ASPEN CLUB NEWS

September/October 2024 | Volume 37 | Issue 5

Metabolism: What is it?

If you have ever heard someone describing themselves as having a slow or fast metabolism and that being the primary determinant of their weight, you may have asked yourself the question, what really is metabolism? Travis Nemkov, assistant research professor of biochemistry and molecular genetics at the University of Colorado Anschutz Medical Campus, shares his expertise on metabolism to answer this question and give detailed insight on how sickness and lack of exercise can affect it.

Understanding metabolism requires a breakdown of several key terms. Metabolism is the body's ability to break down food to the molecular level, where it can transfer this chemical energy into electrical energy that, in turn, can be transferred back into chemical energy that is usable by the body. One molecule, or metabolite, that emerges as a product of metabolism is kynurenine.

Kynurenine has been shown to be involved in the process of inflammation, which is often prevalent in older adults as well as those with a higher body mass index. It has also been detected in those who have reached exercise fatigue or who have had COVID-19.

Studying the effects of kynurenine and the process of inflammation is important in understanding the process of aging. And researchers like Travis Nemkov are adding to our knowledge in a way that has the potential to further medical science as well as general awareness of environmental and lifestyle influences on inflammation and weight.





More about kynurenine.

Those with increased levels showed lower rates of hemoglobin replenishment–a process in which red blood cells (RBCs) carry oxygen throughout the body. Kynurenine levels are high in older people, people who are obese and athletes who become physically exhausted. In each of these cases, there is a disturbance in the body's ability to transport oxygen to different muscles and organs. This disruption is like the process in which the body uses an alternative energy source (lactate) during exercise, when the primary energy source (mitochondria) is not receiving enough oxygen. The term "lactate threshold" compares the relation of exercise intensity to the amount of lactate, and this threshold represents the body's ability to burn fat longer and faster. Because kynurenine production is associated with a disturbance in the RBCs that affect oxygen, the oxygen supply throughout the body is limited, lowering the lactate threshold and negatively influencing the body's ability to burn fat.

uchealth

INSIGHTFUL

"Wrinkles should merely indicate where smiles have been."

—Mark Twain

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

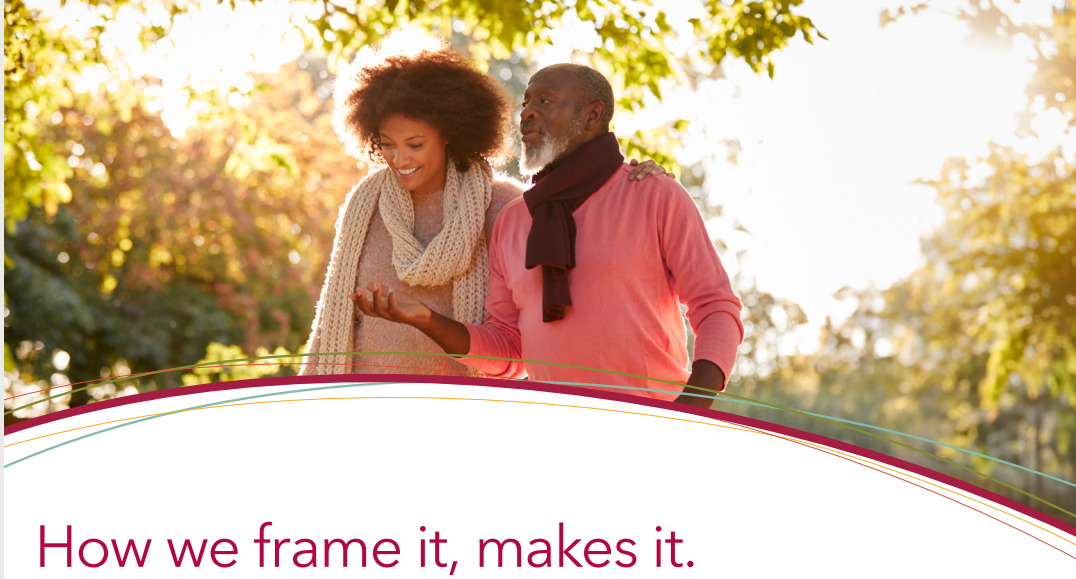
Longmont
Longs Peak Hospital (LPH)
1750 E. Ken Pratt Blvd.
Longmont, CO 80504

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



How we frame it, makes it.

What do you think about aging? No doubt, aging brings novel challenges. But if you think about it, so did the rest of your life. We raised kids and assumed new work responsibilities. We moved to new locations. Perhaps we became a caretaker for someone close to us. There's a good chance that these activities delivered a healthy dose of the unknown, which we navigated to bring us to where we are today. Let's celebrate that. Let's acknowledge the life experiences that have provided us with perspective, critical thinking skills and adaptability, the same skills we use as we age.

Indeed, it's difficult as we are often bombarded by messaging that defines aging through deterioration, decline and dependency. This negative lens fosters a host of problems, from assuming that, since we can no longer do the activities we love, we can't do any activity at all. This can result in the loss of connection between the generations and the benefit of sharing with one another. We older people have much to give to those who are coming after us.

What happens if we reframe that messaging to focus on the possibilities, potential and positivity? I can no longer ski, but I can take the grandkids (or neighbor's kids) to the park. While I can't follow complicated recipes, I can invite my friend over to make a meal together. My vision may prevent me from playing cards, but I can learn a new game.

Reframing includes advocating for the things we need. If your hearing loss is preventing you from engaging in social opportunities, talk to a hearing expert about what options are available to you. If you can no longer drive, explore alternative transportation options. Love reading but struggling to see the pages? How about audio books? Tackle these changes just as you have done throughout your whole life. Let's treat our aging as something to embrace, rather than fight.

Yours in health and harmony,

JoAnn Herkenhoff
UCHealth Senior Services
Aspen Club Supervisor

Keep smiling because life is a beautiful thing, and there's so much to smile about.





Research on vision loss as a modifiable risk factor for dementia.

As scientists continue to search for dementia treatments, others are exploring ways to address modifiable risk factors. One such factor that has come into focus in recent years is vision loss—a study published in JAMA Neurology in 2022 noted that up to 100,000 U.S. dementia cases could potentially have been prevented with improved eye care.

That study was based on the University of Michigan Health and Retirement Study, which involved tracking changes in health and economic circumstances over time of more than 20,000 older adult volunteers. Researchers found that one of the top preventive actions that may reduce risk for Alzheimer's and related dementias is getting vision problems corrected through eye exams, eyeglasses and cataract surgery.

A more recent study published July 13, 2023, in JAMA Ophthalmology by a team at the Kellogg Eye Center at Michigan Medicine, showed that, in a sample of nearly 3,000 older adults who took vision and cognitive tests during home visits, the risk of dementia was much higher among those with eyesight problems. This study was based on data from a national survey conducted in 2021 with adults over the age of 71 and an average age of 77. Participants provided medical records related to existing diagnosis of Alzheimer's disease or other forms of dementia.

Just over 12% of the whole group had dementia. But that percentage was nearly 22 among those who had impaired vision for seeing up close. And one third of those with moderate or severe distance vision impairment, including those who were blind, had signs of dementia. Among those with a mild distance vision issue, 19% had dementia.

Authors of the study performed at the Kellogg Eye Center, ophthalmologists Olivia Killeen, MD, and Joshua Ehrlich, MD, wrote, "Prioritizing vision health may be key to optimizing both sight and overall health and well-being. Randomized trials are warranted to determine whether optimizing vision is a viable strategy to slow cognitive decline and reduce dementia." Sheila West, PhD, of the Wilmer Eye Institute at Johns Hopkins Medicine, wrote an editorial that accompanied the study, noting that it adds to accumulating evidence that there is a link between vision and cognitive issues.

HEALTHY AGING

Aging is the road that we take to discern our character. Fame and fortune can elude us, but character is immortal.

World Alzheimer's Month:

Many people believe that dementia (the overarching term referring to a range of symptoms affecting cognitive abilities) is a normal part of aging. While aging is the number-one risk factor for dementia, it is not part of the normal aging process. This misunderstanding illuminates the work that needs to be done in educating the public. World Alzheimer's Month brings awareness to this disease, including the risk factors associated with dementia and the ways we, as individuals, can reduce our risk.

The number of people living with dementia is expected to double by 2050. Your chances of encountering this disease are significant. You can learn more about managing your risk factors, caring for a loved one with dementia and the research underway by visiting the Alzheimer's Association at alz.org.



Healthy fascia and ease of movement.



Have you ever wondered why we become stiffer with age? One reason is that our fascia loses elasticity and tightens. Fascia is a thin casing of connective tissue surrounding every organ, blood vessel, bone, nerve fiber and muscle in our bodies. It is made up of collagen, nerves and elastin, and it provides internal structure while helping us move properly by reducing friction between various body parts.

Though fascia is designed to stretch as we move, certain factors can cause it to thicken and become sticky and dry and then to tighten around muscles, which limits mobility and causes painful knots to develop. These factors include:

- A lifestyle of limited physical activity.
- Repetitive movement that overworks one part of the body.
- Trauma such as surgery or injury.
- The aging process, which causes fascia to stiffen.

Healthy fascia, on the other hand, supports ease of movement, better range of motion and less pain. We can maintain that health by moving, stretching and focusing on good posture. Consistent and varied exercise is also important for keeping fascia healthy, and we need to move throughout the day as well. Take at least a two-minute break every hour to stand up and move around. Stretch regularly to reduce the risk of inflammation and structural problems in the body. Engage in good posture because slumping or walking in an awkward way can cause fascia to tighten.

It wasn't until the early 2000s that researchers discovered that connective tissue plays a vital role in how we function and is key to flexibility and range of motion, and scientists are only beginning to study it and understand how it functions. As knowledge about fascia grows, it is spreading through the fitness and health worlds and informing ideas about how we need to exercise and move.

We now know that flowing movements that involve a range of motion can keep fascia lubricated, and movements that involve bouncing like hopping and skipping boost the body's elastic recoil capacity, that springy quality we see in children. Exercises such as tai chi, Essentrics, dynamic stretching and resistance exercise help fascia stay more resilient. Therapies that can relieve fascia pain include heat therapy, yoga therapy, foam rolling, massage and acupuncture. An anti-inflammatory diet and adequate water intake can also support fascia.

FUNNY PAGES

"When it comes to staying young, a mind-lift beats a face-lift any day."

—Marty Buccella

Mind Over Matter reunion class.

We have been offering the Mind Over Matter: Healthy Bowels Healthy Bladder class for two years now in northern Colorado. The response to the class has been wonderful! If you took the class in the past, we invite you to attend a reunion class. Come get reenergized and refresh your goals. Talk with other past participants and learn how others are doing now, as well as what treatments they have pursued, and celebrate progress with one another. We aim to offer a reunion class every spring and fall. Come, support one another and connect.



2024 community fall diabetes update.

Do you or a loved one have diabetes? Join us to find out what you can do to help yourself, a friend or loved one move in a healthy direction and enjoy life more. This year's update will feature endocrinologist Dr. Richard Millstein, who will share his expertise. Also included in the program will be Michael Gaudet, who is an adventure guide with Connected in Motion and has been living with diabetes for 48 years. In addition, we will have an expert panel from various specialties who answer questions and help find answers to diabetes dilemmas. We will offer snacks and coffee and an interesting and inspiring morning. There will be information about prevention and steps to avoid or delay diabetes. Our sponsors will be there to answer all your questions about management tools, tips and tried-and-true strategies.

The diabetes program at UCHealth Poudre Valley Hospital is hosting its Fall Community Diabetes Update on Saturday, November 2, 2024. It will be held at Timberline Church in the south auditorium from 8:30 am to 12:30 pm. Registration is required; call 970.495.8777. The cost is $20 for one person and $25 for two people.



Dr. Richard Millstein Michael Goudet



Medicare open enrollment.

It is time to review your prescription drug plan for 2025. We are expecting many changes to the Medicare drug plans for 2025. Even if you have been satisfied with your plan this year, you should review it with a State Health Insurance Assistance Program (SHIP) counselor to see if it is the best plan for you next year. The Aspen Club will host review sessions in Fort Collins, Loveland, Estes Park and Greeley. Please don't wait until the last minute; these appointments fill up quickly. Use these convenient self-service links (by typing the link in your internet browser) to register for an appointment at your desired location:

- **Fort Collins:**
  Fort Collins Aspen Club Office, 1025 Garfield St., Ste. A
  bit.ly/FCPDPs
- **Loveland:**
  Medical Center of the Rockies, 2500 Rocky Mountain Ave.,
  Big Thompson Canyon Conference Room (main hospital entrance; valet is available)
  bit.ly/LVPDPs
- **Greeley:**
  UCHealth Greeley Medical Center, 6767 29th St. Road,
  Conference Room 1 (East Medical Center entrance)
  bit.ly/GRPDPs
- **Estes Park:**
  Crossroads Ministry, 1753 Wildfire Road
  bit.ly/EPPDPs

If you have difficulty with these links, please call our Medicare help line at **970.495.8558**. Please note that our call volume is higher than normal during Open Enrollment. We strive to return your message as soon as possible. You can help us by leaving only one voicemail per inquiry. We look forward to assisting you with your Medicare needs.

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

Ⓡ Registration required

A guide to Aspen Club class locations:

Estes Park:
- Estes Park Senior Citizen's Center
  1760 Olympian Lane
- Good Samaritan Society
  Estes Park Village, 1901 Ptarmigan Trail

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
- Old Town Library, 201 Peterson St.
- Westbridge, 1107 S. Lemay Ave.
  Suite 120 (Classroom 1st floor)
- Snow Mesa Clinic
  4674 Snow Mesa Drive, Ste. 100
- Prospect Clinic
  1106 E. Prospect Road, Ste. 100
- 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
- Serve 6.8, 5701 McWhinney Blvd.

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
- North Range Behavioral Health,
  2105 Club House Drive

Windsor:
- Windsor Community Recreation Center
  250 11th St.
- Clearview Library District
  Windsor Library, 720 3rd St.

VIRTUAL ONLY CLASSES – MS TEAMS

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

Virtual Get Your Advance Directives Done Ⓡ

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 by email or mail, and a follow-up consultation is an option.
- **Virtual:** 3–4:30 p.m. Monday, Sept. 16, MS Teams
- Email required to register. Link to virtual sessions will be emailed following registration

Virtual Living Well With Chronic Pain Ⓡ

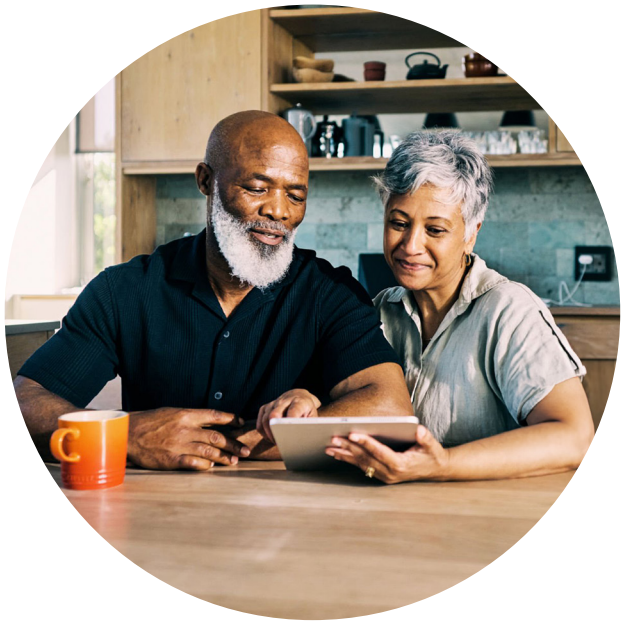
Develop skills to help take charge of your pain so that it doesn't control your life. Share and learn from others who live with chronic pain as you learn problem-solving skills, symptom management, how to deal with difficult emotions and other skills to help you live a fulfilling life.
- **Virtual Introductory session:** 5:30–6 p.m. Tuesday, Sept. 10
- **Virtual:** 5:30–7:30 p.m. Tuesdays, Sept. 17–Oct. 22
- Email required to register. Link to virtual sessions will be emailed following registration

Virtual Medicare 101 Ⓡ

This class is taught by UCHealth Medicare counselors and 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, Sept. 25 MS Teams
- Email required to register. Link to the virtual class and class materials will be emailed following registration

Virtual PAVING: The Path to Wellness Ⓡ

Based on the principles of lifestyle medicine, the PAVING program focuses on the whole person—body, mind and spirit—to empower individuals to live healthier lives with a sense of purpose. Participants will meet weekly for eight online sessions to learn about the 12 PAVING Wheel steps and how to implement them into their lives.
- **Virtual introductory session:** 5:30–6 p.m. Thursday, Sept. 19
- **Virtual:** 5:30–7 p.m. Thursdays, Sept. 26–Nov. 14
- Cost: $20 for resource book, payable at time of registration
- Link to the virtual session will be emailed following registration



Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

Ⓡ Registration required

IN-PERSON CLASSES, HEALTH SCREENINGS AND SERVICES

- *Upon registration, details of class location will be shared*

IN-PERSON-ONLY CLASSES

Stepping On Fall Prevention Workshop Ⓡ

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. It focuses on strength and balancing exercises, medication management, home safety, footwear, vision and mobility. Stepping On has been researched and proven to reduce falls by 30%.

- **Longmont:** 1–3 p.m. Wednesdays, Aug. 14–Sept. 25
  Mountain View Fire Station 13,
  9119 Weld County Road 1
  – Call **720.718.1690** to register
- **Loveland:** 10 a.m.–noon Tuesdays, Sept. 3–Oct. 22
  Loveland Library, Gertrude Scott room
  – Call **970.495.8560** or email injurypreventionnorth@uchealth.org to register
- **Timnath:** 10 a.m.–noon Thursdays, Sept. 5–Oct. 17
  Poudre Fire Station 8, 4800 Signal Tree Drive
  – Register through Poudre Fire Authority
- **Greeley:** 10: a.m.–noon Mondays, Sept. 23–Nov. 4
  – Call **970.495.8560** or email injurypreventionnorth@uchealth.org to register
- Suggested donation: $15 (for materials and supplies). Payable by cash or check at the program

Chronicles: A Journey Through Poetry Ⓡ

Join poet Elizabeth Murphy on a journey through her poetry of hope, discovery and joy. Take this time from your busy day to disappear into scenes of beauty, distant places, gratitude and affirmations of life as you embrace the natural world and each other.

- **Loveland:** 10–11 a.m. Monday, Sept. 9
  The Wexford, 1515 W. 28th St.
- **Greeley:** 10–11 a.m. Thursday, Sept. 12
  Greeley Active Adult Center, meeting room 3
- **Fort Collins:** 2–3 p.m. Wednesday, Sept. 18, Westbridge

Culinary Herbs and Spices to Support Healthy Aging Ⓡ

Join us for an overview of some of the amazing benefits of culinary herbs and spices to support healthy aging.

- **Fort Collins:** 1–2:30 p.m. Tuesday, Sept. 10
  Fort Collins Senior Center. **Register by calling 970.221.6644 and refer to activity #425445-01**
- **Loveland:** 2–3:30 p.m. Thursday, Sept. 19
  Loveland Library, Gertrude Scott room
- **Greeley:** 10–11:30 a.m. Wednesday, Oct. 16
  Greeley Hospital, conference room 3

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

Join us for this three-part series designed to give women the tools they need to take control of bladder and bowel leakage. Focusing specifically on female anatomy, learn strategies for preventing or lessening symptoms. Class is limited to 12 participants.

- **Fort Collins:** 10 a.m.–noon Tuesdays, Sept. 10 and 24 and Oct. 8, Westbridge
- **Loveland:** 1–3 p.m. Thursdays, Sept. 12 and 26 and Oct. 10, Loveland Library, Gertrude Scott room
- **Greeley:** 10 a.m.–noon Tuesdays, Sept. 24 and Oct. 8 and 22, Greeley Active Adult Center, meeting room 1

Nutrition for Older Adults Ⓡ

In this workshop, we'll discuss key nutrients to consider including in your diet, how to identify nutrient-dense foods, ways to avoid dehydration, how to make healthy food choices and how eating healthy will help you feel better and maintain your independence.

- **Estes Park:** 12:30–2 p.m. Wednesday, Sept. 11
  Estes Park Senior Citizen's Center

Transportation Sign-Up Fair Ⓡ

The Aspen Club and RideNoCo are hosting three sign-up fairs where residents of Larimer and Weld County can learn about transportation providers in the region. At this event, you will have the opportunity to sign up in person with providers such as 60+ Ride, Heart & SOUL Paratransit, SAINT, Via Mobility Services and more. **Please fill out an online interest form (forms.gle/VGftt25nXX2DfYHY6) or call 970.514.3636 to RSVP.** If you have any questions, please contact a RideNoCo mobility specialist at 970.514.3636.

- **Loveland:** 9 a.m.–noon Friday, Sept. 13
  Mirasol Event Center, 1153 Finch St.
- **Fort Collins:** 1:30–4:30 p.m. Friday, Sept. 20
  Old Town Library, 201 Peterson St.

Stop the Bleed With Animal Care Insights Ⓡ

A bleeding injury can happen anywhere and to anyone, including our pets. Through our STOP THE BLEED® course, you'll gain the ability to recognize life-threatening bleeding and intervene effectively. The standard training for humans will be accompanied by training from the CSU College of Veterinary Medicine to teach life-saving techniques to stop bleeding in pets. Equip yourself with knowledge and skills to make a difference in a bleeding emergency.

- **Windsor:** 1–3 p.m. Friday, Sept. 13
  Clearview Library District Windsor Library
- Please call the Aspen Club to register **970.495.8565**

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

Ⓡ Registration required

Medicare 101 Ⓡ

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.

- **Estes Park:** 9–10:30 a.m. Aug. 6 or Sept. 13 Crossroads Ministry
- **Loveland:** 9–10:30 a.m. Friday, Sept. 13 MCR, Big Thompson room
- **Fort Collins:** 9–10:30 a.m. Saturday, Sept. 21 or Oct. 19 Westbridge

M.O.M. Reunion Class Ⓡ

Are you a past participant of the Mind Over Matter: Healthy Bowels Healthy Bladder class series? If so, join us for a reunion. It's okay if you have not kept up with your goals. Come and connect with others and get reenergized to meet your goals.

- **Fort Collins:** 1–2:30 p.m. Monday, Sept. 16 Westbridge
- **Loveland:** 2–3:30 p.m. Monday, Sept. 23 MCR, Big Thompson Canyon room

Advancements in Male Incontinence Treatment: Exploring the Latest Options and Innovations Ⓡ

Male incontinence, or the involuntary leakage of urine, can be caused by various factors. Join Dr. Andrew Bachman to review the current state of male incontinence treatments and available options for patients.

- **Loveland:** Noon–1 p.m. Tuesday, Sept. 17 MCR, Longs Peak room

Talk With a Healthcare Professional Ⓡ

Join UCHealth physicians and staff for a shared conversation on a variety of health-related topics from head to toe. Plan for an interactive hour of fun and helpful health information. A light snack will be provided. Seating is limited. Call **303.651.8411** to register.

- **Longmont:** 5:30–6:30 p.m. Tuesday, Sept. 17 and Oct. 15, Longmont Senior Center

Stand Tall Ⓡ

This free event will include a keynote presentation by an internal medicine provider specializing in older adult care, Meara Melton, MD. There will be open time to explore educational booths and check out exercise demonstrations. Breakfast will be available starting at 9 a.m. For questions, email injurypreventionnorth@uchealth.org.

- **Windsor:** 9 a.m.–noon Wednesday, Sept. 18 Windsor Community Recreation Center
- Registration is required; call **970.495.8565**

Yoga and Brain Health Ⓡ

Learn about the benefits of yoga for mental and cognitive health as well as the nervous and endocrine systems. Scientists use functional MRIs and other measures to learn about the various changes that occur in the brain and hormone levels of regular yoga practitioners. Practitioners themselves report greater levels of focus and calm and lower levels of anxiety and depression. Taught by Lynda McCullough, UCHealth Aspen Club community health educator and certified yoga teacher.

- **Windsor:** 1–2 p.m. Friday, Sept. 20, Clearview Library

New Member Orientation Ⓡ

New and longtime Aspen Club members are invited to learn all about the programs, services and benefits available to them as valued members.

- **Fort Collins:** 10–11 a.m. Saturday, Sept. 21 Aspen Club office

Celebrate Fall Prevention Week, Sept. 23–27, with the following programs at UCHealth Longs Peak Hospital in Longmont.

Please call **720.718.1210** to learn more about the week-long program and to register for events.

- **Medications and Fall Prevention** Ⓡ
  Falls are the #1 cause of injury in adults over 65, and medications have been estimated to cause around 25% of all falls. How can medications increase or decrease your risk of falls? Bring your questions to ask a pharmacist, and we will review specific medications that can increase your risk and what you can do to manage side effects. We will also discuss cannabis and what it can mean for your fall risk.
  - **Longmont:** 12:30–1:30 p.m. Monday, Sept. 23 LPH, 3rd floor conference room
- **Balance and Fall Prevention** Ⓡ
  Join us to discuss the multifactorial causes of falls and how to reduce our risk through lifestyle and environmental modifications. Learn simple balance exercises that you can begin doing immediately that are shown to improve balance and reduce your risk of falls.
  - **Longmont:** 12:30–1:30 p.m. Wednesday, Sept. 25 LPH, 3rd floor conference room
- **Vision and Aging** Ⓡ
  Discussion of general vision changes as we get older and age-related eye diseases. The focus is on how aging impacts vision, independence, safety and fall prevention techniques and how to stay safer in your home.
  - **Longmont:** 12:30–1:30 p.m. Friday, Sept. 27 LPH, floor conference room

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

Ⓡ Registration required

Healthy YOU Ⓡ

Healthy YOU is an eight-week group program focused on improving health by promoting behaviors such as healthy eating, physical activity and mindful eating. Each class focuses on different aspects of healthy eating and how to incorporate them into your life with education, weekly newsletters, hands-on activities, recipes and goal-setting.

- **Windsor:** 2–3:30 p.m. Tuesdays, Sept. 24–Nov. 12
  Windsor Recreation Center, Oak room

Living Well With Diabetes Ⓡ

Learn skills to help you with the life changes and emotions that come with living with diabetes or pre-diabetes. You will develop tools to increase confidence to manage your diabetes and prevent or delay serious complications.

- **Windsor:** Noon–2:30 p.m. Tuesdays, Sept. 24–Oct. 29
  Windsor Recreation Center

Love and Logic for Grandparents Ⓡ

Children learn the best lessons when they're given a task and allowed to make their own choices (and fail) when the cost of failure is still small. This practical, research-based philosophy is backed with over 45 years of experience. Grandparents can apply it immediately to a wide range of situations instead of struggling with difficult encounters. Commitment to the full six-week program is requested. Call **970.495.8560** to register.

- **Loveland:** 2–4 p.m. Wednesdays, Sept. 25–Oct. 30
  Loveland Library, Erion room
- Cost: $10 to cover the workbook, payable by credit card at time of registration

Aging Mastery Program (AMP) Ⓡ

AMP is a comprehensive and fun approach to supporting long lives. Central to the Aging Mastery philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered to cultivate health and longevity. Equally important, the program encourages mastery—developing sustainable behaviors across many dimensions that will lead to improved health, strong financial security, enhanced well-being and increased connectedness to communities. Guest speakers explore relevant aging topics and participants create their own age well playbook to improve overall well-being and stability. Commitment to the full six-week program is requested. Class limited to 20 participants.

- **Loveland:** 9:30 a.m.–noon Thursdays, Sept. 26–Oct. 31
  Loveland Library, Erion room
- Cost: no charge, thanks to grant-funding from the Larimer County Office on Aging

Get Your Advance Directives Done Ⓡ

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, Sept. 26
  Prospect Internal Medicine, Ste. 100
- **Loveland:** 4–5:30 p.m. Tuesday, Oct. 8
  MCR, Navajo Peak room
- **Fort Collins:** 9–10:30 a.m. Thursday, Oct. 10
  Snow Mesa Clinic, 4674 Snow Mesa Drive, Ste. 100

Dementia Conversations Ⓡ

This workshop offers tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving and making legal and financial plans.

- **Fort Collins:** 2–4 p.m. Monday, Sept. 30
  Fort Collins Senior Center. Call **970.221.6644** to register; refer to activity #425442-01

Chronic Disease Self-Management Ⓡ

Diabetes, arthritis, hypertension, lung disease and other chronic conditions like these 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 communicating with doctors. Seating is limited.

- **Fort Collins: 1–3:30 p.m.** Thursdays, Sept. 12–Oct. 17
  Old Town Library
- **Longmont:** 10 a.m.–12:30 p.m. Fridays, Oct. 4–Nov. 8
  Longmont Senior Center; call **970.495.8560** to register

Fight fraud—shred instead

A free drive-through shredding event will be hosted by the Canvas Credit Union Drake branch, AARP ElderWatch and Aspen Club. Volunteers will deposit documents in a secure bin and return your container to you. We will also be collecting canned goods or nonperishable food items (Fort Collins location only) to donate to the Food Bank.

- **Fort Collins:** 9 a.m.–noon Saturday, Oct. 5
  Canvas Credit Union Drake Branch, 2503 Research Blvd.
- **Johnstown:** 9 a.m.–noon Tuesday, Oct. 8
  4450 Ledge Rock Drive, parking lot furthest east of Murdoch's

Nutrition for Bone Health, Osteopenia and Osteoporosis Ⓡ

There is much you can do to maintain and improve bone health. We'll review nutrition, lifestyle and must-haves to keep your bones strong and healthy.

- **Estes Park:** 12:30–2 p.m. Wednesday, Oct. 9
  Estes Park Senior Citizen's Center

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

Ⓡ Registration required

Memory Maintenance Ⓡ

This fun class focuses on teaching evidence-based memory-enhancing techniques and practical strategies to boost memory function. This class is geared toward mild age-related memory challenges.

- **Loveland:** 9:30 a.m.–noon Monday, Oct. 7 Loveland Library, Gertrude Scott room
- **Fort Collins:** 12:30–3 p.m. Wednesday, Oct. 9 Fort Collins Senior Center. Call **970.221.6644** to register; refer to activity #425446-01

Cultivating Connection Ⓡ

Join us as we share tools to help you build deeper connections and foster a change in our social culture. Aspen Club fosters an atmosphere where everyone feels valued and respected, and we invite you to participate and share your own ideas and experiences about connection in this class.

- **Greeley:** 10–11:30 a.m. Friday, Oct. 11 North Range Behavioral Health, 2105 Club House Drive
- **Loveland:** 10-11:30 a.m. Wednesday, Oct. 23 Serve 6.8, 5701 McWhinney Blvd.
- **Fort Collins:** 10–11:30 Monday, Oct. 28 Old Town Library

Bilingual Discovery Walk Ⓡ

Join us for a lively stroll through Reservoir Ridge Natural Area. Participants can expect to walk 1 mile via a flat dirt road with a short climb at the end. This program will be offered in English with interpretation to Spanish. Participants will be transported from Lee Martinez Park parking lot at 9:30 a.m. Burritos and hot chocolate will be provided.

- **Fort Collins:** 10 a.m.–1 p.m. Saturday, Oct. 19
- Call **970.495.8565** to register

Stop the Bleed and Hands-Only CPR Ⓡ

Through our STOP THE BLEED course, you'll gain the ability to recognize life-threatening bleeding and intervene effectively.

- **Longmont:** 1–3 p.m. Tuesday, Oct. 22 Longmont Senior Center
- Call **303.651.8411** to register.

HEALTH SCREENINGS

The Nurse Is In for BP Checks and More Ⓡ

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 Sept. 4 and 18 and Oct. 2 and 16, Aspen Club office
- Appointments are required; call **970.495.8560**

Hearing Screenings Ⓡ

Certified audiologists from Hear USA will provide free baseline hearing screenings.

- **Fort Collins:** 1–4 p.m. Thursday, Sept. 5 Hear USA, 1030 Centre Ave., Ste. A
- **Greeley:** 10 a.m.–noon Thursday, Sept. 19 Hear USA, 2018 35th Ave. Ste. A
- **Loveland:** 8:30 a.m.–noon Thursday, Oct. 3 Hear USA, 2980 Ginnala Drive, Unit 102
- Appointments are required; call **970.495.8560**

Blood Pressure Checks

No appointments are necessary for a blood pressure check performed by a UCHealth Community Health Improvement RN.

- **Loveland:** 9 a.m.–noon Mondays, Sept. 23 and Oct. 28 Chilson Senior Center
- **Estes Park:** 10 a.m.–1 p.m. Wednesdays, Sept. 25 and Oct. 23, Estes Park Senior Citizen's Center

Medication and Supplement Reviews Ⓡ

UCHealth pharmacists will review your medications, vitamins, supplements and over-the-counter drugs to check for overall medication safety and potential adverse reactions. Please bring your medication containers with you for the pharmacist to see.

- **Loveland:** Noon–2 p.m. Thursday, Oct. 3 MCR, Aspen Club office
- Appointments are required by calling **970.495.8560**

Balance Screenings Ⓡ

These free screenings, performed by physical and occupational therapists, will assess your fall risk using the STEADI (Stopping Elderly Accidents, Deaths, & Injuries) Initiative tools and protocols.

- **Estes Park:** 1–3:30 p.m. Mondays, Sept. 2 or Oct. 7 Good Samaritan Village (1902 Ptarmigan Trail), multipurpose room; call **970.495.8560** to schedule an appointment
- **Windsor:** 9:30 a.m.–12:30 p.m. Wednesday, Sept. 11 Windsor Community Recreation Center; call **970.495.8560** to schedule an appointment
- **Longmont:** 8 a.m.–noon Tuesday, Sept. 24 LPH, 3rd floor conference room; call **720.718.1210** to schedule an appointment
- **Loveland:** 9:30 a.m.–1:30 p.m. Wednesdays, Sept. 25 or Oct. 23, Chilson Senior Center; visit in person or online (lovgov.org/services/parks-recreation/chilson-senior-center) to schedule an appointment
- **Longmont:** 1–5 p.m. Thursday, Sept. 26 LPH, 3rd floor conference room; call **720.718.1210** to schedule an appointment
- **Fort Collins:** 9 a.m.–noon Wednesday, Oct. 16 Westbridge classroom; call **970.495.8560** to schedule an appointment

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

Ⓡ Registration required

ONGOING SERVICES

Medicare Counseling Ⓡ

Do you still have Medicare questions after attending a Medicare 101 class? Let our SHIP-certified Medicare counselors help you during a one-on-one appointment in Fort Collins, Loveland or Greeley.

- Appointments required; call **970.495.8560**

Advance Care Planning Appointments Ⓡ

Advance directives help you formally document your preferences and values to guide future medical care. Aspen Club hosts appointments to provide witnesses and notaries and will share your documents with local hospitals of your choice to help ensure your wishes are available and honored when needed. Please call to request an appointment to start your plan for peace of mind today.

- **Fort Collins:** 9 a.m.–noon weekly on Wednesdays Fort Collins Aspen Club office
- **Loveland:** 10 a.m.–noon Tuesdays, Sept. 10 or 17 or Oct. 8 or 15, MCR, Aspen Club office
- **Greeley:** 12:30–3:30 p.m. Thursdays, Sept. 26 or Oct. 24 Greeley Active Adult Center
- Appointments required; please call **970.495.8560**

Diabetes Prevention Program Ⓡ

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 and register.

- **Fort Collins:** 5:30–6:30 p.m. Tuesdays, starting Oct. 15, PVH
- **Loveland:** Noon–1 p.m. Wednesdays, starting Nov. 13, MCR

Preparing for Total Hip and Knee Replacement Ⓡ

This class helps to prepare a patient who is scheduled for hip or knee replacement surgery. Topics include pre-surgery exercises, necessary equipment, diet, pain management and recovery.

- Registration is required and can be completed by scanning the QR code or by going to uchealth.org/events. Click on "North" and type "joint replacement surgery" in the search bar. This will provide class options for you to register for
- For more information, contact **970.624.2378**

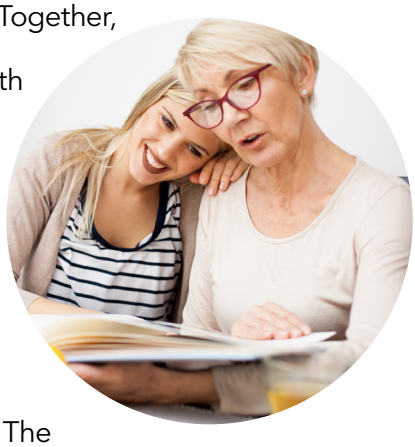
IN PARTNERSHIP WITH COMMUNITY AGENCIES

Senior Law Day

Come learn about wills and trusts, advance directives, Medicaid Long Term Care, probate, guardianship and what happens without a plan. This is a free event sponsored by the Old Town Library and CO Legal Services. Registration isn't required. If you have questions, please call **970.221.6740**.

- **Fort Collins:** 1–5 p.m. Thursday, Sept. 26 Fort Collins Senior Center

Living Well With Dementia Educational Symposium Ⓡ



Offered by Dementia Together, a Colorado non-profit serving those living with dementia, their care partners, families and our community, this symposium will provide simple, intuitive tools for care partners to immediately implement with their loved one living with cognitive impairment. The education offered will help them positively grow as a care partner, impact the community and empower them to know it is entirely possible to live well with dementia. Opportunities for care partners of loved ones with dementia to attend a memory café during the event will be offered to the first 15 registered (registrant must live in Estes Park). The memory café activities will be customized to each person's needs and interests.

- **Estes Park:** 8:30 a.m.–2 p.m. Wednesday, Oct. 23 Estes Valley Recreation and Park District Community Center, 660 Community Drive
- To register or if you have questions, contact Dementia Together at **970.305.5271** or outreach@dementiatogether.org

Tech Skills for Older Adults

Offered by Colorado State University's Center for Healthy Aging, Tech Skills for Older Adults is an age-friendly technology education website composed of free video tutorials and printable guides to help older adults learn more about their smartphones and tablets. Access the Tech Skills for Older Adults website by scanning the QR code or by visiting col.st/I8TgD.

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Aspen Club membership 13,838

RideNoCo:

Are you looking for transportation to the doctor, the grocery store or other places? RideNoCo seeks to increase mobility for all people across Larimer and Weld Counties, especially for older adults and people with disabilities. The Aspen Club and the RideNoCo team are hosting two sign-up fairs where residents of Larimer County can learn about transportation providers in the region. At this event, you will have the opportunity to sign up in person with providers. For more information, see page 7. If you have any questions in advance of the event, please contact a RideNoCo Mobility Specialist at 970.514.3636.