

ASPEN CLUB NEWS

May/June 2025 | Volume 38 | Issue 3

Recognizing stroke symptoms.

I am Gautam Sachdeva, MD, Medical Director of Neurovascular Services at UHealth Medical Center of the Rockies. I am writing to you about the critical importance of recognizing the signs and symptoms of stroke and the need to act on it quickly. As a stroke neurologist and neuro-interventionist, I have witnessed the devastating impact strokes can have on individuals and their families. However, the good news is that, with early recognition and immediate treatment, many individuals can significantly reduce the risk of severe disability or even death. Your awareness can make all the difference, not only for yourself but also for your loved ones and community:

- **Act fast, save lives—recognize stroke symptoms and call 911:** When it comes to stroke, every second counts.
- **Know the signs:** An easy way to recognize stroke symptoms is with the B.E.F.A.S.T. mnemonic.
- **Don't hesitate—act now:** If you or someone else experiences these symptoms, call 911 immediately.

- **Early treatment reduces long-term disability:** Timely treatment can minimize brain damage, improving the chances of full recovery and helping stroke survivors maintain their independence and quality of life.
- **Lifesaving stroke care in your community:** Our community is equipped with state-of-the-art stroke care, available 24/7 at UHealth Medical Center of the Rockies, UHealth Greeley Hospital and UHealth Poudre Valley Hospital. Each facility has specialized stroke teams ready to provide rapid, lifesaving treatment.

A major advancement in stroke care is the breakthrough procedure of mechanical thrombectomy. This lifesaving treatment is now available at Medical Center of the Rockies, giving patients access to the most advanced stroke interventions close to home. Mechanical thrombectomy removes the clot, restores blood flow to the brain and significantly improves outcomes.

By being aware and ready to act, you can be a hero in someone's life. Stay informed, stay vigilant and save lives.

Sincerely,
Gautam Sachdeva, MD



Join Dr. Sachdeva for his upcoming presentation:

Stroke Strikes Fast—So Should You: Lifesaving Advances in Stroke Treatment

A stroke occurs when the blood supply to part of the brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. It is a medical emergency that requires prompt attention and care at an emergency department immediately! Join Dr. Gautam Sachdeva to learn about stroke prevention and amazing advancements in diagnosing and treating strokes, including clot removal through thrombectomy, now available in northern Colorado.

- **Loveland:** 10-11:30 a.m. Saturday, June 21, MCR, Longs Peak room
- Registration is required; call the Aspen Club at 970.495.8565.



uhealth

FUNNY PAGES

So it turns out that being an adult is really just Googling how to do stuff.

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

Register online at
uchealth.org/events.
Search "Aspen Club."



Be nice to your nervous system.

You know that feeling of living on the edge? The edge of stress? Many of us have found ourselves rooted in that space more often than we'd like. That state of "fight or flight" is the initiation of our sympathetic nervous system, and it brings with it a host of unwanted health effects. In addition to a more acute response such as elevated heart rate, shallower breathing and dilated pupils, it puts us, chronically, at an increased risk for obesity, heart disease, cancer and a variety of other illnesses.

The other side of this coin is the parasympathetic nervous system, which generates more of a "rest and digest" response. Lowering your guard, so to speak, allows your body to focus on the natural practices that honor the body's need to rejuvenate. You can inspire your parasympathetic response with things like focused breathing, easy body movements and laughter.

Yes, laughter. Laughter can cause your nerves to take a break and bring on stress relief by increasing relaxation and disarming the sympathetic response of your nervous system. While we can laugh alone, most of the situations when we find ourselves in that "mouth wide open, head tilted back, uncontrolled verbal reactions" posture are when we're among

other people. And that, my friends, strengthens our social bonds. There is much research lately on how critical it is to have social connection, and laughing certainly fosters that. Guess what else laughter is good for? Your heart. You can reduce artery inflammation and increase your "good" cholesterol, HDL, through laughter, which increases blood flow, reduces the stress hormones that cause our blood vessels to constrict and can reduce your risk of heart attack.

So, what are we going to do about this? Try these tips and tricks to enhance your laughter practice - and your health:

1. **Awareness:** recognize opportunities to bring humor and laughter to your relationships.
2. **Practice:** explore different types of laughter, from subtle giggles to full-blown belly laughs.
3. **Breathing:** focus on your breathing to really fill and empty your lungs. Deepening your breathing can positively impact your laugh.

Yours in health and harmony,

A handwritten signature in dark ink, appearing to read "JoAnn".

JoAnn Herkenhoff
UCHealth Senior Services
Aspen Club Supervisor



Affordable counseling for older adults in northern Colorado.

If you've felt the need for support in dealing with a loss, transition, isolation or difficult emotions, northern Colorado provides two low-cost counseling options designed for older adults. Programs in our area include the Peer Counseling program at North Range Behavioral Health (NRBH) in Weld County and the Aging Clinic of the Rockies Columbine Health Systems for Healthy Aging (ACOR) in Fort Collins.

NRBH in Weld County serves people 55 years old or older. It provides visits in the privacy of your home or living community, and the program builds on personal strengths and helps individuals advocate for themselves.

Peer counselors at NRBH are seniors themselves, and they are often able to understand and connect with clients' experiences in meaningful ways. They are paraprofessionals trained and overseen by licensed practitioners, and some are retired mental health therapists. Peer counseling is free of charge for residents of Weld County.

ACOR is a Fort Collins nonprofit mental health agency that offers professional counseling services to address psychological needs of older adults and their loved ones. The clinic is part of a network of mental health services in the Department of Psychology at Colorado State University. Master's level therapists provide general counseling to assist with anxiety, depression, grief, life transitions and other needs.

Individuals who are caregivers qualify for no-cost sessions through ACOR if they live in Larimer County and care for a loved one experiencing dementia or who is over the age of 60. The program also does neuropsychological assessments for people experiencing memory concerns.

Both programs can provide invaluable support and help you experience greater well-being. To reach these programs, visit their websites or call the following numbers:

- North Range: 970.347.2120, northrange.org
- Aging Clinic of the Rockies: 970.491.6795, psychology.colostate.edu/acor

INSIGHTFUL

"To be truly radical is to make hope possible, instead of despair convincing."

—Raymond Williams

QPR training.

Many of us may know someone who has ended their life by suicide. And in reality, most of us have at least had a passing thought about suicide. Because the topic is so taboo, no one speaks of it and there is great shame associated with it. But because of the growing number of lives lost by suicide, we must open up discussions and get comfortable talking about it. It is critical that we put aside our judgment and refrain from spreading guilt. We need to build trust and empathy for those in such deep emotional distress as to think the only solution is to end their life. We can help even if just to let a local resource know about someone in such distress:

- **Call or text "988" Suicide and Crisis Lifeline:** Available 24/7/365 for anyone facing mental health struggles, emotional distress, alcohol or drug use concerns or just needing someone to talk to.
- **The Alliance for Suicide Prevention:** A local organization that, among other services and advocacy, provides QPR training.
- **Question Persuade Refer:** A nationally recognized suicide prevention gatekeeper training for adults. This 60- to 90-minute training is offered for free virtually to anyone interested. You can schedule the training online at allianceforsuicideprevention.org or call 970.482.2209.

Should you really take that daily aspirin?

If your doctor has prescribed taking a daily low-dose (81mg) aspirin, the easy answer is **yes**. However, if you are among the nearly one third of adults over age 60 who are taking it, often without medical advice, read further.

Low-dose aspirin therapy used to be considered a simple way to prevent a first-time heart attack or stroke in people with low risks for those events. But research leads to new knowledge and recommendations change. In 2019, the new recommendations came out against daily use in low-risk individuals without other medical reasons to take it. This is because, as we age, our risk of heart attack or stroke increases, but so does our risk of bleeding, specifically in the gastrointestinal tract.



Taking aspirin daily increases this risk of bleeding more than it reduces the risk of cardiac events in low-risk individuals. In addition, if you take a daily aspirin and then occasionally take ibuprofen or Aleve (naproxen sodium), you increase the risk of gastric ulcers and bleeding. If you take a daily aspirin, you ought to check with your provider to ensure that it will not interact with other medications you are taking, as some common medications such as paxil or other antidepressants, Plavix or corticosteroids might interact.

In addition, common over-the-counter supplements including omega-3 fish oil, ginkgo, Ma-huang, evening primrose and others can interact with aspirin. You may have been taking a low-dose aspirin daily for years without any issue, but it won't hurt to discuss this practice with your provider to determine if continuing is the right course of action for you. Bottom line—talk to your provider before taking any over-the-counter medications or supplements on a daily basis to ensure it is safe for you to do so.

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.

HEALTHY AGING

"All trails that appear to lead away from the place you're from will eventually circle back and drop you where you began in a manner that might, if you are attentive and very lucky, enable you to see it clearly for the first time."

— Kevin Fedarko

Annual shred event—early this year.

Perhaps you took some time this spring to do some spring cleaning. Did you take tax season as an opportunity to shed yourself from those old files you don't need anymore? In partnership with AARP ElderWatch and Canvas Credit Union, Aspen Club will be offering two free shredding opportunities in June:

- **Greeley:** 9 a.m.–noon
Tuesday, June 17
Island Grove Regional Park
501 N. 14th Ave.
- **Fort Collins:** 9 a.m.–noon
Saturday, June 28
Canvas Credit Union – Drake Branch, 2503 Research Blvd.

Volunteers will deposit your documents in a secure bin and return your container to you. We will also be partnering with local food banks to distribute your donated nonperishable food items.





Resources for retirement.

Retirement brings a myriad of adjustments in our schedules, sense of purpose, relationships and finances. Here are some helpful resources for retirement:

- **Websites:**
 - Blue Zones: globalcitizensolutions.com/blue-zones-retirement-longevity
 - AARP: aarp.org
 - APA: apa.org
 - PsychCentral: psychcentral.com
- **Organizations and groups with other retired people:**
 - Senior or community centers
 - Aspen Club
 - Gyms with classes for older adults
- **Volunteer information:**
 - City governments
 - United Way and nonprofits
 - Food Banks and Meals on Wheels
- **Counseling:**
 - North Range Behavioral Health Peer Counseling program
 - Aging Center of the Rockies sliding scale services
 - Other counselors who work with older adults
 - Coaches who specialize in retirement

Retirement: Benefits and challenges.

While most retirement advice focuses on financial management, it is also important to consider the emotional-psychological adjustment involved in this profound life transition. Individuals in this stage of life may experience stress, anxiety or sadness. In the last decade, a number of books, articles and Ted Talks have explored this adjustment, its various stages and ways to negotiate your way through it.

One thinker on the subject is Dr. Riley Moynes, author of *The Four Phases of Retirement* and a Ted Talk of the same name. His book has been a bestseller in Canada, and the Ted Talk has been viewed more than 3 million times. Moynes, a retired educator, interviewed a couple dozen retirees and said of his research, "I wish I knew then what I know now about the psychological challenges that accompany retirement. It would have made things much clearer and easier."

He says the first phase of retirement is vacation. There is no set routine, and you do whatever you feel like doing. Many have envisioned having fun playing golf, going to the beach, playing with grandkids, etc., but after about a year or so, they tire of these activities and move on to phase two. "This phase involves recognizing the losses they have experienced, including a loss of routine, identity, relationships (from work), purpose and power," says Moynes. Some also experience divorce, depression or decline in physical and mental ability ("the 3 Ds").

Phase three is a time of searching for meaning in your life again. It's about trying new things, finding ways to contribute to society, asking what society wants from you. As you experiment with new activities or explore new connections, you may find that some things don't work out. Being prepared—knowing there will be some failed or partially successful ventures is important, says Moynes, but he says that, with persistence, you can break through to phase four.

This last phase is the "reinvest and rewire phase," and Moynes says that those who experience it are the happiest people he's ever met. He notes that the reasons we work (beyond earning money) include the experience of feeling pride as well as a sense of purpose, mastery and autonomy. Work also challenges us and keeps us sharp, but we can find all these same benefits in volunteering, building new relationships and other endeavors.



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:

- 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 Internal Medicine
1106 E. Prospect Road, Ste. 100
- 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 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, May 14
MS Teams
- Email address required, 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

Memory Maintenance in Normal Aging **R**

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.

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



Stepping On Fall Prevention Workshop **R**

One in four people aged 65 or older has a fall each year. Don't be one of them. In this seven-week course you'll learn how you can avoid a dangerous and costly fall and keep doing the things you love to do. Stepping On has been researched and proven to reduce falls by 30%.

- **Longmont:** 1-3 p.m. Fridays, May 2-June 13
Longmont Senior Center. Call **720.718.1690** to reserve your spot today
- **Greeley:** 10 a.m.-noon Tuesdays, June 10-July 22
Birchwood Manor Senior Apartments,
2830 W. 27th St. Lane
- Cost: \$15 suggested donation, payable by cash or check at program

Tired All The Time (TATT) **R**

This class is all about learning strategies to boost your energy so that you are not TATT. Community health nurse Julie Knighton will discuss what might be causing your tiredness and what you can do to help yourself have more energy.

- **Loveland:** 2-3:30 p.m. Monday, May 5
Life Center, Silver Maple room
- **Fort Collins:** 2-3:30 p.m. Monday, May 12
Fort Collins Senior Center. Register by calling **970.221.6644** and refer to activity **#225428-01**
- **Greeley:** 10-11:30 a.m. Wednesday, May 28
GMC, conference room 3

CircleTalk **R**

CircleTalk is a conversation program that uses a fun, unique and non-repeating curriculum to support new meaningful connections and inspire sharing. Engaging with others is an important part of leading a long and healthy life. Note: This class will not meet May 26.

- **Loveland:** 10-11 a.m. Mondays, May 5-June 30
Mirasol Senior Community, 1153 Finch St.

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

Healthy Cooking for One or Two **R**

Join this class to gain practical skills when cooking for one or two people. Learn resourceful tips and tricks to make delicious food. We'll discuss smart ways to reduce food waste, meal plan, budget and grocery shop. Through the expertise of Amber Webb, Larimer County CSU extension agent, you will understand important nutrition basics for older adults and come away with new skills and confidence to feed and nourish yourself well.



- **Loveland:** 1-2 p.m. Tuesday, May 6
Chilson Senior Center, party room. Register by calling Aspen Club at **970.495.8565**
- **Fort Collins:** 10-11 a.m. Thursday, June 12
Fort Collins Senior Center. Register by calling **970.221.6644** and refer to activity **#325421-01**

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.

- **Estes Park:** 10-11:30 a.m. Wednesday, May 7
Crossroads Ministry
- **Fort Collins:** 9-10:30 a.m. Saturday, May 10
FMC, door 118
- **Loveland:** 9-10:30 a.m. Friday, May 23
MCR, Big Thompson Canyon room
- **Estes Park:** 10-11:30 a.m. Wednesday, June 18
Crossroads Ministry

Dementia Conversations **R**

This workshop discusses how to have honest and caring conversations with family members about some of the most difficult topics: memory concerns and pursuing a diagnosis, deciding when to stop driving and making legal and financial plans. Come and learn from three experts in the field for insights and helpful tips.

- **Fort Collins:** 1-3 p.m. Wednesday, May 7
Old Town Library community meeting room
- **Loveland:** 2:30-4:30 p.m. Wednesday, May 21
Good Samaritan chapel, 2101 S Garfield Ave.
- **Greeley:** 10 a.m.-noon Friday, June 20
GMC, conference room 3

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 preparing 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.

- **Greeley:** 1-2:30 p.m. Thursday, May 8
Greeley Active Adult Center
- **Fort Collins:** 9:30-11 a.m. Thursday, May 22
Prospect Internal Medicine Clinic, Ste. 100
- **Fort Collins:** 9-10:30 a.m. Thursday, June 12
Snow Mesa Clinic, Ste. 100
- **Loveland:** 4-5:30 p.m. Tuesday, June 17
MCR, Big Thompson Canyon room

Gong Voyage **R**

Our bodies are mostly water, and since sounds travel around four times faster in water than in the air, our bodies are excellent receptors and conductors of sound and vibration. 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.

- **Windsor:** 2-3:30 p.m. Friday, May 9
Windsor Community Recreation Center, Cyprus room

Communicating Effectively With People With Dementia **R**

Communicating Effectively teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

- **Greeley:** 10-11 a.m. Monday, May 12
Greeley Active Adult Center

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.

- **Loveland:** 10 a.m.-noon Tuesdays, May 13 and 27 and June 10, First United Methodist Church, fellowship hall (basement level)
- Suggested donation: \$15 to cover workbook, payable by cash or check at the program

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

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

Learn about the importance of planning ahead, considerations before purchasing any plans, what's covered and what isn't from government programs and solutions that will help give you peace of mind about the future. This is the fifth session in a six-part series following the Getting Your Ducks in a Row program featuring in-depth monthly educational presentations.

- **Fort Collins:** 1-2 p.m. Wednesday, May 14
Old Town Library
- Registration is available online at the Poudre Libraries website, poudrelibraries.librarycalendar.com, or by phone at **970.221.6740**

Becoming Sugar Savvy: An Introduction to Understanding Diabetes **R**

Over 38 million people in the United States have diabetes. At that rate, it's likely to personally affect you or someone you know. Join Laura Young, certified diabetes care and education specialist, as she presents information and addresses truths and myths about what it means to live with diabetes. Topics will include healthy eating, lifestyle management, available medications and treatments, blood glucose monitoring and technology, resources and more. Learn how you can take steps to help yourself or your loved ones live well with diabetes.

- **Estes Park:** Noon-1:30 p.m. Wednesday, May 14
Estes Park Senior Citizen's Center



Frauds, Scams and Artificial Intelligence **R**

Join AARP ElderWatch for an interactive presentation about the top scams targeting older adults in Colorado. In addition, we will discuss emerging fraud trends including artificial intelligence, payment methods and communication tools used by scammers. Bring your questions.

- **Fort Collins:** 10-11:30 a.m. Friday, May 16
United Way, conference room
- **Loveland:** 2-3:30 p.m. Monday, June 30
Life Center, Silver Maple room

Health Coaches for Hypertension Control (HCHC) **R**

HCHC is an evidence-based program that's been proven to help improve the health of those diagnosed with high blood pressure. These 9 weekly educational classes, paired with blood pressure self-monitoring and goal setting, help participants manage hypertension by focusing on lifestyle change. Topics covered include nutrition, physical activity, stress management, tobacco cessation and medication management. Attendance at all sessions is required. (Note: This class will not meet May 26, Memorial Day.)

- **Fort Collins:** 10-11:30 a.m. Mondays May 19-July 21
CSU Center for Healthy Aging
151 West Lake St., Ste. 1400
- Cost: free, thanks to grant-funding

Cultivating Connection **R**

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

- **Greeley:** 1-2:30 p.m. Monday, May 19
GMC, conference room 1
- **Fort Collins:** 1:30-3 p.m. Monday, June 2
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. A light snack will be provided. Seating is limited.

- **Longmont:** 5:30-6:30 p.m. Tuesdays, May 20 and June 17, Longmont Senior Center
- Call **303.651.8411** to register

Using Your Sense of PURPOSE in Retirement **R**

Make the most of your journey through retirement. It can become a time of new choices, new freedoms, new purpose and new challenges. Learn from the research of Dr. Roger Landry, Dan Buettner and others how to use the power of purpose to maintain meaning and fulfillment in your life and increase your life expectancy. With Jim Riesberg, MA, Gerontologist.

- **Fort Collins:** 1-2 p.m. Tuesday, May 20
CSU Center for Healthy Aging
- **Estes Park:** Noon-1:30 p.m. Wednesday, June 11
Estes Park Senior Citizen's Center
- **Greeley:** 1-2 p.m. Thursday, June 19
Greeley Active Adult Center

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

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! Come learn skills to deal with the life and emotional changes that come with diabetes. This does NOT replace Diabetes Education.

- **Estes Park:** 1-3:30 p.m. Thursdays, May 22-June 26
United Methodist Church, 1509 Fish Hatchery Road
- **Greeley:** 1-3:30 p.m. Thursdays, June 26-July 31
Greeley Hospital, conference room 3

Mindfulness and Positive Psychology **R**

Learn about the grounding health benefits of mindfulness combined with interesting research and positive psychology to create better health, well-being and inner strength. Enjoy guided practices during class that you can take home with you.

- **Windsor:** 1-2 p.m. Friday, May 23
Clearview Library, 1194 Ash St.

Technology for Older Adults–Navigating a Grocery App **R**

Learn how to use the Kroger app to apply coupons at King Soopers with Sheila Beckley from CSU extension.

- **Greeley:** 10-11:30 a.m. Monday, May 27
Greeley Active Adult Center

The Conversation Project **R**

We can't plan for everything. But we can talk about what is most important—in our life and in our health care—with those who matter most. Journalist Ellen Goodman has developed an impactful program to help people get this very important conversation started prior to a health crisis or emergency. Gain tools and knowledge about identifying and sharing your values and preferences in this interactive program.

- **Fort Collins:** 2-3:30 p.m. Tuesday, June 3
Fort Collins Senior Center. Register by calling 970.221.6644 and refer to activity #325445-01

Inflammation, Cardiovascular Disease and Hypertension: How You Can Empower Yourself Through Lifestyle Choices and Impact Your Health Outcomes **R**

Learn the top nutrition and lifestyle habits to decrease chronic inflammation. Get practical tips to support your body and brain to better health with anti-inflammatory choices. Facilitated by Deanna O'Connell, UCHHealth registered dietitian and mindfulness practitioner.

- **Greeley:** 10-11:30 a.m. Tuesday, June 3
Greeley Active Adult Center
- **Loveland:** 2-3:30 p.m. Wednesday, June 18
Chilson Senior Center, Maple Spruce room
- **Fort Collins:** 10-11:30 a.m. Thursday, June 26
Fort Collins Senior Center. Register by calling 970.221.6644 and refer to activity #325439-01

PVH Rehabilitation Unit–Renewing Hope, Determination and Independence **R**

Join us to learn about Poudre Valley Hospital (PVH) Inpatient Rehab Unit and the dynamic care we have offered the community over the past 30 years. Learn how we combine PT, OT, speech and music therapy with innovative technology and hospital resources to support our patients' whole well-being (beyond their medical needs). Unit tour provided.

- **Fort Collins:** 11:30 a.m.–1:30 p.m. Friday, June 6
PVH, Cafe F
- Registration required for this event; call 970.495.8565

New Member Orientation **R**

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

- **Greeley:** 2-3 p.m. Monday, June 9
Aspen Club Greeley, conference room
- **Loveland:** 11 a.m.–noon Friday, June 13
MCR, Big Thompson Canyon room

Ducks in a Row Spotlight: Advance Directives for Health Care **R**

Advance directives help you formally document your preferences and values to guide future medical care. Learn about medical health care directives and have the opportunity to complete and notarize them. This is the sixth and final session in a six-part series following the Getting Your Ducks in a Row program featuring in-depth monthly educational presentations.

- **Fort Collins:** 1-2 p.m. Wednesday, June 11
Old Town Library
- Registration is available on the Poudre Libraries website, poudrelibraries.librarycalendar.com, or by phone at 970.221.6740

Aging Gracefully With Occupational Therapy: Building Resilience **R**

This class will explore how occupational therapy can support graceful aging. We will delve into adaptive equipment and home safety tips that can help individuals maintain independence and safety in daily life as well as strategies for engaging in activities that bring you joy and purpose. We will also discuss mindfulness techniques to enhance emotional well-being and reduce stress. Taught by Kristina Kramer, UCHHealth Occupational Therapy/Inpatient Rehabilitation Service.

- **Fort Collins:** 1-2 p.m. Monday, June 16
Fort Collins Senior Center. Register by calling 970.221.6644 and refer to activity #325420-01
- **Loveland:** 1:30-2:30 p.m. Monday, June 23
Chilson Senior Center

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

Fight Fraud–Shred Instead

A free drive-through shredding event will be hosted by AARP ElderWatch, Canvas Credit Union and Aspen Club. Volunteers will deposit your documents in a secure bin and return your container to you. We will also be collecting canned goods or nonperishable food items that day to donate to local food banks. No registration required for this event.

- **Greeley:** 9 a.m.–noon Tuesday June 17
Island Grove Regional Park, 501 N. 14th Ave.
- **Fort Collins:** 9 a.m.–noon Saturday, June 28, Canvas Credit Union Drake Branch, 2503 Research Blvd.

Stroke Strikes Fast–So Should You: Lifesaving Advances in Stroke Treatment **R**

A stroke occurs when the blood supply to part of your brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. It is a medical emergency that requires prompt attention and care at an emergency department immediately. Join Dr. Gautam Sachdeva to learn about stroke prevention and amazing advancements in diagnosing and treating strokes, including clot removal through thrombectomy.

- **Loveland:** 10–11:30 a.m. Saturday, June 21
MCR, Longs Peak room

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, May 1
1030 Centre Ave., Ste. A
- **Longmont:** 8:30 a.m.–noon Tuesday, May 6
2318 17th Ave., Unit H
- **Loveland:** 8:30 a.m.–noon Thursday, June 5
2980 Ginnala Drive, Unit 102
- Appointments are required in all locations; please call **970.495.8560**

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; call **970.495.8560**.

- **Fort Collins:** 8:30 a.m.–12:30 p.m. Thursday, May 1
Aspen Club office
- **Loveland:** 1–4 p.m. Tuesday, May 20
MCR Aspen Club office

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 and location.

- **Estes Park:** 1–3:30 p.m. Monday, May 5 or June 2
Good Sam Assisted Living building, multipurpose room, 1902 Ptarmigan Trail
- **Greeley:** 10 a.m.–2 p.m. Wednesday, May 14
Rodarte Community Center, 920 A St.
- **Loveland:** 9:30 a.m.–1:30 p.m. Wednesday, May 28 or June 25, Chilson Senior Center
- **Windsor:** 9:30 a.m.–12:30 p.m. Wednesday, June 11
Windsor Community Recreation Center
- **Fort Collins:** 9 a.m.–noon Wednesday, June 18
CSU Center for Healthy Aging (use west entrance)
- Appointments are required in all locations; please 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,
May 7 or May 21, Aspen Club offices
- Appointments are required; call **970.495.8560**

Blood Pressure Checks

No appointment necessary for a no-cost blood pressure check performed by a UCHealth community health improvement RN. Discussion about healthy lifestyle and general blood pressure information are also available.

- **Loveland:** 9 a.m.–1 p.m. Mondays, May 19 and June 23
Chilson Senior Center
- **Estes Park:** 10 a.m.–1 p.m. Wednesdays, May 28 and June 25, Estes Park Senior Citizen's Center

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, an occupational therapist will help you drive safer for longer. Adjustments include steering wheel spacing, properly adjusted headrests, seat belt usage and more.

- **Fort Collins:** 1–4 p.m. Monday, May 12 or June 9
Aspen Club offices

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

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

- **Fort Collins:** Noon-1 p.m. Thursdays, starting June 12
UCHealth Harmony Campus

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 are required; call 970.495.8560.

Advance Care Planning Appointments **R**

Advance directives help you formally document your preferences and values to guide future medical care. Aspen Club hosts appointments to provide witnesses and notaries and will share your documents with local hospitals of your choice to help ensure your wishes are available and honored when needed. Start your plan for peace of mind today. Appointments required; please call 970.495.8560 to schedule.

IN PARTNERSHIP WITH COMMUNITY AGENCIES

Answers on Aging Resource Fair

Hosted by the Larimer County Office on Aging, the Answers on Aging Resource Fair will be held Tuesday, May 13, at The Ranch (5280 Arena Circle, Loveland). Whether you're an older adult or a caregiver, this free event is your one-stop shop to discover all the amazing resources, programs and services available to you right here in our community. Visit larimer.gov/seniors for the details and plan to join us starting at 12:30 p.m.

Everyday Nutrition for Health

Offered by the CSU Department of Food Science and Human Nutrition and CSU Extension, join the quarterly Everyday Nutrition for Health Webinar Series. Hear from registered dietitians and CSU faculty as they 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. Join the email list to be notified of upcoming webinar topics and registration: colostate.az1.qualtrics.com/jfe/form/SV_1Fh68XNNIL18KZU.

Project Visibility

LGBTQ+ elders in Larimer County deserve access to a safe, welcoming environment when transitioning to long-term care (LTC) communities. Two key initiatives, Project Visibility and the Long-Term Care Equality Index (LEI), offer training and resources to help LTC communities adopt inclusive, non-discriminatory policies and practices. You can make a difference by contacting local LTC communities to inquire about their inclusivity policies, informing them of these initiatives and encouraging them to foster environments that are equitable for all. For more information, email Katie Stieber at stiebeka@co.larimer.co.us or go to thelei.org or bouldercounty.gov/families/seniors/services/project-visibility to learn more. For a list of Larimer County LTC communities, visit the Larimer County Office on Aging webpage and navigate to the Community Resources tab at larimer.gov/humanservices/aging/ooa.

SAINT Volunteers Wanted

SAINT Volunteer Transportation provided thousands of rides last year, free, to hundreds of seniors and adults with disabilities in Fort Collins and Loveland. Rides to appointments, stores, exercise, work and more. SAINT is much more than just a ride—for both our riders and drivers. To learn more about SAINT, visit SAINTvolunteertransportation.org or call Theresa at 970.223.8604, ext. 3.

Wills and Trusts 101

Learn about wills, trusts, powers of attorney, probate, property titles and more. Explore ways to safeguard your wealth, protect your loved ones and leave a legacy. Presented by Garrett Anderson, Hughes Law Firm. Register in advance for this webinar: us02web.zoom.us/webinar/register/WN_ROBE9o9OS5Cwy_g6Ac7cdw#/registration. After registering, you will receive a confirmation email containing information about joining the webinar.

- 6 p.m. Thursday, May 8



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

Return service requested.



In this issue...

Recognizing
stroke symptoms

page 1

Affordable
counseling

page 3

Retirement
resources

page 5

Classes and
services

page 6

Aspen Club
membership
13,350

Shred early.

Our shred event will be held in June this year (rather than October). Fight Fraud - Shred Instead with a free drive-through shredding event, hosted by AARP ElderWatch, Canvas Credit Union and Aspen Club. Volunteers will deposit your documents in a secure bin and return your container to you. We will also be collecting canned goods or nonperishable food items that day to donate to local food banks. Two locations available; see page 10 for details.