CLUB MONTHLY FEATURES

Recorded registration line available 24 hours a day at 970.495.8565.



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.

How to Shine Your Light in the Face of Ageism **R**

Become empowered through knowledge and ideas on overcoming barriers of ageism. Do you know how ageism—prejudice, stereotyping and discrimination against people based on their age—shows up in your health? Two instructors are partnering for this class to provide information and apply wisdom practices to thrive in our older years. This is a 1.5-hour class.

- **Windsor:** 10-11:30 a.m. Tuesday, Jan. 10
Windsor Community Recreation Center
- **Loveland:** 1-2:30 p.m. Thursday, Feb. 16
Loveland Library, Erion room

ESSETRICS® **R**

ESSETRICS workouts combine strengthening and stretching to develop strong, flexible bodies, able to move freely. With a focus on slowing and reversing the process of aging through movement, Terry Nolan will share how ESSETRICS fosters the ability to move easily and live actively without pain.

- **Fort Collins:** 10-10:45 a.m. Wednesday, Jan. 11
Fort Collins Senior Center Auditorium
- Registration required; call 970.495.8565

Dementia Advance Care Planning **R**

Join The Conversation Project to consider what can be prepared before a possible dementia diagnosis as well as how to honor a loved one who is already traveling on the dementia journey. This presentation will address current dementia advance directives as well as effective strategies to share health care values with those who matter most.

- **Longmont:** 10-11 a.m. Wednesday, Jan. 11
LPMC 1st Floor Conference Room

Change Fatigue—What Is Happening Here? **R**

We are all dealing with changes in our world, both big and small. How are you affected by change? How can you increase your own “surge capacity” to handle change in life? Come and discuss change fatigue and learn ways to increase your resiliency.

- **Fort Collins:** 3-4 p.m. Wednesday, Jan. 11
Westbridge conference room
- **Greeley:** 1-2 p.m. Thursday, Jan. 26
Greeley Active Adult Center
- **Loveland:** 1-2 p.m. Thursday, Feb. 9, Loveland Library

Sidewalk Safety—Ice Melt

Small bags of ice melt to use on your icy winter patches around the exterior of your home will be available to Aspen Club members only.

- **Fort Collins:** 9 a.m.–noon Friday and Saturday, Jan. 13 and 14, Aspen Club office

Self-Care Saturday **R**

Research shows caregivers to be more resilient when provided tools outside of a traditional support group. Join the Alzheimer’s Association for this rejuvenating hour, designed to relax through guided meditation and chair yoga. Thirty minutes of yoga and 10 minutes of meditation will be followed by 20 minutes of open discussion.

- **Fort Collins:** 10-11 a.m. Saturday, Jan. 14
FMC, 1025 Pennock Place, Door 118
- There is no cost, but registration is required. Call 970.495.8565; space is limited

Talk With a Healthcare 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. A light dinner will be provided. Seating is limited. Call 303.651.8411 to register.

- **Longmont:** 5:30-6:30 p.m. Tuesday, Jan. 17
Longmont Senior Center
- **Longmont:** 5:30-6:30 p.m. Tuesday, Feb. 21
Longmont Senior Center

Understanding the Rotator Cuff and How It Fails

Board-certified orthopedic sports and shoulder surgeon Dr. Matthew Javernick will explain the function of the rotator cuff and outline how it fails and why. He will also share current treatment options and trends.

- **Greeley:** Noon-1 p.m. Wednesday, Jan. 18
Greeley Medical Center conference room 3

Living Well With Lifelong Health **R**

Living a healthy life with one or more health issues involves learning self-management skills to help you function at your best, regardless of your chronic condition. This class gives you the practical skills and tools to help manage symptoms, set goals, problem-solve, stay active and enjoy the things that are most important to you.

- **Fort Collins:** 1-3:30 p.m. Wednesdays, Jan. 18-Feb. 22
Prospect Medical Plaza

ASPEN CLUB MONTHLY FEATURES

Recorded registration line available 24 hours a day at 970.495.8565.



Rebound and Refresh Eating and Habits **R**

Renew confidence for your weight mastery and get support for your health goals. Get back on track for nutritious eating, exercise and self-care routines and break negative patterns. Facilitated by Deanna O'Connell, UCHHealth registered dietitian and mindfulness practitioner.

- **Loveland:** 3-4 p.m. Wednesday, Jan. 18
Loveland Library, Erion room
- **Greeley:** 10-11 a.m. Tuesday, Feb. 7
Greeley Active Adult Center

10 Warning Signs of Alzheimer's **R**

Join the Alzheimer's Association to learn about 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 diagnosis and the diagnostic process and Alzheimer's Association resources.

- **Greeley:** 10-11 a.m. Thursday, Jan. 12
Greeley Active Adult Center
- **Fort Collins:** 2:30-4 p.m. Wednesday, Feb. 8
Fort Collins Senior Center. Register by calling 970.221.6644; refer to activity #125401-01
- **Loveland:** 2:30-4 p.m. Thursday, Feb. 16
Loveland Library

New Member Orientation **R**

- **Fort Collins:** Noon-1 p.m. Thursday, Jan. 19
Aspen Club conference room
- **Greeley:** 1-2 p.m. Thursday, Jan. 12
Greeley Medical Center conference room 1

Get Ahead of Chronic Inflammation: Top 7 Nutrition and Lifestyle Hacks to Decrease Body Inflammation **R**

Learn the top nutrition and lifestyle habits to decrease chronic inflammation. Get practical tips to support your body and brain to better health with anti-inflammatory choices. Facilitated by Deanna O'Connell, UCHHealth registered dietitian and mindfulness practitioner.

- **Greeley:** 10-11 a.m. Tuesday, Jan. 24
Greeley Active Adult Center

What If I Live to 200? **R**

What are your living options as you age, and what will they cost? This class explores the options and costs of staying at home or moving to an independent living community or an assisted living, memory care or skilled nursing facility.

- **Fort Collins:** 10-11 a.m. Wednesday, Jan. 25
Fort Collins Senior Center. Register by calling 970.221.6644; refer to activity #125400-01
- **Loveland:** 2-3 p.m. Monday, Feb. 13, Loveland Library

Get Your Advance Directives Done **R**

It's important to have our 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, Jan. 26
Prospect Medical Plaza, Ste. 100
- **Fort Collins:** 10-11:30 a.m. Thursday, Feb. 9
Snow Mesa Clinic, 4674 Snow Mesa Dr, Ste. 100
- **Loveland:** 1:30-3 p.m. Tuesday, Feb. 21
MCR, North Medical Office Building, Ste. 2200

Mind Over Matter (MOM): Healthy Bowels, Healthy Bladder

Join us for a program designed to give women the tools they need to take control of bladder and bowel leakage. Learn strategies for preventing or lessening symptoms. Class is limited to 10 participants.

- **Fort Collins:** 12:30-2:30 p.m. Wednesdays, Feb. 1, 15 and March 1, Westbridge conference room

Gong Voyage **R**

Our bodies are mostly water, and since sounds travel around four times faster in water than in the air, our bodies are excellent receptors and conductors of sound and vibration. Participants have attributed the following to sound healing: 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, Feb. 9
Northside Aztlan Community Center. Register by calling 970.221.6644; refer to activity #125402-01
- **Windsor:** 2-3 p.m. Thursday, Feb. 23
Windsor Community Recreation Center

Cooking Classes **R**

Longs Peak Hospital's food and nutrition team will feature healthy Valentine's Day recipes and cooking tips. Samples will be provided. Register today.

- **Longmont:** 3-4 p.m. Wednesday, Feb. 8
LPMC 1st floor conference room

Chronic Leg Swelling, Elevation or Compression? **R**

UCHHealth occupational therapist Lauren Brown will explain the difference between elevation and compression during leg swelling.

- **Longmont:** 3-4 p.m. Wednesday, Feb. 15
LPMC 1st floor conference room

ASPEN CLUB MONTHLY FEATURES

Recorded registration line available 24 hours a day at 970.495.8565.



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.

- **Fort Collins:** 5:30–6:30 p.m.
Thursdays, starting Feb. 16, PVH
- Call 970.495.8777 to see if you qualify
- Additional classes starting in the spring

Stop The Bleed, Save a Life **R**

The American College of Surgeons Committee on Trauma is leading the effort to save lives by teaching the public to provide vital initial responses to stop uncontrolled bleeding in emergency situations. This education, provided by the UCHHealth Trauma Department, free of charge, will teach you skills and provide tools to appropriately respond to a bleeding emergency.

- **Loveland:** 1:30–3 p.m. Thursday, Feb. 2
MCR Big Thompson Room
- **Greeley:** 10:30 a.m.–noon Monday, Feb. 6
Greeley Medical Center Conference Room 1
- **Fort Collins:** 9:30–11 a.m. Monday, Feb. 27
FMC Room 118
- Cost: free

Medicare 101 **R**

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

- **Fort Collins:** 9–10:30 a.m. Saturday, Jan. 21
FMC, Ste. 118
- **Loveland:** 9–10:30 a.m. Friday, Jan. 27
MCR, Big Thompson Canyon room
- **Greeley:** 9–10:30 a.m. Friday, Feb. 3
GH conference room 1
- **Fort Collins:** 9–10:30 a.m. Friday, Feb. 17
FMC, Ste. 118

HEALTH SCREENINGS

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, Jan. 4 and Feb. 1
Aspen Club office
- Schedule an appointment today by calling 970.495.8560

Hearing Screenings **R**

Certified audiologists from Hear USA will provide a free baseline hearing screening and answer your hearing-health questions.

- **Fort Collins:** 1–4 p.m. Thursday, Jan. 5
Hear USA, 1030 Centre Ave., Ste. A
- **Loveland:** 8:30 a.m.–noon Thursday, Jan. 5
Hear USA, 2980 Ginnala Drive, Unit 102
- Appointments are required; call 970.495.8560

Blood Pressure Checks

No appointment necessary for a blood pressure check performed by our UCHHealth Community Health Improvement RN, Linda Strauss.

- **Loveland:** 9–11 a.m. Mondays, Jan. 23 and Feb. 27
Chilson Senior Center

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.

- **Fort Collins:** 8 a.m.–noon Thursday, Feb. 2
Aspen Club office
- **Greeley:** 9–11 a.m. Wednesday, Jan. 25
Greeley Medical Center conference room 1
- **Longmont:** Please call 720.718.1267 to schedule an appointment

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:** 1–4 p.m. Tuesday, Feb. 14
Aspen Club office
- Cost: \$12; appointments and prepayment required

Balance Screenings **R**

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

- **Fort Collins:** 9 a.m.–noon Wednesday, Feb. 15,
FMC, Ste. 101; call 970.495.8560 to schedule an appointment
- **Loveland:** 12:30–3:30 p.m. Wednesdays, Jan. 25 or Feb. 15, Chilson Senior Center; visit in person or online at lovgov.org/services/parks-recreation/chilson-senior-center to schedule an appointment
- Cost: Free, thanks to grant-funding

ASPEN CLUB MONTHLY FEATURES

Recorded registration line available 24 hours a day at 970.495.8565.



IN PARTNERSHIP WITH COMMUNITY AGENCIES

Weld AAA: A Matter of Balance Workshop

Learn ways to reduce the fear of falling and break the fear-of-falling cycle. A variety of activities address physical, social and cognitive factors affecting fear of falling by focusing on practical coping strategies. Workshop meets once a week for 8 weeks.

- **Greeley:** 9-11:30 a.m. Tuesdays, Jan. 3-Feb. 21
Birchwood Apartments, 2830 27th St. Ln.
- **Frederick:** 9-11:30 a.m. Mondays Jan. 9-Feb. 27
Carbon Valley Recreation Center, 701 Fifth St.
- No cost, but registration is required; call 970.495.8565

Weld AAA: Healthier Living Diabetes Colorado

Designed for participants to become better self-managers of their diabetes. Workshop materials include topics such as nutrition-label reading, healthy eating, preventing low blood sugar, developing an exercise program, problem-solving and setting achievable goals. Workshop meets for 6 weeks.

- **Erie:** 1:30-3:30 p.m. Wednesdays, Feb. 8-Mar. 15
Erie Community Center, 450 Powers St.
- No cost, but registration is required; call 970.495.8565

CSU Mobility Clinic

Colorado State University Movement Neuroscience and Rehabilitation Laboratory is offering older adults in Larimer County an opportunity to get assessments of fall and driving crash risk using nationally recognized assessments. Based on results and interests, the team will offer suggestions for balance and fall-prevention strategies, participation in movement-based research or referrals to driving-rehabilitation specialists.

- Screenings cost \$15 per person
- **Fort Collins:** CSU Human Performance Clinical Research Lab, 910 Moby Drive
- Appointments are required. Schedule by using the calendar on the Movement Neuroscience and Rehabilitation website or by calling 970.491.7663

ONGOING SERVICES

Toenail Service

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:** 8:20 a.m.-3:20 p.m. every Tuesday
FMC, Ste. 101. Please note, we are generally booked out 2-3 months in advance
- **Longmont:** 8:30 a.m.-1:30 p.m. Mondays,
Jan. 16 and Feb. 20, Longs Peaks Hospital
- Prepayment of \$38 is required
- Make appointments at all locations by calling 970.495.8560

CarFit Assessments

CarFit teaches you how to make your car “fit you” to increase safety and mobility. Using a 12-point checklist, which includes 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:** 1-4 p.m. Mondays, Jan. 9 or Feb. 14
Aspen Club offices



Preparing for Total Hip and Knee Replacement

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

- Registration required. 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 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
- Low-cost blood tests
- Blood pressure checks
- Bone density screening (\$12)
- Caregiver classes and resources
- Nutrition consultations (\$30)
- Hearing screenings
- Information about and referral to 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

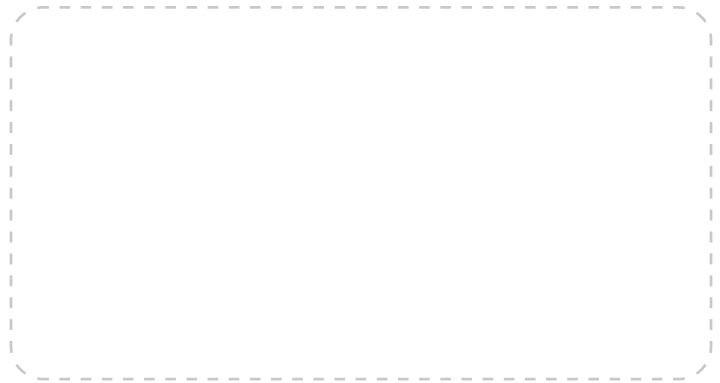


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ASPEN CLUB
MEMBERSHIP
13,838

HEALTH CARE FOR THE WHOLE FAMILY.

Everything you need to manage your health care is available, no matter where you are, with the UCHealth app and My Health Connection. There is even a feature that allows people you select to have access to some of that information.

My Health Connection's family access feature (sometimes called "shared" or "proxy accounts") allows you to see test results, send messages to providers and schedule appointments for family, friends or other loved ones.