

ASPEN CLUB NEWS

March/April 2025 | Volume 38 | Issue 2

Navigating aging, cognitive decline and driving safety.

Aging is a natural part of life, and with it come changes that affect our physical and cognitive abilities. In particular, slower reaction speeds and difficulty with multitasking, memory and quick decision-making can pose significant challenges. These challenges may increase accident risks and lower confidence, making discussing driving safety a crucial consideration for older adults.

Cognitive functions such as attention, spatial awareness and the ability to quickly process information are critical for safe driving. While mild cognitive impairment (MCI) may not immediately disqualify someone from driving, progressive conditions like dementia can severely hinder judgment, navigation and reaction times. Warning signs such as getting lost on familiar routes, confusion at intersections or frequent near-misses signal that it may be time to evaluate driving abilities.

For many older adults, the ability to drive represents freedom, independence and connection to the world. However, at the intersection of aging, cognitive decline and slowed physical functioning, driving safety requires careful consideration. Discussing driving limitations with an aging loved one can be difficult, but it is essential. It's important to approach the conversation with empathy, focusing on safety rather than restrictions. Suggesting alternative transportation options—such as ride-sharing services (Uber and Lyft), community shuttles (larimer.senioraccesspoints.colostate.edu) or family support—can help preserve independence without compromising safety.

When it's no longer safe for someone to drive, ensuring they stay engaged and mobile is key. Helping them access transportation options, plan outings and maintain social connections can ease the transition and reduce feelings of isolation. Aging doesn't have to mean giving up independence. By recognizing the signs of cognitive decline and having open conversations about driving, we can help older adults navigate this life stage safely and with dignity.

—Heather Ackart, OTR/L, CDRS

When to seek a professional driving evaluation.

If there are concerns about changes with a person's driving, a professional assessment can provide clarity. Occupational therapists specializing in driving (aded.net/search/newsearch.asp) can conduct evaluations to assess driving safety and make recommendations if adjustments are needed.

Also, the CarFit program, a collaboration between AARP and AOTA, is designed to help older adults optimize their comfort and safety in their vehicles. Aspen Club offers CarFit assessments monthly in Fort Collins. This is a good opportunity for older adults to meet with an occupational therapist (OT) to ensure their car "fits" them. Using a 12-point checklist, the OT will walk through steering wheel spacing, properly adjusted headrests, seat belt usage and more to help older adults drive safer for longer. Call the Aspen Club at 970.495.8560 to schedule an appointment.



FUNNY PAGES

Aging gracefully is just a fancy phrase for "I'm too tired to fight gravity, so I'm giving in."

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



Adopt the superpower of routine.

What if there were a way to simplify your day and boost your wellbeing at the same time? It's not always best to let our days dictate our habits, so a balance with directing our own routines can be very beneficial. Establishing a routine can act as your secret weapon by providing structure, promoting consistency and helping embed healthy habits into your daily life.

Regular routines help establish and reinforce healthy habits by providing a consistent framework for daily activities, whatever they might be. And over time, these habits become second nature, allowing you to reap the benefits you can expect from a routine:

- **Less stress = more focus:** A routine can cut down on the frenzied feeling of meeting day-to-day responsibilities. Routines create space for added brainpower by taking the guesswork out of daily tasks. You can focus on what matters, knowing your healthy habits are automatic.
- **Farewell procrastination, hello progress:** Putting things off can create more frustration. Routines create a predictable schedule, making it easier to stick with your goals like exercise or meal preparation.
- **Confidence builder:** Sticking to a routine feels empowering because you can celebrate your consistency. Consistency bolsters your confidence and motivation to stick to the routine. And here you have a perfectly motivating circle of behavior!

- **Slumber fends off the blunders:** Practicing good sleep hygiene through consistent sleep and wake times is key for good health. Sleep routines help regulate your body's natural sleep-wake cycle, leading to better-quality sleep, more energy throughout your day and fewer goof-ups.
- **Better mental health and emotional wellbeing:** Routines can reduce stress and anxiety by providing a sense of control and predictability in your day. Knowing what to expect can make daily life feel more manageable and less overwhelming.

You don't need a cape for this superpower; just set aside a bit of planning time to outline what is important to you, what tasks and goals you want to achieve and when you're at your best to achieve them during the day. Give your routine a try for three weeks—a key timeline for establishing a habit. If your routine doesn't work well for you, modify it. But ensure that you're dictating your day rather than your day dictating you.

Yours in health and harmony,

JoAnn Herkenhoff
UCHealth Senior Services
Aspen Club Supervisor



Rheumatoid arthritis:

Rheumatoid arthritis (RA) is a degenerative, debilitating disease that causes disfigured joints. It can also affect other organs of the body like the heart and lungs. One common misperception is that it is a disease of the elderly, but patients with RA can be any age from very young to very old. Disease-modifying antirheumatic drugs (DMARD) can modify the progression of RA's devastation, yet in the population of 65+, only a third are receiving optimal treatment, while 70% to 80% of younger patients are given these disease-modifying treatments.

So why is that?

The answers turn out to be a bit complex:

- Providers want to protect older adults from powerful medications with severe side effects, like liver and kidney problems and other things like fatigue, diarrhea, headaches and increased risk of infection.
- Cost may also be a limiting factor for those on a fixed income.
- Other factors include the limited number of expert rheumatologists who prescribe these powerful medications. It is estimated that there are 1.5 million patients with RA but only 6,000 rheumatologists in the US.
- Finally the complex regimens that sometimes accompany DMARDs raise concern with understanding and following the prescription.

Older patients often get pain relief through anti-inflammatories such as NSAIDs, but these medications don't help in limiting the progression of joint destruction. The complexities outlined above do not have to mean you cannot slow the disease progression. If you have RA, talk with your provider and find out if you are a candidate for DMARDs to prevent joint damage.

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.

INSIGHTFUL

"The world suffers more from unhappy, stifled people trying to do good than it does from those who are simply content within themselves."

—Elizabeth Lesser

Ikigai: A life of purpose.

For some ideas or things, some languages have special words that don't have an exact English translation. One of these Japanese words is *ikigai*, pronounced ee-kee-gahy. A whole lot more than a word, it is a philosophy and a path for life. It consists of two characteristics—living and value—that roughly translate into reason to live or living in a way to provide pleasure for you and value to those around you.

The idea is to live with the desire to do something useful with your life. It isn't difficult when we are young and busy doing things like raising families and producing in our jobs. But as we get older and retire, those purposes go away. We have more time and less purpose. We fill the hours with activities but still yearn to be useful, productive and strong. To fill that space, find your new purpose, mentor, contribute to something that improves your neighborhood, volunteer. Whatever you pursue, remember you are never too old to *ikigai*.

Join us for our upcoming virtual class "PAVING a Path to Wellness" (see page 6).

Tips for taking medicines.

It's easy to forget to take medicine, especially if you take a lot of pills. To get the best results from medicines, it's important to always take them as directed. Here are some tips:

- **Staying on schedule:**

Every medicine has a different purpose. So, each one needs to be taken as prescribed. Don't skip pills or stop taking a medicine, even when you feel fine:

- Take your medicine at set times. Some medicines may need to be taken at certain times of the day or with food. Ask your doctor if this is the case for any of your medicines.
- Find ways to remind yourself to take medicine. Use a pillbox or organize pills ahead of time for the week. Set an alarm. Try associating taking your medicine with other parts of your routine. Or, put a note on the bathroom mirror.
- Know when your medicine needs to be refilled so you don't run out. Writing a reminder on your calendar or setting an alert on your phone are ways to make sure you always have your medicines.
- When traveling, keep all medicines in your carry-on bag. This way you'll have them in case you and your checked luggage get separated. Also, bring a copy of your complete prescription list when you travel.

- **Safety tips:** Read the warning labels and usage instructions for each medicine you take. Also keep these safety tips in mind:

- Get help organizing your pills if you need it. A family member or friend can help prevent you from making a mistake that could be dangerous to your health.
- Fill all your prescriptions at the same drug store. This way, your records are all in one place.
- Ask your pharmacist or doctor for a "fact sheet" or other patient information when you start a new medicine.
- Don't split your pills to save money. Talk to your doctor if you're having trouble paying for your medicine.
- Give a copy of your medicine list to a family member or close friend. Hold copies of each other's lists in case of emergency.
- Make sure you tell your health care providers if you are taking any other supplements or medicines over the counter. If you're taking a lot of medications and supplements, consider scheduling an Aspen Club medicines review with a UCHHealth pharmacist to explore any potential interactions or safety concerns. Call 970.495.8560 to schedule.

Some medicines can cause side effects, such as nausea or dizziness. Tell your doctor if you have any side effects. They may change the dosage or schedule to reduce those effects. Be sure to keep taking your medicine as directed, and always talk to your health care team about how you feel. Your feedback will help the doctor find the best medicine plan for you. If you have additional questions anytime, call the UCHHealth 24-hour pharmacy phone line: 720.848.1432.



Understanding senior housing options.

Come learn about housing options for these years called "retirement" or, as it's sometimes referred to, "the next chapter." Seriously? Can I please just be my age (which is about 30 years younger in my head than my actual age) and never lose my independence even when I do use a walker? As the older adult population continues to grow, the need for diverse and comprehensive housing options has never been more critical. We are excited to offer a new class highlighting various senior living solutions designed to cater to a wide range of needs and preferences:

- We'll look at senior living options and talk about what is or isn't working where you live right now.
- We'll explore obstacles we create to avoid decisions about moving out of homes that are too big and no longer fit our needs. Staying "here" is easier than the dreaded four-letter word, "move."
- We'll explore retirement communities, co-ops, buy-ins, rentals and more:
 - What about assisted living, and when will I need that?
 - What does living in memory care look like?
 - What is the difference between home care and home health care?

Senior living is evolving—and there is much to learn and discuss. See page 7 for details about the program "Understanding Senior Housing Options," hosted by the author of this article, Jenny Walker.



HEALTHY AGING

"No matter how much falls on us, we keep plowing ahead. That's the only way to keep the roads clear."

– Greg Kincaid

Good for the bones.

Getting adequate calcium from food is critical for bone health. Lactose intolerance becomes more prevalent as we age, making dairy digestion more difficult for some. Fortunately, there are many foods beyond traditional dairy products that are rich in minerals, including calcium, vitamin D and other nutrients that support bone health:

- Ever think about kale? Dark leafy vegetables are excellent sources of minerals and are rich in calcium.
- Fermented cheeses are great too—gouda, blue and swiss cheeses help new bone form and reduce the breakdown of current bone.
- Sweet potatoes are rich in magnesium, which helps lower risk of osteoporosis by promoting bone and cartilage growth.
- Plums—you know prunes—help rebuild bone density.
- And finally, tart cherries (not the sweet ones) have two compounds, phenolic acid and oligosaccharide, that help prevent bone loss.



New blood tests for Alzheimer's may allow for earlier detection.

Recent advancements in blood tests for Alzheimer's disease offer hope for earlier detection and treatment. These tests measure levels of key biomarkers tied to Alzheimer's, making screening and diagnosis more accessible and affordable. The Alzheimer's Association highlights the potential of these tests to identify the disease in its early stages, allowing patients to begin treatment sooner and increasing the number of candidates for clinical trials.

Several companies, including Quest Diagnostics and Roche Diagnostics, offer tests that detect proteins indicating Alzheimer's risk. For example, the Quest AD-Detect test measures the ratio of beta-amyloid 42 and 40, while the company's newer test measures levels of p-tau217, another protein associated with Alzheimer's.

"These proteins are crucial because they form plaques and tangles in the brain, which are hallmarks of Alzheimer's disease. Detecting these proteins in the blood can indicate the presence of these harmful changes in the brain years before symptoms appear, enabling earlier intervention and better management of the disease," Carlisle said.

Dr. Tara Carlisle, a behavioral neurologist at UHealth Neurology Clinic - Central Park and assistant professor at the CU School of Medicine, explains that, while these developments are promising, they also raise important questions for patients and providers. Access to the new blood tests varies depending on the test. They are not yet covered by Medicare, Medicaid or private insurance, and prices vary greatly, from around \$400 to several thousand. "My best advice is that just because it might be easy to get one of these tests, it doesn't mean you will be able to interpret the results in a meaningful way," Carlisle said. "I highly recommend that people talk to their primary care provider, and if there are concerns about their cognition, that they see a neurologist or dementia specialist in their area and determine what the proper workup would be."

For more detailed information, you can read the full article online at uchealth.org/today/new-blood-tests-for-alzheimers-may-allow-for-earlier-detection.

Read more articles on the latest news in Alzheimer's disease online at uchealth.org/today/tag/alzheimers-care.

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



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:

- CSU Center for Healthy Aging
151 W. Lake St., Ste. 1400
- FCSC: Fort Collins Senior Center
1200 Raintree Drive
- FMC: Family Medicine Center
1025 Pennock Place (the classroom is
located at door #118)
- Fort Collins Aspen Club Office
1025 Garfield St., Ste. A
- Northside Aztlan Community Center
112 Willow St.

- Old Town Library, 201 Peterson St.
- Prospect Medical Plaza
1106 E. Prospect Road
- PVH: Poudre Valley Hospital
1024 S. Lemay Ave.
- Snow Mesa Clinic
4674 Snow Mesa Drive, Ste. 100
- United Way of Larimer County
525 W. Oak St., #101 (basement
conference room).

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:

- Chilson Recreation and Senior Center
700 E. 4th St.
- First United Methodist Church
533 Grant Ave.
- Loveland Library, 300 Adams Ave.
- MCR: Medical Center of the Rockies
2500 Rocky Mountain Ave. (main
entrance).

Greeley:

- Greeley Aspen Club Office
6906 W. 10th St.
- Greeley Active Adult Center, 1010 6th St.
- GMC: Greeley Medical Center
6767 W. 29th St.

Windsor:

- Windsor Community Recreation Center
250 11th St.

VIRTUAL ONLY CLASSES - MS TEAMS

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

Virtual PAVING a Path to Wellness ^R

Based on the principles of lifestyle medicine, the PAVING program focuses on the whole person—body, mind and spirit—with the goal of empowering individuals to live healthier lives with a sense of purpose. Class book purchase encouraged (\$40). If this is a financial hardship, please contact the Aspen Club.

- **Virtual introductory session:**
5:30–5:45 p.m. Tuesday, March 11, MS Teams
- **Virtual:** 5:30–7 p.m. Tuesdays, March 18–May 6
MS Teams
- Register by calling **970.495.8565** or through our
partner at forms.office.com/r/nnd1eHKLN5
- Link to virtual session will be emailed
prior to class start

Virtual Medicare 101 ^R

This free class, taught by a certified State Health Insurance Assistance Program (SHIP) counselor, explains the parts of Medicare A, B, C and D. We will talk about Medicare Advantage and supplemental insurance (aka Medigap). You will learn enrollment periods, deadlines, possible penalties and more.

- **Virtual:** 11 a.m.–12:30 p.m. Wednesday, March 12
MS Teams
- Email address required; link to virtual class and class
materials will be emailed prior to class start

Virtual Cancer: Thriving and Surviving ^R

Share and learn from other cancer warriors. Regain a sense of empowerment and live a quality life by learning how to cope with fear of recurrence, depression and fatigue.

- **Virtual introductory session:**
5:30–5:45 p.m. Thursday, April 3, MS Teams
- **Virtual:** 5:30–7:30 p.m. Thursdays, April 10–May 15
MS Teams
- Link to virtual session will be emailed prior to class
start. Register by calling **970.495.8565**, or through
our partner at forms.office.com/r/nnd1eHKLN5

Virtual National Healthcare Decisions Day Webinar and Panel Discussion ^R

This free webinar highlights the importance of Advance Care Planning as an integral part of health care planning. Learn how advance directives make your values, preferences and decisions known. There will be a short informational session, a panel discussion, a Q&A session and a book raffle for attendees. Hosted by the UCHHealth Aspen Club and CU Anschutz Multidisciplinary Center on Aging.

- **Virtual:** 3–4:30 p.m. Wednesday, April 16
- Registration is available online at bit.ly/NHDW.
Link to webinar will be emailed prior to April 16

Virtual Get Your Advance Directives Done ^R

Start your plan for peace of mind today. Participants will learn about advance directives for health care, 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 available.

- **Virtual:** 3–4:30 p.m. Monday, April 21, MS Teams
- Email address required; link to virtual class and class
materials will be emailed prior to class start

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

Living Well With Diabetes **R**

In this six-week program, learn what you can do to take control of diabetes, rather than letting diabetes take control of you. We'll provide practical tools to increase your confidence to manage your diabetes and prevent or delay serious complications. Does not replace clinical diabetes education.

- **Longmont:** 1-3:30 p.m. Mondays, March 3-April 7
Longmont Senior Center, room E. Call **303.651.8411** to register for Longmont
- **Loveland:** 9-11:30 a.m. Fridays, April 4-May 9
First United Methodist Church, 533 Grant Ave.
(enter the West side of the building off of W. 6th St.
Call **970.495.8565** to register for Loveland

Understanding Senior Housing Options **R**

As the older-adult population continues to grow, the need for diverse housing options has never been more critical. We are excited to highlight various senior living solutions designed to cater to a wide range of needs and preferences. We'll look at senior living options and talk about what is or isn't working where you live right now.

- **Greeley:** 3-4:30 p.m. Tuesday, March 4
GMC, conference room 3
- **Loveland:** 2-3:30 p.m. Tuesday, March 11
MCR, Big Thompson Canyon room

Stepping On Fall Prevention Workshop **R**

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

- **Loveland:** 1-3 p.m. Thursdays, March 6-April 17
Loveland Library
- **Windsor:** 1-3 p.m. Tuesdays, March 11-April 22
Good Samaritan Water Valley, 805 Compassion Drive
- **Timnath:** 10 a.m.-noon Wednesdays, March 26-May 7
Poudre Fire Authority (PFA) Station 8, 4800 Signal Tree Drive. Register for Timnath through Poudre Fire Authority at qrco.de/stp2025 or call **970.416.2891**

The Biology of Healthy Brain Aging: What We Know, and Where We're Going **R**

This presentation by Dr. Tom LaRocca will focus on some of the newer work in brain health and preventing neurodegeneration related to DNA and RNA, as well as cover evidence-based strategies for healthy brain aging.

- **Windsor:** 1-2 p.m. Wednesday, March 5
Windsor Recreation Center, party room

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

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

- **Estes Park:** 1-2:30 p.m. Friday, March 7
United Methodist Church

New Member Orientation **R**

New and longtime Aspen Club members are invited to learn about the benefits and services available to them, such as blood tests, health screenings and educational programs.

- **Fort Collins:** 10-11 a.m. Friday, March 7
Aspen Club office

Medicare 101 **R**

This free class, taught by a certified State Health Insurance Assistance Program (SHIP) counselor, explains the parts of Medicare: A, B, C and D. We will talk about Medicare Advantage and supplemental insurance (aka Medigap). You will learn enrollment periods, deadlines, possible penalties and more.

- **Fort Collins:** 9-10:30 a.m. Saturday, March 8
FMC, Door 118
- **Loveland:** 9-10:30 a.m. Friday, March 21
MCR, Big Thompson Canyon room
- **Estes Park:** 10-11:30 a.m. Tuesday, March 11
Crossroads Ministry
- **Fort Collins:** 9-10:30 a.m. Friday, April 11
United Way of Larimer County, conference room
- **Greeley:** 9-10:30 a.m. Friday, April 25
GMC, conference room 1
- **Estes Park:** 10-11:30 a.m. Wednesday, April 9
Crossroads Ministry

Healthy Mind Platter for Healthy Brain Matter **R**

Learn Dr. Daniel Siegel's recommended daily diet for a healthy mind that includes the seven daily essential mental activities to optimize brain matter and create well-being. These include focus, play, connecting, physical and sleep time, as well as the importance of downtime.

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

Circle Talk **R**

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.

- **Windsor:** 1:30-2:30 p.m. Wednesdays,
March 12-April 30
Windsor Community Recreation Center

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

Ducks in a Row Spotlight: Funeral Planning **R**

Join Chris and Stephanie Goes of Goes Funeral Care for a presentation on what you need to know before the inevitable. People say, "I have a crazy question." Nothing is too crazy to ask in this comprehensive conversation about death and funeral planning. This is the third session in a six-part series following the Getting Your Ducks in a Row program, which features in-depth monthly educational presentations.

- **Fort Collins:** 1-2 p.m. Wednesday, March 12
Old Town Library. Registration is available at poudrelibraries.librarycalendar.com or by phone at 970.221.6740

Stress Management and Mindful Self-Compassion for the Caregiver in You **R**

In this three-part series, participants will learn stress management tools and the three components of self-compassion—mindfulness, self-kindness and connecting to community. In addition to focusing on awareness, we will explore what new research is finding out about self-compassion and how many of us have not taken the time to learn about the benefits it provides. We'll provide practical tips on coming out of isolation to help you thrive as a caregiver.

- **Fort Collins:** 10 a.m.-noon Fridays, March 14, 21 and 28
CSU Center for Healthy Aging

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. Seating is limited.

- **Longmont:** 5:30-6:30 p.m. Tuesdays, March 18 and April 15, Longmont Senior Center
- Call 303.651.8411 to register

Get Your Advance Directives Done **R**

Advance directives help you formally document your preferences and values to guide future medical care. Participants will be given the chance to complete documents with notarization after class. If you prefer, materials from this class can be sent by email or mail, and a follow-up consultation is available at no cost.

- **Loveland:** 2-3:30 p.m. Tuesday, March 18
Chilson Recreation Center, party room
- **Fort Collins:** 9:30-11 a.m. Thursday, March 27
Prospect Internal Medicine Clinic, Ste. 100
- **Estes Park:** Noon-1:30 p.m. Wednesday, April 9
Estes Park Senior Citizens Center.
(Note: No notary available for this class)
- **Fort Collins:** 9-10:30 a.m. Thursday, April 10
Snow Mesa Clinic, Ste. 100
- **Loveland:** 2-3:30 p.m. Tuesday, April 15
MCR, Big Thompson Canyon room

STOP THE BLEED and Hands-Only CPR **R**

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 Wednesday, March 19,
Longmont Senior Center
- Call 303.651.8411 to register

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

This class will refresh the mind, body and spirit through guided meditation and learning how to settle the nervous system through breath work and tapping techniques. Facilitated by Deanna O'Connell, UCHHealth registered dietitian and mindfulness practitioner.

- **Fort Collins:** 10-11:30 a.m. Thursday, March 20
Fort Collins Senior Center. Register by calling 970.221.6644; refer to activity #225430-01
- **Loveland:** 10-11:30 a.m. Tuesday, April 15
Life Center Silver Maple room
- **Greeley:** 1:30-3 p.m. Tuesday, April 29
GMC, conference room 3

Next Chapter Financial Seminars: 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. Light refreshments provided by Canvas Credit Union.

- **Fort Collins:** 9:30-10:45 a.m. Saturday, March 22
Visit Fort Collins, 7 Old Town Square, Ste. 100

Next Chapter Financial Seminars: Social Security **R**

In this seminar, you'll learn the ins and outs of your benefits and how to make the most of your retirement income. Presentation by Canvas Advisors. Light refreshments provided by Canvas Credit Union.

- **Fort Collins:** 11 a.m.-12:15 p.m. Saturday, March 22
Visit Fort Collins, 7 Old Town Square, Ste. 100

Fall Prevention and Balance **R**

Join us to discuss how to reduce your risk of falls. Knowing that falls are the #1 cause of injury in adults over the age of 65, learn fall prevention techniques and simple exercises to improve balance so you can stay safer in your home.

- **Greeley:** 10-11 a.m. Thursday, March 27
PAM Rehab Center, 6810 W. 10th St.

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



Memory Maintenance in Normal Aging **R**

This 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:** 1-3:30 p.m. Monday, March 24, First United Methodist Church, 533 Grant Ave., Fellowship Hall (enter east side of building from Grant Ave.)
- **Fort Collins:** 1-3:30 p.m. Monday, March 31 PVH Cafe F
- **Greeley:** 1-3:30 p.m. Thursday, April 10 Greeley Active Adult Center

Aging Mastery Program (AMP) **R**

Central to the Aging Mastery philosophy is the belief that modest lifestyle changes can produce big results. 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.

- **Fort Collins:** 1-3:30 p.m. Thursdays, March 27-May 1 Old Town Library Storytime Room
- **Cost:** No charge, thanks to grant funding from the Larimer County Office on Aging

Next Chapter Financial Seminars: Protecting Yourself From Predators **R**

Explore with the Colorado Bureau of Investigation the newest tactics that put you at risk from online predators. This seminar will unpack who these criminals are, how they connect with you and how you can send them away empty-handed.

- **Fort Collins:** 9:30-10:45 a.m. Thursday, March 27 Visit Fort Collins, 7 Old Town Square, Ste. 100

Next Chapter Financial Seminars: Wills and Trusts 101 **R**

Learn about wills, trusts, powers of attorney, probate, property title and more. Explore ways to safeguard your wealth, protect your loved ones and leave a legacy. Presentation by Hughes Law Firm.

- **Fort Collins:** 11 a.m.-12:15 p.m. Thursday, March 27 Visit Fort Collins, 7 Old Town Square, Ste. 100

Stress-Busting Program for Family Caregivers **R**

This nine-session evidence-based program provides support to family caregivers of persons with dementia or a chronic illness. It is proven to improve the quality of life of family caregivers who are providing care to an older loved one and help caregivers manage their stress by practicing stress management techniques and developing problem-solving skills.

- **Fort Collins:** 9:30-11:30 a.m. Tuesdays, April 1-May 27 Overland Church, 620 W. Horsetooth Road

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 counterintuitive strategies make sense, learn about the SPECAL Photo Album and discover three golden rules for creating wellbeing for your loved one living with dementia, as well as reducing stress for yourself.

- **Greeley:** 5-6:30 p.m. Tuesday, April 1 LINC Library, 501 8th Ave.

Mindfulness: Honoring Our Wisdom and Purpose **R**

Mindfulness provides a way to settle into our minds and bodies and discover purpose and meaning in our lives. Through mindfulness practices, discussion and learning tools, we'll bring our wisdom fully present and share ways to create positive aging experiences in our fast-moving culture.

- **Greeley:** 1-2 p.m. Thursday, April 3, Birchwood Manor Senior Apartments, 2830 27th St. Lane

Ducks in a Row Spotlight: Legal and Estate Planning **R**

A thoughtful estate planning process results in documents that communicate and make it simpler for your loved ones to carry out your final wishes. Topics will include wills, trusts, powers of attorney, advance directives and disposition of last remains. We will touch on what happens if you don't have these documents and the role of probate. This is the fourth session in a six-part series following the Getting Your Ducks in a Row program, which features in-depth monthly educational presentations.

- **Fort Collins:** 1-2 p.m. Wednesday, April 9 Old Town Library
- Register at poudrelibraries.librarycalendar.com or call 970.221.6740

Healthy Eating for Successful Aging **R**

Join this six-week nutrition education and support program to learn how to implement healthy eating and activity behaviors that support your heart and bone health. There is no fee.

- **Fort Collins:** 2-4 p.m. Thursdays, April 17-May 22 Fort Collins Senior Center, Sand Lilly room (Note: Class will not meet on May 8). Register by calling 970.221.6644; refer to activity #225436-01

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

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.

- **Fort Collins:** 10 a.m.-noon Tuesdays, April 22, May 6 and May 20, CSU Center for Healthy Aging, 151 West Lake St., Ste. 1400
- Suggested donation of \$15 to cover workbook

Healthy Living for Brain and Body **R**

This five-part program begins with an overview of how humans age and how the brain works. It is then organized to provide information about current research and practical strategies. The other topics include Nutrition for Older Adults, Mediterranean Diet, Sleep and Hypertension.

- **Johnstown:** 11 a.m.-noon Thursdays, April 24-May 22 Johnstown Senior Center, 101 W. Charlotte St.

Thyroid Awareness **R**

Review management of thyroid nodules, the types of thyroid cancer, treatments for thyroid cancer and typical follow-up. Presented by Dr. Emily Ahadzadeh, ENT, and Dr. Susan Wcislak, endocrine surgeon.

- **Fort Collins:** 3-4 p.m. Monday, April 28 CSU Center for Healthy Aging

Health Emergency Preparedness **R**

Have you completed advance directives for health care and wonder what you should do with them? Or perhaps you'd like to know more about how to prepare for a health related emergency. The Aspen Club and Thompson Valley EMS will introduce advance directives for health care and available tools including the File of Life and MyID for making your essential information available no matter where you go

- **Berthoud:** 2:30-4 p.m. Tuesday, April 29 Berthoud United Methodist Church, 820 9th St.

HEALTH SCREENINGS

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

Have your blood pressure checked and visit with UCHHealth Community Health RN Julie Knighton to ask questions about medications, chronic diseases and healthy lifestyles.

- **Fort Collins:** 9 a.m.-noon Wednesdays, March 5 and 19 and April 2 and 16, Aspen Club office
- Appointments required; call 970.495.8560

Balance Screenings **R**

These screenings, performed by physical or occupational therapists, will assess your fall risk.

- **Estes Park:** 1-3:30 p.m. Mondays, March 3 or April 7 Good Sam Estes Park Village; call 970.495.8560 to schedule an appointment
- **Windsor:** 9:30 a.m.-12:30 p.m. Wednesday, March 12 Windsor Community Recreation Center; call 970.495.8560 to schedule an appointment
- **Loveland:** 9:30 a.m.-1:30 p.m. Wednesdays, March 26 or April 23, Chilson Senior Center; to schedule an appointment, visit in person or go to lovgov.org/services/parks-recreation/chilson-senior-center
- **Fort Collins:** 9 a.m.-noon Wednesday, April 16 CSU Center for Healthy Aging; call 970.495.8560 to schedule an appointment

Hearing Screenings **R**

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

- **Longmont:** 8:30 a.m.-noon Tuesday, March 4 Hear USA, 2318 17th Ave., Unit H
- **Fort Collins:** 1-4 p.m. Thursday, March 6 Hear USA, 1030 Centre Ave., Ste. A
- **Loveland:** 8:30 a.m.-noon Thursday, April 3 Hear USA, 2980 Ginnala Drive, Unit 102
- Appointments are required; call 970.495.8560

Blood Pressure Checks

No appointments necessary for a blood pressure check performed by a UCHHealth Community Health Improvement registered nurse. .

- **Loveland:** 9 a.m.-1 p.m. Mondays, March 24 and April 28, Chilson Recreation Center Lobby
- **Estes Park:** 10 a.m.-1 p.m. Wednesdays, March 26 and April 23, Estes Park Senior Citizen's Center, 1760 Olympian Lane

Medication and Supplement Reviews **R**

UCHHealth pharmacists review your medications, vitamins, supplements and over-the-counter drugs to check for overall medication safety and potential adverse reactions. Appointments are required.

- **Loveland:** 10 a.m.-2 p.m. Thursday, April 10 MCR, Aspen Club office
- Appointments required. Call 970.495.8560

ONGOING SERVICES

CarFit Assessments **R**

Using a 12-point checklist, an occupational therapist will walk through steering wheel spacing, properly adjusted headrests, seat belt usage and more.

- **Fort Collins:** 1-4 p.m. Mondays, March 10 or April 14 Aspen Club office

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

Medicare Counseling **R**

Let our State Health Insurance Program (SHIP) certified Medicare Counselors help you during a one-on-one appointment in Fort Collins, Estes Park, Loveland or Greeley. Appointment required; call **970.495.8560**.

Advance Care Planning Appointments **R**

Aspen Club hosts one-on-one appointments to answer your questions and help you complete advance directives for health care. We will provide documents, witnesses and notary and will offer to share your completed directives with local hospitals of your choice to help ensure your preferences are available and honored when needed. Start or update your plan for peace of mind today by calling **970.495.8560** to schedule in Fort Collins, Loveland or Greeley.

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 uhealth.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**

Diabetes Prevention Program **R**

Lose weight, increase your activity and learn and practice healthy habits in this yearlong, evidence-based program to prevent or delay Type 2 diabetes. Covered by Medicare. Call **970.495.8777** to see if you qualify and to register.

- Greeley: 5:30–6:30 p.m. Mondays, starting April 21
GMC

IN PARTNERSHIP WITH COMMUNITY AGENCIES

Who's Listening to You?

The Intergenerational Conversations Project (IgC) is a periodic in-person, no-cost event that lets youth and adults (ages 15 to 95+) have facilitated discussion on topics that build bridges of better understanding across generations. This IgC event is sponsored by the CSU Center for Public Deliberation, Partnership for Age Friendly Communities and other local organizations.

- **Fort Collins:** 9–11 a.m. Saturday, March 1
Compass Community Collaborative School
2105 S. College Ave. (north of Whole Foods)
- Registration available online through the IgC at col.st/qtPX2

Book Club for Mortals **R**

This book club meets virtually by Zoom on the third Wednesday of every month, from 3:30 to 5 p.m., for a conversation focusing on end-of-life themes. Registration is available online via the Poudre Libraries calendar poudrelibraries.librarycalendar.com/events/month. If you have any questions, please contact Jacob Hershiser at jhershiser@poudrelibraries.org or call **970.305.6138**.

Fort Collins Transfort and Max

Transfort, the public transportation operator for the City of Fort Collins, will remain a fare-free transit system, continuing its commitment to accessible and equitable transit options. The City offers Travel Training, a free service for any community member who would like help learning how to use Transfort. Trainers will ride the bus with the individual or group and show them how to plan a trip, read the bus schedule and more. The free training, which can be customized to the routes the customer wants to learn, can be scheduled by calling **970.221.6620** or emailing transfortinfo@fcgov.com.

Everyday Nutrition for Health

The Everyday Nutrition for Health Webinar Series features registered dietitians and CSU faculty, who will simplify complex nutrition topics into actionable steps you can take to choose healthy eating habits. This is a pre-recorded Zoom webinar, not a meeting. Ask questions privately through the survey available at the end of the webinar, and our registered dietitian team will follow up. New webinars are released in February, April, September and November. Join the email list to be notified of upcoming webinar topics and register at colostate.az1.qualtrics.com/jfe/form/SV_1Fh68XNNIL18KZU.

Caregiver VOICE Survey Study

As a care partner, you have a unique perspective and play a vital role in the care of the person with dementia. Learning about experiences of diverse caregivers is critical to good dementia care. Sharing your experiences can influence the delivery of culturally sensitive dementia care. The Caregiver VOICE Survey study is offered by the University of Colorado Multidisciplinary Center on Aging and funded by the Alzheimer's Association. We are looking for people who help someone with dementia. The goal of the study is to hear caregiver perspectives regarding the quality and satisfaction of dementia care the person with dementia is receiving. For more information or to participate, please email dementia.care@cuanschutz.edu or call **303.724.8466**.



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uchealth.org/aspenclub

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Aspen Club
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Got questions about your financial future?

Join Aspen Club, in partnership with Canvas Credit Union, to learn more information about planning for your financial future. Topics include Medicare 101, Social Security, protecting yourself from predators (frauds/scams) and wills and trusts. Find more information on pages 8 and 9 under the titles "Next Chapter Financial Seminars." To register, visit uchealth.org/events or call 970.495.8565.