

# ASPEN CLUB NEWS

January/February 2025 | Volume 38 | Issue 1

## Nourish to flourish.

### Overcoming barriers to healthy eating in older adults.

As we age, maintaining a healthy diet becomes crucial for preserving both body and mind. However, older adults often face unique challenges that can hinder proper nutrition. Let's explore these barriers and uncover strategies to ensure you're getting the nutrients you need.

#### The aging appetite.

Physiological changes in aging can lead to decreased calorie needs, often resulting in reduced food intake. Diminished senses of taste and smell, along with hormonal changes, can affect appetite and fullness. Emotional factors like depression and social isolation can also dampen the desire to eat. Chronic illnesses, such as heart disease, stroke and diabetes, along with medication side effects and dental issues, further complicate the ability to enjoy and consume a nutritious diet.

#### Strategies for healthy eating:

Overcoming these challenges requires a mix of creativity and mindfulness. Here are some practical tips to help you stay on track:

- **Aim for quality:** Fill half your plate with vegetables, a quarter with whole-wheat bread and the final quarter with lean protein such as fish, poultry or beans.
- **Choose healthy fats:** Incorporate sources of healthy fats like olive oil, avocado, nuts and fatty fish.
- **Increase fiber intake:** Aim for at least 30 grams per day for men and 21 grams for women. Opt for fruits, vegetables, whole grains and legumes.
- **Adjust portion sizes:** Maintain a healthy weight by managing portion sizes. If weight gain is needed, increase portions rather than consuming unhealthy, high-sugar or high-fat foods.
- **Optimize meal timing:** Enjoy a hearty breakfast and a balanced afternoon meal, and then go lighter on dinner.

#### Live longer, live better.

Embracing these healthy eating strategies can help ensure that your golden years are active and enjoyable. Nourish your body well, and it will serve you faithfully into your 80s and beyond.

## Nourish to flourish—troubleshooting tips:

- **Grocery delivery:** If shopping is difficult, consider a grocery delivery service. This convenience can ensure you always have fresh, healthy foods at hand.
- **Meal prep:** Prepare meals ahead of time. One-pot meals are easy, nutritious and cost-effective, and they can be refrigerated or frozen for later use.
- **Make it social:** Studies show that sharing meals with others has health benefits including better nutrition and fostering healthy relationships through sharing, communication and connection.
- **Shake up the routine:** If your meal habits have gotten stale, try changing up your environment, for example, plan a picnic.
- **Organize a recipe exchange:** Invite creative meal ideas through trading recipes with your neighbors, friends and family.



## INSIGHTFUL

"There is no medicine like hope, no incentive so great, and no tonic so powerful as expectation of something tomorrow."

—Orison Swett Marden

## 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](mailto:aspenclub@uchealth.org)

[uchealth.org/aspenclub](http://uchealth.org/aspenclub)

## Welcome to 2025.

As we roll into a new year, it's often a time for setting goals. Our New Year's resolutions might include lifestyle changes, like drinking more water or researching a new exercise class. I encourage you to think about your goals in a deeper context.

Growth can only be achieved if we get out of our comfort zone. To get better at most things, we have to accept some discomfort, whether it's:

- **Physical:** Pushing our bodies to build strength or improve our cardiovascular health.
- **Cognitive:** Trying something new or emotional. Perhaps overcoming challenges with a relationship.

I invite you to set stretch goals, ones that you don't automatically know you can achieve. Comfort is counter to ambition. Thus, set those lofty, ambitious goals and then settle into the discomfort, the uncertainty.

If you have ever taken one of our evidence-based, multi-week classes, you have likely encountered the proven strategy of goal-setting that includes breaking down your goal into smaller, attainable action items. You may have heard the phrase, "How do you eat an elephant? One bite at a time." Successful action plans define the components by asking questions like:

- **What:** Specific action.
- **How much:** Time, distance or amount.
- **When:** Time of day or which days of the week. This helps you frame your goal toward the structure in your day that lends itself to your best energy, convenience and priorities.
- **How often:** Number of times a day or week.

The collective success that you can achieve by meeting these smaller, more attainable goals allows you to benefit from that success and build confidence to stretch yourself for the next "bite." When all the smaller action items roll up, you have yourself a met goal. The ripple effect for the confidence you have gained through the process empowers you to set more ambitious goals next time. And, alas, you find yourself on a positive trajectory toward growth.

And a note about confidence. One of the steps for this action planning process includes setting your level of confidence for meeting your action, using a scale of 0 (not likely at all) to 10 (I got this). If you set a confidence level under 7, I would invite you to reevaluate your action plan by tweaking your answers to the questions outlined above. Modifying those components can help you make your action plan more attainable. Remember, meeting your action plans = success = growth.

The cost for getting better is uncomfortableness. But you may just be surprised that the payoff comes back to you in dividends.

Yours in health and harmony,



JoAnn Herkenhoff  
UCHealth Senior Services  
Aspen Club Supervisor





## HEALTHY AGING

"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."

— Ralph Waldo Emerson

## Surprising risk for vision loss.

There are well-established causes of vision loss like diabetes, hypertension and age-related conditions like macular degeneration (AMD) and cataracts—but what about other risk factors? These may include lifestyle, stress and other illnesses.

A sedentary lifestyle and poor diet can increase the likelihood of high blood pressure or diabetes. Hypertension can cause cell damage (optic neuropathy) or lead to blood leaking into the retina (hypertensive retinopathy). Diabetes can damage blood vessels in the retina and cause diabetic retinopathy. High levels of cortisol due to stress can cause optic nerve damage.

Autoimmune disorders and even some infections can cause vision loss. These include psoriasis, lupus, rheumatoid arthritis and even shingles. They all involve inflammatory processes that can set up a path to vision loss and more.

### February marks Low Vision Month.

Experts recommend regular eye exams at least every other year and annually after age 65. This is critical if you have known eye problems. It is also recommended you conduct your own eye test on a monthly basis. Try this:

- While watching TV or just sitting around, cover one eye and observe your vision. Is everything clear and focused like usual?
- Then cover the other eye and do the same thing.
- Now compare both eyes and your past vision.
- If something has changed, make an appointment with a professional.

Remember vision loss is a threat to your independence. Protect it.

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.

## The power of people.

We are wired for emotional connections with others. Older-adult isolation (17% of older adults identify as isolated) has consequences like higher suicide rates, more depression and mental distress and higher consumption of legal and illegal drugs. Techniques to combat isolation include:

- Expanding social networks before retiring.
- Volunteering.
- Maintaining a relationship with your spouse, children and grandchildren.
- Joining various groups like garden clubs or bowling leagues.
- Think twice before moving away from family and friends after retirement.
- Seek socializing alternatives like webinars, podcasts, Zoom calls or just plain old neighborhood socializing.

AARP has a program called Connect 2 Affect (C2A). It can help you explore and define what friendship means and how to find it. This program has suggestions for making meaningful connections to make life better.

C2A is just one example of assistance in connecting with others. Take charge of your happiness, confidence, optimism, health and life. It's worth the effort.

## Do-it-yourself massage alternative.

While a massage is a wonderful way to unwind, we don't always have the time or money to get one. The good news is that there is a do-it-yourself approach for releasing tightness and restoring the health of your tissues and range of motion. It is called self-myofascial release (SMR).

SMR involves applying pressure and movement to improve the hydration and flexibility of your fascia, or connective tissue, below the skin. A foam roller or pliable ball moved across the body helps "release" the myofascial tissue. Older adults with fragile tissue have more potential for injury, and it is important to use a soft foam roller and the right amount of pressure over a wider contact area. The key is to apply just enough pressure with slow and controlled movements so the muscle remains pliable.



SMR techniques can loosen knots, or trigger points, and reduce tension in the muscles, resulting in improved circulation and range of motion. Research has shown that foam rolling a muscle or muscle group prior to static stretching increases flexibility better than static stretching alone, SMR alone or no intervention.

Good places to begin doing SMR are the hands and feet. Tightness in these areas may contribute to pain in the knees, hips, shoulders or neck. You can also sit in a chair and use a tennis ball to massage glutes to release tightness and in some cases relieve hip pain, or use a rolling pin or foam roller to release tightness in your thighs, which may help lessen knee pain.

If you can safely get on the floor and have good balance, you can try sitting or lying on the foam roller to work on glutes or the back, but it is important to be sure to use proper technique in these cases (such as crossing arms over the chest if you are working on the back). Those who have a chronic condition, an injury or balance issues should talk to their doctor about how to safely do SMR.

For more information:

- Consult a massage or physical therapist.
- Visit the Silver Sneakers YouTube channel for articles and videos on how to do SMR.
- Go to [silversneakers.com/blog/beginners-guide-self-massage](https://silversneakers.com/blog/beginners-guide-self-massage).

## What should you do when sciatica flares?

Have you ever had that numbness, tingling or burning pain in your buttock that runs down your leg? It could be sciatica.

Sciatica is caused by irritation of a nerve root in your back that runs down the side of your lower back through the buttock and down your thigh and lower leg. Causes can be anything from misalignment to a bulging disc to arthritis. While it can be quite miserable, most of the time it is just a pain in your rear and can be remedied using simple measures at home:

- It is often helpful to stay active; moving and gentle stretching help keep the muscles surrounding the nerve loose and moving correctly. Modifying your movements to keep pain mild is very important. Bedrest can certainly be a temptation, but it is not a solution, as it weakens the muscles and actually makes matters worse.
- Applying heat and/or cold is a personal preference. Both help in different ways. Heat loosens the muscles while cold reduces inflammation.
- Meditation, breathing exercises and yoga can help your mind handle this continuous irritation.
- Lastly there are over-the-counter medications to assist. Ask your health provider or a pharmacist for recommendations and to ensure proper dosage, frequency and potential side effects.

Sciatica may return without warning. Ensuring consistency in your activity level will help fend it off.

## FUNNY PAGES

"Remember, today is the tomorrow you worried about yesterday."

—Dale Carnegie

### Are you thirsty?

Drinking enough water can be difficult for some, but as we age it becomes more important and more challenging. Mobility issues may make us shy away from fluids because more fluids lead to more frequent bathroom trips. Our sense of thirst also decreases with age, and taste can be altered by medications.

Did you know that we can get appreciable water from eating fruits and vegetables, especially ones with high water content like cucumbers, lettuce, celery, watermelon and oranges, and dairy like cottage cheese and yogurt? Soups are great too and easy to fix and store. Another trick is to serve a glass of water with meals. Add a slice of lemon, lime or cucumber to dress up plain water. Recommendations are 11 cups of liquid for women and 15 cups for men per day. Yes, there is some water in that cup of coffee or tea at breakfast. While they also contain water, be mindful of drinks that have calories that can add up quickly, like juice. You can also dilute juice with water to decrease those calories and increase your water. Don't forget hydration is important during these cold winter months too when we might not be as thirsty.



### Exercising the pelvic floor.

Many of us don't think about our pelvic floors unless we just had a baby or are experiencing incontinence; then all of a sudden we're tuned into this basket of muscles and wondering how to strengthen it. Whatever our gender, we may find ourselves needing to start doing those good ol' kegels.

The pelvic floor plays an important role in healthy bathroom habits, sexual function and a strong core. It is a group of muscles that run side to side between our sitz bones, and front to back, pubic bone to tailbone. This group is made up of skeletal muscle, and it holds up our pelvic organs and our body weight.

The rectum and urethra pierce through this group of muscles, and when the bladder fills with urine, the pelvic floor muscles activate and lift up to close the urethra so urine doesn't leak out. When we get the urge to void, we go to the bathroom, sit down and the pelvic floor muscles release and the bladder muscle pushes urine out. When the system of muscles in the pelvic floor isn't working optimally, we can experience leaking urine, painful urination, increased frequency or urgency, incomplete emptying, constipation, hemorrhoids or sexual difficulties.

Yet it is important to know that when it comes to exercising the pelvic floor, the goal isn't always to strengthen. The muscles need to contract as well as relax. The kegel is a shortening contraction of the pelvic floor, and it is important, but it is also important to couple proper contraction technique like a kegel with synergistic muscle use and correct breathing, and to incorporate the pelvic muscles into functional activities.

Pelvic floor physical therapists can help people learn to do kegels as well as a range of other exercises. They may suggest side-lying leg lifts, clamshells, cat-cow pose with foam roller, child's pose, squats, banded glute bridges or donkey kicks. These exercises will strengthen or relax various muscles in the pelvic floor and affect the whole core or the lower or upper body, aiding in better muscle engagement throughout the body.

## Before starting a new medication, get important information from your doctor and your pharmacist:

Ask the doctor: What is the name of the medication, and why am I taking it? For how long? Does it come generic? When will I see results, and what do I look for to know it is working? What side effects do I look for, and what can I do about them? Is this medication compatible with my other prescribed and over-the-counter medications?

Ask the pharmacist: Can I drive while taking this medication? Do I take it with or without food? Are there foods or beverages I need to avoid while taking this? How much do I take, and when should I take it? Does it need to be evenly spaced in 24 hours or just while I am awake? What does "as needed" mean? What if I forget or am late for a dose? Is this compatible with my other medications and supplements? What side effects can I expect?

At every visit with your health care team, tell them about any new medications, over-the-counter products or supplements you are taking. Ask if there are any you can stop taking and how to do that (tapering). Know what you are allergic to, what you are currently taking and why you're taking it.



## Where is Jill Taylor?

Greetings Aspen Club members and friends,

When I was told several of you had inquired how I was doing since my retirement (in early 2022), I was honored. After 31 years with the Aspen Club, I certainly learned a lot about healthy aging. It was time to put those lessons into practice. I was ready to exercise, travel and get together with friends more. But life tossed a few unexpected curveballs my way.

The first year of retirement my only daughter in Ohio was diagnosed with cervical cancer. As you can imagine, and as many can relate to, it was incredibly scary. Fortunately, she just passed the one-year mark in remission. We celebrated by taking a mom-daughter trip to Las Vegas to see Bruno Mars in concert. We are forever grateful.

The second year in retirement, unfortunately, my husband's health started to fail, and he passed away in April of this year. He had his sense of humor and sweet demeanor through it all. For that I'm also grateful.

Retirement is now a great blend of everything that gives me joy. I'm enjoying hiking, going to theater productions, traveling and going out to dinner with a great group of friends. I love volunteering with Meals on Wheels and AARP. I also enjoy hosting people through my AirBnB, which I've done since 2016. And, I'm very passionate about donating blood as often as I can. I know my O-negative blood has helped many patients through the years. If you are able, please consider doing this yourself.

As you can see, a thread of being grateful has been a common theme. I hope you all are doing well. I think of you often. My time at the UCHHealth Aspen Club was a blessing for which I felt lucky every day. As I always signed off in newsletters all those many years...

...here's to good health, happiness and humor.

Jill Taylor  
UCHHealth Aspen Club Senior Services Supervisor, 1989-2022

# Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

**R**  
Registration  
required

## A guide to Aspen Club class locations:

### Estes Park:

- Estes Park Senior Citizen's Center  
1760 Olympian Lane
- Good Samaritan Society  
Estes Park Village, 1902 Ptarmigan Trail,  
Assisted Living Building

### Fort Collins:

- Columbine Health Systems Center for  
Healthy Aging, 151 W. Lake St. Suite 1400
- 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.
- 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:

- Life Center, 1511 E. 11th St.
- 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 Living Well With Diabetes **R**

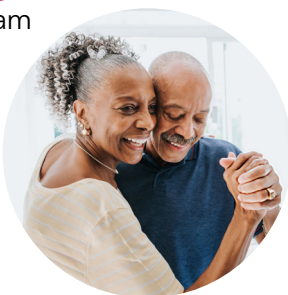
Learn tools to help you deal with the life changes that come with having diabetes. Learn practical tools to increase your confidence to manage your diabetes and prevent or delay serious complications.

- **Virtual introductory session:**  
5:30-5:45 p.m. Tuesday, Jan. 7, MS Teams
- **Virtual:** 5:30-7:30 p.m. Tuesdays, Jan. 14-Feb. 18  
MS Teams
- Link to virtual session will be emailed following registration

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

Join us for this three-part program 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. With practice, these new skills are proven to help you avoid or reduce leakage so you can keep doing the things that matter the most to you. Class is limited to 12 participants.

- **Virtual introductory session:**  
10-10:30 a.m. Tuesday, Jan. 14, MS Teams
- **Virtual:** 10 a.m.-noon Tuesdays, Jan. 21,  
Feb. 4 and Feb. 18, MS Teams
- Link to virtual session will be emailed following registration



### Virtual Get Your Advance Directives Done **R**

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. Monday, Jan. 20, MS Teams
- Email address required; 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, Jan. 22  
MS Teams
- Link to virtual class and class materials will be emailed following registration

### Living Well With Ongoing Health Conditions **R**

Need a little help managing your health issues such as arthritis, heart and lung issues or other chronic disease? Share and learn about tools to better manage your health by making small changes that you incorporate into your daily life.

- **Virtual introductory session:**  
5:30-5:45 p.m. Thursday, Jan. 23, MS Teams
- **Virtual:** 5:30-7:30 p.m. Thursdays, Jan. 30-March 6  
MS Teams
- Link to virtual session will be emailed following registration

# Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

**R**  
Registration  
required

## IN-PERSON CLASSES, HEALTH SCREENINGS AND SERVICES

- Upon registration, details of class location will be shared

### IN-PERSON-ONLY CLASSES

#### Bossy Bladder and Bowel **R**

Do you have a bossy bladder or bowel? Join Covell Care for a lecture on understanding your bladder or bowel issues and what a healthy bladder or bowel looks like, and walk away with tools or next steps to help you take back control.

- **Windsor:** 11 a.m.–noon Tuesday, Jan. 7, The Windsor Columbine Independent Living, 1385 Main St.

#### Ducks in a Row Spotlight: Exploring Care and Support Services **R**

The Alzheimer's Association Empowered Caregiver education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. This class examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care. This is the first session in a six-part series following the Getting Your Ducks in a Row program and featuring in-depth monthly educational presentations.

- **Fort Collins:** 1–2 p.m. Wednesday, Jan. 8  
Old Town Library, 201 Petersen St.
- To register, please call the Old Town Library at 970.221.6740

#### CircleTalk **R**

Enter as strangers and leave as friends. CircleTalk is a structured conversation program that uses a fun, unique, non-repeating curriculum to support new meaningful connections and inspires sharing. Engaging with others is an important part of leading a long and healthy life. A commitment to the full eight-week program is requested.

- **Greeley:** 1–2 p.m. Wednesdays, Jan. 8–Feb. 26  
Fox Run Senior Living, 1720 60th Ave.

#### ABZzzz's of Sleep **R**

Learn sleep-management tips to help you identify and overcome age-related sleep problems, get a good night's rest and improve the quality of your waking life.

- **Estes Park:**  
Noon–1:30 p.m. Wednesday, Jan. 8  
Estes Park Senior Citizen's Center
- **Windsor:** 1–2 p.m. Thursday, Jan. 23, The Windsor Columbine Independent Living, 1385 Main St.
- **Fort Collins:** 2–3 p.m. Monday, Jan. 27  
CSU Center for Healthy Aging

#### 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, Jan. 11, FMC
- **Loveland:** 9–10:30 a.m. Friday, Jan. 24  
MCR Big Thompson Canyon room
- **Greeley:** 9–10:30 a.m. Friday, Feb. 21  
GH Conference room 1

#### Mental Health Hygiene **R**

Like physical health, we all have mental health. Many of us know about taking care of our physical hygiene, but taking care of our mental health hygiene might not be on our radar. Mental health refers to the state of our emotions, thoughts and feelings and how we understand the world around us. Join us to learn the “what, why and how” of taking care of our Mental Health Hygiene. Taught by Shawna Cranmer, program coordinator, Community Outreach and Education from North Range Behavioral Health.

- **Greeley:** 10–11 a.m. Tuesday, Jan. 14  
Greeley Active Adult Center
- **Fort Collins:** 10–11 a.m. Tuesday, Jan. 21  
PVH Cafe F

#### Balance and Dizziness 101: Stabilize Your Symptoms and Self **R**

In this class, we'll explore balance, dizziness and vestibular disorders from a clinical perspective, diving into the underlying causes and engaging in evidence-based exercises designed to manage dizziness and improve your stability.

Whether you're addressing specific concerns or looking to enhance your overall balance, this class offers professional insights and practical tools to help you regain confidence in your movements. Taught by Joe Burkeland, PT.

- **Fort Collins:** 2:30–4:00 p.m. Thursday, Jan. 16  
CSU Center for Healthy Aging
- **Loveland:** 2–3:30 p.m. Thursday, Jan. 30  
Life Center, 1511 E. 11th St., Silver Maple Room
- **Greeley:** 10–11:30 a.m. Friday, Feb. 7  
UCHealth Greeley Hospital conference room 1



# Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

**R**  
Registration  
required

## 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. Plan for an interactive hour of fun and helpful health information. A light snack will be provided. Call **303.651.8411** to register.

- **Longmont:** 5:30–6:30 p.m. Tuesday, Jan. 21 and Feb. 18  
Longmont Senior Center

## Living Well With Pain **R**

Managing pain on a daily basis is challenging and requires so much energy and effort. Join us in developing skills to take charge of your pain. Share and learn from others who live with chronic pain as you learn problem-solving skills, symptom management, dealing with difficult emotions and other “tools.”

- **Loveland:** 1–3:30 p.m. Wednesdays, Jan. 22–Feb. 26  
The Wexford, 1515 W. 28th St.

## Get Your Advance Directives Done **R**

Advance directives help you formally document your preferences and values to guide future medical care. Start your plan for peace of mind today by learning about advance directive documents and prepare for conversations with loved ones. Participants will be given the chance to complete documents with notarization after class. If you prefer, materials from this class can be sent via email or mail and a follow-up consultation is available at no cost.

- **Fort Collins:** 9:30–11 a.m. Thursday, Jan. 23  
Prospect Medical Plaza, Ste. 100
- **Fort Collins:** 9–10:30 a.m. Thursday, Feb. 13  
Snow Mesa Clinic Ste. 100
- **Loveland:** 2–3:30 p.m. Tuesday, Feb. 18  
MCR Big Thompson Room
- **Greeley:** 10–11:30 a.m. Tuesday, Feb. 25  
GMC Conference Room 1
- See page 7 for location addresses.

## Helping Your Loved One Live Well With Dementia **R**

Dementia Together is honored to share practical strategies through SPECAL®, a UK-originated evidence-based, positive dementia care approach. If you are caring for someone living with cognitive changes, this session is for you. Find out why counter-intuitive strategies make sense, learn about the SPECAL® photograph album and discover 3 Golden Rules for creating well-being for your loved one living with dementia, as well as reducing stress for yourself.

- **Greeley:** 10 a.m.–noon, Tuesday, Jan. 28  
Windsor Recreation Center

## The Upsides to Downsizing **R**

Thinking about downsizing your home? Whether you're moving to an apartment, condo, townhome or house with less square footage, downsizing can be overwhelming. Join us to learn where to start and how to keep the process simple. We'll help you unpack the lofty job so you have the clarity you need to get where you want to go. Lunch provided by the Clearview Library.

- **Windsor:** Noon–1:30 p.m. Friday, Jan. 31  
Clearview Library, 720 3rd St.



## Tech Skills for Older Adults **R**

Learn how to navigate your cell phone. We'll cover how to identify and use the power button, volume buttons, ringer, SIM card slot, home screen, lock screen, notification center and control center. This introductory session will also go over commonly used icons and how to clip coupons using a grocery app.

- **Greeley:** 10–11:30 a.m. Monday, Feb. 10  
Greeley Active Adult Center

## Know the Warning Signs of Alzheimer's **R**

This course helps people recognize the common signs of the disease in themselves and others, the importance of early diagnosis and how to identify next steps to take, including how to talk to their doctor.

- **Estes Park:** Noon–1:30 p.m. Wednesday, Feb. 12  
Estes Park Senior Citizen's Center

## Ducks in a Row Spotlight: Hospice 101 **R**

We here at Pathways know that talking about hospice can be very hard. We will talk about eligibility for hospice and what to expect from Pathways while on hospice and review some myths about hospice and why the resources help so many families while their loved one receives hospice services. This is the second session in a six-part series following the Getting Your Ducks in a Row program and featuring in-depth monthly educational presentations.

- **Fort Collins:** 1–2 p.m. Wednesday, Feb. 12  
Old Town Library, 201 Petersen St.
- To register, please call the Old Town Library at **970.221.6740**

# Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

**R**  
Registration  
required

## Medications, Supplements and Lifestyle **R**

Learn the influence each of these has on your health. Other areas we will cover include lifestyle/mindfulness changes versus prescription medications, deciphering the most recent studies on common supplements including multivitamins and calcium as well as supportive information on chronic inflammation and weight maintenance. Taught by UCHealth's Dietitian and Health Educator Deanna O'Connell and Pharmacist Gina Harper.

- **Loveland:** 2:30–3:30 p.m. Tuesday, Feb. 18  
Life Center, 1511 E. 11th St., Silver Maple Room
- **Fort Collins:** 2:30–3:30 p.m. Tuesday, Feb. 25  
CSU Center for Healthy Aging

## Basics of Blood Pressure **R**

Join UCHealth Community Health RN Julie Knighton and review the basics of blood pressure and hypertension. Gain understanding of how you can manage your blood pressure and why it matters, practice taking your own blood pressure and discuss strategies for taking action.



- **Windsor:** 1–2 p.m. Thursday, Feb. 20, The Windsor  
Columbine Independent Living, 1385 Main St.

## Regenerative Medicine using Prolotherapy and PRP **R**

This lecture will delve into innovative approaches for tissue repair and healing using the body's own natural process. Attendees will learn about the scientific basis behind these therapies and their applications across various medical fields, including orthopedics, sports medicine and dermatology. We'll explore case studies and clinical trials illustrating the effectiveness of these treatments in addressing conditions such as tendon injuries, osteoarthritis and ligament damage.

- **Fort Collins:** 9:30–11 a.m. Thursday, Feb. 27  
PVH Café F

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

Join us for this three-part program 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. With practice, these new skills are proven to help you avoid or reduce leakage so you can keep doing the things that matter the most to you. Class is limited to 12 participants.

- **Greeley:** 1–3 p.m. Thursdays, Feb. 27, Mar. 13 and Mar. 27, Farr Library, 1939 61st Ave.

## HEALTH SCREENINGS

### Hearing Screenings **R**

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

- **Fort Collins:** 1–4 p.m. Thursday, Jan. 9  
Hear USA 1030 Centre Ave., Ste. A
- **Loveland:** 8:30 a.m.–noon Thursday, Feb. 6  
Hear USA 2980 Ginnala Dr., Unit 102
- Appointments are required; call **970.495.8560**

### 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 Wednesdays, Jan. 15, Feb. 5 and Feb. 19
- Appointments required; call **970.495.8560**

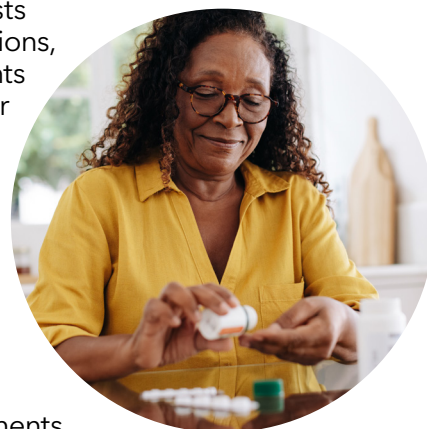
### Blood Pressure Checks

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.

- **Estes Park:** 10 a.m.–1 p.m. Wednesdays, Jan. 22 and Feb. 26, Estes Park Senior Citizen's Center
- **Loveland:** 9 a.m.–1 p.m. Mondays, Jan. 27 and Feb. 24  
Chilson Recreation Center Lobby

## 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.



- **Fort Collins:** 8:30 a.m.–12:30 p.m. Thursday, Feb. 6  
Aspen Club office
- For more information or to register, call **970.495.8560**

# Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

**R**  
Registration  
required

## Balance Screenings **R**

These screenings, performed by physical or occupational therapists, will assess your fall risk using evidence-based tools and protocols. Balance and fall-prevention strategies, programs and resources will be shared based on your results.



- **Estes Park:** 1-3:30 p.m.  
Mondays, Jan. 6 or Feb. 3  
Good Sam Assisted Living Building, multipurpose room; call **970.495.8560** to schedule an appointment
- **Loveland:** 9:30 a.m.-1:30 p.m. Wednesdays, Jan. 22 or Feb. 26, Chilson Senior Center; register in person or online at [lovgov.org/services/parks-recreation/chilson-senior-center](http://lovgov.org/services/parks-recreation/chilson-senior-center)
- **Fort Collins:** 9 a.m.-noon Wednesday, Feb. 19  
Columbine Health Systems Center for Healthy Aging, 151 W. Lake St. Ste. 1400, use the west entrance; call **970.495.8560** to schedule an appointment
- **Greeley:** 11 a.m.-3 p.m. Thursday, Feb. 27  
GMC Conference Room 3; call **970.495.8560** to schedule an appointment.
- **Cost:** Free, thanks to generous donations from Aspen Club members

## ONGOING SERVICES

### CarFit Assessments **R**

CarFit teaches you how to make your car “fit you” to increase safety and mobility. Using a 12-point checklist, including steering wheel spacing, properly adjusted headrests, seat belt usage and more, an occupational therapist will help you drive safer for longer.

- **Fort Collins:** 1-4 p.m. Monday, Jan. 13 or Feb. 10  
Aspen Club offices

## Preparing for Total Hip and Knee Replacement **R**

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](http://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**

## Medicare Counseling **R**

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.



## Advance Care Planning Appointments **R**

Aspen Club hosts appointments to provide witnesses, 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. Appointments are free of charge.

- **Fort Collins:** 9 a.m.-noon Weekly on Wednesdays  
Fort Collins Aspen Club Office
- **Loveland:** 9-11 a.m. Tuesdays, Jan. 14 or 21, or Feb. 11 or 18, Aspen Club Office at MCR
- **Greeley:** 12:30-1:30 p.m. Thursday, Jan. 23 or Tuesday, Feb. 25, Greeley Active Adult Center
- Appointments required, please call **970.495.8560**

## Aspen Club Ongoing Services

To find out more about these services, call any Aspen Club office or go online to [uchealth.org/aspenclub](http://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
- Hearing screenings
- Information about and referral to senior services
- Medicare counseling and education
- Total hip and knee replacement classes



Non Profit Org  
U.S. Postage  
**PAID**  
Permit No. 168  
Fort Collins, CO

#### Aspen Club

UCHealth Poudre Valley Hospital  
1024 S. Lemay Ave.  
Fort Collins, CO 80524-3998

[uchealth.org/aspenclub](http://uchealth.org/aspenclub)

Return service requested.



## In this issue...

Nourish  
to flourish

**page 1**

Risk for  
vision loss

**page 3**

Exercising the  
pelvic floor

**page 5**

Classes and  
services

**page 7**

Aspen Club  
membership  
**13,315**

## Mental health hygiene:

Like physical health, we all have mental health. Many of us know about taking care of our physical hygiene, but taking care of our mental health hygiene might not be on our radar. Mental health refers to the state of our emotions, thoughts and feelings and how we understand the world around us. Join us to learn the “what, why and how” of taking care of our mental health hygiene. See page 8 for details.