

ASPEN CLUB NEWS

March/April 2023 | Volume 36 | Issue 2

MARCH IS NATIONAL NUTRITION MONTH®.

This year's National Nutrition Month theme is Celebrate a World of Flavors. With spring weather often still chilly in Colorado, this is a good time to remember the importance of nutrient-packed, flavorful fruits and vegetables. If you have heard of (or follow) the USDA MyPlate guidelines recommending half your plate as fruits and vegetables, chances are, this may be challenging to achieve when cool weather can invite us to look toward comfort foods. Below are a few ways to encourage the recommended daily 2 cups of fruit and 2.5 cups of vegetables that are so important for our continued good health:

- Create warming stews that are packed with vegetables. Add in a few bags of frozen vegetables along with onions, celery and garlic for a satisfying meal.
- Get in your red and orange vegetables by keeping baggies of red or yellow peppers and carrots to snack on or by roasting sweet potatoes or a winter squash with butter or olive oil.
- Make a delicious omelet by adding sautéed broccoli, onions, spinach and low-fat cheese.
- Make a beautiful platter of strawberries, pineapple, apples or any fruit of your choice; add a bowl of yogurt to dip it in or even melted chocolate or cheese for a special treat.
- Need a nutrition refresher? Join the Aspen Club for the six-week *Healthy Eating for Successful Living* class or other classes to boost your motivation and skills at keeping your body comfortable and running smoothly. We look forward to seeing you there.



World of flavors and nutrients.

- Try foods and flavors from other parts of the world for added variety as well as additional nutrients. For example, look for jicama, papaya or guava for some flare from Latin countries.
- Consider trying some Thai foods or dishes such as fermented sauces, fish sauce, ginger, coconut and lemongrass. Thai recipes or restaurant offerings add nutrient interest and variety.
- Japanese cultures maintain a high mineral content in their diet through regularly eating seaweed, like nori or wakame. You can find these in many grocery stores (dried in bags) and enjoy them sprinkled on salads or vegetables.



uchealth

FUNNY PAGES

If things get better with age, I'm approaching magnificent!

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

UCHealth (shared with Garth
Englund Blood Center)
6906 W. 10th St.
Greeley, CO 80634

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



CELEBRATE WORLD HEALTH DAY.

As we celebrate World Health Day, April 7, I am reminded of how fortunate we are to have the resources and continual medical advancements that provide an opportunity for us to be well and age well. And yet, access to these incredible resources is not equitable for everyone. So during this time of awareness and reflection about our mental and physical health, I invite us all to step outside of our personal situations and reflect on ways we can make a positive impact on the health of others.

What we do and how we engage with others have more influence than we might think. Small gestures, such as an empathetic reply to someone else's health challenge or a friendly smile as you share a waiting room with someone, can go a long way to improving how others feel. Think about how you feel when someone lingers a little longer at a door to welcome you inside. Or that genuinely kind voice on the other end of the phone, eager to help with your needs. We may be individuals, but we operate in this world as a collective system.

A system that we can make better through our actions and attention to others.

I have spent quite a bit of time in the Grand Canyon in Arizona. I'm drawn to that special place, partly due to the solitude and beauty of the landscape. But in reality, what keeps me going back is the immensity of the natural features and their ability to diminish the stresses and struggles that ruminate in my head. I truly feel insignificant in the grand scheme of things. And that insignificance provides the perspective of a wholly shared universe that I can feel empowered to make just a little better with a little focus each day.

Yours in health and harmony,

JoAnn Herkenhoff
UCHealth Senior Services
Aspen Club Supervisor



APRIL IS PARKINSON'S AWARENESS MONTH.

April is National Parkinson's Awareness Month, chosen in recognition of the birth date of James Parkinson on April 11, 1755. Mr. Parkinson first published his works on "the shaking palsy" in 1817. Though he was not acknowledged at the time for the impact of his findings, 40 years later his name was attributed to what we now call Parkinson's Disease.

For those living with Parkinson's Disease, the constellation of symptoms varies widely from one person to another and from one point in life to the next. It used to be thought that people living with Parkinson's had little control over the progression of their disease; however, there now exists a massive body of evidence suggesting otherwise. Neuroplasticity, the ability of the brain and nervous system to adapt and form new neural pathways in response to stimuli, has proven that people living with Parkinson's can slow the disease's advancement and even make positive gains, by making purposeful life changes.

One of the most powerful neural change agents in Parkinson's is physical exercise. Here in Fort Collins, there are a number of exercise classes for people living with Parkinson's, including table tennis, yoga, boxing, Tai Chi, singing, dance and movement. Gathering with others who are walking along the same road and working toward the same hope can be inspiring and encouraging. Support groups in northern Colorado (Fort Collins, Loveland and Greeley) provide educational and social opportunities to learn and connect. Visit the Parkinson's Support Group in Larimer County's website at pdsupportlc.net to see a calendar of local exercise classes and events.

Parkinson's Awareness Month is an opportunity to reach out with encouragement to those we know and love who are experiencing Parkinson's Disease, and for those who are living with Parkinson's, it offers hope and inspiration to make positive life changes.

By Michelle Underhill, MA, CCC-SLP, Director of the Parkinson's Support Group in Larimer County.

March is Multiple Sclerosis Awareness Month.

Multiple sclerosis (MS) affects the central nervous system, comprising the brain, spinal cord and optic nerves. This disease interrupts communication within this system, causing numbness, tingling, mood changes, memory problems, pain, fatigue, blindness or paralysis. According to the National MS Society, individuals may have very different experiences with disease severity and duration of symptoms. While the exact cause of MS is not known, experts indicate that it is the result of an immune system attack on the central nervous system, damaging the nerve fibers that send signals to and from the brain.

Learn more about MS from UCHealth Neurology nurse practitioner, Sara Schaefer, on March 3. See page 9 for presentation information.



NATIONAL HEALTHCARE DECISIONS DAY.

Inspiring conversations and peace of mind.

April 16 is National Healthcare Decisions Day, which exists to inspire, educate and empower individuals about the importance of advance care planning for everyone over the age of 18. This day is set aside for patients to make known to health professionals the kind of adequate care they wish to receive and have those preferences respected.

This year the Aspen Club would like to invite you to consider the value of having conversations with loved ones and the peace of mind that comes from having a plan in place for your future care. Advance care planning tools and services are available at no cost to community members throughout northern Colorado. Throughout the year, educational classes and related programs to engage with this topic, as well as individual assistance to complete advance directive documents, are available. Specific documents we can provide include the Medical Durable Power of Attorney (MDPOA), living will for health care, Colorado Declaration of Disposition of Last Remains, MOST forms, and CPR directives. Our aim is to help you determine which documents are most appropriate for expressing your preferences and to help you through the process of completing and sharing your plans.

For more information about National Healthcare Decisions Day and to access tools for having conversations with loved ones, please visit theconversationproject.org/nhdd. For those wishing to attend a class or get individual assistance, please contact the Aspen Club, uchealth.org/aspenclub.

Users of My Health Connection, the UCHHealth patient portal, can start your plan today by completing the MDPOA under the advance care planning tab from the main menu. There is no default in Colorado as to who can speak on your behalf. Please join us in honor of National Healthcare Decisions Day to ensure that you have identified a medical decision-maker who knows you and will honor your preferences.



INSIGHTFUL

Getting old is like climbing a mountain; you get a little out of breath, but the view is much better!

—Ingrid Bergman

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.” The reduced attendance does not honor the commitment of our presenters because we often have a waitlist. If your plans change, please let us know if 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.





Below is a list of plant proteins that could be included in your diet:

- Legumes: lentils, beans, peas, edamame, soybeans and peanuts
- Nuts and seeds: almonds, pistachios, cashews, walnuts, hazelnuts, pecans, hemp seeds, squash and pumpkin seeds, sunflower seeds, flax seeds, sesame seeds and chia seeds
- Whole grains: kamut, teff, wheat, quinoa, rice, wild rice, millet, oats and buckwheat
- Vegetables with higher protein quantities: corn, broccoli, asparagus, brussels sprouts and artichokes



PROTEIN AS PREVENTION.

A recent Harvard study suggests including enough protein in your diet can help protect your cognition. Protein has already been proven to be the building blocks of muscles and organs and is crucial in tissue and cell repair processes. Eating protein instead of carbohydrates can help lower your odds of developing cognitive decline later in life. Even small changes in protein and carbohydrates in your diet make a difference. Every 5% of calories from animal protein instead of carbohydrates was associated with an 11% lower risk for developing dementia. Plant protein instead of carbohydrates was also shown to reduce the risk of developing dementia by 26%. For example, three servings per week of peas and lima beans are associated with a 28% lower risk of cognitive decline. Here are a couple of helpful websites:

- health.harvard.edu/mind-and-mood/protein-intake-associated-with-less-cognitive-decline
- hsph.harvard.edu/nutritionsource/what-should-you-eat/protein

Beyond brain health.

In addition to the cognitive benefits of protein, below are some additional reminders of its potential benefits:

It is critical for adults ages 50 and older to get adequate protein to prevent the muscle loss that comes with aging. The dietary guideline for protein is about 47 grams per day for women and 56 grams per day for men.

Are you prone to weight gain? Research shows that meals higher in protein can positively impact reward-driven behaviors. Since protein takes longer to digest than carbohydrates, it also gives a sense of satiety as well stabilizes the blood sugar and promotes appetite control.

Source: ncbi.nlm.nih.gov/pmc/articles/PMC6179508

HEALTHY AGING

Don't forget to exercise from the neck up...a few puzzles or brain games ought to do the trick.

Channeling your focus.

Older adults often notice a decline in their ability to concentrate and focus as they age. Matthew Solan from Harvard Health shares four tips to try when you notice your attention is waning:

1. **Avoid multitasking:**
Focus on one task at a time. This will make sure your mind does not have to compete with other stimuli.
2. **Work in blocks of time:**
To determine your ideal block time, note how much time has passed before your attention drifts. After this time segment has finished, take a break, and then resume.
3. **Remove distractions:**
TV, phones and notifications all can interfere with your ability to stay focused. Put these distractions away to help you stay focused.
4. **Take a quick movement break:** 10 minutes of increased heart rate can increase the blood flow to the prefrontal cortex, responsible for executive function skills like staying focused.



ARE HEARING AIDS RIGHT FOR ME?

Hearing is an important sense; we use it daily, and it allows us to connect with our world. As we age, it is important to maintain our sense of hearing, which may include using hearing aids. According to the Food and Drug Administration (FDA), only one in five individuals who need hearing aids receives them. Untreated hearing loss is a serious complication and can lead to the introduction of other health obstacles, such as dementia, depression and a greater risk for life-threatening falls. Many individuals are reluctant to receive help for hearing loss, but it is imperative to acquire the proper resources to maintain good hearing as we age.

It can be difficult to decide when the proper time to seek assistance for hearing loss or complications begins. Some major signs of hearing complications to look out for include constantly turning up the volume on electronics, asking others to speak louder and being unable to distinguish independent voices in a crowd. You should seek immediate assistance from a doctor or other medical professional if you experience sudden deafness, vertigo (dizziness) or pain in your ears. Audiologists can assess your symptoms through a series of tests and questionnaires. An otolaryngologist (ear, nose and throat physician) will use the results of these evaluations to determine whether a hearing aid is the right choice for you.

The transition to hearing aid use can be a nerve-racking experience. It is normal to feel a sense of apprehension when learning to live with and use a hearing aid, but it is a device that can make life much easier to manage. It is important to remain patient with yourself, as this new transition can be quite different than what you are used to. Being proactive with your health allows you to live a happy and healthy life, and living with a hearing aid may be a great way to do so.

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
- 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 Aspen Club Office, 6906 W. 10th St.
- 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.*

Cancer: Thriving and Surviving ^R

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

- **Virtual:** 5:30–7:30 p.m. Tuesdays, April 4–May 9 MS Teams
- Link to virtual class and class materials 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.

- **Virtual:** 11 a.m.–12:30 p.m. Wednesday, March 8 MS Teams
- Link to virtual class and class materials will be emailed following registration

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.

- **Virtual:** 1:30–3 p.m. Monday, March 9 or April 10 MS Teams
- Link to virtual class and class materials will be emailed following registration

Virtual Integral Assessment Class ^R

Come and assess how well you are doing in the areas of nourishment, cleansing, activity and rest/quiet/meditation and reflection. Then let's process ways to increase your score. Based on the concept of the four dimensions of functioning, as published in *Radical Healing*, by Rudolph Ballentine, MD. This is a four-part class.

- **Virtual:** 6–7:30 p.m. Tuesdays, March 7, 14, 21 and 28 MS Teams
- Link to virtual class and class materials will be emailed following registration

Virtual CircleTalk ^R

Enter as strangers and leave as friends.

CircleTalk is a structured conversation program that uses a fun, unique, non-repeating curriculum. Through engaging activities and discussion themes, a safe environment is created to support new relationships and inspire sharing. This is an evidence-based offering, and participants must be able to commit to the full eight-week session.

- **Virtual:** 10:30–11:30 a.m. Mondays, April 24–June 12 Virtually through Zoom
- Link to virtual class and class materials will be emailed following registration
- Cost: \$40 (scholarships available for those of modest means; please ask when registering)



ASPEN CLUB MONTHLY FEATURES

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R
Registration
required

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.

Neurobics—A Workout for Your Brain **R**

Mental exercises using various body parts can help you create new neural pathways in the brain, keeping your brain fit. Get ready to move and learn ways of boosting your next workout with neurobics.

- **Loveland:** 9-10 a.m. Tuesday, March 7
MCR Big Thompson room
- **Fort Collins:** 2:30-3:30 p.m. Wednesday, March 15
PVH Café F
- **Greeley:** 1:30-2:30 p.m. Thursday, March 30
Greeley Active Adult Center

What Is New in Medicare 2023 **R**

Find out what changes were made to Medicare for this year: Part B premiums, Part A & B deductibles and co-pays, changes to Part D and what's happening with Medicare Advantage.

- **Windsor:** 2-3 p.m. Thursday, March 9
Windsor Recreation Center Party Room
- **Loveland:** 2-3 p.m. Thursday, March 16
MCR Big Thompson Canyon
- **Fort Collins:** 2-3 p.m. Monday, March 27, Westbridge

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.

- **Fort Collins:** 10-11:30 a.m. Thursday, March 16
Fort Collins Senior Center
- Register by calling 970.221.6644; refer to activity #225403-01

Chronic Disease Management **R**

Diabetes, arthritis, hypertension, lung disease and other chronic conditions can make life difficult to manage for millions of older adults. This interactive workshop focuses on building skills to manage your condition. Topics include pain management, nutrition, exercise, medication use, emotions and communication with doctors. Seating is limited. Call 303.651.8411 to register.

- **Longmont:** 10 a.m.-12:30 p.m. every Friday for six weeks
March 17-April 21
Longmont Senior Center; conference room G

Talk With a Health Care Professional, "Live Vibrantly—Achieving Your Healthiest Weight" **R**

Join UCHHealth registered dietitian Maranda Stone as she discusses diets, misconceptions about healthy body weight, lifestyle, eating healthy and resources for support. A light dinner will be provided. Seating is limited. Call 303.651.8411 to register.

- **Longmont:** 5:30-6:30 p.m. Tuesday, March 21
Longmont Senior Center

Living Well With Diabetes **R**

If you are dealing with diabetes or living with someone who has diabetes, come learn skills to deal with the life and emotional changes that come with diabetes.

- **Fort Collins:** 1-3:30 p.m. Wednesdays,
March 29-May 3, Prospect Medical Plaza

Mindfulness Practices for Peace of Mind and Body **R**

This class will refresh the mind, body and spirit through guided meditation and breathwork. This is taught by Deanna O'Connell, UCHHealth registered dietitian and mindfulness practitioner.

- **Fort Collins:** 9-10 a.m. Tuesday, March 7
Fort Collins Senior Center
- Register by calling 970.221.6644; refer to activity #225402-01
- **Loveland:** 11 a.m.-noon Wednesday, March 15
Loveland Library Gertrude Scott Room
- **Greeley:** 10-11 a.m. Thursday, April 20
Greeley Active Adult Center

Cooking Classes **R**

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

- **Longmont:** 3-4 p.m. Wednesday, March 8
LPMC 1st Floor Conference Room

Cognitive Decline **R**

Many of us worry about cognitive decline. Gain an understanding of the science behind normal decline and learn from neuropsychologist, Joy DeJong, when it's time and how to seek medical advice.

- **Fort Collins:** 3-4:30 p.m. Thursday, April 13
Fort Collins Senior Center Auditorium
- Register by calling 970.221.6644; refer to activity #225414-01

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. A light dinner will be provided. Seating is limited. Call 303.651.8411 to register.

- **Longmont:** 5:30-6:30 p.m. Tuesday, April 18
Longmont Senior Center

ASPEN CLUB MONTHLY FEATURES

Recorded registration line available 24 hours a day at 970.495.8565.



Multiple Sclerosis (MS) ^R

Sara Schaefer, nurse practitioner with UCHealth Neurology, will provide a basic overview of MS and share updates on recent research.

- **Fort Collins:** 1:30–3 p.m. Friday, March 3
Fort Collins Senior Center Auditorium
- Register by calling 970.221.6644; refer to activity #225409-01

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:** 3–4 p.m. Wednesday, April 5
MCR, Mount Audubon
- **Greeley:** 3–4 p.m. Tuesday, April 11
Greeley Aspen Club Office

Get Your Advance Directives Done ^R

It's important to have our advance directives completed. 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, March 23
Prospect Medical Plaza, Ste. 100
- **Greeley:** 1:30–3 p.m. Thursday, April 6
Greeley Medical Clinic, conference room 1
- **Fort Collins:** 9–10:30 a.m. Thursday, April 13
Snow Mesa Clinic, 4674 Snow Mesa Dr., Ste. 100
- **Loveland:** 1:30–3 p.m. Tuesday, April 18
North Medical Office Building at MCR, Ste. 2200

Healthy Eating for Successful Living ^R

Focus of the program is to encourage participants to understand and implement eating and activity behaviors that support heart and bone health. No cost.

- **Fort Collins:** 2–4 p.m. Thursdays, March 2–April 5
Fort Collins Senior Center
- Register by calling 970.221.6644; refer to activity #225401-01

Medicare 101 ^R

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

- **Fort Collins:** 9–10:30 a.m. Saturday, March 18, FMC, Ste. 118
- **Loveland:** 9–10:30 a.m. Friday, March 24
MCR, Big Thompson Canyon room
- **Greeley:** 9–10:30 a.m. Friday, April 7
GH conference room 1
- **Fort Collins:** 9–10:30 a.m. Friday, April 21
FMC, Ste. 118

Rebound and Refresh Eating and Habits ^R

Renew confidence for your weight mastery and get support for your health goals. Facilitated by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

- **Fort Collins:** 10–11 a.m. Wednesday, March 1
Fort Collins Senior Center
- Register by calling 970.221.6644; refer to activity #225400-01

Aging Mastery Program (AMP) ^R

Guest speakers explore relevant aging topics, and participants create their own "age well playbook" to improve overall well-being and stability. UCHealth Aspen Club sponsors this engaging six-week program.

- **Fort Collins:** 9:30 a.m.–noon Mondays
March 20–April 24, Fort Collins Senior Center Auditorium
- Register by calling 970.221.6644; refer to activity #225404-01

Stepping On ^R

Stepping On is a seven-week workshop that develops the knowledge and skills needed to help older adults prevent falls. Guest speakers include a physical therapist, an occupational therapist and a pharmacist. Suggested donation: \$15 (for the entire workshop).

- **Timnath:** 9:30–11:30 a.m. Tuesdays, April 4–May 11
Poudre Fire Authority Timnath Station 8 Community Room (4800 Signal Tree Drive, Fort Collins)
- **Loveland:** 9:30–11:30 a.m. Thursdays, April 6–May 10
Loveland Library Gertrude Scott Room
- **Longmont:** 10 a.m.–noon Tuesdays, April 11–May 23, LPH

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

Become empowered through knowledge and ideas on overcoming barriers of ageism. Two instructors are partnering for this class to provide information and apply wisdom practices to thrive in our older years. Ninety-minute class.

- **Fort Collins:** 2–3:30 p.m. Wednesday, April 12
Fort Collins Senior Center
- Register by calling 970.221.6644; refer to activity #225405-01

Day Help, Day Hope, Day Care ^R

Adult day programs are often an overlooked opportunity for enrichment and respite. Learn from Tim McLemore, from Elderhaus Adult Day Programs, about local caregiver resources, when to consider adult day care, the many benefits of adult day care and other creative ideas for aging in place.

- **Fort Collins:** 9–10:30 a.m. Saturday, April 8
Fort Collins Senior Center
- Register by calling 970.221.6644; refer to activity #225406-01

ASPEN CLUB MONTHLY FEATURES

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Registration
required

Medical Aid in Dying **R**

What does this new legislation actually mean, and what's involved? In this session, we'll talk about what this end-of-life option choice actually requires, what you can and can't do and why knowing about it is important.

- **Fort Collins:** 1-2:30 p.m. Thursday, April 20
Fort Collins Senior Center Auditorium
- Register by calling 970.221.6644; refer to activity #225415-01

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
- **Greeley:** 5:30-6:30 p.m. Monday, April 24, start date
Greeley Medical Center
- More northern Colorado classes start later in the year

Cancer Prevention and Early Detection **R**

UCHealth Oncology expert Paige Kim, PA-C, teaches about the causes and early signs of cancer and the important steps one should take for prevention and early detection.

- **Fort Collins:** 11 a.m.-noon Tuesday, April 25
UCHealth Harmony Campus, 2121 E. Harmony Road, Entrance C (east side of Cancer Center)

CircleTalk **R**

CircleTalk is a structured conversation program that uses a fun, unique, non-repeating curriculum. Through engaging activities and discussion themes, a safe environment is created to support new relationships and inspire sharing. This is an evidence-based offering, and participants must be able to commit to the full eight-week session.

- **Fort Collins:** 1:30-2:30 p.m. Wednesdays, April 26-June 14 Westbridge Classroom
- Cost: \$40 (scholarships available for those of modest means; please ask when registering)

HEALTH SCREENINGS

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

Have your blood pressure checked and visit with UCHealth 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, March 1 and April 5
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.

- **Loveland:** 8:30 a.m.-noon Thursday, March 2
Hear USA, 2980 Ginnala Dr., Unit 102
- **Fort Collins:** 1-4 p.m. Thursday, March 2
Hear USA, 1030 Centre Ave., Ste. A
- **Greeley:** 10 a.m.-noon Thursday, March 16
Hear USA, 2018 35th Ave., Ste. A
- Appointments are required; call 970.495.8560

Blood Pressure Checks

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

- **Loveland:** 9-11 a.m. Mondays, March 27 and April 24
Chilson Senior Center

Medication and Supplement Reviews **R**

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

- **Greeley:** 9-11 a.m. Wednesday, April 19
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.

- **Loveland:** 9 a.m.-1 p.m. Tuesday, March 21
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, April 12
FMC, Ste. 101; call 970.495.8560 to schedule an appointment
- **Loveland:** 12:30-3:30 p.m. Wednesday, March 22 or April 26, 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 ^R

Learn ways to reduce the fear of falling and break the fear-of-falling cycle. Workshop meets once a week for eight weeks.

- **Eaton:** 11 a.m.-noon Mondays, Thursdays and Fridays
March 6–April 14, Eaton Recreation Center
- **Greeley:** 9–11 a.m. Tuesdays, March 7–April 25
North Colorado Medical Center, 1801 16th St.
- **LaSalle:** 9:30–11:30 a.m. Fridays, April 7–May 26
LaSalle Senior Center, 101 Todd Ave.
- No cost, but registration is required; call 970.495.8565

Weld AAA: Walk With Ease ^R

Increase your balance, strength and walking pace while building confidence in your ability to be physically active. Free for those 60 and older.

- **Windsor:** 9:30–11:30 a.m. Wednesdays,
March 1–April 5, Windsor Recreation Center
- **Eaton:** 11a.m.–noon Mondays, Thursdays and
Fridays, March 6–April 14, Eaton Community
Recreation Center
- No cost, but registration is required; call 970.495.8565

Weld AAA–Tomando Control de su Salud ^R

Aprenda a aplicar los conocimientos, como una nutrición adecuada, el desarrollo de un programa de ejercicios. Este Taller se reúne una vez a la semana durante 6 semanas. Gratis si tiene 60 años de edad o más.

- **Evans:** 11 a.m.–1 p.m. Tuesdays, March 21–April 25
Riverside Library
- Para mas información llame a 970.495.8565

Weld AAA–Healthier Living Colorado ^R

Learn tools to become a better self-manager of your chronic condition(s) like heart disease, diabetes, arthritis, COPD, etc. Meet once a week for six weeks. Free for those 60 and older.

- **Evans:** 1–3:30 p.m. Fridays, April 14–May 19
Riverside Library
- No cost, but registration is required; call 970.495.8565

Weld AAA–Powerful Tools for Caregivers (PTC) ^R

PTC will introduce you to 35 tools that can help you avoid burnout, reduce stress and learn about valuable community resources.

- **Windsor:** 9–11:30 a.m. Wednesdays,
March 1–April 5, Windsor Recreation Center
- No cost, but registration is required; call 970.495.8565

ONGOING SERVICES

Toenail Service ^R

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

- **Fort Collins:** 8:15 a.m.–3:45 p.m. every Tuesday
FMC, Ste. 101
- **Longmont:** 8:30 a.m.–1:30 p.m. Mondays,
March 20 and April 17, LPH
- Prepayment of \$38 is required
- Make appointments at all locations by calling 970.495.8560

CarFit Assessments ^R

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, March 13 and April 10
Aspen Club offices

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

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 care planning
- Low-cost blood tests
- Blood pressure checks
- Bone density screening (\$12)
- Caregiver classes and resources
- Nutrition consultations (\$30)
- Hearing screenings
- Information and referral about senior services
- Medicare counseling and education
- Toenail services in Fort Collins (\$38)



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ASPEN CLUB
MEMBERSHIP
13,838

MEDICAL IDENTITY THEFT.

Medical identity theft—when personal information is stolen and used to obtain medical services, prescription drugs or other health care in someone else's name—is on the rise. To stay safe:

- Treat your insurance card like a credit card.
- Contact your health care provider directly if you get an unsolicited request for information.
- Be wary of offers for free medical services or equipment.
- Review health care-related documents timely and thoroughly.