

ASPEN CLUB NEWS

November/December 2025 | Volume 38 | Issue 6

Emergency or urgent care? A quick guide for adults over 50.

As we grow older, unexpected health issues can become more common – and knowing where to go for care can make all the difference. Understanding when to choose urgent care versus emergency care helps make sure you get the right treatment quickly, while avoiding unnecessary stress and cost.

Urgent care is ideal for minor illnesses or injuries that still require timely attention – especially when your primary doctor isn't available. UHealth has multiple urgent care locations across Colorado, most open daily from 8 a.m. to 8 p.m. These clinics are well equipped to treat common issues such as sore throats, sinus infections, minor sprains, rashes and flu symptoms. If you'd rather stay home, Virtual Urgent Care is available through UHealth's app or website. It's easy to use – even for those who don't consider themselves tech-savvy – and lets you speak with a provider face to face from your phone, tablet or computer. Following

an urgent care appointment, prescriptions (excluding controlled medications) can be sent directly to your pharmacy.

Emergency care is the right choice when facing severe or life-threatening symptoms. If you, a friend or a loved one experiences chest pain, difficulty breathing, sudden confusion or numbness, severe abdominal pain or a serious injury, don't wait – call 911 or go to the nearest emergency department.

Adults over 50 often manage chronic conditions, so it's especially important to monitor symptoms and act quickly when something doesn't feel right. Using urgent care for non-emergency situations helps keep emergency rooms available for those in critical need – and often means faster care for you too.

Not sure where to go? UHealth providers can help guide you to the right care – whether in person or virtual. Visit uchealth.org/services/emergency-care to learn more or find the care location closest to you.

Urgent or emergency?

A quick guide for choosing where to go.

Choose urgent care for:

- Cold or flu symptoms
- Fever or sore throat
- Minor cuts, burns or sprains
- Skin rashes
- Sinus infections
- Ear pain or pink eye
- Urinary symptoms

Choose emergency care for:

- Chest pain or shortness of breath
- Sudden numbness or confusion
- Severe abdominal pain
- Head injury or major trauma
- Uncontrolled bleeding
- Stroke or heart attack signs
- Overdose or suicidal thoughts

When in doubt, call 911 or go to the emergency room (ER).



[uchealth](https://uchealth.org)

INSIGHTFUL

There's so much to look forward to when the worries of your youth are behind you.

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."



Partnering through the years.

Aspen Club welcomed an average of 46 new members each month over the last year. We are so grateful for your advocacy in recruiting your friends and neighbors to this impactful program and for sharing your perspective on programs that benefit you the most.

As we celebrate 36 years of serving you, our valued members, I thought I would share the history of Aspen Club. Back in 1989, a very future-thinking leader at UCHealth Poudre Valley Hospital heard Dr. Ken Dychtwald speak at a conference. Dr. Dychtwald, a gerontologist, best-selling author and one of the leading authorities on aging, talked about shifting the paradigm of growing older from a period of decline to a period of health and vitality. He created a compelling vision of how to age with style, purpose, dignity and love. He pointed out the extraordinary demographic shifts the country was experiencing and how people were routinely living into their 80s and 90s. He knew this new norm – the “new old” – would influence our nation. This leader was so inspired by Dr. Dychtwald’s talk that plans to develop a service that supported healthy aging were launched.

Aspen trees are rarely alone; they grow in groves and are incredibly strong. The Aspen Club brings people together to enjoy health and wellness programs while learning that being resilient can carry you through life’s challenges. Aspen trees are constantly changing colors from green to gold to orange and red. As we age, we also go through changes, becoming more unique, more wise and more experienced with each passing year. Aspen trees provide homes and food for many small creatures and life forces – signifying the wisdom, values, life stories and legacy you, too, share with those you love.

This honored team at Aspen Club is so grateful to partner with you as we age with style, purpose, dignity and love.

Yours in health and harmony,

JoAnn Herkenhoff
UCHealth Senior Services
Aspen Club Supervisor

Sorting fact from fiction: Navigating health advice on social media.

Wellness advice is everywhere online – from quick fixes for fatigue to miracle weight loss supplements. But as helpful as some of this content may seem, figuring out which claims are evidence-based and which are hype can be surprisingly tricky. In today's digital age, the line between genuine guidance and influencer marketing is often blurred.

On platforms like TikTok and Instagram, influencers frequently promote products like berberine (dubbed “nature’s Ozempic”), IV vitamin drips or extreme diets such as carnivore eating plans. Some of these recommendations come from a genuine place – but many are tied to sponsorships, commissions or affiliate deals. Financial incentives often shape the message, and misleading claims can travel faster than facts.

Health experts caution consumers to apply a critical lens. Look for influencers with legitimate credentials – certified fitness professionals, registered dietitians or licensed medical providers – and verify those credentials when possible. Resources like the U.S. Registry of Exercise Professionals and state medical licensing boards can help confirm expertise. Even when influencers cite studies, not all evidence is created equal. Ask: “Does this claim align with the broader medical consensus? Has it been replicated in peer-reviewed research?” Just because a study exists doesn’t mean it’s conclusive – or safe to act on.

One common red flag: blanket endorsements of dietary supplements. Research shows many social media posts promoting medical tests or treatments fail to mention potential harms. The Federal Trade Commission has even issued warnings to credentialed professionals who failed to disclose paid partnerships.

In the end, a good rule of thumb is, if it sounds too good to be true, it probably is. There isn’t a shortcut to wellness. It’s a process of consistent, evidence-backed habits. When in doubt, turn to credible sources like the Mayo Clinic, CDC or your own health care provider before following advice that could impact your health.



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.



EnhanceWellness®.

EnhanceWellness is an evidence-based program of health coaching that can help you learn strategies for making positive changes in many areas for your physical, emotional and social well-being. Using an initial assessment, you will work with a health coach to create an individualized health action plan and then move into action with ongoing support to meet your goals. Monthly check-ins with your coach allow you to collectively monitor your progress, connect with additional resources and remove barriers to success.

We welcome new coach, Jeneane Slate, BSN, RN, to our team. Jeneane most recently served as an oncology nurse navigator with MD Anderson Cancer Center in Loveland. She has 26 years of experience in patient navigation, education and advocacy. A former UCHealth Poudre Valley Hospital nurse, she received the 2009 Magnet award for diagnosis and Guardian Angel awards for patient care and service.

If you could benefit from one-on-one guidance toward success in your health goals, contact Jeneane at 970.495.7335.

FUNNY PAGES

“The greatest thing about aging is that people stop calling you immature ... even if you are.”

Seizure preparedness and safety.

Witnessing a seizure is impactful – whether it's a friend, a family member or even a stranger. Knowing how to recognize a seizure and respond appropriately could save a life.

Seizures in older adults are surprisingly common. The Epilepsy Foundation reports that more than 50,000 new cases of epilepsy are diagnosed annually in people aged 60 and older. Symptoms are often more subtle in older adults than in younger individuals. If left untreated, epileptic seizures have been shown to lead to faster cognitive decline. Early recognition and treatment can slow cognitive decline, promote safety by avoiding falls and driving accidents and improve mood and quality of life.

Here are five signs that an older adult may be having a seizure:

1. Repetitive lip smacking, hand movements or jerking movements.
2. Episodic confusion, memory loss or word-finding challenges.
3. Abnormal behavior (withdrawal, disinterest or depression).
4. Frequent, unexplained falls or "blacking-out spells."
5. Convulsions. Many conditions can cause these symptoms; the main difference is that symptoms are episodic – occurring multiple times over several months.

While there are many different types of seizures, and they happen to people of all ages, there are some helpful first aid steps you can use to assist in the moment. The Epilepsy Foundation recommends the following:

- **Stay with the person until they are awake and alert after the seizure.** Remain calm, time their seizure and check for a medical ID with additional information about the person's health.
- **Keep the person safe.** Move or guide them away from harm.
- **Turn the person on their side after the convulsive movements have stopped or if the person is not awake or aware.** Keep their airway clear, loosen tight clothes around their neck, put something small and soft under their head.
- **Call 911 if:**
 - The seizure lasts longer than 5 minutes.
 - The person does not return to their usual state.
 - The person is injured, pregnant or sick.
 - There are repeated seizures.
 - It's a first-time seizure.
 - The person has difficulty breathing.
 - The seizure occurs in water.
- **Do not restrain the person or put any objects in their mouth.**

If you have concerns about seizures for yourself or someone else, please contact your (or their) primary care physician or neurologist to rule other conditions out. There is more information and seizure first aid training available from the Epilepsy Foundation at [epilepsy.com/firstaid](https://www.epilepsy.com/firstaid).



Medicare scams: Protect yourself.

Centers for Medicare & Medicaid Services (CMS) recommend caution: It's important to know the signs of a Medicare scam so you can protect yourself. To get your personal information, like your Medicare number, scammers may call, text or email saying things like:

- "You need to activate or renew your Medicare card."
- "We'd like to send you a free genetic testing kit."
- "Medicare has authorized us to send you a free (knee, back or elbow) brace."
- "You qualify for a refund on your Medicare costs."

Remember, never give your Medicare card or number to anyone except your doctor or people you know should have it.

HEALTHY AGING

No matter what your body is doing on the outside, you can always remain youthful in your heart.

What is frontotemporal dementia?

Frontotemporal dementia (FTD) is an umbrella term for a group of diseases that affect the frontal and temporal lobes of the brain, the areas associated with personality, behavior and language. In this type of dementia, parts of these lobes shrink, and certain substances build up in the brain; the areas of the brain affected determine symptoms. FTD is the cause of dementia about 10 to 20 percent of the time.

Some people with the disorder exhibit apathy and changes in their personalities. They might become socially inappropriate – either becoming impulsive or emotionally indifferent, while others lose the ability to properly use language. There may be a decline in personal hygiene or changes in eating habits such as overeating, preferring sweets and carbohydrates or eating objects. Rare subtypes of FTD cause movement symptoms such as tremor, rigidity, muscle spasms or twitches.

For more information, visit the Association for Frontotemporal Degeneration at theaftd.org.



Apathy might be an early sign of dementia.

Apathy, often a symptom of depression in older adults, might in some cases be an early indication of dementia. Several studies done since 2019, as well as observations of family members, neurologists and psychiatrists, suggest that apathy can be an overlooked sign of dementia, one that in some cases can occur before memory issues appear. Family members may notice that an individual loses motivation to socialize or do activities they once enjoyed. Individuals themselves may feel that everything has become harder. They may feel useless or like a burden, leading them to become less engaged.

One reason a person with dementia can become apathetic is that chemical changes and cell losses in parts of the brain associated with motivation can affect their desire to participate in activities they once enjoyed. And structural brain changes – decreases in gray matter volume in frontal and cingulate regions – may affect motivation.

Apathy in the early stages of dementia is most likely to emerge in frontotemporal dementia, a form of dementia that is often diagnosed early, between the ages of 45 and 65. One study showed that apathy could predict frontotemporal dementia years before symptoms start. Changes in personality or mood may be due to changes in the frontal lobes of the brain.

Apathy may be connected with faster decline in function in dementia, because it reduces the ability to adapt and cope with diminishing function. And the decrease in function can affect social activities, exercise, cognitive activities like reading and getting adequate nutrition and good sleep, all things that support cognitive health.

Certainly not all cases of apathy are connected to dementia. Loss of motivation and interest in activities could be signs of depression. But apathy associated with gradual and progressive changes in cognitive function such as memory, language, attention and focus, hallucinations or delusions, sleep changes, confusion, mood or personality changes may indicate dementia.

Though there is no cure for dementia, early diagnosis can mean accessing treatment that can slow its progression, so it is important to attend to signs of apathy and to visit a physician. Medications and some lifestyle changes may be of benefit.



Strategies for fostering mental well-being in a divisive time.

The following are suggestions from psychologists for fostering our own well-being and talking with others:

- Be selective about the information you take in from television, radio, podcasts and social media.
- Set clear time boundaries on how long you engage with media.
- Set emotional boundaries: Disengage from arguments or discussions that drain you. You can say that you prefer not to talk about politics right now or shift the conversation to a neutral topic.
- Do things you enjoy: Sensory activities like cooking, gardening, walking outside or painting may help.
- Seek support in the community – particularly individuals who uplift you. You can join a support group or connect with others on similar journeys.
- Adopt a mindfulness practice.
- Seek counseling.
- Reclaim your emotional space, be kind to yourself and seek shelter in understanding communities. Doing so will give you a foundation from which to be positive as you go about your daily life and interactions in the world.



Fostering coping ability and empathy in divisive situations.

The last few years have taken a toll on many of us – the residues of the pandemic experience and the ensuing contentiousness in our social and political discourse have left many of us feeling wary of interaction, including with some family members and neighbors. In fact, divisiveness has infiltrated many aspects of our daily life, including our own thoughts, social media feeds and workplace conversations. We may notice we feel defensive of our own beliefs or baffled or scared by those of others. Many feel stress and the erosion of their emotional well-being. However, mental health professionals suggest there are ways to better cope as well as to address the problem.

The American Psychological Association conducted a survey in 2024 that revealed 62 percent of adults say that U.S. politics are a significant source of stress. Participants reported sleep disruptions and conflicts with others leading to disillusionment and emotional burnout.

Factors contributing to burnout include ongoing emotional triggers such as daily societal discourse unveiling distressing news and spurring arguments. Since the difficulties arising from these realities are not simple or solvable, distress can be heightened. In addition, exposure to divisive rhetoric reduces time experiencing peace and joy and leaves individuals disconnected, overwhelmed and physically fatigued. Those who have a history of trauma may be especially likely to become depressed.

Given the situation and its effects on individuals, how can we care for our own well-being as well as communicate across differences and foster healthy relationships? Psychologists suggest using tools that can interrupt some of the patterns of conflict and difficulty such as managing stress and media intake and learning different ways to engage in discussion with others.

We know that mental health and community well-being are collective endeavors shaped by our norms, interactions and empathy. To counteract the stress from divisiveness, we can collectively promote empathy over argument. Every empathetic conversation, shared moment of vulnerability and effort to understand contributes to a process of change. We can speak to one another with respect, debate lovingly and elevate tolerance above reactive criticism, contributing to healing in this divisive time. It isn't easy to do these things, but we can make more space for gentleness and understanding and lessen overwhelm.

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:

- Council Tree Library
2733 Council Tree Ave., #200
- 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.
- 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.

VIRTUAL ONLY CLASSES - MS TEAMS

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

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, Nov. 12
MS Teams
- **Virtual:** 11a.m.-12:30 p.m. Wednesday, Dec.17
MS Teams
- Email address required; link to virtual class and class materials will be emailed prior to class date

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, Nov. 3, MS Teams
- Email address required; link to virtual class and class materials will be emailed prior to class date



IN-PERSON-ONLY CLASSES

Legacy Letters: Leaving a Path of Wisdom and Love **R**

A legacy letter is a preservable document that communicates values, wisdom and history from one generation to another. In this participatory workshop, you will learn the basic principles of legacy letters.

Through guided writing practices, we will explore the legacies we've received from earlier generations and the ones we want to leave behind. Carla Vogel is a certified Legacy facilitator, Chaplain with Pathways Hospice and storyteller.

- **Fort Collins:** 1-2:30 p.m. Tuesday, Nov. 4
FMC, Ste. 101
- **Greeley:** 1-2:30 p.m. Tuesday, Nov. 11
Greeley Active Adult Center
- **Windsor:** 1-2:30, Tuesday, Dec. 2
Windsor Recreation Center, party room



Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

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:** 1-2 p.m. Wednesday, Nov. 5
Aspen Club office

Remembering Our Wisdom: Unfolding the Hidden Gems of Our Aging **R**

Mindfulness provides a way to settle into our minds and bodies to discover purpose and meaning in our lives. We'll have discussion and mindfulness practices on bringing wisdom fully present in our lives and appreciating the aging process. Facilitated by Deanna O'Connell, UCHHealth registered dietitian and mindfulness practitioner.

- **Fort Collins:** 1-2:30 p.m. Wednesday, Nov. 5
Harmony Library, community room
- **Loveland:** 1-2:30 p.m. Wednesday, Nov. 19
Life Center, Silver Maple room
- **Greeley:** 1-2:30 p.m. Thursday, Dec. 11
GMC, conference room 3

Summit Sessions: Medicare 101 **R**

This class, taught by UCHHealth Medicare counselors, offers an overview of Medicare benefits, supplemental insurance, Medicare Advantage Plans, prescription drug coverage, preventive services and more. Light refreshments provided by Canvas Credit Union.

- **Windsor:** 9:30-10:45 a.m. Thursday, Nov. 6
Windsor Community Recreation Center
Cedar/Spruce Room

Intermittent Fasting **R**

An expert registered dietitian (RD) from UCHHealth will present a deep dive on intermittent fasting. The topics covered include various options for intermittent fasting, overall benefits and/or drawbacks and research. The RD will answer the following questions: Is it effective? Is it safe? Is it sustainable? Should you try it?

- **Fort Collins:** 1-2 p.m. Friday, Nov. 7
CSU Center for Healthy Aging
- **Loveland:** 2-3 p.m. Thursday, Dec. 4
Life Center, Silver Maple room



The Power of Positive Expectancy in Aging **R**

Having a positive state of mind helps us accept ourselves and others, and it allows us to focus on living a purpose-filled life. Positive expectancy helps people stay engaged in life, stay positive about aging, increase mental and physical health and recover from disability sooner. It will also add years to your life. Presented by Jim Riesberg, MA, gerontology.

- **Greeley:** 10-11:30 a.m. Thursday, Nov. 13
Greeley Active Adult Center

Summit Sessions: Wills and Trusts 101 **R**

Understand the basics of estate planning and how it could affect you and your family. Learn about wills, trusts, powers of attorney, probate, property title and more.

Explore ways to safeguard your wealth, protect your loved ones and leave a legacy. Presentation by Hughes Law Firm. Light refreshments provided by Canvas Credit Union.

- **Windsor:** 11 a.m.-12:15 p.m. Thursday, Nov. 6
Windsor Community Recreation Center
Cedar/Spruce Room



Summit Sessions: Social Security **R**

Whenever you plan to retire, Social Security is likely to be an important aspect of your financial health. In this seminar, you'll learn the ins and outs of your benefits and how to make the most of your retirement income. Presentation by Canvas Advisors. Light refreshments provided by Canvas Credit Union.

- **Windsor:** 9:30-10:45 a.m. Saturday, Nov. 8
Windsor Community Recreation Center
Cedar/Spruce Room

Summit Sessions: 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.

- **Windsor:** 11 a.m.-12:15 p.m. Saturday, Nov. 8
Windsor Community Recreation Center
Cedar/Spruce Room

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

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Registration
required

Understanding Alzheimer's and Dementia **R**

Dr. Thomas Bowser, retired neurologist, will outline the difference between Alzheimer's and dementia and address risk factors, symptoms, the diagnostic process and today's treatment landscape as well as resources available through the Alzheimer's Association.



- **Loveland:** 2-3 p.m. Monday, Nov. 10, Loveland Library Erion room
- **Fort Collins:** 1-2 p.m. Friday, Nov. 14 UHealth Harmony Campus Building A 3rd floor conference room
- **Greeley:** 2-3 p.m. Monday, Nov. 17 Greeley Active Adult Center

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:** 1:30-3 p.m. Thursday, Nov. 6 Greeley Medical Center, conference room 1
- **Windsor:** 1-2:30 p.m. Monday, Nov. 10 Windsor Community Recreation Center Party Room
- **Fort Collins:** 9:30-11 a.m. Thursday, Nov. 20 Internal Medicine - Prospect, Ste. 100
- **Loveland:** 2-3:30 p.m. Tuesday, Dec. 9 MCR, Big Thompson Canyon room
- **Fort Collins:** 9-10:30 a.m. Thursday, Dec. 11 Internal Medicine - Snow Mesa, Ste. 100

Get Your Advance Directives Done **R**

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

- **Estes Park:** Noon-1:30 p.m. Wednesday, Nov. 12 Estes Park Senior Citizens Center

Talk With a Healthcare Professional **R**

Join UHealth 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. Call **303.651.8411** to register.

- **Longmont:** 5:30-6:30 p.m. Tuesday, Nov. 18 Longmont Senior Center

Yoga's Effects on the Brain and Body **R**

Yoga is 5,000 years old, yet we are just now studying the impact of yoga on the mind and body. Time and again, yoga is shown to improve the physical body as well as emotional control and cognition. Yoga changes the brain, seemingly regardless of age or disability. This hour-long session will include information about the science and research of yoga, as well as a 30-minute chair and standing yoga practice that is meant for all ages and abilities. Dr. Arlene Schmid is an occupational therapist with a PhD in rehabilitation sciences. She is a professor in the Department of Occupational Therapy and Director of Intervention Research for the Translational Neurological Lab at Colorado State University. She and her team have completed multiple studies regarding yoga, including yoga for individuals with brain injury, stroke, pain, diabetes and other issues.

- **Windsor:** 1-2 p.m. Tuesday, Nov. 18 Windsor Recreation Center, Pine room

Matters of the Heart **R**

This presentation will include understanding our heart, our circulation, our valves and the electricity that makes our heart beat. The discussion will include how our heart interfaces with the rest of the body and symptoms that inform us that we need to take action. The presentation will include how medications affect our heart and things we can do to help our heart. Presented by Cindy Ballinghoff, RN, BSN, CEN.

- **Estes Park:** Noon-1:30 p.m. Wednesday, Dec. 10 Estes Park Senior Citizens Center

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.

- **Fort Collins:** 9-10:30 a.m. Friday, Dec. 12 United Way, basement conference room
- **Loveland:** 9-10:30 a.m. Friday, Dec 19 MCR, Big Thompson room

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

Food Safety for Older Adults **R**

Safe preparation and handling of food can help keep you and your guests safe. Learn from CSU Extension about safe cooking temperatures, washing produce, safe food storage, food preparation (especially during the holidays) and more.

- **Loveland:** 2-3 p.m. Wednesday, Dec. 10
Life Center Silver Maple room
- **Fort Collins:** 2-3 p.m. Monday, Dec. 15
UCHealth Harmony Campus Building A
3rd floor conference room



Bridging the Senior Care Gap With Purpose and Joy

Caring for an aging loved one is a labor of love – but it can also be overwhelming. If you're feeling stretched thin, you're not alone. Join us for a heartfelt and informative presentation on how an adult day program can offer the support you need and the quality care your loved one deserves. Discover how Elderhaus Adult Day Program can provide safe, engaging and affordable daytime care – giving families a vital break while helping seniors thrive with dignity, purpose and joy.

- **Fort Collins:** 10 -11 a.m. Friday, Dec. 5
Elderhaus, 6813 S. College Ave.



Am I Ready for a Hip or Knee Replacement? **R**

Dr. Michael McHugh will focus on arthritis in the hip and knee, symptoms and nonoperative and operative treatment options. He will also touch on optimizing joint health and bone density.

- **Fort Collins:** 10-11:30 a.m. Tuesday, Dec. 16
CSU Center for Healthy Aging

HEALTH SCREENINGS

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

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

- **Fort Collins:** 9 a.m.-noon Wednesdays, Nov. 12 or Dec. 10, Aspen Club offices
- Appointments are required; call **970.495.8560**

Hearing Screenings **R**

Certified audiologists from Hear USA will provide baseline hearing screenings and answer your hearing health questions. Appointments are required; call **970.495.8560**.

- **Longmont:** 8:30 a.m.-noon Tuesday, Nov. 4
2318 17th Ave., unit H
- **Fort Collins:** 1-4 p.m. Thursday, Nov. 6
1030 Centre Ave., Ste. A
- **Loveland:** 8:30 a.m.-noon Thursday, Dec. 4
2980 Ginnala Drive, unit 102

Blood Pressure Checks

No appointments necessary for a blood pressure check performed by UCHealth Community Health Improvement RN Linda Strauss. Discussion about healthy lifestyle and general blood pressure information are also available.

- **Loveland:** 9 a.m.-1 p.m. Mondays, Nov. 17 and Dec. 15
Chilson Recreation Center
- **Estes Park:** 10 a.m.-1 p.m. Wednesdays, Nov. 19 and Dec. 17, Estes Park Senior Citizen's Center

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, Nov. 6
Aspen Club office



Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

Balance Screenings **R**

These screenings, free of charge and 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.

Appointments are required; call **970.495.8560**.

- **Greeley:** 11 a.m.–3 p.m. Wednesday, Nov. 12
Greeley Medical Center, conference room 3
- **Fort Collins:** 9 a.m.–noon Wednesdays, Nov. 19 or Dec. 17, CSU Center for Healthy Aging, Ste. 1400
- **Loveland:** 9:30 a.m.–1:30 p.m. Wednesdays, Nov. 19 or Dec. 17, Chilson Senior Center
- **Windsor:** 9:30 a.m.–12:30 p.m. Wednesday, Dec. 10
Windsor Community Recreation Center Oak Room
- Cost: Free, thanks to generous donations

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. The assessment uses 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:** 1–4 p.m. Monday, Nov. 10 or Dec. 8
Aspen Club offices
- Appointments are 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.

- **Loveland:** 5:30–6:30 p.m. Thursdays, starting Nov. 13, MCR

IN PARTNERSHIP WITH COMMUNITY AGENCIES

The Toy, Game and Puzzle Library

The Toy, Game and Puzzle library is a free lending library for – you guessed it – toys, games and puzzles. Anyone in the community can create a free account and then take home up to three items for three weeks. Located in the Foothills Mall, just down the hall from the Foothills Activity Center, the library has over 3,000 toys, games and puzzles available for lending. Having started from the Partnership for Age-Friendly Communities, this is a 501(c)3 charitable organization, staffed entirely by volunteers and running off donations from members. The library is open 10 a.m.–4 p.m. Saturdays, 3–6 p.m. Mondays and 5–8 p.m. Tuesdays. For more information, visit tgplibrary.org.

Everyday Nutrition for Health

The CSU Department of Food Science and Human Nutrition and CSU Extension offers a quarterly Everyday Nutrition for Health Webinar Series that you can join. 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 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 to register: colostate.az1.qualtrics.com/jfe/form/SV_1Fh68XNNIL18KZU.



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Aspen Club
membership
13,472

Aging well and your financial health.

Your financial health is a big part of aging well. In partnership with Canvas Credit Union, Aspen Club is hosting a series of four Summit Sessions designed to help you understand Medicare, wills and trusts, social security and how to protect yourself from frauds and scams. Registration is required for each individual session. See "Summit Sessions" on page 8 for more information.