

ASPEN CLUB NEWS

July/August 2025 | Volume 38 | Issue 4

Dementia: Coping tips for caregivers.

When someone you love has dementia, it's normal to want to do as much as you can to help. But you can't take good care of someone else if you don't take care of yourself too. So be sure to take breaks when you need them. It's not selfish. It's essential. Get out to see friends. Eat right. And be sure to visit your own doctor for regular checkups. Most of all, accept that you can't do everything yourself.

Talking to others is often a big stress reliever. Sometimes you just need a friend or family member to listen. At other times, you may want to talk to a professional you trust. This could be a counselor, social worker, clergy member or therapist. Another good option is joining a local support group for caregivers. Joining a support group can help you feel that you aren't alone. It's also reassuring to share thoughts and ideas with others who are going through the same things as you.

The stress of caregiving can seem overwhelming at times. You may feel frustrated, sad or resentful. This isn't a sign you're doing



something wrong. It's completely normal. So accept these emotions as they come. However, if you find yourself feeling hopeless, tired, sad or guilty much of the time, talk to your health care provider. These feelings may be signs of depression, which can and should be treated.

The time may come when you can no longer care for your loved one safely. It may be that they require more supervision. Or you may find it too hard to cope with the daily stresses of caregiving. No matter the reason, it's OK to make a change. It doesn't mean you've failed. Changing the situation may be best for everyone. You'll still be able to spend plenty of quality time with your loved one.

Additional tips for caregivers.

Finding time away from your caregiver role and making time for yourself isn't always easy. But it's critical to keep your "cup filled" so you can continue to care for your loved one.

You do have options for respite care (temporary help). Draw on support from family and friends. And accept help when it's offered. People who care about you and your loved one really do want to help. Try these tips:

- Ask a friend to spend the evening with your loved one.
- Hire a home health care worker for regular breaks.
- Check with your neighborhood community center. They may be able to guide you to adult day programs.
- Have family or friends help by shopping or bringing over a meal once a week.
- Contact local support agencies or a social worker for respite care recommendations.

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."



Mattering.

Feeling needed is important to most of us, but this particular sense of our meaning is not relegated solely to the productive, tangible support we can provide. More broadly speaking we seek connection and a sense of belonging. We want to be important in others' lives just as they are important to us. And that interconnectedness gives our lives more meaning, boosts our self-confidence and contributes to our lifespan. To help you make the most of your mattering, try these tips and tricks:

- **Get involved:** This could take on many variations, from volunteering on a regular basis to investing in a community project. Perhaps you could routinely check on your neighbor who lives alone or get trained in a new skill to share with others.
- **Say "yes":** Welcome those invitations to connect with others. You just never know what one encounter can do to spark a new friendship, a new endeavor or a new learning opportunity.

- **Be expressive:** Share your gratitude and positive perspectives with others. It is magical how opening the door with a compliment or kind gesture can lead to a reciprocation and subsequent fulfilling encounter.

Yours in health and harmony,

JoAnn Herkenhoff
UCHealth Senior Services
Aspen Club Supervisor



"Know that you are the perfect age. Each year is special and precious, for you shall only live it once. Be comfortable with growing older."

—Louise Hay



Sitting disease.

Have you heard the reference to sitting being the new smoking? Sitting disease results from being too inactive. Did you know that, on average, we sit 11 to 12 hours per day? This seemingly innocuous behavior has multiple negative effects on our bodies, minds and emotional health. Not only does it lead to muscle atrophy and stiff joints, but it compromises our cardiovascular health by limiting the healthy strain we charge it with when we elevate our heart rate. We need movement and exercise to maintain our mobility and challenge our hearts for healthy function. Sitting also diminishes our cognitive function because it limits the stimulation to our brains and bodies that the outer world provides us.

Simply exercising once a day does not compensate for a day of sitting. Instead, we need to get up and move a few minutes each hour. If you move 2 minutes every hour over a 16-hour day, you get more benefit than just moving 30 minutes at once over that same period.

Sitting disease is real and pervasive. If you must sit, try moving your legs for 5 minutes to increase blood flow and positively impact your blood sugar levels. Movement influences fat metabolism and lowers the risk of heart disease. Think about how walking around for 2 minutes each hour could add years to your life.

Here are some examples of how to combat sitting disease:

- Do a dozen modified (low impact) jumping jacks during TV commercials.
- Move your legs and arms while just sitting.
- After finishing a task, take a short walk.
- When out and about in public, park further away from your destination. And try using the bathroom furthest away from where you are.
- Take multiple short walks through the day in addition to your long one with your dog.
- Trade in texting or email for face-to-face communication. It may even help your relationships.

INSIGHTFUL

"Age is opportunity no less than youth itself."

—Henry Wadsworth Longfellow

Join us! Please.

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



Assistive listening devices (ALDs).

ALDs can help you hear better. They are used alone or with a hearing aid. ALDs raise the volume of sounds that you may hear in your daily life. Read below to learn about the different kinds of ALDs:

- **Alerting devices:** If you have trouble hearing sounds in your home, alerting devices can be installed. These have flashing lights, loud bells or vibrators. They are activated by sounds around the home—such as the ringing of the phone or doorbell. They can let you know that a smoke alarm is blaring or a baby is crying. They can tell you when your alarm goes off.
- **TV listening devices:** A TV listening device raises the volume on a TV. It does this without bothering people around you.
- **Personal communicators:** A personal communicator helps you hear someone talk to you in a noisy place. It makes the speaker's voice louder than the background noise. It can be used in places such as a restaurant or a car.
- **Phone amplifiers:** A phone amplifier boosts the volume on a phone. A portable amplifier can be put over most phone receivers. You may be able to get this kind of device for a lower price because of the Americans with Disabilities Act. To get this discount, you may need to fill out a form. Or you may need to get a note from your health care provider.
- **Group listening devices:** These devices allow better sound to people in a group setting. Some theaters, museums and concert halls have these devices. Some meeting rooms also have them. You can ask a receptionist or ticket taker for more information.



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

Nostalgia is evidence of a life worth living. What a privilege to yearn for your own memories.

Oh, it's right on the tip of my tongue.

The "tip of the tongue" phenomenon affects all of us. Experts who study it call it *lethologica*, and it's defined as the inability to remember the right word. We all experience it, though in older adults it has been associated with cognitive decline. But is it really? The experts aren't sure this is true. When studied, the data points toward a higher percentage of *lethologica* events in older adults, but given time, older adults are able to remember the word or phrase they are seeking.

The study also illuminates a difference between recognizing and recalling a forgotten word. Researchers found that not recalling a word does not equate to not knowing a word. When recalling a forgotten word, prompts can help with retrieval. Partial information like how many syllables the word has can be beneficial. As older adults, we have more knowledge and experiences to sift through, so it takes longer to recall words. It often isn't so much a failure of retrieval but a challenge in digesting valuable information. There is hope—often physical activities, such as aerobics or walking, can assist in the retrieval process.



Resources for retirement.

Regular exercise, like brisk walking for at least 150 minutes per week, is a memory and cognition superhero. It sparks the birth of new brain cells and battles dementia-associated amyloid proteins. Insufficient sleep, however, might be a sneaky villain sabotaging exercise's cognitive perks. Tracking nearly 9,000 dementia-free individuals aged 50 and above for a decade, researchers discovered that, among those starting at 50 or 60, high exercisers with less than six hours of sleep faced faster cognitive decline than those with six to eight hours. However, for 70-year-old starters, exercise seemed to defy the sleep-Cinderella rule. While not conclusive, the study suggests the crucial tag team of exercise and sleep for a brainpower boost.

Rest easy.

If you have sleep apnea, you are not alone. 30 million Americans suffer from it. 10 to 14 percent of the general population and 60 to 70 percent of older adults and those with obesity suffer from it. It is one of the most underdiagnosed conditions in our society.

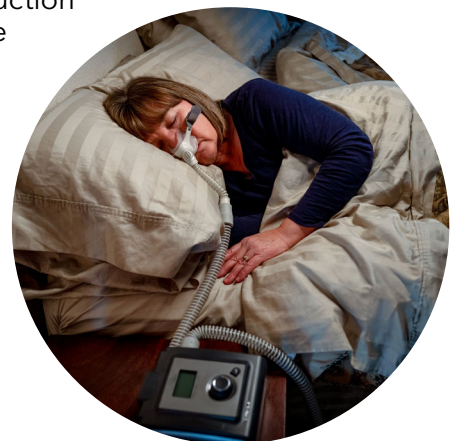
What is sleep apnea? When an individual has this sleep disorder, the tubular muscles of the throat relax during sleep. This results in a floppy tube that collapses, blocking the airway and causing a person to stop breathing. The frequency of this pause in breathing determines the severity of the condition. Five to 10 stoppages is mild. Fifteen to 30 is moderate, while 30 or more is severe. What results from these breathing pauses is hypoxia, when oxygen saturation level drops. If it goes too low, you can die, but generally you wake up in a panic gasping for air.

What are some of the consequences of sleep apnea?

- Daytime sleepiness
- Decreased focus
- Loud snoring
- Restless sleep with waking
- Fatigue
- Headache
- Pulmonary hypertension
- Cardiovascular disease
- Diabetes
- Impaired memory
- Depression

The disorder is diagnosed by a sleep study. For patients, that means going to a facility, being hooked up by a mass of wires and tubes and trying to sleep with cameras watching their every move. This can be a nightmare that keeps many patients from getting the assessment needed for diagnosis and treatment, resulting in a large number of undiagnosed cases. Recently home testing has been simplified, and some 80 to 90 percent of diagnoses are now done at home.

Continuous positive airway pressure (CPAP) is the first line of therapy for sleep apnea. CPAP is a foreign-looking apparatus that fits over the nose and mouth, pushing air into the upper airway. Mask fit and individual settings for the machine are critical. There is a transition or learning curve with CPAP. If no instruction is given, only 20 percent compliance is achieved, but with assistance, 70 percent compliance can be achieved. Proper fit and appropriate machine settings are critical for successful treatment. The secret is not to give up. Keep trying and inform your provider of any problems you are having. Go back and let the provider adjust the system or try another mask. Your provider wants to get it right for your benefit.



FUNNY PAGES

"You are only young once, but you can stay immature indefinitely."

—Ogden Nash

Rub-a-dub-dub.

Are hot showers good for us? We often find that a really hot shower or bath can relax us, but how does that affect our skin and hair? Turns out that if we enjoy them too often, they can damage our skin and hair, especially those of us who have dry skin or hair or have eczema. The hot water combined with fragrances and other harsh chemicals found in beauty products can damage the skin barrier and disrupt the acid mantle that protects us from environmental and bacterial factors. The oils, fatty acids and amino acids of these protective barriers are removed by the excessive heat and harsh chemicals.

Ideally, we should take lukewarm showers and baths lasting 5 to 10 minutes and avoid products containing harsh chemicals such as lauryl sulfate. We should wash our hair only when it feels oily or has buildup of products, rather than simply on a daily basis. We should be using products that hydrate, like ceramides, glycerin or petroleum jelly. Additional benefits of taking shorter lukewarm showers or baths include less chance of getting lightheaded and dizzy.



Boost your mood: The best exercises for battling depression.

We all know exercise is good for our bodies, but it turns out it can be a game-changer for our minds too. A recent study delved into the impact of different types of exercise on depression, analyzing 215 studies to uncover which workouts pack the most punch for mental health. The study evaluated various forms of exercise, including walking, running, yoga, tai chi, qi gong, aerobic workouts and strength training. It also examined how these exercises fared alone versus when combined with talk therapy or antidepressants.

For those relying solely on exercise to combat depression, the top performers were walking, running, yoga, strength training and dancing. These activities not only get your heart rate up but also boost your mood, making them powerful tools in the fight against depression.

Interestingly, when exercise was paired with talk therapy, yoga, tai chi and aerobic exercise emerged as the most effective, especially for men and older adults. This combination seems to provide a holistic approach, addressing both the physical and psychological aspects of depression.

And if you're taking antidepressants, don't skip the gym. The study found that any form of exercise, when combined with medication, resulted in better outcomes than medication alone. This highlights the importance of staying active even if you're already on a treatment plan.

One of the most encouraging findings was that higher-intensity exercise tends to be more beneficial for depression, but the key is consistency. It doesn't matter if you're working out for a long session, just squeezing in a quick workout or exercising once a week or more. The crucial point is to keep moving.

So, if you're feeling down, consider rolling out your yoga mat, going to a tai chi class or picking up those dumbbells. Whether you prefer a slow jog through the park or a lively Zumba class, finding an activity you enjoy can make a significant difference in managing depression. Remember, every step, stretch and lift counts toward a healthier, happier you.

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
(Note: You must have an active pass or
membership to participate.)
- FMC: Family Medicine Center
1025 Pennock Place (the classroom is
located at door #118)
- Fort Collins Aspen Club Office
1025 Garfield St., Ste. A
- Internal Medicine - Snow Mesa
4674 Snow Mesa Drive., Ste. 100

- Internal Medicine - Prospect
1106 E. Prospect Road, Ste. 100
- Northside Aztlan Community Center
112 Willow St.
- PVH: Poudre Valley Hospital
1024 S. Lemay Ave.
(Note: You must check in at the reception
desk, so please allow extra time.)
- United Way, 525 W. Oak St., #101
(basement conference room)

Longmont:

- Longmont Senior Center
910 Longs Peak Ave.
- LPH: Longs Peak Hospital
1750 E. Ken Pratt Blvd.
- LPMC: Longs Peak Medical Center
1760 E. Ken Pratt Blvd.

Loveland:

- Chilson Senior Center, 700 E. 4th St.
- First United Methodist Church
533 Grant Ave.

- Life Center, 1511 E. 11th St.
- Loveland Library, 300 Adams Ave.
- MCR: Medical Center of the Rockies
2500 Rocky Mountain Ave. (Note: You
must check in at the reception desk, so
please allow extra time.)

Greeley:

- GMC: Greeley Medical Center
6767 W. 29th St., attached to the east side
of UCHHealth Greeley Hospital (Note: You
must check in at the reception desk, so
please allow extra time.)
- Greeley Active Adult Center, 1010 6th St.
- Greeley Aspen Club Office
6906 W. 10th St.

Windsor:

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

Evans:

- Evans Recreation Center, 1100 37th 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, July 9
MS Teams
- Email address required; link to virtual class and class materials will be emailed following registration

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 appointment is available.

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

Virtual Mental Health Interventions at Home **R**

Our Mental Health at Home class is designed specifically for older adults to provide practical tools for managing stress, building resilience and enhancing emotional wellbeing. Join us to learn simple yet powerful strategies to support your mental health and improve your quality of life.

- **Virtual:** 9-10:30 a.m. Friday, Aug. 15, MS Teams
- Email address required; link to virtual class and class materials will be emailed following registration

IN-PERSON-ONLY CLASSES

Understanding Home Care: Key Insights and Considerations **R**

This program provides essential information on what home care is, its importance in supporting independence and quality of life and the difference between home health and home care services. By the end, attendees will be equipped with the knowledge to make informed decisions and choose the best care options for themselves or loved ones.

- **Fort Collins:** 2-3 p.m. Tuesday, July 1
United Way, basement conference room
- **Greeley:** 10-11 a.m. Friday, July 11
Greeley Active Adult Center, meeting rooms 2 and 3
- **Loveland:** 1-2 p.m. Tuesday, July 15
Life Center, Silver Maple room

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 inspire 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. Class limited to 10 participants.

- **Fort Collins:** 10-11 a.m. Tuesdays, July 8-Aug. 26
UCHHealth Harmony Campus, 2121 E. Harmony Road,
Building A, Ste. 350, conference room



Aspen Club Monthly Features

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Registration
required

Stroke Thrombectomy Knocks Out Clots in Northern Colorado **R**

Strokes occur 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. The UHealth stroke coordinator team will talk about stroke prevention and amazing advancements in diagnosing and treating strokes, including clot removal through thrombectomy, now available in northern Colorado.

- **Estes Park:** Noon-1:30 p.m. Wednesday, July 9
Estes Park Senior Citizen's Center

Reverse Mortgages **R**

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

- **Loveland:** 10-11:30 a.m. Thursday, July 10
Life Center, 1511 E. 11th St., Silver Maple Room
- **Windsor:** 11:30 a.m.-1 p.m. Friday, July 18
Windsor Library, 720 3rd St.; lunch provided by Windsor Library
- **Red Feather Lakes:** 1-2:30 p.m. Wednesday, Aug. 20
Red Feather Lakes Community Association, 58 Firehouse Lane (across from the library)

The Upsides to Downsizing **R**

Thinking about downsizing your home? Whether you're moving to an apartment, condo, town home 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.

- **Loveland:** 1-2:30 p.m. Monday, July 14
First United Methodist Church, 533 N. Grant St.
- **Fort Collins:** 1-2:30 p.m. Tuesday, July 29, PVH, Cafe F

Medicare 101 **R**

This class, taught by UHealth Medicare counselors, offers an overview of Medicare benefits, supplemental insurance, Medicare Advantage Plans, prescription drug coverage, preventive services and more.

- **Estes Park:** 10-11:30 a.m. Wednesday, July 9
Crossroads Ministry
- **Fort Collins:** 9-10:30 a.m. Saturday, July 12
Family Medicine Center, Suite 118
- **Loveland:** 9-10:30 a.m. Friday, July 25
MCR, Big Thompson Canyon room
- **Fort Collins:** 9-10:30 a.m. Friday, Aug. 8
United Way, basement conference room
- **Greeley:** 9-10:30 a.m. Friday, Aug. 29
GMC, Conference room 3

Living Well With Diabetes **R**

Learn skills to help you with the life changes and emotions that come with living with diabetes or pre-diabetes. You will develop tools to increase confidence to manage your diabetes and prevent or delay serious complications. This does not take the place of clinical diabetes education.

- **Red Feather Lakes:** 10 a.m.-12:30 p.m.
Mondays, July 14-Aug. 18
Red Feather Lakes Library, Stenzel Room

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.

- **Loveland:** 2-4 p.m.
Wednesdays, July 16-Aug. 20
First United Methodist Church, West Coy room



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 photograph album and discover three Golden Rules for creating well-being for your loved one living with dementia, as well as reducing stress for yourself.

- **Evans:** 10 a.m.-noon Saturday, July 19
Evans Recreation Center, 1100 37th St.

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

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Registration
required

Aging Gracefully With Occupational Therapy: Building Resilience ^R

In this class, 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. Taught by Kristina Kramer, UCHHealth occupational therapy/inpatient rehabilitation service.

- **Loveland:** 1:30-2:30 p.m. Tuesday, July 22
Chilson Senior Center, main conference room

PAFC Tech Buddies Clinic ^R

Join the Partnership for Age-Friendly Communities for a technology clinic, where you'll be able to partner with a Tech Buddy for one-on-one device assistance. Our Tech Buddies will be on hand to help problem-solve basic technology challenges. Call Aspen Club at **970.495.8560** to secure your specific half-hour time slot.

- **Fort Collins:** 10 a.m.-noon Thursday, July 24
United Way, basement conference room

Get Your Advance Directives Done ^R

Participants will be given the chance to complete advance directive 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, July 24
Prospect Internal Medicine Clinic, Ste. 100
- **Fort Collins:** 9-10:30 a.m. Thursday, Aug. 14
Internal Medicine - Snow Mesa, Ste. 100
- **Loveland:** 4-5:30 p.m. Tuesday, Aug. 19
MCR, Big Thompson Canyon Room

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.

- **Fort Collins:** 11 a.m.-noon Friday, July 25
Front Range Baptist Church, 625 E. Harmony Road

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, this class teaches strategies for preventing or lessening symptoms. With practice, these new skills are proven to help you avoid or reduce leakage.

- **Fort Collins:** 1-3 p.m. Mondays, July 28, Aug. 11 and Aug. 25, Family Medicine Center, 1025 Pennock Place, Ste. 101
- Suggested donation of \$15 to cover workbook, payable by cash or check at program

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:** 11 a.m.-noon Tuesday, July 29
Aspen Club office

Nutrition for Long COVID ^R

Learn evidence-based diet practices to manage and improve long COVID symptoms. Cecilia Jamieson, UCHHealth registered dietician, will share general guidelines and practical tips to help with long COVID symptoms like fatigue and low energy, digestion and gut health, maintaining lean body mass and strengthening the immune system.

- **Fort Collins:** Noon-1 p.m. Thursday, July 31
CSU Center for Health Aging



Aiming High as Conscious Elders: The Difference Between Growing Whole and Growing Old ^R

We all know the challenges of aging. But most of us are unaware of the opportunities for growth, fulfillment, service and strengthening our legacy that can be ours in our later chapters. With Ron Pevny, author of *Conscious Living*, *Conscious Aging: Claiming the Gifts of Elderhood*, we will explore purpose and meaning, the power of our beliefs about aging, the necessity for community, the urgent need for our elder gifts in today's world and various practices that can help us release the past and choose to aim high as we move forward into a new life chapter of wholeness and into a conscious elderhood.

- **Fort Collins:** 1:30-3 p.m. Tuesday, Aug. 5
CSU Center for Healthy Aging

Mental Health Interventions at Home ^R

As we age, the risk of mental health challenges like stress, anxiety and depression increases due to life changes, isolation and health concerns. This class is designed specifically for older adults to provide practical tools for managing stress, building resilience and enhancing emotional well-being. Join us to learn simple yet powerful strategies to support your mental health and improve your quality of life.

- **Fort Collins:** 10-11:30 a.m. Thursday, Aug. 7
Council Tree Library, 2733 Council Tree Ave, Ste 200
- **Windsor:** 10-11:30 a.m. Friday, Aug. 29
Windsor Community Recreation Center, Party room

Aspen Club Monthly Features

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The Big Squeeze: What Every Man Should Know About BPH **R**

Symptomatic BPH is as common among aging men as gray hair, bad knees and unsolicited AARP mail. Come and learn all about what is happening with your prostate, what the most common symptoms are and, most important, what you can do about it.

- **Fort Collins:** 2-3:30 p.m. Tuesday, Aug. 12
CSU, Center for Healthy Aging

Movement at Home and in the Community **R**

More than one-third of our older population falls each year, and you don't want to be part of that statistic. Learn how you can keep yourself or a loved one safe at home and in the community. Understand hazards in your home, what to look out for in a community setting and strategies to mitigate those hazards and age in place.

- **Estes Park:** Noon-1:30 p.m. Wednesday, Aug. 13
Estes Park Senior Citizens 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.

- **Greeley:** 1-2:30 p.m. Thursday, Aug. 14
Greeley Active Adult Center

Resiliency: A Steady Inner Resource **R**

Are you ready to be supported in turning toward a positive direction in your life? In this workshop, we will engage in several practices to build resilience—the ability to have inner strength, optimism and flexibility in the face of adversity and disappointment. Facilitated by Deanna O'Connell, UCHHealth registered dietitian and mindfulness practitioner.

- **Fort Collins:** 9-11:30 a.m. Thursday, Aug. 21
Fort Collins Senior Center; to register or for fee inquiry, call **970.221.6644** and refer to **activity #325414-01**
- **Greeley:** 1-3:30 p.m. Monday, Aug. 25
GMC, conference room 1
- **Loveland:** 9-11:30 a.m. Thursday, Aug. 28
Good Samaritan-Loveland Village, 2101 S. Garfield Ave.

Powerful Tools for Caregivers **R**

If you are caring for someone, taking care of you must become a priority. Topics in this six-week class include helpful community resources, reducing stress and guilt, making tough decisions and communication.

- **Estes Park:** 1-3 p.m. Fridays, Aug. 22-Sept. 26
Estes Park Team Realty, 457 E. Wonderview Ave.

HEALTH SCREENINGS

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, July 8
2318 17th Ave., Unit H
- **Fort Collins:**
1-4 p.m. Thursday, July 10
1030 Centre Ave., Ste. A
- **Loveland:** 8:30 a.m.–noon Thursday, Aug. 7
2980 Ginnala Drive, Unit 102
- Appointments are required; call **970.495.8560**



Balance Screenings **R**

These no-cost 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.

- **Fort Collins:** 9 a.m.–noon Wednesdays, July 16 or Aug. 20, CSU Center for Healthy Aging
- **Loveland:** 9:30 a.m.–1:30 p.m. Wednesdays, July 23 or Aug. 20, Chilson Senior Center
- **Greeley:** 11 a.m.–3 p.m. Wednesday, Aug. 13, GMC
- For all locations, call **970.495.8560** to schedule an appointment

Blood Pressure Checks

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

- **Estes Park:** 10 a.m.–1 p.m. Wednesdays, July 23 and Aug. 27, Estes Park Senior Citizen's Center
- **Loveland:** 9 a.m.–1 p.m. Mondays, July 28 and Aug. 18
Chilson Senior Center

Medication and Supplement Reviews **R**

A UCHHealth pharmacist reviews 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, Aug. 7
Aspen Club office

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

CarFit Assessments **R**

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

- **Fort Collins:** 9 a.m.-noon Mondays, July 14 and Aug. 11
Aspen Club office

ONGOING SERVICES

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.

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

- **Loveland:** Noon-1 p.m. Wednesdays, starting Aug. 20, MCR

IN PARTNERSHIP WITH COMMUNITY AGENCIES

Everyday Nutrition for Health

Offered by the CSU Department of Food Science and Human Nutrition and CSU Extension, this quarterly Everyday Nutrition for Health Webinar series includes 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 prerecorded 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 registration at https://colostate.az1.qualtrics.com/jfe/form/SV_1Fh68XNNIL18KZU or call **970.491.7334**.

Cycling Without Age

Looking for a nice summer outing? Cycling Without Age (CWA), a nonprofit organization under the Poudre River Trail Corridor, Inc., offers free trishaw rides along the Poudre River Trail in Weld County Mondays-Fridays, April 1 until Thanksgiving, weather permitting. A trained community volunteer will “pilot” your trishaw at a slow and safe pace. The trishaw seats one or two people facing forward, and the pilots are familiar with the special habitats along the trail and will share stories and sights. The length of rides is tailored to riders’ wishes within a range of 30 to 60 minutes. Passengers must be able to arrange transportation to one of the designated pick-up points and be able to physically get in and out of the seated area of the bike, and they should wear comfortable and weather-appropriate clothing (hat, sweater or sweatshirt, sunglasses, etc.). To sign up, visit the website at poudretrail.org/cycling-without-age or call Tess at **970.352.2986**.



Save the Date for Senior Law Day

Senior Law Day is Wednesday, September 17, 1-5 p.m., at the Fort Collins Senior Center. Presentations will cover topics on estate planning, medical decision-making tools and more. Individual 30-minute appointments with attorneys will be available, and sign-ups will occur as the date approaches. Contact Colorado Legal Services at **970.493.2891, ext. 261**, for more information.



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13,600

We all know the challenges of aging.

But most of us are unaware of the opportunities for growth, fulfillment, service and strengthening our legacy that can be ours in our later chapters. With Ron Pevny, author of *Conscious Living, Conscious Aging: Claiming the Gifts of Elderhood*, we will explore purpose and meaning, the power of our beliefs about aging, the necessity for community, the urgent need for our elder gifts in today's world and various practices that can help us release the past and choose to aim high as we move forward into a new life chapter of wholeness—into a conscious elderhood. Join us for Aiming High as Conscious Elders: The Difference Between Growing Whole and Growing Old. See page 9 for more information.