

ASPEN CLUB NEWS

September/October 2025 | Volume 38 | Issue 5

Don't let a fall ruin your holiday plans.

A flashlight, a nightlight and sturdy slippers might not be the typical items you throw in your suitcase, but they could be the difference between a safe winter trip and one that lands you in the emergency room (ER).

Staying safe from falls is always important – especially when you're not in your home and there are new and unfamiliar potential hazards that could cause a spill.

According to the Centers for Disease Control, falls among adults 65 and older caused 38,000 deaths in 2021, making it the leading cause of injury and death for that age group. In that same year, ERs throughout the U.S. saw a record three million visits for older adult falls. Falls are responsible for more than 95 percent of hip fractures and are the most common cause of traumatic brain injuries.

"Fall prevention is important because, although it's common with older adults, it's not a normal part of aging, and there are ways to prevent it," injury

prevention coordinator Alison Weston said. "It's easy to fall in snow and on ice, so you need to be as prepared as possible."

If you're staying in a hotel, consider asking for a handicap-accessible room that has a customized shower and tub. And if an airport is part of your holiday plans, wheelchair or transport assistance to the gates is available as an option. You might want to check your walking stick if it has a sharp tip, as they are not allowed as carry-ons, although canes are, Weston noted.

If the worst occurs and you or someone else does sustain a fall, take a moment to assess the situation. If you aren't injured, try to get up by yourself if possible or tell someone how they can best help you so they aren't injured in the process. Get emergency help or seek medical attention if you are concerned about injuries or if you have hit your head, especially if you are on blood thinners.

"Holidays are wonderful, but with all the hustle, bustle and hurrying, we become less aware. Slow down and focus on what you're doing," Weston said. "Have your plan in place to avoid a fall and ask for – and accept – help. You will feel much more confident and potentially avoid a visit to the ER."

–Mary Gay Broderick

How can you help prevent a fall?

As noted in the corresponding article, falls are responsible for more than 95 percent of hip fractures and are the most common cause of traumatic brain injuries. With these sobering statistics in mind, here are some fall-prevention tips for those traveling this fall and winter:

- Advocate for yourself. Communicate your concerns to friends and family before you visit.
- Sit down before greeting small children and pets if you have balance issues.
- Bring a nightlight for the bedroom, hall or nearby bathroom and use a flashlight if needed to navigate in the dark.
- Stay hydrated if you drink alcohol.
- Wear slippers or socks with grips on the soles.
- Be aware of throw rugs.
- Ask your host to place a bathmat or rubber strips in the bathtub.
- Pack the proper footwear with closed toes and heels and good treads for outdoor activities.



INSIGHTFUL

The great thing about getting older is that you don't lose all the other ages you've been.

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."



We choose.

I recently visited my parents in Durango to celebrate my mother's 80th birthday. We had a wonderful celebration, though the overall visit left me a bit apprehensive about the future. My parents admitted that they can no longer take care of their place (they have 3 acres in the country) the way they want to (and used to). Yet, they are adamant that they don't want to make a change in their living situation.

I found myself resting in a cradle of uncertainty, wanting to fend off the (inevitable) crisis that could curtail their complete independence. I needed to do something but recognized there was nothing yet to do; my parents were not willing to change their situation.

What ultimately seeped into my understanding is this: my parents still have agency. They are perfectly capable of understanding their situation and making decisions. They have free will. This may sound like an elementary realization to some of you, but I have had many conversations with people who are certain that outcomes will be better if they can just convince their aging parents, friends or neighbors to make a change – likely one that in reality would make things better for the children, not necessarily the parent.

My mom lives with a handful of chronic conditions that put her at risk for falls. Yet I know

if I take her out of her known environment, that risk is likely to increase. My dad is so settled into his routine that his mental health would undoubtedly suffer if he didn't have his old Lazy Boy chair, the large picture window overlooking the pasture and access to the ice cream bars that top off his dinner. I may feel more comfortable with them in a senior living community, but they most certainly would not agree.

Here's what I am certain about: I also have agency. I choose to remain supportive and responsive to their needs, not reacting to my own discomforts associated with anticipatory life-changing events. They raised me to be an informed, compassionate and level-headed daughter, and I will use these characteristics to inspire the work we do at Aspen Club in support of all the older adult parents out there and their sometimes apprehensive children. If you need resources in support of your caregiver role – whether it's as a child, a spouse, a neighbor or anything in between, please reach out to the Aspen Club.

Yours in health and harmony,

JoAnn Herkenhoff
UCHealth Senior Services
Aspen Club Supervisor



Medicare open enrollment.

It has never been more important to review your Medicare than it is this year. Changes to both Medicare and Medicaid mean that you need to retain control of your own care. Making an appointment with a State Health Insurance Program (SHIP) counselor will give you an opportunity to review your current care plan and explore new options for the coming year.

Open enrollment is October 15 through December 7, 2025. Call the Aspen Club today at 970.495.8558 or 970.495.8560 to schedule your appointment. Our appointments fill up, so don't wait to call. Most appointments are in person, but if you prefer, phone appointments are also available. Our counselors will be available to meet in person by appointment in Fort Collins, Estes Park, Loveland and Greeley.

What to bring to your appointment:

- Medicare username and password.
- Medicare card.
- A complete list of your medications.

New this year: a class on do-it-yourself Medicare review. Learn how to do your own Medicare open enrollment checkup. See page 8 of this newsletter for class dates and times.

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.

Fast Forward film showings.

The PBS documentary *Fast Forward* follows four Millennials and their parents as they consider what they will need to age successfully. As their explorational journey together unfolds, they are each faced with the questions:

- Who will care for me? What do I want my care to look like?
- Where will I live?
- Have I documented and communicated what matters to me with my loved ones?

The 60-minute film narrated by Rosario Dawson inspires viewers to consider their future and have critical conversations with their families about how they can maximize their well-being throughout life. Aging and caregiving are often overlooked and under-discussed aspects of life. You can gain insight into both of these topics and more while viewing this film.

Within this newsletter, you will find two opportunities to view *Fast Forward*. Both will offer the chance for group discussion after the film and to learn of local, related and supportive resources.

FUNNY PAGES

"Most people don't grow up. Most people age. They find parking spaces, honor their credit cards, get married, have children and call that maturity. What that is, is aging."

—Maya Angelou

Easy exercises for balance, flexibility, strength and stamina.

Structured movement can improve many facets of life, and certain types of exercises may help make you less likely to fall. Try the ones below or do other exercises that your health care provider suggests. Depending on your health, you may need to start slowly, but don't let that stop you. Even small amounts of exercise can help you. Talk with your health care provider before starting any exercise program.



Many types of exercise can help improve balance. Tai chi and yoga are good examples. Here's another one to try. You can do it anytime and almost anywhere:

- Stand next to a counter or solid support.
- Push yourself up onto your tiptoes.
- Hold for five seconds. If you start to lose your balance, hold on to the counter.
- Rest and repeat five times. Work up to holding for 20 to 30 seconds, if you can.

Being more flexible makes it easier for you to move around safely. Try exercises like the seated hamstring stretch:

- Sit in a chair and put one foot on a stool.
- Straighten your leg and reach with both hands down either side of your leg. Reach as far down your leg as you can.
- Hold for about 20 seconds.
- Go back to the starting position. Then repeat five times. Switch legs.

Resistance exercises help build strength. You can do them without equipment. Or you can use weights, elastic bands or special machines. One such exercise is called the biceps curl. You can hold a one-pound weight or even a can of soup. Do this exercise at least three times a week, yet strive for every day:

- Sit up straight in a chair.
- Keep your elbow close to your body and keep your wrist straight.
- Bend your arm, moving your hand up to your shoulder. Then slowly lower your arm.
- Repeat five times. Switch to the other arm.

Aerobic exercises make your heart and lungs stronger so you can keep moving longer. Walking and swimming are two of the best types of exercises you can do, and using a stationary bike is great too. Find an aerobic exercise that you enjoy. Start slowly and build up. Even five minutes is helpful, but consider aiming for a goal of 30 minutes at least three times a week. You don't have to do 30 minutes in one session. If you prefer, do several shorter sessions and walk a little throughout the day.

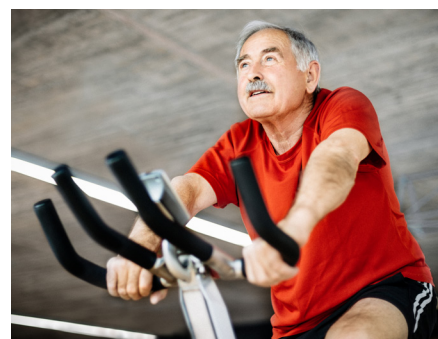
HEALTHY AGING

"Aging is out of your control. How you handle it, though, is in your hands."

—Diane von Furstenberg

Additional tips for exercising:

- Talk with your health care provider about the best exercises for you.
- Call senior centers or health clubs about exercise programs.
- If needed, have a family member watch you walk every so often to check your stability.
- Exercise with a friend. Choose an activity you both enjoy.
- Be sure to gently warm up and cool down.
- Drink fluids, such as water, to stay hydrated. If your provider recommended that you limit fluids, ask them how much is okay to drink while exercising.
- Consider tai chi or yoga to strengthen your balance.
- Try exercises that you can do anytime, anywhere. Here are two examples. Have someone with you when you first try these:
 - Practice walking by placing one foot right in front of the other.
 - Stand up and sit down 10 times. Repeat this throughout the day.



Is pickleball for me?

Pickleball has swept the nation. It is so popular that courts are sprouting up in most communities. It is a social, easily learned activity that requires minimal equipment, and yes, it is fun. Pickleball is considered a low-impact cardio workout. But you have to wonder, why are there so many sprains, strains and fractures associated with it?

Pickleball is a fast-paced, jarring, agility-requiring sport. It features side-to-side moves, pivots, abrupt stops and sudden direction changes. These can cause overuse injuries of the hips, knees and ankles. Falls do happen, especially considering we aren't as agile as we used to be. And older bones fracture more often.

Some preventive measures can help reduce the likelihood of injury. For example, take a class to learn proper form, wear proper braces and supports, do exercises to build lower body strength and warm up before playing. You might want to mutually agree that the first match is a warmup and ease into play. Pickleball is a fun game, but make sure you protect yourself from injury so you can enjoy it!



Tired? Try these eight tips for a dose of ZZZs.

Restless nights lead to weary mornings, but sleep deprivation can become a serious health matter if prolonged. As we age, our bodies change, and so do our circadian rhythms. These rhythms help us respond to light and dark, which allows us to fall asleep and stay asleep. But these become more difficult with advancing age. Lack of sleep causes feelings of being tired, being moody and increased weight, which increases the risk of heart disease and type 2 diabetes. These are serious medical problems. Medications are available to offer some assistance, but they can come at a price, potentially decreasing appetite, causing dizziness, drowsiness, dry mouth, headaches, strange dreams and some weird behaviors like sleepwalking. Before jumping into medications, try some lifestyle changes first. The side effect profile is a lot more positive with these simple behavior changes:

- **Exercise:** Exercise boosts melatonin, the sleep hormone. Morning walks help in getting early morning sun exposure along with exercise and prime the body for sleep at night.
- **Reserve:** Make sure the bedroom is for sleep and relaxing activities only. No TV.
- **Comfortable:** Keep your bedroom cool, quiet and dark.
- **Sleep rituals are important:** Have a series of activities reserved just for bedtime to signal your body it is time for sleep. Remember the bedtime routine from childhood? Take a bath, drink warm milk or listen to soothing music or a story.
- **Eat:** Eat before sleeping, but only a light, healthy snack. Include a protein and carbohydrate to hold you until breakfast.
- **Avoid coffee and alcohol:** Unfortunately, wine and chocolate are not your best bedtime snacks. Also avoid acidic and spicy foods before bed.
- **De-stress:** Give yourself time to unwind and reduce your anxiety. Recognize that you can't solve challenges when you're tired.
- **Get checked:** If you suffer from restless leg syndrome, snoring, sleep apnea, gastric reflux or another symptom that hinders your sleep, see your health care provider.

If these lifestyle changes aren't enough, talk to your provider. Help is available. It is your health at risk here.



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
- Estes Park United Methodist Church
1509 Fish Hatchery Road
- 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.)
- MCR: North Medical Office Building
2500 Rocky Mountain Ave., Ste. 2200
- The Wexford Independent Living
1515 W. 28th St.

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.

VIRTUAL ONLY CLASSES – MS TEAMS

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

Virtual Living Well With Pain **R**

Join us in developing skills to take charge of your pain. Share and learn from others who live with chronic pain as you learn problem-solving skills, symptom management, dealing with difficult emotions and other “tools.”

- **Virtual introductory session:** 5:30–5:45 p.m. Tuesday, Sept. 9, MS Teams
- **Virtual:** 5:30–7:30 p.m. Tuesdays, Sept. 16–Oct. 21 MS Teams
- Link to virtual session will be emailed following registration

Virtual Medicare 101 **R**

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

- **Virtual:** 11 a.m.–12:30 p.m. Wednesday, Sept. 10 MS Teams
- Link to virtual session will be emailed following registration.

Cognitive Strategies for Success at Home **R**

Designed for older adults, this class teaches practical techniques to enhance memory, focus and problem-solving skills, helping you stay independent and engaged in everyday life.

- **Virtual:** 9–10:30 a.m. Monday, Sept. 15, MS Teams
- Link to virtual session will be emailed following registration

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

Join us for this three-part program designed to give women the tools they need to take control of bladder and bowel leakage. Focused 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 so you can keep doing the things that matter the most to you. Class is limited to 12 participants.

- **Virtual:** 10 a.m.–noon Wednesdays, Sept. 17, Oct. 1 and Oct. 15, MS Teams
- Link to virtual session will be emailed following registration
- Suggested donation of \$15 to cover workbook, payable by cash or check by mail

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 to empower individuals to live healthier lives with a sense of purpose.

- **Virtual introductory session:** 5:30–5:45 p.m. Thursday, Sept. 18, MS Teams
- **Virtual:** 5:30–7 p.m. Thursdays, Sept. 25–Nov. 13 MS Teams
- Link to virtual session will be emailed following registration

Aspen Club Monthly Features

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R
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IN-PERSON-ONLY CLASSES

The Doctor Is In: Ask Me Anything – Menopause **R**

Join Dr. Margie Eagan, a board-certified endocrinologist and lifestyle medicine expert, for an interactive, informative and entertaining deep dive into all things menopause. Dr. Eagan will tackle your biggest questions with science, humor and practical advice on perimenopause vs. menopause, symptoms and solutions, hormone therapy, non-hormonal options, mood, memory and more.

- **Fort Collins:** 10–11:30 a.m. Tuesday, Sept. 2
Harmony Library, 4616 S. Shields St., East Room

Living Well With Ongoing Health Conditions **R**

Diabetes, arthritis, hypertension, lung disease and other chronic conditions like these can make life difficult to manage for millions of older adults. This interactive workshop focuses on building skills to manage your condition. Seating is limited. Call **303.651.8411** to register.

- **Longmont:** 2–4:30 p.m. Wednesdays, Sept. 3–Oct. 8
Longmont Senior Center

EMS Panel Presentation: What Happens When You Call 911? **R**

Emergency management system (EMS) professionals from UCHHealth, Thompson Valley EMS and fire and police departments will address the following topics: What happens when I call 911? What can I expect? Who responds, and can I choose where to have the ambulance take me?

- **Loveland:** 10–11:30 a.m. Thursday, Sept. 4
Chilson Recreation Center, Cherry room
- **Greeley:** 10–11:30 a.m. Thursday, Sept. 11
Greeley Active Adult Center
- **Fort Collins:** 1–2:30 p.m. Wednesday, Sept. 17
Poudre River Library, Old Town Branch

Bossy Bladder & Bowel **R**

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

- **Greeley:** 10–11 a.m. Friday, Sept. 5
GMC, conference room 3
- **Estes Park:** Noon–1:30 p.m. Wednesday, Sept. 10
Estes Park Senior Citizen's Center, 1760 Olympian Lane
- **Fort Collins:** 2–3 p.m. Thursday, Sept. 18
CSU Center for Healthy Aging
- **Loveland:** 2–3 p.m. Monday, Sept. 22
Life Center, 1511 E. 11th St.

Health Benefits of Yoga by Nurse Polly **R**

Nurse Polly will provide an overview of yoga's benefits such as improved flexibility, strength and better mood and sleep, as well as fostering a sense of community connection.

- **Longmont:** 10–11 a.m. Friday, Sept. 5
LPH, conference rooms A and B
- **Loveland:** 10–11 a.m. Friday, Sept. 12
The Wexford Independent Living

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.

- **Windsor:** 1–2 p.m. Fridays, Sept. 5 to Oct. 24
Water Valley Good Samaritan Society
805 Compassion Drive

Spotlight on Strokes: Join Us for an Empowering Stroke Education Session **R**

The UCHHealth stroke coordinator team will talk about stroke prevention and amazing advancements in diagnosing and treating strokes.

- **Windsor:** 10–11 a.m. Monday, Sept. 8
Windsor Recreation Center, Party Room
- **Greeley:** 1–2 p.m. Tuesday, Sept. 30
Greeley Active Adult Center

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 to empower individuals to live healthier lives with a sense of purpose.

- **Fort Collins:** 3–4:30 p.m. Mondays, Sept. 8–Oct. 27
UCHHealth The Wellness Place conference room
2121 E. Harmony Road, Building A, Suite 150

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. Suggested donation of \$15 to cover workbook, payable by cash or check at class.

- **Estes Park:** 1–3 p.m. Tuesdays, Sept. 9, Sept. 23 and Oct. 7, Estes Park United Methodist Church

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. Find out why counterintuitive strategies make sense and discover 3 Golden Rules for creating wellbeing.

- **Kersey:** 5–6:30 p.m. Wednesday, Sept. 10
Kersey Library, 332 3rd St.

Aspen Club Monthly Features

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Do It Yourself Medicare Review **R**

Learn how to compare plans on the Medicare website and choose your best plan for next year. Laptops encouraged but not required.

- **Greeley:** 1:30–3:30 p.m. Thursday, Sept. 11
GH, conference room 1
- **Fort Collins:** 9:30–11:30 a.m. Wednesday, Sept. 24
PVH, Cafe F
- **Loveland:** 1–3 p.m. Monday, Sept. 29
MCR, Big Thompson Canyon room

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

These 9 weekly educational classes, paired with blood pressure self-monitoring and goal setting, help participants manage hypertension by focusing on lifestyle change. Attendance at all sessions is required.

- **Loveland:** 10–11:30 a.m. Mondays, Sept. 15–Nov. 10
Loveland United Methodist Church, 533 N. Grant Ave.
- Suggested donation of \$15 for materials, payable by cash or check at class

Get Ahead of Chronic Inflammation: Top 7 Nutrition and Lifestyle Hacks to Decrease Body Inflammation **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.

- **Loveland:** 2:15–3 p.m. Monday, Sept. 15
Good Samaritan Society – Loveland Village
2101 S. Garfield Ave.

The Basics of Parkinson's **R**

Join Kristi Martin, community outreach coordinator for northern Colorado and Wyoming at the Parkinson Association of the Rockies, as we explore Parkinson's Disease, focusing on its implications and strategies for thriving amid the associated challenges.

- **Loveland:** 2–3:30 p.m. Monday, Sept. 15
Life Center, Silver Maple room
- **Fort Collins:** 1–2:30 p.m. Wednesday, Sept. 24
United Way, basement conference room
- **Greeley:** 10–11:30 a.m. Friday, Oct. 17
GMC, conference room 3

Cognitive Strategies for Success at Home **R**

Designed for older adults, this class teaches practical techniques to enhance memory, focus and problem-solving skills, helping you stay independent and engaged in everyday life. Join us to keep your mind active so you can thrive at home with confidence!

- **Loveland:** 2–3:30 p.m. Tuesday, Sept. 16, Life Center

Exercise in Our Older Adult Years **R**

Exercise can increase our confidence and energy, and it can help us with balance and overall mobility. Learn about these various effects as well as barriers, motivation and safe ways to get started or add to your routines.

- **Loveland:** 2:15–3 p.m. Tuesday, Sept. 16
Good Samaritan Society – Loveland Village
2101 S. Garfield Ave.

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. A light snack will be provided. Seating is limited. Call **303.651.8411** to register.

- **Longmont:** 5:30–6:30 p.m. Tuesdays, Sept. 16 and Oct. 21, Longmont Senior Center

Stand Tall **R**

This free event will include a keynote presentation by CSU occupational therapy professor, Arlene Schmid, PhD, OTR, RYT. There will be open time to explore educational booths, get a balance screening and review your medications with a pharmacist. If you have questions, email injurypreventionnorth@uchealth.org.

- **Fort Collins:** 9 a.m.–noon Wednesday, Sept. 17
Northside Aztlan Community Center, 112 Willow St.; registration required – call **970.495.8565**. Please indicate at time of your registration if you would like to make an appointment for a balance screening or medication review during the event

Fast Forward Film Showing **R**

Take a proactive look at the process of aging in this PBS documentary that addresses realizations, conversations and the mindset required to age successfully. Discussion and local resource materials will follow the film showing.

- **Fort Collins:** 3–5 p.m. Wednesday, Sept. 17
The Gallery at Fort Collins office
3555 Stanford Road, Ste. 130
- Cost: Free
- Register by calling **970.495.8565**

Am I Hungry? Mindful Eating Workshop **R**

Learn tools for reducing mindless and emotional eating and balancing out overeating and deprivation cycles. Facilitated by Deanna O'Connell, UCHHealth registered dietitian and mindfulness practitioner.

- **Fort Collins:** 1–3 p.m. Wednesday, Sept. 17
Fort Collins Senior Center. To register and for fee inquiry, call **970.221.6644**; refer to activity **#425416-01**
- **Loveland:** 10 a.m.–noon Thursday, Sept. 25
Life Center, Silver Maple room
- **Greeley:** 1–3 p.m. Thursday, Oct. 16
GMC, conference room 1

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



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 advance directive documents for health care, with notarization after class.

- **Loveland:** 1-1:45 p.m. Tuesday, Sept. 16
Good Samaritan Society – Loveland Village
2101 S. Garfield Ave.
- **Fort Collins:** 9:30-11 a.m. Thursday, Sept. 25
Internal Medicine – Prospect Clinic
- **Fort Collins:** 2-3:30 p.m. Tuesday, Oct. 7, Fort Collins Senior Center. To register and for fee inquiry, call **970.221.6644**; refer to activity **#425448-01**
- **Fort Collins:** 9-10:30 a.m. Thursday, Oct. 9
Internal Medicine – Snow Mesa Clinic

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. Class is limited to 25 participants.

- **Loveland:** 1-1:45 p.m. Wednesday, Sept. 17
Good Samaritan Society – Loveland Village
2101 S. Garfield Ave.
- **Fort Collins:** 2-4 p.m. Monday, Oct. 27
Harmony Campus, Building A,
Ste. 350 conference room
- **Loveland:** 2-4 p.m. Wednesday, Oct. 29
Life Center, Silver Maple room
- **Windsor:** 10 a.m.-noon Friday, Oct. 31
Windsor Community Recreation Center, Pine room

Living Well With Pain ^R

Join us in developing skills to take charge of your pain. Share and learn from others who live with chronic pain as you learn problem-solving skills, symptom management, dealing with difficult emotions and other “tools.”

- **Estes Park:** 10 a.m.-noon Fridays, Sept. 26-Oct. 31
Good Samaritan Society – Estes Park Village, 1901 Ptarmigan Trail, senior apartments multi-room

Healthy Aging Through Optimal Older-Adult Nutrition Intake ^R

Review the nutrients that are critical for optimal health – and are often challenging to maintain as we age. Learn tools to get all the needed nutrients to keep your body and mind healthy and happy. Taught by Deanna O’Connell, UCHHealth registered dietitian and mindfulness practitioner.

- **Fort Collins:** 1-2 p.m. Saturday, Sept. 27
Front Range Baptist Church, 625 E. Harmony Road

Unlock Medical and Personal Health Insights With our Biobank Program ^R

Learn how you can help advance medical research and learn more about your personal genetic risk factors. Staff from the Colorado Center for Personalized Medicine (CCPM) will share about what the biobank study is, how to engage with the study, their latest findings and how helpful it is to have participation from diverse populations to improve health care. After education is provided, there will be an opportunity to register and/or provide a sample.

- **Windsor:** 10 a.m.-noon Tuesday, September 30
Windsor Community Recreation Center
- Cost: free
- Registration required, please call the Aspen Club **970.495.8565**

Joint Health: What to Know About Structure, Function and Optimal Movement ^R

A physical therapist and yoga teacher will discuss how joints work and what we need to know to help maintain their function. Learn about optimal movement; exercise and other lifestyle factors to keep hip, knee and ankle joints working well for the long run; and how physical therapy can help when you run into trouble.

- **Greeley:** 10-11:30 a.m. Tuesday, Sept. 30
Greeley Active Adult Center
- **Loveland:** 10-11:30 a.m. Tuesday, Oct. 7
Chilson Center
- **Fort Collins:** 10-11:30 a.m. Tuesday, Oct. 28
Poudre Valley Library, Harmony branch

Insights on Brain Health From an Occupational Therapist ^R

Join UCHHealth occupational therapist Justyn Steele for an informative and interactive class focused on keeping your brain healthy and active as you age. Participants will gain insights into person-centered interventions and promoting everyday functioning and independence.

- **Loveland:** 10-11 a.m. Wednesday, Oct. 1
Chilson Recreation Center

Finding Your Balance: A Guide to Dizziness and Fall Prevention ^R

This engaging program will cover the common causes of dizziness, practical strategies to enhance stability and simple exercises to strengthen your core and improve coordination. Participants will learn how to identify fall risks in their environment and will receive valuable tips for maintaining independence and confidence in daily activities.

- **Loveland:** 1-2 p.m. Wednesday, Oct. 1
Life Center, 1511 11th St.

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

GoNoCo34 – Introduction to Transportation Programming Resources **R**

The GoNoCo34 Transportation Management Organization (TMO) will be presenting on the activities and direction the TMO will proceed with and what programming and resources we have available to the community and the Town of Estes Park.

- **Estes Park:** Noon-1:30 p.m. Wednesday, Oct. 8
Estes Park Senior Citizen's Center

Medicare 101 **R**

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

- **Loveland:** 9-10:30 a.m. Friday, Sept. 26
MCR, Big Thompson Canyon
- **Fort Collins:** 9-10:30 a.m. Friday, Oct. 10
United Way, basement conference room
- **Severance:** 11 a.m.-12:30 p.m. Friday, Sept. 5
Severance Library, 5 Timber Ridge Parkway

Stress Management for Caregivers – Balancing Self-Care While Caring for Others **R**

This presentation will review the signs of caregiver burnout and the role that stress plays in one's life, recognizing it as both a challenge and an opportunity for growth. Participants will learn practical strategies for gaining balance to effectively care for oneself while caring for others. Presenter: Jesseca Tighe, PhD.

- **Fort Collins:** 2-3:30 p.m. Wednesday, Oct. 15
Fort Collins Senior Center
- To register and for fee inquiry, call **970.221.6644** and; refer to activity **#425417-01**

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 for and knowledge about identifying and sharing your values and preferences in this interactive program.

- **Loveland:** 2-3:30 p.m. Tuesday, Oct. 21
Chilson Senior Center

Let Nature Inside **R**

Many people jump at the chance to explore the natural world when it's warm and sunny outside but are hesitant to venture out into the cold during the winter months. Join us to explore creative options to bring the health benefits of the outdoors inside.

- **Fort Collins:** 10-11 a.m. Wednesday, Oct. 22
CSU Center for Healthy Aging

Sharing the Care Campaign – Fast Forward Film Showing **R**

Take a proactive look at the process of aging in this PBS documentary that addresses realizations, conversations and the mindset required to age successfully. Discussion and local resource booths will follow the film showing.

- **Fort Collins:** 9-11 a.m. Thursday, Oct. 23
MorningStar Old Town, 360 Tenney Court
- Cost: Free
- Register by calling **970.495.8565**

Basics of Blood Pressure **R**

Join UCHHealth community health RN Andrea Hooley to gain an understanding of how you can manage your blood pressure, practice taking your own blood pressure and discuss strategies for taking action.

- **Greeley:** 1-2 p.m. Thursday, Oct. 23, Birchwood Manor

New Member Orientation **R**

- **Loveland:** 2-3 p.m. Thursday, Oct. 23
MCR, Big Thompson Canyon room
- **Greeley:** 9-10 a.m. Wednesday, Oct. 29
Aspen Club Greeley, conference room

Wired Differently: Discovering Neurodiversity Later in Life **R**

Join us for a workshop designed to introduce the concept of neurodiversity. We'll explore and debunk common myths and misconceptions, helping participants gain clarity and compassion around conditions such as autism, ADHD, dyslexia and more.

- **Fort Collins:** 1-2:30 p.m. Thursday, Oct. 30
Poudre River Library, Harmony Branch

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, Sept. 4
1030 Centre Ave., Ste. A
- **Longmont:** 8:30 a.m.-noon Tuesday, Sept. 9
2318 17th Ave., unit H
- **Loveland:** 8:30 a.m.-noon Thursday, Oct. 2
2980 Ginnala Drive, unit 102
- Appointments are required; call **970.495.8560**

The Nurse Is In for BP checks and more **R**

Have your blood pressure checked and visit with the UCHHealth community health RN to ask questions about medications, chronic diseases and healthy lifestyles.

- **Fort Collins:** 9 a.m.-noon Wednesdays, Sept. 10 or Oct. 8, Aspen Club offices
- Appointments are required; call **970.495.8560**

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

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.

- **Loveland:** 9 a.m.-1 p.m. Mondays, Sept. 22 and Oct. 27, Chilson Senior Center
- **Estes Park:** 10 a.m.-1 p.m. Wednesdays, Sept. 24 and Oct. 22, Estes Park Senior Citizen's Center

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; please call **970.495.8560**.

- **Loveland:** 11 a.m.-2:30 p.m. Tuesday, Oct. 28
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.

- **Windsor:** 9:30 a.m.-12:30 p.m. Wednesday, Sept. 10
Windsor Community Recreation Center
- **Fort Collins:** 9 a.m.-noon Wednesdays, Sept. 17 or Oct. 15, CSU Center for Healthy Aging
- **Loveland:** 9:30 a.m.-1:30 p.m. Wednesdays, Sept. 24 or Oct. 22 Chilson Senior Center
- Cost: Free, thanks to generous donations
- Registration is required for all locations; please call **970.495.8560**

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. Appointments are required; please call **970.495.8560** to schedule in Fort Collins, Loveland or Greeley communities.

CarFit Assessments **R**

CarFit teaches you how to make your car "fit you" to increase safety and mobility. Assessments feature a 12-point checklist.

- **Fort Collins:** 9 a.m.-noon Monday, Sept. 8
Aspen Club office
- **Fort Collins:** 1-4 p.m. Monday, Oct. 13
Aspen Club offices
- Appointments required; call **970.495.8560**

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

This class helps to prepare a patient who is scheduled for hip or knee replacement surgery.



- 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.
- For more information, contact **970.624.2378**

Diabetes Prevention Program **R**

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

- **Fort Collins:** Noon-1 p.m. Tuesdays, starting Oct. 21
Poudre Valley Hospital

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 distill nutrition topics into actionable steps. Join the email list to be notified of upcoming webinar topics and registration at colostate.az1.qualtrics.com/jfe/form/SV_1Fh68XNNIL18KZU or call **970.491.7334**.

Rist Canyon Mountain Festival

The Rist Canyon Volunteer Fire Department's (RCVFD) annual Mountain Festival Fundraiser will be held 10 a.m.-4 p.m. Saturday, Sept. 6, up beautiful Rist Canyon. For more information, visit festival.rcvfd.org or call **970.539.8307**.

Senior Law Day **R**

Senior Law Day is Wednesday, Sept. 17, 1-5 p.m., at the Fort Collins Senior Center. Presentations will cover topics on estate planning, medical decision-making tools and more. Registration is required for a 1-on-1 appointment with an attorney. Contact Colorado Legal Services at **970.493.2891, ext. 261**, for more information.



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Aspen Club
membership
13,600

Fall Prevention Awareness Month

In honor of Fall Prevention Awareness Month, join us for a class to look at how you can help ensure that you stay on your feet:

Stand Tall

This free event will include a keynote presentation by CSU occupational therapy professor Arlene Schmid, PhD, OTR, RYT. There will be open time to explore educational booths and get a balance screening. Medication reviews will also be available by appointment. See page 8 for more information.