

ASPEN CLUB NEWS

September/October 2022 | Volume 35 | Issue 5

ACHY JOINTS—A SIGN OF AGING OR SOMETHING MORE?

Rheumatologists are internal medicine physicians who have completed additional board certification in rheumatology. They treat diseases and other disorders of the bones, joints, ligaments, muscles and tendons. Many of these conditions are due to an autoimmune disorder. This specialty covers a wide spectrum of conditions, including:

- Gout
- Lupus
- Osteoarthritis
- Osteoporosis
- Polymyositis
- Psoriatic arthritis
- Rheumatoid arthritis
- Scleroderma
- Sjögren's disease
- Vasculitis

How do I know if I need to see a rheumatologist?

Having some aches and minor pains as you age is typical. Consider seeing a primary care provider (PCP) if you have new pain or swelling in a joint without an injury, if that pain is worsening or if you

have relatives with an autoimmune or rheumatic disease and are experiencing similar symptoms.

Collaborative care across specialties.

Rheumatologists routinely receive referrals for patients with chronic pain, but not all patients who see a rheumatologist will be diagnosed with an autoimmune condition. While each situation is unique, patients who do not need to see a rheumatologist could benefit from a referral to pain management, physical therapy or other exercise therapies. If fatigue is an issue, a referral to sleep medicine or a review of medications could be beneficial. Unaddressed psychological issues can also factor in for both pain and fatigue and should be discussed with a PCP.

Following an appointment with a PCP, community health programs, like Living Well, can provide support for those with chronic pain, regardless of diagnosis.

Register to join Dr. James Levine to learn more about the types of arthritis, what's common with aging and when to visit a rheumatologist. See all the information about the class on page 7.

Acupressure ear seeds.

The COVID-19 pandemic has impacted so many facets of our daily lives. In the spirit of sharing creative, non-invasive, low-cost potential opportunities for relief, here's some information about acupressure ear seeds.

The National Acupuncture Detoxification Association (NADA) protocol is an internationally recognized ear acupuncture/acupressure treatment that may help reduce stress, trauma and pain while improving sleep, focus and mental clarity. Developed at Lincoln Hospital in the South Bronx in the 1970s, "ear seeds" are small vaccaria seeds attached to adhesive tape that can be adhered to specific acupressure points in the ear. Five acu-points include Shen Men, sympathetic, kidney, liver and lung.

To learn more, consider asking a local acupuncturist if they offer this method or visit the Acupuncturists Without Borders website, acuwithoutborders.org, the source of information given here.



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

No adults allowed unless accompanied by a child.



HEALTHY AGING MONTH.

We celebrate the month of September by celebrating all of you. Healthy Aging Month is a national observance month, honoring the many positive facets of growing older: wisdom and experience, reinventing yourself in this new time of discovery and sharing your stories so that family and friends can carry on the values so close to your heart.

In all of your wisdom, you may have discovered that healthy aging is not scripted in a way that translates consistently across the spectrum. Your super power, however, is exploring the things that bring you satisfaction. Your tomorrows are directly influenced by your today. So start with today.

- **Be grateful:** One of the most powerful "magic pills" is our ability to influence the world around us, simply by shifting to a positive mindset. Gratitude has the power to overcome adversity and resentment and even inspire those around you to be grateful too.
- **Assess the things that bring you discomfort and dissatisfaction:** Set small, attainable goals and then build on the "wins" with slightly larger goals.
- **Celebrate every day:** You will have small milestones and giant ones. Honor them all.

- **Try something new:** Explore the world around you through a curious lens. Did you ever want to try zip-lining? How about inquiring with a neighbor for a new author to try? Take a cooking class to try a different cuisine. Zumba anyone?
- **Rest:** Our minds need quiet time to regenerate, just like our bodies. Give yourself "down time" to simplify the motion of the day—in your body and your mind.

Healthy aging is not rocket science, but it does require focused attention. If you need a little help setting your "tomorrows" on a good track today, check out our class offerings and let us help you age healthily.

As always, good health and joy to you,

JoAnn Herkenhoff
UCHealth Senior Services
Aspen Club Supervisor

Time is the coin of your life.
It is the only coin you have,
and only you can determine
how it will be spent.

—Carl Sandburg



LIFE ON HOLD.

"I called the incontinence hotline, and they asked, "Can you hold please?"

If that joke made you giggle and you peed a little when you laughed, you might be suffering from stress incontinence. About 53% of women 60 years and older struggle with stress incontinence, 50% face urge incontinence and 31% deal with mixed incontinence, a combination of both urge and stress incontinence. Though these conditions are common, it is important to note that urinary incontinence is not a normal part of aging. If you are facing any form of unintended urination, you do not have to live with the physical, functional and psychological limitations that may be impacting your quality of life. Many treatments are available, including lifestyle modifications, medications and surgery. Your primary care doctor or OBGYN is an excellent resource for discussing your symptoms and creating a treatment plan to help you take control of your bladder again.

- **Stress Incontinence:** Leaking of urine with pressure or physical force on the bladder, such as with coughing, laughing or exercise. Treatment is focused on stabilizing the urethra and strengthening the pelvic muscles through exercise (i.e., kegels). The urethra can be stabilized by a vaginal pessary or bulking agents. Permanent treatment involves surgically stabilizing the urethra through a "bladder sling." This is a simple outpatient surgery often performed by a urogynecologist.
- **Urge Incontinence:** Overwhelming sensation to use the restroom that is quickly followed by leaking of urine. The muscle of the bladder, the detrusor, contracts involuntarily before the bladder is full and needs to empty. This can be due to damage to the nerves that control the bladder, either from a stroke or diabetes. Other times, the bladder is hypersensitive to fluids. Mainstay treatment includes lifestyle modifications, bladder training and scheduled toileting. A few prescription medications can supplement lifestyle modifications by relaxing the bladder muscle.

Our Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM) program is designed to give women the tools they need to take control of bladder and bowel leakage. See page 7 for details.

Written by Darean Hunt, MD

Don't miss Open Enrollment 2022.

This is an important time to review your Medicare plan. Open Enrollment runs from October 15 through December 7. It is your opportunity to see how the drug plan you are on now will cover you in 2023 and look at the new plans in 2023 to see if you should make a change.

You picked the plan you are on now because it fit you best. But that plan is about to change. And new plans will be added for next year. Open Enrollment is probably the only time that you can compare your current plan with the new ones. Maybe your premium is going up next year. Maybe your plan is dropping coverage on one of your drugs. Maybe another company is introducing a cheaper plan with better coverage for your drugs.

As we do every year, the Aspen Club will be hosting prescription drug plan workshops. All counselors are trained and certified by State Health Insurance Assistance Program (SHIP).

Last year, Aspen Club members saved collectively over \$560,000 by reviewing their plans. We will have workshops in Fort Collins, Loveland, Greeley and Estes Park. All appointments are by reservation only. To schedule yours, use the appropriate location link below to sign up. If you have questions, please call 970.495.8560.

These links are case-sensitive. Please enter them exactly as printed:

- Fort Collins: bit.ly/AspenClubFC
- Loveland: bit.ly/AspenClubLV
- Greeley: bit.ly/AspenClubGR
- Estes Park: bit.ly/AspenClubEP

SPIRITUAL CARE AT UCHEALTH.

“Spirituality is the aspect of humanity that refers to the way individuals seek and express meaning and purpose, and the way they experience their connectedness to the moment, to self, to others, to nature and to the significant or sacred.”

The above definition of spirituality was created in 2010 by a group of diverse chaplains and medical researchers. Understanding spirituality this way points toward the kind of care that chaplains provide in the hospital setting. Reverend Christopher Watkins Lamb, MDiv, shares, “We arrive alongside a patient, a loved one or an employee to companion, witness and collaborate with them. Rather than bringing the teaching or framework of one faith tradition, chaplains make spiritual assessments and provide interventions based on what each person finds significant and meaningful.”

The hospital setting is a natural place for spiritual needs and questions to arise. Critical illness, new diagnoses, death and dying, birth, surgeries and so much more that happens in these facilities touch in us something that’s deep and essentially human. Much of the work of spiritual care providers is about presence, deep listening and bearing witness to those we visit. Stories, prayers, music and readings from sacred texts or poetry are often part of a chaplain visit.

If you find yourself or a loved one in the hospital, know that you can always request a chaplain. Regardless of your beliefs and practices, you may be surprised at the connections you make. We have the opportunity in the hospital to care for more than our physical bodies. The sacred work of meaning-making, companionship and witnessing with one another is available to you.

Please consider joining us, in honor of National Spiritual Care Week, to learn more about spiritual care services available through UCHealth. Please see details about our virtual class happening Thursday, October 27, on page 6.



Fight fraud—shred instead.

According to AARP, every two seconds someone’s identity is stolen, and 16.7 million Americans were victimized by identity fraud last year alone. Overall fraud incidence climbed 8%. To help reduce chances of fraud, personally identifiable information (PII) should be shredded. We’re helping fight against fraud and protect you from identity theft.

A free drive-through shredding event will be hosted by the Canvas Credit Union Drake branch, AARP ElderWatch and Aspen Club Senior Services 9 a.m.–noon on Saturday, October 1, at 2503 Research Blvd. Volunteers will deposit your shredding in the bin and return your container to you. We will also be collecting canned goods or nonperishable food items that day to donate to the Food Bank for Larimer County.

INSIGHTFUL

We may not have it all together, but together we have it all.
—Ruth Rogers

Ready, steady, balance.

Topping the charts as the number-one trauma for older adults in our emergency departments, falls are actually one of the most persistent health care problems in the United States.

Falls are very often the result of multiple factors, from tripping hazards to poor vision, from weak physical condition to medication interactions or side effects. And in many cases, it's actually a combination of many things.

But we can help keep you out of our emergency room. Join us to learn how you can prevent falls:

- **5th Annual Ready, Steady, Balance Event**

This fun, educational journey will surely help you stay on your feet.

- Fort Collins: 9 a.m.-noon (with breakfast starting at 8:30 a.m.) Thursday, Sept. 8, Fort Collins Senior Center.
- For more information and to register, call 970.495.8560. When you call, let us know if you want a medication review appointment.

- **Falls Prevention Passport Challenge**

Take on the Falls Prevention Passport Challenge to help stay independent and create awareness of everyday fall hazards, all while having fun. Challenges will include learning a new exercise, attending a falls prevention program and so much more! Look out for the passport starting September 1 at local senior centers, the Aspen Club offices and online at cotrauma.org/sub-committees. For more information, please email aspenclub@uchealth.org.

NO FLU FOR YOU.

One of the top 10 causes of death in the United States is influenza and related pneumonia. These illnesses also contribute to a host of related health complications, including bronchitis and reduced lung function and lung failure. And a recent article by Harvard Illuminates shows that the pressure of inflammation can dislodge plaque in vessels, resulting in heart attack and stroke.

According to the Centers for Disease Control and Prevention, flu shots have a long-standing, well-established safety record. The Houston Methodist review published in the *Journal of the American Heart Association* reported that the flu vaccine effectively protects adults, making them 82% less likely to be admitted to the ICU for the flu and to have a 37% lower risk of being hospitalized at all.

Here's a bit more you should know about the flu:

- **Timing:** Because the antibody response to the vaccine wanes over time, experts recommend adults 65+ get their shot in the autumn, but no later than the end of October. Flu season runs through May.
- **COVID-19:** Those who have confirmed or suspected COVID-19 should delay their flu vaccine until they are no longer acutely ill. If you've had a recent COVID-19 vaccine or booster, talk to your provider to establish best timing for your flu vaccine.
- **Side effects:** The flu shot does not provide a dose of the flu. Side effects may be soreness, swelling or redness at the injection site.
- **Access:** Get your flu vaccine wherever it's convenient for you. Couple it with a visit to your pharmacy or primary care provider. Or you can get your annual shot from Aspen Club.

Flu Clinic

Flu season will be upon us soon. Get protected with your annual vaccine (high-dose also available), in partnership with the Family Medicine Center Walk-In Clinic. Call the Aspen Club to get on the list; appointment times will be scheduled once vaccine doses are secured. Your insurance provider will be billed.

- Fort Collins: September through November, times and dates TBA, at 1025 Pennock Place, Ste. 121.
- To join the list for upcoming appointments, call the Aspen Club at 970.495.8560.



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.
- 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:

- 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 Living Well With Chronic Pain **R**

Learn problem-solving skills, symptom management, how to deal with difficult emotions and other skills to help you live a fulfilling life.

- Virtual: 5:15-7:30 p.m. Thursdays, Sept. 8-Oct. 13

Virtual Get Your Advance Directives Done **R**

It's important to have your medical advance directives completed, especially as we age. Learn about medical health care directives and how to prepare to discuss and distribute them properly.

- Virtual: 3:30-5 p.m. Thursday, Oct. 6

Virtual Powerful Tools for Caregivers—Caring for Someone With Parkinson's **R**

In this six-week class, participants learn about reducing stress, guilt and depression; taking care of yourself physically and emotionally; communication strategies; helpful community resources; and more.

- Virtual: 3-5 p.m. Thursdays, Oct. 6-Nov. 10
- Registration required: Go to adrc@larimer.org or call the Family Caregiver Support Program at 970.498.7758

Virtual Service Line Spotlight: Spiritual Care at UHealth **R**

Join us to learn more about how spiritual care services are available to all patients, staff and visitors alike.

- Virtual: 2:30-3:30 p.m. Thursday, Oct. 27

Virtual Let's Get Moving **R**

Join Jennie Valdez for a gentle 30-minute seated exercise program in the comfort of your own space.

- Virtual: 9-9:30 a.m. Thursdays
- Go to uhealth.org/events to register. Search for Let's Get Moving
- Required: computer with internet access or smartphone with camera and microphone capabilities
- No cost

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.*

Nutrition Workshop With CSU Extension **R**

Explore nutrition topics in this three-part series. Topics are: Nutrition for older adults, Mediterranean diet and preserving food with confidence. Learn tools to maintain your independence as you age, the many benefits of adopting a Mediterranean diet and smart and practical ways to reduce food waste through preservation.

- **Fort Collins:** 2-3:30 p.m. Tuesdays, Sept. 6-20, Fort Collins Senior Center auditorium
- To register, call 970.221.6644 and refer to activity #425405-01

5th Annual Ready, Steady, Balance Event **R**

Join us for the 5th annual Ready, Steady, Balance event in recognition of Fall Prevention Awareness Day. After a hot breakfast (which starts at 8:30 a.m.), the event consists of:

- 9-10 a.m.: Professional Panel: Gain insight into what happens when you call 911 and/or go to the hospital due to a fall, from the providers that take care of you in your time of need.
- 11 a.m.-noon: Community Member Panel: A fall can be scary, especially if you need medical attention. Hear the stories of patients who had a fall requiring an emergency department visit or hospitalization. They will share their experiences, takeaways and changes they've made to prevent future falls.
- **Fort Collins:** 9 a.m.-noon (with breakfast starting at 8:30 a.m.) Thursday, Sept. 8 Fort Collins Senior Center.
- For more information and to register, call 970.495.8560. When you call, let us know if you want a medication review appointment.

ASPEN CLUB MONTHLY FEATURES

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

Falls Prevention Passport Challenge

Look out for the passport starting September 1 at local senior centers, the Aspen Club offices and online at cotrauma.org/sub-committees. For more information, please email aspenclub@uchealth.org.

Stepping On Fall Prevention Workshop **R**

In this seven-week course, you'll learn how you can avoid a dangerous and costly fall and keep doing the things you love to do. Stepping On has been researched and proven to reduce falls by 30%. Call 720.718.1210 to reserve your spot today.

- **Longmont:** 10 a.m.-noon Tuesdays, Sept. 6-Oct. 18, LPH
- \$15 suggested donation

Powerful Tools for Caregivers (PTC) **R**

In this six-week class, participants learn about reducing stress, guilt and depression; taking care of themselves physically and emotionally; communication strategies; helpful community resources; and more.

- **Fort Collins:** 4:30-6:30 p.m. Wednesdays, Sept. 7-Oct. 12, CSU Health and Medical Center (151 W. Lake St., Ste. 1400)
- Registration required: Go to adrc@larimer.org or call the Family Caregiver Support Program at 970.498.7758

Self-Care Saturday for Caregivers **R**

Calling all caregivers. Please join us for self-care Saturday. Relax as a group through guided meditation and chair yoga. If you have questions, please call Angel Hoffman at 970.387.6067 or email alhoffman@alz.org.

- **Fort Collins:** 10-11 a.m. Saturday, Sept. 10 FMC, 1025 Pennock Place, Door 118
- There is no cost, but registration is required by calling 970.495.8565, as space is limited

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, UHealth registered dietitian and mindfulness practitioner.

- **Loveland:** 2-3 p.m. Monday, Sept. 12 Loveland Library

Arthritis 101 **R**

Join Dr. James Levine to learn more about the types of arthritis, what's common with aging and when to visit a rheumatologist. Seeing the right doctor and receiving treatment can lead to a decrease in inflammation, even slowing or stopping damage to the joints.

- **Loveland:** 5:30-6:30 p.m. Wednesday, Sept. 14 MCR, Longs Peak Room

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

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:** 10 a.m.-noon Wednesdays, Sept. 14 and 28, and Oct. 12, Westbridge

Why Am I Dizzy? Understanding Causes of Dizziness and Treatments **R**

Come learn about the vestibular system and how it is related to balance and dizziness. We will review other causes of dizziness and evidence-based evaluation and physical therapy treatment interventions.

- **Longmont:** 10-11 a.m. Friday, Oct. 14 LPMC, 4th Floor conference room

Navigating Dementia Caregiving **R**

Find compassion and hope in navigating the journey of dementia through the guiding expertise of occupational therapist Marlis Lane.

- **Greeley:** 1-2 p.m. Thursday, Sept. 15, Farr meeting room, Farr Regional Library, 1939 61st Ave.
- **Loveland:** 1-2 p.m. Tuesday, Oct. 18 Loveland Library, Gertrude Scott room

Medicare 101 **R**

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

- **Fort Collins:** 2-3:30 p.m. Friday, Sept. 16, FMC, Ste. 118
- **Fort Collins:** 3-4:30 p.m. Friday, Oct. 14, Westbridge

Aging Mastery Program (AMP) **R**

AMP is a comprehensive and fun approach to supporting long lives. Guest speakers explore relevant aging topics, and participants create their own age-well playbook to improve overall well-being and stability. UHealth Aspen Club sponsors this engaging six-week program.

- **Loveland:** 9:30 a.m.-noon Mondays, Sept. 19-Oct. 24 Loveland Library, Gertrude Scott room

Mind-Body Connections Class **R**

Learn to take charge of your thoughts and improve your life, health and satisfaction. The tools learned in this class are well researched and proven to help when applied in a consistent, daily manner.

- **Fort Collins:** 6:30-8:00 p.m. Mondays, Sept. 19-Oct. 24 Fort Collins Senior Center auditorium
- Cost: \$25 for the 6-week course
- To register, call 970.221.6644 and refer to activity #425401-01

ASPEN CLUB MONTHLY FEATURES

Recorded registration line available 24 hours a day at 970.495.8565.



Talk With a Healthcare Professional—Healthy Breasts for Life **R**

It's never too late to make changes for better breast health. With diet changes, exercise and a mammogram, you can take good steps toward having healthy breasts for life.

- **Longmont:** 5:30–6:30 p.m. Tuesday, Sept. 20
Longmont Senior Center
- Call 303.651.8411 to register

Fall Prevention Week Longmont Activities:

Call 720.718.1690 to sign up for any of the below activities.

- **Educational Presentation **R****
1–2 p.m. Monday, Sept. 19
LPMC, 1st Floor conference room
- **Balance Screening **R****
1–5 p.m. Tuesday, Sept. 20
LPMC, 4th Floor conference room
- **Pharmacy Presentation **R****
2–3 p.m. Wednesday, Sept. 21
LPH, Conference Room A
- **Balance Screening **R****
8 a.m.–noon Thursday, Sept. 22
LPMC, 4th Floor conference room
- **Educational Presentation **R****
10–11 a.m. Friday, Sept. 23
LPMC, 4th Floor conference room

Mindfulness: Learning to Relax in a Stressful World **R**

Tap into the power of the breath to create a sense of peace and calm in the body and mind. Learn resources to help be aware of your body's stress signals and ways to repattern your response to stress. Facilitated by a UHealth registered dietitian and mindfulness practitioner.

- **Fort Collins:** 10–11 a.m. Tuesday, Sept. 20, Fort Collins Senior Center
- To register, call 970.221.6644 and refer to activity #425400-01

Am I Hungry? Mindful Eating **R**

In this two-part series, get resources for being in charge of your eating instead of feeling out of control, as well as tools for reducing mindless and emotional eating and balancing out overeating and deprivation cycles. Facilitated by Deanna O'Connell, UHealth registered dietitian and mindfulness practitioner. Two classes of 1.5 hours/class.

- **Greeley:** 9:30–11:00 a.m. Wednesdays, Sept. 21 and 28, Greeley Active Adult Center

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 available.

- **Fort Collins:** 9:30–11 a.m. Thursday, Sept. 22
UHealth Internal Medicine – Prospect Clinic, Ste. 100
- **Fort Collins:** 10–11:30 a.m. Thursday, Oct. 13
UHealth Internal Medicine –
Snow Mesa Clinic, Ste. 100
- **Longmont:** 10–11:30 a.m. Wednesday, Oct. 12
Longs Peak Hospital
- **Greeley:** 10–11:30 a.m. Thursday, Oct. 20
Greeley Medical Center, conference room 1
- **Loveland:** 4–5:30 p.m. Tuesday, Oct. 25
MCR, North Medical Office Building, Ste. 2200

Mindfulness Nature Walk **R**

We'll learn about walking nature meditations as a mindfulness practice and a way to bring peace of mind to your daily life. Facilitated by Deanna O'Connell, UHealth registered dietitian and mindfulness practitioner.

- **Loveland:** 1–2 p.m. Tuesday, Sept. 27
(Starting from Loveland Library main entrance)

New Member Orientation **R**

- **Fort Collins:** 1–2 p.m. Wednesday, Sept. 28
Westbridge classroom
- **Greeley:** Call 970.495.8560 for new member orientation dates coming up in Greeley

Fight Fraud—Shred Instead

See page 4 for details.

- **Fort Collins:** 9 a.m.–noon Saturday, Oct. 1
2503 Research Blvd.

Stop the Bleed **R**

Life-threatening bleeding can happen in people injured in serious accidents or disasters. Instead of being a witness, you can become an immediate responder because you know how to STOP THE BLEED.

- **Longmont:** 1–2:30 p.m. Monday, Oct. 3, LPMC

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, UHealth registered dietitian and mindfulness practitioner.

- **Loveland:** 10–11 a.m. Friday, Oct. 7, Loveland Library

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. Call 970.495.8777 to see if you qualify. Classes offered virtually or in person.

- **Fort Collins:** 5:30–6:30 p.m.
Tuesdays starting Oct. 18, PVH
- For more information and to register, call 970.495.8777

Medicare Open Enrollment **R**

See page 3 for more information.

- These links are case-sensitive. Please enter them exactly as printed:
 - **Fort Collins:** bit.ly/AspenClubFC
 - **Loveland:** bit.ly/AspenClubLV
 - **Greeley:** bit.ly/AspenClubGR
 - **Estes Park:** bit.ly/AspenClubEP

Mobility and Safety Event **R**

Event will feature older-adult safety information and mobility assessments, including fall, driving and cognition risk assessments. CarFit check-ups will be provided free of charge through Health Promotion Partners.

- **Loveland:** 9 a.m.–noon Saturday, Oct. 8, LifeSpring Covenant Church, 743 S. Dotsero Dr.
- No cost for the event or CarFit. There is a \$15 fee for the computerized driving risk assessment, payable at time of registration
- Appointments are required for both CarFit and driving risk assessment by calling 970.495.8560

Flu Clinic **R**

Get protected with your annual vaccine (high-dose also available), in partnership with the Family Medicine Center Walk-In Clinic. Call the Aspen Club to get on the list; appointment times will be scheduled once vaccine doses are secured.

- **Fort Collins:** Sept.–Nov., times and dates TBA
1025 Pennock Place, Ste. 121
- To join the list for upcoming appointments, call the Aspen Club at 970.495.8560

Nutrition for Bone Health, Osteopenia and Osteoporosis **R**

There is MUCH you can do to maintain and improve bone health. We'll review nutrition and lifestyle daily must-haves to keep your bones strong and healthy. Facilitated by Deanna O'Connell, UHealth registered dietitian and mindfulness practitioner.

- **Fort Collins:** 2–3 p.m. Tuesday, Oct. 11
Fort Collins Senior Center
- To register, call 970.221.6644 and refer to activity #425402-01

Talk With a Healthcare Professional - East Meets West Medicine **R**

Join UHealth physicians and staff for a shared conversation on a variety of health-related topics from head to toe. A light dinner will be provided. Seating is limited.

- **Longmont:** 5:30–6:30 p.m. Tuesday, Oct. 18
Longmont Senior Center
- Call 303.651.8411 to register

Spotlight on Strokes **R**

A stroke occurs when the blood supply to part of your brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. A UHealth stroke coordinator will talk about stroke prevention and amazing advancements in diagnosing and treating strokes. Time is of the essence!

- **Longmont:** 10 a.m.–noon Tuesday, Oct. 25
LPH, conference room A
- **Greeley:** 10 a.m.–noon Friday, Oct. 28
Greeley Active Adult Center

HEALTH SCREENINGS

Medication and Supplement Reviews **R**

UHealth pharmacists review your medications, vitamins, supplements and over-the-counter drugs.

- **Greeley:** 9–11 a.m. Wednesday, Oct. 19, Greeley Medical Center, conference room A
- **Longmont:** Call 720.718.1267 to schedule an appointment

Balance Screenings **R**

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. Wednesday, Sept. 21 or Oct. 19, FMC, 1025 Pennock Place, Ste. 101
– Call 970.495.8560 to schedule an appointment
- **Loveland:** 12:30–3:30 p.m. Wednesday, Sept. 28 or Oct. 26, 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 UHealth 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, Sept. 7 or Oct. 5, 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. Mondays, Sept. 26 and Oct. 24
Chilson Senior Center

Hearing Screenings **R**

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

- **Fort Collins:** 1-4 p.m. Thursday, Sept. 1
Hearing Rehab Center, 1030 Centre Ave., Ste. A
- **Greeley:** 11 a.m.-1 p.m. Thursday, Sept. 15
Hearing Rehab Center, 2018 35th 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.

- **Loveland:** 9 a.m.-1 p.m. Tuesday, Sept. 20
Aspen Club office at MCR
- **Greeley:** 1-2:30 p.m. Thursday, Oct. 20
GMC, conference room 1
- Cost: \$12; appointments and prepayment required

IN PARTNERSHIP WITH COMMUNITY AGENCIES

CSU Mobility Clinic

Colorado State University Movement Neuroscience and Rehabilitation Laboratory is offering older adults in Larimer County, as well as individuals with stroke and their family members (above 65 years of age), 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
- CSU Human Performance Clinical Research Lab, 910 Moby Drive, Fort Collins
- Appointments are required. Schedule by using the calendar on the Movement Neuroscience and Rehabilitation website or by calling 970.491.7663

Beware of Scams, Warns Larimer Sheriff's Office

To help community members protect themselves against scammers, 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. 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**

- **Fort Collins:** 8:20 a.m.-3:20 p.m. every Tuesday, Family Medicine Center, Ste 101. Please note, we are generally booked out two to three months in advance
- **Longmont:** 8:30 a.m.-1:30 p.m. Mondays, Sept. 19 and Oct. 17, Longs Peaks Hospital
- **Greeley:** Please call for more information
- Prepayment of \$38 is required
- Make appointments in all locations by calling 970.495.8560

CarFit Assessments **R**

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:** 9 a.m.-noon Monday, Sept. 12
Aspen Club office
- - 1-4 p.m. Monday, Oct. 10, Aspen Club office

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 970.624.237

ASPEN CLUB FITNESS OPPORTUNITIES



- Eight-week session (no class on Labor Day, Sept. 5, 2022) • 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 UHealth 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@uhealth.org.

- **Fort Collins walks:**
 - 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, Sept. 1, Sandstone Ranch
 - 7:30 a.m. Thursday, Sept. 8, Roosevelt Park
 - 7:30 a.m. Thursday, Sept. 15, McIntosh Lake
 - 7:30 a.m. Thursday, Sept. 22
Dickens Farm Nature Area
 - 7:30 a.m. Thursday, Sept. 29, Roosevelt Park
 - For more information and to register, call 720.718.1690

Beginning 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 meant for those new to the Aspen Club tai chi classes and is an introduction to the program.

- 10:30-11:15 a.m. Mondays and Thursdays, Sept. 12-Oct. 20, FMC, 1025 Pennock Place, Ste. 101
- Cost: \$45

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.

- 9:30-10:15 a.m. Mondays and Thursdays, Sept. 12-Oct. 6, FMC, 1025 Pennock Place, Ste. 101
- Cost: \$30

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, Sept. 7-Oct. 26, Westbridge
- 10:30-11:30 a.m. Fridays, Sept. 9-Oct. 28, Westbridge
- 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, Sept. 8-Oct. 27
Westbridge Lifestyles room
- Cost: \$50

PWR! Moves ^R

This fun, safe and motivational class is designed to address multiple PD symptoms and enhance daily activities. Class is meant for those who do not require assistive devices including walkers and wheelchairs.

- 1-2 p.m. Thursdays, Sept. 8-Oct. 27
Contemporary Dance Academy
2531 S. Shields St., #2A, Fort Collins
(next to Tokyo Joe's)
- Cost: \$40

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, Sept. 7-Oct. 28, Westbridge
- 9:15-10:15 a.m. Wednesdays and Fridays, Sept. 7-Oct. 28, Westbridge
- Cost: \$60

ASPEN CLUB ONGOING SERVICES

To find out more about these services, call any Aspen Club office or go online to uhealth.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
- Toenail services in Fort Collins and Longmont (\$38)
- Total hip and knee replacement classes



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Return service requested.



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MOBILITY AND SAFETY.

Join us for our Mobility and Safety Event from 9 a.m. to noon, Saturday, October 8, at LifeSpring Covenant Church. CarFit check-ups, which teach you how to make your car “fit you” to increase safety and mobility and help you drive safer for longer, will be provided free of charge. And the CSU Mobility Clinic will provide a computerized driving crash risk assessment (appointments required). There is no cost for the event or CarFit, though there is a \$15 fee for the computerized driving risk assessment, payable at time of registration. Appointments are required for both CarFit and driving risk assessment by calling 970.495.8560.