ASPEN CLUB NEWS

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What's all this talk about inflammation?

Heart disease, including coronary artery disease, heart attacks and heart failure, is the leading cause of death worldwide. Inflammation and high blood pressure both contribute to heart disease, and understanding these risk factors is important to prevention.

Hypertension, or high blood pressure, is a major risk factor for heart disease. It occurs when the force of blood against the walls of the arteries is consistently too high, causing the heart to work harder to pump blood. Chronic inflammation contributes to hypertension by damaging the endothelium, the inner lining of blood vessels, making them less flexible and more prone to narrowing. The narrowing and thickening of blood vessel walls, combined with cholesterol deposits in the blood vessels, increase the risk of heart attack and stroke.

This intricate relationship between inflammation, hypertension and heart disease highlights the importance of a holistic approach to cardiovascular health. By addressing inflammation through lifestyle changes and medical interventions, the risk of heart disease and hypertension can be significantly reduced, leading to improved overall health and longevity.

Lifestyle factors such as poor diet, lack of physical activity, smoking and stress can exacerbate inflammation and contribute to both heart disease and hypertension. Consuming a diet high in processed foods, saturated fat and sugars can trigger inflammatory responses. Conversely, a diet rich in fruits, vegetables, whole grains, polyphenols and omega-3 fatty acids can help reduce inflammation. The highly researched Mediterranean diet addresses all of these food groups and is enjoyable and delicious.

Management and prevention of inflammation, heart disease and hypertension involve adopting a healthy lifestyle. Regular physical activity, maintaining a healthy weight, managing stress and avoiding tobacco use are crucial steps. In addition, medicines may be prescribed to control blood pressure and reduce inflammation.





Life's Essential 8:

Life's Essential 8 are the key measures for improving and maintaining cardiovascular health as defined by the American Heart Association. Better cardiovascular health helps lower the risk for heart disease, stroke and other major health problems.

What exactly are Life's Essential 8? They are the 8 most important components of heart health: a healthy diet, regular physical activity, avoidance of nicotine, healthy sleep, healthy weight and healthy levels of blood cholesterol, blood glucose and blood pressure. Learn more at heart.org/lifes8.

uchealth

HEALTHY AGING

"When we avoid crucial conversations, we trade short-term discomfort for long-term dysfunction."

– Peter Bromberg

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



Successful aging.

People often ask me what I think is the key to successful aging. Here at the Aspen Club, we offer an array of education and tools—and hopefully inspiration—to answer your questions, propose questions you didn't even know you had and motivate you to pursue the avenues of health that speak to your personal situation. There is so much information available to us, and our environment is often filled with overwhelming or unwelcome "noise." As we practice our ability to filter this information, I invite you to think about the things that matter to you most.

If we practice using this "value filter," we start to identify the things that get us out of bed in the morning, put a smile on our face and give us something to look forward to. Knowing what we value also gives us a framework within which to make decisions about how to spend our time and energy. For some of us, this might be sharing family time. For others, enjoying our natural environment. And still for others, getting lost in a good story, whether in the pages of a stimulating book or talking to a neighbor you bump into at the grocery store.

For me, I have to summarize this key to successful aging into "never stop moving." This goes for our bodies, our minds and our hearts. While we might find that, as we age, we are more limited in the ways we can use our bodies, in many cases our bodies are adaptable and will appreciate our focus on finding the things we can still do. It's also important to move our minds by challenging ourselves with things that stimulate us to think. This could be learning a new skill or revisiting an old one that we haven't quite perfected. And finally, we need to move our hearts. We need engagement with others to give us opportunities to explore differences in thoughts and beliefs, make us laugh and to gain and provide support. These connections contribute to resilience as well as our overall wellbeing.

I invite you to take inventory of the things that are most important to you and that help you "never stop moving."

Yours in health and harmony,

JoAnn Herkenhoff
UCHealth Senior Services
Aspen Club Supervisor

"People don't resist change; they resist being changed."

–Peter Michael Senge



Hospice and palliative care at a glance.

If you have questions about palliative and hospice care, you are in good company. Misunderstandings abound, and the two are often blended. Sadly, such misconceptions sometimes result in unnecessary suffering and inadequate care when and where it is needed most. It is beyond the scope of this article to delve into the intricacies of hospice and palliative care or the broader context in which they are best considered. Nor can we address system-wide issues such as the scope of services, availability and access, cost of care and who pays and current trends impacting the way hospice and palliative care are provided.

That said, let's identify some basic similarities and differences between the two, beginning with what they have in common. Both palliative and hospice care offer an interdisciplinary approach to mitigating suffering and optimizing quality of life. Attention is given to physical, intellectual, emotional, social and spiritual needs to help patients feel as well as possible.

Another commonality is the inclusion of family members and/or caregivers in the circle of care. Regular care conferences are held to determine and adjust whatever interventions best support quality of life for the patient and the family.

Arguably the most important difference has to do with eligibility. Palliative care is designed for those living with serious illness. As worded by the Center to Advance Palliative Care, "it is appropriate at any age and at any stage in a serious illness, and it can be provided along with curative treatment."

Hospice, by contrast, is designed explicitly for the final stage of life, when a patient has a life expectancy of 6 months or less. Selecting hospice is a conscious choice to prioritize quality of life when no cure is possible. Hospice also offers grief support to families after a patient dies.

There's more, much more. Thankfully, opportunities to learn about hospice and palliative care are available, especially in November, which is National Hospice and Palliative Care Month. Providers and health care educators will engage their communities to share vital information, and we hope you will take advantage of your local offerings.

See page 9 for details about the program, Courageous Conversations, hosted by the author of this article, Cathy Heise.

INSIGHTFUL

"I've learned that you can tell a lot about a person by the way he handles these three things: a rainy day, lost luggage and tangled Christmas tree lights."

—Maya Angelou

Aspen Club engagement:

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

UCHealth is committed to an environment of safety and mutual respect. Promoting a safe, healthy environment that is free from bias is essential to the teamwork that leads to improving our patients' lives. Every one of us plays our part in fostering an environment of mutual respect for one another, our patients and the communities we serve.

Somatic movement for mobility and pain.



The term "somatic" is spreading through the health care world these days in relation to various movement practices, but what does it mean? "Soma" means "body," and "somatic" means "of or relating to the body"; these words are now used in connection to innovative ways of addressing challenges of mobility, range of motion, cognitive function and pain.

This field of practice emerged in the 1970s from within the worlds of dance and bodywork as ways to improve performance or address chronic muscular pain. The somatic movement has been influenced by Eastern practices such as yoga and tai chi, by dance choreographers and by movement pioneers such as Frederick Alexander, Moshe Feldenkrais, Ida Rolf and Milton Trager, who were motivated by movement-related injuries of their own to develop techniques to help recover from and prevent injury.

American philosopher and movement therapist Thomas Hanna introduced the term "somatics" in 1976 to describe these experiential practices designed to diagnose and/or address muscular problems. They direct attention to patterns that are inefficient or unnecessarily tense and replace them with more functional ways of moving, and they help individuals develop awareness of sensation and breathing. Most involve slow and gentle movements, and some involve hands-on manipulations.

Hanna Somatic Education focuses on a type of eccentric (lengthening) stretching called the Pandicular Response, which is the movement we do when we wake up, feel the need to stretch and proceed to lengthen and move. Animals and babies do this naturally, but adults often cease the practice over time. Engaging in this process slowly and deliberately with awareness can reawaken muscles and tissues, release tension and increase ease of movement.

Feldenkrais classes and one-on-one sessions explore various flowing movements to help participants release dysfunctional patterns and experience healthy neurological function. This approach can help people change movement and behavior habits, and many find it helps them feel and move better.

Teachers of these various practices have found that somatic practices can also affect emotional states and enhance cognitive function. In releasing tension and old muscular habits, we may become more present to inner and outer worlds, more open to new experiences or more creative in how we approach daily life or difficulties.

The evolution of somatics:

In the last couple of decades, the concept of somatics has become associated with occupational therapy, psychotherapy and dementia treatment, and new practices in these fields are still being developed. Two of these newer approaches include the following.

One approach to dementia care called "Moving Together" through Together Senior Health (togetherseniorhealth.com) is based on "the Feldenkrais strategy of accessing the central nervous system using functional and developmental movement patterns to stimulate healthy neurological processing." The program focuses on functional activities such as sitting to standing, standing to sitting and movement and balance, to help people live independently.

In the field of psychotherapy, somatics takes the form of engagement in mindfulness and body awareness to understand oneself and one's behavior patterns. Body-centered therapists use mind-body techniques to help people gain insight into their beliefs and reactions to various situations and to release pent-up tension that negatively affects physical and emotional wellbeing. Approaches in this realm include Somatic Experiencing, Hakomi Body-Oriented Psychotherapy and Sensorimotor Therapy.



FUNNY PAGES

"There are three stages of man: he believes in Santa Claus, he does not believe in Santa Claus, he is Santa Claus."

–Bob Phillips

The right words.

Have you ever struggled with what to say to someone who is ill? Some advice from a chronic illness sufferer may help: here are some suggestions for showing sensitivity without fear of using the wrong words.

Those who have a chronic illness often feel they have crossed a line that separates them from healthy people. They feel different, they might look or act different or be unable to do normal activities. Here are some suggestions for lending your support:

- Focus on listening empathetically, without a need to fix anything.
- Act naturally. Be authentic. Read the room. The mood may not be somber.
- Be compassionate. Meet people where they are. No one is upbeat all the time.
- Offer your unique gift. If you cook or write, offer them a meal or write them a letter or poem. Give them something that is just from you.
- Allow yourself imperfection. Don't expect you will always say or do the ideal thing.



Caring for our feet.

As we age, changes in our feet can result in pain or tenderness, and in some cases structural issues significantly impact mobility and quality of life. Understanding the ways our feet change and adopting preventive measures can help minimize problems.

The aging process can lead to pads on the bottom of the foot thinning, exposing bones to more friction. In addition, the cells hold less water, which affects collagen, tendons and ligaments in the feet. Tendons get tighter and ligaments looser, and when the muscles, tendons, ligaments and bones shift, pain and bone growths can result.

Aging feet often exhibit increased soft tissue stiffness, decreased range of motion and decreased strength. Feet may have less joint mobility and less efficient propulsion when walking due to a more pronated posture. Changes in the feet can lead to arthritis, bunions, hammertoes, foot pad atrophy and plantar fasciitis.

Inappropriate footwear can also contribute to foot weakness or other issues. Some individuals purchase stiff, heavily cushioned shoes hoping to prevent pain or falls, but this style of shoe causes the ankle to do all the work of accommodating anything that comes up in the walking path while the foot becomes less active and involved. However, if you choose to transition to different shoes, it is important to gradually adapt to new ones to prevent pain and injury. Consult a podiatrist, or purchase shoes that provide the right balance of flexibility and support. The American Podiatric Medical Association recommends enough toe flexibility to allow natural foot motion and heels that are stiff enough to provide support. If you have conditions such as osteoporosis or diabetes or balance issues, consult your doctor about how to stay comfortable and steady on your feet.

Another way to care for feet is to exercise them. Walking is one of the best exercises for the feet, but warming up first is important. Stretch the feet, ankles and lower legs and move the joints. Rolling over a ball or massaging and working the feet and toes with your hands can be helpful with pain and keep feet more supple. Consider joining exercise programs in Active Adult Centers as well as yoga and tai chi, which often include stretches and movements that are good for the feet and lower legs

Have you had your balance tested?

One fall has the potential to change everything. In America, more than one in four adults age 65 or older has a fall each year. You don't have to be one of them: you can increase your chances of avoiding a fall by seeking an assessment of your fall risk. Please consider registering for a free balance screening, performed by physical and occupational therapists. Therapists use the CDC's STEADI (Stopping Elderly Accidents, Deaths, & Injuries) Initiative tools and protocols to determine your fall risk and then share balance and fall prevention strategies, programs and resources based on your results.

The STEADI program offers the following four things we can all do to prevent falls:

- **Speak up.** Talk openly with your health care provider about fall risks and prevention. Ask your doctor or pharmacist to review your medications.
- **Keep moving.** Begin a regular exercise program to improve your strength and balance.
- **Get an annual eye exam.** Replace eyewear as needed.
- **Make your home safer.** Remove clutter and tripping hazards such as area rugs.

See page 10 for details on screening locations.



The importance of social connection.

In 2023, the U.S. Surgeon General, Vice Admiral Vivek Murthy, created an advisory on the healing effects of social connection and community, warning of the dangers of social isolation. The advisory states, "Loneliness is far more than just a bad feeling—it harms both individual and societal health. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety and premature death. The mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day..."

Your loneliness may actually increase your odds of mortality. That's worth paying attention to.

According to Harvard professor Robert Waldinger, investing in social relationships with other people is a key to living longer. These interactions don't have to be formal to be impactful–all kinds of relationships can add to our sense of belonging. Those relationships can be with family and friends but they can also be casual encounters with people like the mail delivery person or the cashier at the grocery store. Each interaction can create a sense of belonging.

Dr. Waldinger advises people who want to create a deeper sense of connection to give off signals that you're willing to connect. Cognitive behavior therapy can teach these skills if you don't know where to begin. He encourages us all to find a setting or an activity around other people where we are comfortable. Volunteering at an organization that has a mission that aligns with your interests or passions is a great place to begin. As he states, "You are wanted, you belong and you matter."

Aspen Club educators have created an in-person class that is designed to create awareness around the importance of connection. In class, you'll learn about the three types of loneliness, the power of your thoughts and how they factor into creating connections and how social engagement is a key to longevity. You'll also generate ideas and set goals to cultivate connection in your own life.

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

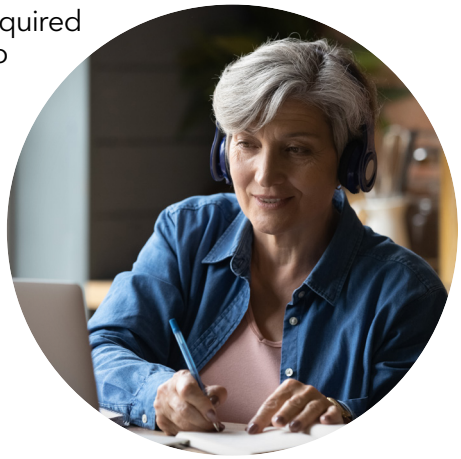
- *Class link will be emailed a few days before class date*

Virtual Get Your Advance Directives Done Ⓡ

Start your plan for peace of mind today. Participants will 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:** 3–4:30 p.m. Tuesday, Nov. 19, MS Teams
- Email address required to register; link to virtual class and class materials will be emailed following registration

Virtual 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.
- **Virtual:** 11 a.m.–12:30 p.m. Wednesday, Dec. 18 MS Teams
- Email address required to register; link to virtual class and class materials will be emailed following registration



IN-PERSON CLASSES, HEALTH SCREENINGS AND SERVICES

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

IN-PERSON-ONLY CLASSES

Stress Strategies for the Holidays Ⓡ

Don't let stress get the best of you! There is a positive side to stress, and we'll provide you strategies to master managing stress, increase your resilience and make the most of your holiday season. Taught by Julie Knighton, RN.
- **Greeley:** 10–11:30 a.m. Friday, Nov. 1
  GMC, conference room 1
- **Fort Collins:** 10–11:30 a.m. Friday, Nov. 15, Westbridge
- **Loveland:** 1–2:30 p.m. Monday, Dec. 9
  Chilson Senior Center, Oak room

Gong Voyage Ⓡ

Our bodies are mostly water, and since sounds travel about four times faster in water than in the air, our bodies are excellent receptors and conductors of sound and vibration. Participants have attributed the following to sound healing: reduction of stress and stimulation of deep relaxation, lower blood pressure and relief from chronic pain. You will simply lie down (sitting also available), get comfortable, set your intention and let the gong meditate you. Kathy Dickson will play for an hour with no words spoken as you simply absorb the vibrations. Please wear comfortable clothes.
- **Fort Collins:** 2–3:30 p.m. Monday, Nov. 4
  Pathways Hospice, 305 Carpenter Road
  McKee room

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

Ⓡ Registration required

Estate Planning: The Legal, the Practical and the Personal Ⓡ

Proper estate planning can bring peace of mind to you and your family; minimize conflicts, time and costs; and ensure you have planned for the people and things you value most. Come join us for a conversation about the purpose of key estate planning documents used both during incapacity and after you pass. We will also discuss practical steps you can take to assist your loved ones and share ideas for leaving a more personal legacy. Presented by attorney K. Michelle AmRhein.

- **Fort Collins:** 10–11:30 a.m. Tuesday, Nov. 5
  Fort Collins Senior Center. Call **970.221.6644** to register; refer to activity # 425447-01
- **Loveland:** 2–3:30 p.m. Wednesday, Nov. 6
  Loveland Library

Dining With Diabetes Ⓡ

Dining With Diabetes is a series of four classes that teach strategies to manage diabetes through menu planning, carbohydrate counting, portion control and label reading. Participants will have the opportunity to see how healthy foods are made using concepts taught. Includes 11 recipes with live or video demonstration, food-preparation techniques and helpful and practical handouts. Note: Class will be held for three consecutive Tuesdays, and one Thursday (November 7). Cost is $35, which includes food and handouts (in a binder). Participants need to attend all four sessions. Maximum of 8 participants. Last day to register is October 31.

- **Greeley:** 11 a.m.–1 p.m. Tuesday, Nov. 5; Thursday Nov. 7; Tuesday Nov. 12 and Tuesday, Nov. 19
  Greeley Active Adult Center, fitness room
- Call **970.495.8560** to register.
- Cost: $35, payable upon registration

Memory Maintenance

This fun, interactive 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.

- **Estes Park:** 1:30–4 p.m. Wednesday, Nov. 6
  Good Samaritan Society Estes Park Village, assisted-living multi-room

Polymyalgia Rheumatica Ⓡ

Join Amanda Mixon, PA-C, from UCHealth Rheumatology Clinic, as she describes the symptoms of inflammatory polymyalgia rheumatica, shares how this diagnosis is made and discusses treatment modalities.

- **Fort Collins:** 10–11:30 a.m. Thursday, Nov. 7
  Westbridge

Get Your Advance Directives Done Ⓡ

Advance directives help you formally document your preferences and values to guide future medical care. 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 at no cost.

- **Greeley:** 1:30–3 p.m. Thursday, Nov. 7
  Greeley Aspen Club Office
- **Fort Collins:** 9:30–11 a.m. Thursday, Nov. 21
  Prospect Medical Plaza, Ste. 100
- **Loveland:** 1:30–3 p.m. Tuesday, Dec. 10
  MCR, Navajo Peak Room
- **Fort Collins:** 9–10:30 a.m. Thursday, Dec. 12
  Snow Mesa Clinic, 4674 Snow Mesa Drive, Ste. 100

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.

- **Loveland:** 11 a.m.–noon Friday, Nov. 8
  MCR, Big Thompson Canyon room
- **Greeley:** 10–11 a.m. Thursday, Dec. 5
  Greeley Aspen Club, conference room

Low Vision Ⓡ

The Ensight Skills Center provides people with low vision the services and resources that empower independent and productive living. Come join Melody from Ensight to learn about eye diseases and low vision, as well as tips and ways to navigate life with vision loss. Bring any questions you might have regarding low vision or eye diseases.

- **Estes Park:** 12:30–2 p.m. Wednesday, Nov. 13
  Estes Park Senior Citizen's Center

Getting Your Ducks in a Row: What to Know for the End of Life Ⓡ



The first step to planning for the end of life is knowing what is helpful to do ahead of time. A panel of local experts will highlight the essentials of legal, financial and medical planning. Take the first step in getting your ducks in a row at this panel presentation paired with vendor booths providing valuable information. This panel event will be followed by an in-depth monthly educational series starting in January 2025.

- **Fort Collins:** 1–3 p.m. Wednesday, Nov. 13
  Old Town Library
- Register with the library online at shorturl.at/BzQMD or by calling **970. 221.6740**

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

Ⓡ Registration required

Chair Exercises Ⓡ

This two-session exercise program developed by the University of Georgia and adapted from the National Institute of Aging, Tufts University and the Centers for Disease Control and Prevention. These exercises are designed to improve strength, flexibility and balance. Most of the exercises can be done while sitting in or holding onto a chair to help with balance.

- **Greeley:** 9–10:30 a.m. Wednesdays, Nov. 13 and 20
  Greeley Active Adult Center, meeting room 1

Courageous Conversations Ⓡ

This presentation will help you understand the differences and similarities between palliative care and hospice care and will discuss current trends shaping the way they are offered in our health care system. Demystifying common misconceptions about these two care options promotes clarity and confidence as individuals and families seek out the most appropriate care for their unique situation.

- **Loveland:** 2–4 p.m. Thursday, Nov. 14
  MCR, Longs Peak room

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.

- **Fort Collins:** 9–10:30 a.m. Saturday, Nov. 16
  Westbridge
- **Fort Collins:** 9–10:30 a.m. Friday, Dec. 13, Westbridge

Reverse Mortgages Ⓡ

Designed for homeowners who are 62+, those who are approaching retirement or anyone who wants to be educated on this program, this presentation outlines the many ways you can use your home equity to improve your retirement. We will unravel the confusion surrounding reverse mortgages and look at how your home's equity can be used to help make home improvements; provide for home care and health needs or other unplanned expenses during retirement; and offer leverage toward charitable giving, investment options and desired activities. We will also illustrate how a reverse mortgage can be used to purchase a home if you are pondering relocating into a more ideal home for your retirement years. We will also talk about when a reverse mortgage is not a good idea.

- **Fort Collins:** 2–3:30 p.m. Tuesday, Dec. 3, Westbridge
- **Greeley:** 10–11:30 a.m. Thursday, Dec. 12
  Greeley Active Adult Center, meeting room 1

Talk With a Health Care 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 dinner will be provided. Seating is limited. Call **303.651.8411** to register.

- **Longmont:** 5:30–6:30 p.m., Tuesday, Nov. 19
  Longmont Senior Center

Considering Going Vegetarian? Ⓡ



In this class we'll review the various kinds of vegetarianism, as well as the evidence on health benefits and important considerations in going vegetarian. Whether vegetarianism is for you or not, this class will be full of useful nutrition tips and information.

- **Greeley:** 10–11:30 a.m.
  Monday, Dec. 2
  GMC, conference room 1
- **Fort Collins:** 10–11:30 Tuesday, Dec. 10, Westbridge
- **Windsor:** 1–2:30 p.m. Friday, Dec. 13
  Clearview Library

Integrated Behavioral Health Ⓡ

UCHealth now provides on-site behavioral health care in many primary care clinics, enabling seamless access to treatment for mental health needs while reducing the stigma frequently encountered in seeking help. Come learn about this integrated care and meet the integrated behavioral health clinical therapist from UCHealth Timberline Clinic, Blake Nicholson, LCSW.

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

Stop the Bleed and Hands Only CPR Ⓡ

A bleeding injury can happen anywhere. Civilians need basic training in bleeding control principles so they are able to provide immediate, frontline aid until first responders are able to take over care of an injured person. Through our STOP THE BLEED® course, you'll gain the ability to recognize life-threatening bleeding and intervene effectively.

- **Longmont:** 10 a.m.–noon Thursday, Dec. 12
  Longmont Senior Center
- Call **303.651.8411** to register

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

Ⓡ Registration required

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 Nov. 6, Dec. 4 and Dec. 18 Aspen Club office
- Appointments are required; call **970.495.8560**

Hearing Screenings Ⓡ

Certified audiologists from Hear USA will provide baseline hearing screenings and answer your hearing health questions.

- **Fort Collins:** 1–4 p.m. Thursday, Nov. 7 Hear USA, 1030 Centre Ave., Ste. A
- **Loveland:** 8:30 a.m.–noon Thursday, Dec. 5 Hear USA, 2980 Ginnala Drive, Unit 102
- **Greeley:** 10 a.m.–noon Thursday, Dec. 19 Hear USA, 2018 35th Ave., Ste. A
- Appointments are required; call **970.495.8560**

Blood Pressure Checks



No appointments necessary for a blood pressure check performed by a UCHealth Community Health Improvement registered nurse. Discussion about healthy lifestyle and general blood pressure information is also available.

- **Loveland:** 9 a.m.–1 p.m. Mondays, Nov. 18 and Dec. 16 Chilson Senior Center
- **Estes Park:** 10 a.m.–1 p.m. Wednesdays, Nov. 20 and Dec. 18, Estes Park Senior Citizens Center

Medication and Supplement Reviews Ⓡ

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.

- **Fort Collins:** 8 a.m.–noon Thursday, Nov. 7 Aspen Club office
- **Loveland:** 10 a.m.–2 p.m. Thursday, Nov. 7 MCR, Aspen Club office
- Please call **970.495.8560** to schedule an appointment

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. Balance and fall prevention strategies, programs and resources will be shared based on your results.

- **Loveland:** 9:30 a.m.–1:30 p.m. Wednesdays, Nov. 20 or Dec. 18, Chilson Senior Center; schedule an appointment in person or go online at lovgov.org/services/parks-recreation/chilson-senior-center
- **Fort Collins:** 9 a.m.–noon Wednesday, Dec. 18 Westbridge; call **970.495.8560** to schedule an appointment

ONGOING SERVICES

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 a notary 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
- **Fort Collins:** 9:30 a.m.–12:30 p.m. Mondays, Nov. 11 or Dec. 9, Old Town Library
- **Loveland:** 10 a.m.–noon Tuesdays, Nov. 12 or 19 and Dec. 10 or 17, MCR, Aspen Club office
- **Greeley:** 12:30–3:30 p.m. Thursday, Nov. 21 Greeley Active Adult Center
- Appointments are required; please call **970.495.8560**

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, Estes Park, Loveland or Greeley. Appointments required.

- Call **970.495.8560** to make an appointment

CarFit Assessments Ⓡ

CarFit teaches you how to make your car "fit you" to increase safety and mobility. An occupational therapist will use a 12-point checklist, including steering wheel spacing, properly adjusted headrests, seat belt usage and more to help you driver safer longer.

- **Fort Collins:** 1–4 p.m. Mondays, Nov. 11 or Dec. 9 Aspen Club offices



Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

Ⓡ Registration required

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

Heart of Weld

The Weld County Diabetes Prevention Program, Heart of Weld, lifestyle change program can help make lasting changes to prevent type 2 diabetes. If you have prediabetes or other risk factors for type 2 diabetes, connect with this program to see if you're eligible. **Call 970.400.2400 or text 970.673.7659**. They have 5 Spanish-speaking coaches. They serve those without insurance. More information can be found at weld.gov/Government/Departments/Health-and-Environment/Health-Education-Communication-and-Planning/Diabetes-Prevention-Program.

SNAP Benefits Info & Assistance

Supplemental Nutrition Assistance Program (SNAP) is a United States Department of Agriculture (USDA) program that can help you put food on the table. SNAP, formerly known as food stamps, is a monthly allocation of dollars for individuals and families who need help getting enough food. Benefits are distributed to recipients each month on an EBT (Electronic Benefits Transfer) card, which works like a debit card. SNAP benefits can be used to purchase food at grocery stores, convenience stores and some farmer's markets and co-op food programs. Food Bank for Larimer County employs staff members whose primary purpose is to inform current and potential clients about SNAP and offer assistance signing up for the program. For more information, **call 877.707.8570 or email snap@foodbanklarimer.org**.

ASPEN CLUB ONGOING SERVICES

To find out more about these services, call any Aspen Club office or go online to uchealth.org/aspenclub.
Please note—not all services are available in all Aspen Club locations.

- Advance care planning
- Low-cost blood tests
- Blood pressure checks
- Caregiver classes and resources
- Nutrition consultations ($30)
- Hearing screenings
- Information and referral about senior services
- Medicare counseling and education
- Total hip and knee replacement classes

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Aspen Club membership 13,271

Join us for Courageous Conversations.

This presentation will help you understand the differences and similarities between palliative care and hospice care and will discuss current trends shaping the way they are offered in our health care system. Demystifying common misconceptions about these two care options promotes clarity and confidence as individuals and families seek out the most appropriate care for their unique situation.

Loveland: 2–4 p.m. Thursday, Nov. 14, MCR, Longs Peak room