

ASPEN CLUB NEWS

January/February 2026 | Volume 39 | Issue 1

Let's give aging a new perspective.

My wife, Joanne, and I have a combined age that exceeds 160 years. For many of us, we can assume we will live longer than our parents. Many articles and books focus on the negative aspects of aging. I agree with Dr. Peter Attia who says in his book, *Outlive: The Science and Art of Longevity*, that aging does not mean an inevitable decline "but rather a modifiable process influenced by various factors, including genetics, lifestyle choices and environmental influences."

A number of things support Dr. Attia's theory: increased average life expectancy; treatment of age-related chronic diseases; better education, work and retirement; greater financial security; and volunteerism. Many authors of books on aging debunk the notion that growing older means loss and decline. They also debunk the theories that (1) changes are beyond a person's control, (2) age-related losses are permanent and irreversible and (3) older adults are a burden on society. In today's heterogeneous environment, growing older has become a

more open experience with unique challenges but also unique opportunities.

Psychologist Becca Levy developed a theoretical model called "Stereotype Embodiment." She says that "changing the current narrative on aging with its focus on loss and decline is not an easy task because society and personal views of aging are extremely entrenched." Continuing to hold negative age stereotypes has been shown to be associated with poorer cognitive and physical functioning, greater morbidity, less engagement in preventive health behaviors, slower recovery from disability and an increased risk of dying earlier. The previously mentioned authors state that older adults represent an important source of human capital, and older adults are not a major drain on societal resources.

Aging is not an inevitable decline. We are living longer and have become better able to address chronic issues by taking advantage of opportunities to maintain an active lifestyle. However, negative views on aging will not change easily. For those of us in the aging process, remaining active is crucial. That is my goal, and I encourage my fellow aging folks to do the same.

—Contributed by Aspen Club member, Rene Moquin

Within our control.

There are some studies which suggest that physical activity is arguably the most promising non-pharmacological, noninvasive and cost-effective method of health promotion. Loss of muscle mass and bone density are serious age-related conditions that can also be addressed with physical exercise.

I would personally also add the importance of cultivating purpose, writing articles, maintaining social connections and maintaining a positive mindset. For years, it has been my practice to stay in touch with friends, high school buddies and family members. Friends ask me why I impersonate Rodney Dangerfield. My answer is simple: I like to see people laugh. God knows we need more laughter in today's environment.

—Contributed by Aspen Club member, Rene Moquin



INSIGHTFUL

Noticing what we love in common and studying that might help us survive.

— Ross Gay

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."



A psychologically rich life.

A recent article in *The Washington Post* noted 40 years of research that aimed to answer the question, "What is a good life?" and how can we foster a good life for ourselves? Historical research points to two answers: one that is attributed to a happy life, created by pursuing comfort, satisfaction and joy, and another that is attributed to a meaningful life, one grounded by connection, purpose and a sense that we are contributing to a better world. Recent attention to this notion, however, has proposed a third answer: a psychologically rich life, marked by novel experiences, perspective-shifting insights and complexity, but also more discomfort and challenges.

Happy and meaningful lives are arguably marked by stability and routine. Psychological richness, on the other hand, encompasses those experiences that may not feel joyful or contribute to a higher purpose. Researchers defined psychologically rich as inspiring us to leave our comfort zones and be open to changing our minds. Certainly, it can be both cognitively and emotionally uncomfortable. Of course, we can experience components of each of these three throughout our lifetime; indeed, most people desire all three – to be happy, find meaning and have interesting experiences.

As mentioned, psychological richness is associated with greater cognitive complexity. People leading psychologically rich lives tend to think more holistically and be able to visualize the big picture. Interestingly, psychological richness is also associated with certain health outcomes, like the ability to exercise coping strategies.

There are ways to foster a more psychologically rich life:

- **Remember to play:** Explore, be curious, don't take yourself too seriously.
- **Foster an open mind:** Other people's interests and perspectives can bring value to the way you think.
- **Embrace discomfort:** Facing challenges allows us to grow and develop confidence to face the next unknown.
- **Journal:** Create your own story and write it down, allowing you to look back and reflect on your life circumstances and the way you lived those experiences. It also allows you to share them with those who are important to you, adding richness to their lives as well.

Yours in health and harmony,

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

JoAnn Herkenhoff
UCHealth Aspen Club Manager



For medical insights, consider the biobank.

Genes play a big role in health, including the risk of developing certain diseases and the effectiveness of various medications. To receive personalized medical insights based on their genes, many patients are participating in the biobank at the Colorado Center for Personalized Medicine (CCPM), which is a partnership between UHealth and the University of Colorado Anschutz Medical Campus.

After a patient enrolls, a sample of blood is taken and reviewed for genetic variations in about 2 million spots in the genome. Those results help in two ways. First, they allow researchers to learn more about diseases. For instance, teams are developing genetic models to help identify people at high risk for conditions such as diabetes and atrial fibrillation, which allows for early screening and preventive steps. And second, results help patients by providing valuable information such as which medications and dosages are most effective and whether a patient is likely to develop certain treatable diseases.

"That clinical part is unique," said Dr. David Kao, medical director of the CCPM. "We have a very clinically active biobank, which is exciting and makes it more attractive for participants." While genetic testing is helpful, Kao emphasized that it's just one part of the picture. "It's like your blood count or how tall you are – it's something that comes into play sometimes, but it doesn't mean a certain thing is going to happen," Kao said. "It can be a really helpful and different way of keeping people healthy." Kao also emphasized that the biobank has made such strides thanks to the focus from UHealth. "This all exists because UHealth has made it a priority and has decided this is the future of what medicine will be," Kao said.

To learn more about the biobank, go to uchealth.org/services/biobank or call 303.724.9944. The team will also be available at UHealth's annual Evre event (celebrating women's health) at the Denver Center of Performing Arts on Saturday, February 2, 2026. More information about the Evre event can be found at uchealth.org/readyssetco/evre.

—Article by Susan Cunningham
(This story first appeared in the Steamboat Pilot.)

Attention: PERACARE

If you are unhappy with PERA or would like to discuss other options, please call the Aspen Club at 970.495.8558. You may have options that you are not aware of.

Functional benefits of strong arms.

Strong arms allow us to do functional activities like carry groceries, lift our grandchildren, open doors and reach above our heads. As we age, we naturally lose muscle mass, a process called sarcopenia. Surprisingly, it starts around age 35, and by age 60, we continue the process at a rate of 3% total body loss per year. This loss of muscle mass leads to injuries and limited range of motion and fosters a sedentary lifestyle. But don't just discount it as getting older; there are ways to maintain your muscle mass. Getting weaker is a fast track to injuries and loss of mobility, which is a recipe for health decline and loss of independence. Doing simple weighted exercises can combat loss of muscle and maintain mobility. Simple things like bicep curls, overhead presses, triceps dips and push-ups are some examples. If you need examples, ask a trainer or health care provider for resources. Start slow and progress as your body strength improves.

HEALTHY AGING

When things go bad, don't go with them.

— Elvis Presley

Older-adult food allergies.

In one large-scale U.S. study, over 10% of adults were found to have a diagnosable food allergy. Broader estimates predict that up to 35% of adults experience adverse food reactions. Food allergy symptoms can include gastrointestinal distress, abdominal pain, malabsorption and skin irritations. These symptoms align with many other conditions (such as irritable bowel syndrome, gastroesophageal reflux disease and hives), which could explain the discrepancy in formal diagnosis versus self-reported allergies.

The likelihood of developing a food allergy is much higher in adults over the age of 60, and women are nearly three times more likely to develop a food allergy than their male counterparts. The most common adult-onset allergens are:

- Egg
- Tree nuts
- Fin fish
- Sesame
- Milk
- Soy
- Peanuts
- Wheat
- Shellfish

The foundation of successful management of a food allergy is strict avoidance. A registered dietitian can provide expert guidance on how to avoid allergens, read food labels and select alternative foods. Elimination without proper oversight can lead to undernutrition, loss of muscle mass (sarcopenia) and frailty. If you think you have a food allergy, ask your primary care provider for a referral to an allergy specialist who can complete a formal identification.

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 chompers.

Periodontal disease, called the silent killer, affects the majority of older adults. The average American 65 or older has only 20 of their original 32 teeth remaining, and 1 in 6 adults over 65 have lost all their teeth. Has it been a while since you visited your dentist? You're not alone: 4 in 10 age 65+ have not seen a dentist in over a year. But this visit is critically important: periodontal or gum disease increases your risk of heart attack, diabetes, heart failure, stroke, lung disease, rheumatoid arthritis and dementia. The major culprits for tooth loss are decay, dry mouth and gum disease. Cavities aren't just for kids: 1 in 5 older adults have untreated cavities; 6 in 10 have dry mouth, and 2 in 3 suffer from gum disease, often without knowing it. There can be overlooked symptoms such as bad breath, pain with chewing and loose or missing teeth. With widespread fluoridation of water and toothpaste, reduction in smoking and chewing tobacco and an increase in attention to oral health, fewer Americans are losing their teeth compared to even a decade ago.

Other contributors to oral health are the widespread use of electric toothbrushes, water flossers and dental insurance (3 in 10 older adults have dental insurance). Since traditional Medicare does not cover dental or hearing, there has been an increase in popularity of Medicare advantage plans, but individual dental and hearing plans are available. AARP is a source for these plans.

It is important for your overall health to practice good oral hygiene and visit a dental practitioner regularly.

FUNNY PAGES

I'm sick of following my dreams, man. I'm just going to ask where they're going and hook up with 'em later.

– Mitch Hedberg

Stressing about memory lapses.

We all have them – occasional moments of forgetfulness. Young people even experience memory loss, so it's not just associated with older adults. But as we age, we become more emotionally stressed by those lapses, and the more frequently they occur, the more stressed we become. With all the press about dementia, our minds may travel to that diagnosis. This, however, can magnify the stress. You can reduce episodes of forgetfulness by focusing on the task at hand, avoiding multitasking, being mindful when introduced to new people and reducing stress, which itself can exacerbate memory loss. Other habits that help reduce memory loss are exercise, adequate sleep and doing cognitively stimulating activities. If you are genuinely concerned, speak with your primary care provider.

TRIVIA

Which state in the U.S. is the only state not to have a rectangular flag, but a pennant-shaped one?



(Answer provided in the next issue.)



Lasting impacts of shingles.

Shingles may manifest itself as a rash with associated pain, but this virus can deliver long-lasting implications on your health. Shingles occurs when the virus, varicella-zoster, reactivates in those who had chickenpox as children.

Anyone who has had shingles can attest to the discomfort of the symptoms: a rash that appears most commonly on the face or torso and blisters that scab over within 7-10 days and disappear within two to four weeks. The itching and pain can appear before the blisters and last long after they clear up. The intensity can vary from mild to severe and is quite different from what you might experience from an injury or chronic pain because it is associated with damaged nerves. Some might experience a deep ache, constant burning or intermittent stabbing pain. Many people with shingles will experience hyper-sensitive skin – they cannot stand being touched. This is called allodynia – a feeling of pain that is inconsistent with the stimulus. The most common lasting complication of shingles (particularly for older adults), this chronic nerve pain is called postherpetic neuralgia (PHN); it can last for months or even years. And it is most often felt in the same location where the shingles first appeared – the face or torso. An additional complication of shingles is herpes zoster ophthalmicus (HZO), which is shingles that occurs along the ophthalmic branch of the trigeminal nerve, leading to problems with the eyes or vision, such as inability to close the eye, excessive tearing, eye pain, blurred vision, intolerance to light and decreased vision. Researchers indicate that this complication can present in half of the patients who don't receive antiviral treatment. Similar to PHN, these complications can last months or years. Shingles also increases the risk of stroke and cognitive decline.

Given the chronic nerve pain associated with this virus, those who have had shingles may struggle with anxiety and depression, especially because there is no definitive timeline. As you can imagine, it may be very difficult to participate in the activities you need to function in daily life or that bring joy, and this loss of functionality/independence and isolation can lead to a deeper depression.

Early treatment is key with shingles. Your provider will likely prescribe an antiviral medication, work to minimize physical symptoms and address the pain. Prevention is the best way to keep yourself safe from shingles. The shingles vaccine is recommended for adults 50 years and older, as well as those 19 years and older who have a compromised immune system. It is 95% effective in those who are between the ages of 50 and 70, and 90% effective in those over the age of 70.

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 Crossroads Ministry
1753 Wildfire Road
- Estes Park Senior Citizen's Center
1760 Olympian Lane
- Good Samaritan Society-Estes Park
Village, 1901 Ptarmigan Trail

Fort Collins:

- CSU Center for Healthy Aging
151 W. Lake St., Suite 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
- Hear USA, 1030 Centre Ave., Ste. A

- Northside Aztlan Community Center
112 Willow St.
- Internal Medicine - Snow Mesa
4674 Snow Mesa Drive., Ste. 100
- Internal Medicine - Prospect
1106 E. Prospect Road, Ste. 100
- PVH: Poudre Valley Hospital
1024 S. Lemay Ave. (Note: You must
check in at the reception desk, so please
allow extra time.)
- UCHHealth Harmony Campus
2121 E. Harmony Road, Bldg. A,
3rd floor conference room
- 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*

Virtual Get Your Advance Directives Done **R**

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:** Noon-1 p.m. Monday, Jan. 12, MS Teams
- Email address required: Link to virtual class and class materials will be emailed prior to class

Virtual Living Well With Diabetes **R**

Learn tools to help you deal with the life changes that come with having diabetes. Learn practical tools to increase your confidence to manage your diabetes and prevent or delay serious complications.

- **Virtual introductory session:**
5:30-5:45 p.m. Thursday, Jan. 8, MS Teams
- **Virtual:** 5:30-7:30 p.m. Thursdays, Jan. 15 through
Feb. 19, MS Teams
- Email address required: Link to virtual class and class materials will be emailed prior to class

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, Jan. 21
MS Teams
- Email address required: Link to virtual class and class materials will be emailed prior to class

Virtual Living Well With Ongoing Health Conditions **R**

Need a little help managing your health issues such as arthritis, heart and lung issues or other chronic disease? Share and learn about tools to better manage your health by making small changes that you incorporate into your daily life.

- **Virtual introductory session:**
5:30-5:45 p.m. Tuesday, Jan. 20, MS Teams
- **Virtual:** 5:30-7:30 p.m. Tuesdays, Jan. 27 through
March 3, MS Teams
- Email address required: Link to virtual class and class materials will be emailed prior to class

IN-PERSON-ONLY CLASSES

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.

- **Estes Park:** 10-11:30 a.m. Tuesday, Jan. 6
Crossroads Ministry
- **Fort Collins:** 9-10:30 a.m. Saturday, Jan. 10
PVH, Cafe F
- **Loveland:** 9-10:30 a.m. Friday, Jan. 16
MCR, Big Thompson Canyon room
- **Estes Park:** 10-11:30 a.m. Wednesday, Feb. 11
Crossroads Ministry
- **Fort Collins:** 9-10:30 a.m. Friday, Feb. 13, PVH, Cafe F
- **Greeley:** 10-11:30 a.m. Friday, Feb. 27
GMC, conference room 3

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

Tai Chi for Fall Prevention and Arthritis **R**

Tai chi is an ancient art that combines slow, continuous movements with a focus on body position and posture. Tai chi can also improve pain and stiffness symptoms. This tai chi program is provided at no cost by a certified tai chi instructor and is designed to reduce your risk of falling. You may participate standing or sitting.

- **Longmont:** 10-11 a.m. Thursdays, Jan. 8 through Feb. 26 (8 weeks), LPMC, 4th floor conference room

Sleep Well, Be Well **R**

Join Nurse Jeneane to better understand how important sleep is to our overall health. She will talk about how much sleep we need, signs and symptoms of lack of quality sleep, common causes of sleep problems, health issues with insufficient sleep and tips you can adopt to help you rest better.

- **Loveland:** 1-2:30 p.m. Thursday, Jan. 8
Loveland Life Center, Silver Maple room
- **Greeley:** 2-3:30 p.m. Monday, Jan. 12
Greeley Active Adult Center
- **Fort Collins:** 2-3:30 p.m. Wednesday, Feb. 25
UCHealth Harmony Campus, Building A, 3rd floor conference room

New Concepts in Weight Loss: Drug, Bugs and Surgery **R**

We will discuss the physiology of weight loss, how our modern society has affected genetics and that impact on metabolism and why these changes have limited the success of typical diets. We will also discuss new concepts in weight loss and how they are being converted to therapies, as well as new drug and surgery options for weight loss.

- **Fort Collins:** 2-3:30 p.m. Friday, Jan. 9
CSU Center for Healthy Aging

Partners in Playful Hearts and Caring Hands – Bringing Joy Through Learning and Play! **R**

Our Senior Community Outreach Program is all about connection, curiosity and fun. Through engaging educational sessions and interactive games, we create meaningful moments that stimulate minds and spark laughter, one joyful experience at a time. Through engaging activities like trivia, storytelling and interactive learning, seniors enjoy improved health literacy or better self-care, cognitive stimulation to support brain health, social connection to reduce isolation, emotional well-being through laughter and fun and confidence and independence in managing personal health. Join us in building a vibrant, supportive community where learning and play go hand in hand!

- **Longmont:** 1-2:30 p.m. Fridays, Jan. 9 and Feb. 13
LPH, conference rooms A and B

Strong Bones, Safe Steps: Understanding and Preventing Hip Fractures **R**

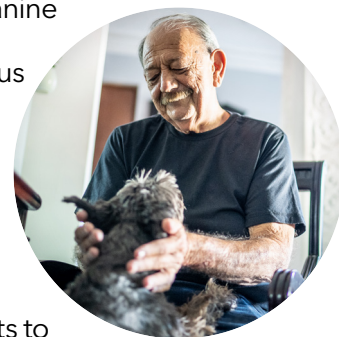
Join Dr. Scott Galey, hip and knee replacement specialist at Orthopedic Center of the Rockies, to discuss one of the most serious threats to independence as we age: hip fractures. In this community-focused session, you'll learn how osteoporosis slowly weakens bones, how everyday falls can lead to life-changing injuries, what you can do to prevent hip fractures and what to expect if you or a loved one does end up at the hospital with this all-too-common injury.

- **Loveland:** 11 a.m.-12:30 p.m. Friday, Feb. 6
Loveland Library, Gertrude Scott room

Mindful Moments With Your Canine Friend **R**

Mindful dog walking and canine massage can significantly benefit older adults in various ways, both physically and mentally. Join Master Reiki Practitioner and Certified Canine Massage Therapist Lorye McLeod to explore the ways your mindful moments with your dog bring immeasurable benefits to both of you and create a stronger connection, with improved emotional well-being. This is an educational presentation only; please leave your dog at home to rest up for practicing with them later.

- **Estes Park:** Noon-1:30 p.m. Wednesday, Jan. 14
Estes Park Senior Citizens Center, 1760 Olympian Lane
- **Loveland:** 1-2:30 p.m. Friday, Feb. 13
Chilson Senior Center, 700 E. 4th St.



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

How much water should you drink? How many types of Kegels can you incorporate into a pelvic floor exercise routine? How much fiber do you need? And what does fiber have to do with incontinence? This three-class series will teach you the answers to these questions and more. The curriculum concentrates on female anatomy and is written professionally, incorporating tasteful humor in a group setting where you'll learn from the group and the instructor. Each week the content has a different focus, building sequentially, making participation in all three classes necessary and required. Please let us know at the time of registration if you have problems with your hearing or vision. Please arrive 15 minutes early to the first class to allow time for paperwork. Class is limited to 12 participants.

- **Greeley:** 1-3 p.m. Wednesdays, Jan. 14 and 28 and Feb. 11, Good Sam Fox Run, 1720 60th Ave.

Aspen Club Monthly Features

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Registration
required

Veterans Services Officer Q&A **R**

Join us for an informative Veterans Services Officer Q&A session. Subject matter experts from the Larimer County Veterans Services Office will be on hand to answer questions about disability compensation benefits, pensions, burial benefits and other VA benefits for veterans, spouses, survivors



and dependents. Representatives from the Cheyenne VA Medical Center will also be present to address VA health care questions. Questions can be submitted in advance to aspenclub@uchealth.org.

- **Greeley:** 2-3:30 p.m. Thursday, Jan. 15
Greeley Active Adult Center
- **Fort Collins:** 2-3:30 p.m. Thursday, Feb. 19
Fort Collins Senior Center, Twinberry Auditorium
– **To register and for fee information, call 970.221.6644 and refer to activity #125408-01**

Family and Friends CPR/AED **R**

American Heart Association Family and Friends CPR/AED is a free, non-certifying course that covers the information and hands-on skills for adult CPR and choking and using an AED. Taught by UCHealth EMS Community Outreach Captain Gregory Colton, WEMT.

- **Fort Collins:** 1-2:30 p.m. Friday, Jan. 16
Family Medicine Center, Ste. 101
- **Loveland:** 2-3:30 p.m. Wednesday, Jan. 28
Life Center, 1511 E. 11th St.

Staying Active: Remain Independent **R**

Core, balance, flexibility, aerobic, anaerobic, high intensity, low intensity – the confusing list goes on and on. So what are the most important things to focus on as we age? Join Dr. Margaret Eagan, a board-certified endocrinologist and lifestyle medicine practitioner with over 30 years of experience in both academic and private practice settings, for an engaging discussion on movement in our later years. In this session, she will cover core strength, balance and flexibility and why they are important to a maturing body. She'll also suggest simple ways to maintain and improve them.

- **Fort Collins:** 1-2 p.m. Tuesday, Jan. 20
Old Town Library, 201 Peterson St.

Aging Mastery Program (AMP) **R**

AMP is a comprehensive and fun approach to supporting long lives. Central to the Aging Mastery philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered to cultivate health and longevity. Equally important, the program encourages mastery – developing sustainable behaviors across many dimensions that will lead to improved health, strong financial security, enhanced well-being and increased connectedness to communities. Guest speakers explore relevant aging topics, and participants create their own age well playbook to improve overall well-being and stability. Commitment to the full 6-week program is requested. Class limited to 20 participants.

- **Loveland:** 1:30-4 p.m. Tuesdays, Jan. 20 through Feb. 24, Life Center, Silver Maple room

Talk With a Healthcare Professional – Understanding Balance: How Dizziness and Your Vestibular System Affect Stability **R**

Join us for an informative session where we explore how balance is influenced by dizziness and the vital role of the vestibular system, the inner ear's balance center. As we age, changes in this system can lead to unsteadiness and increased risk of falls. Learn simple ways to recognize symptoms, understand what's happening inside your body and discover strategies to improve your balance and maintain your independence safely. Presented by Kathleen Loetscher, Doctor of Physical Therapy and a board-certified neurological clinical specialist. A light snack will be provided. **Call 303.651.8411 to register.**

- **Longmont:** 5:30-6:30 p.m. Tuesday, Jan. 20
Longmont Senior Center

Aging Gracefully: Adapting to Change and Finding New Purpose **R**

Aging can bring great change into our lives. Whether through major transitions in work or family, through losses or health challenges or through exciting new opportunities, there is much to adapt to. How do we perceive these changes and begin to find new meaning and purpose at this stage of our lives? This class will raise questions, provide different perspectives and invite discussion and storytelling. Join us to explore older adulthood, mindset and making the most of our years.



- **Loveland:** 10-11 a.m. Thursday, Jan. 22
Chilson Senior Center
- **Fort Collins:** 10-11 a.m. Friday, Feb. 27
Overland Church, 620 W. Horsetooth Road

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

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Talk With a Health Care Professional: Atrial Fibrillation – Understanding the Most Common Heart Rhythm Disorder **R**

Dr. Shane Rowan will discuss how atrial fibrillation (AFib) affects millions of people and is the most common type of cardiac arrhythmia. This session will provide an overview of AFib, including its causes, symptoms and potential complications such as stroke. The speaker will discuss current treatment options – from lifestyle changes and medications to advanced procedures like catheter ablation – and highlight the importance of early detection and personalized care. Whether you're a health care provider, patient or caregiver, this talk will offer valuable insights into managing and living well with AFib. A light snack will be provided. **Call 303.651.8411 to register.**

- **Longmont:** 5:30–6:30 p.m. Tuesday, Feb. 17
Longmont Senior 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 by email or mail, and a follow-up consultation is available at no cost.

- **Fort Collins:** 9:30–11 a.m. Thursday, Jan. 22
Prospect Internal Medicine Clinic, Ste. 100
- **Fort Collins:** 9–10:30 a.m. Thursday, Feb. 26
Internal Medicine – Snow Mesa, Ste. 100

Transportation Sign-Up Fair **R**

RideNoCo helps to increase mobility for all people across Larimer and Weld Counties, especially for older adults and people with disabilities. Aspen Club and RideNoCo are hosting Transportation Sign-Up Fairs where residents of Larimer and Weld Counties can learn about transportation providers in the region. At this event, you will have the opportunity to sign up in person with providers such as 60+ Ride, Heart & SOUL Paratransit, SAINT, Via Mobility Services and more. If you have any questions, please contact a RideNoCo Mobility specialist at **970.514.3636** or email at mobility@nfrmpo.org. **Please fill out the interest form or call 970.514.3636 to RSVP.**

- **Greeley:** 1–3 p.m. Monday, Jan. 26
Greeley Active Adult Center
- **Fort Collins:** 2–4 p.m. Monday, Feb. 2
Fort Collins Chamber, 225 S. Meldrum St.
- **Loveland:** 1–3 p.m. Monday, Feb. 16
Life Center, Silver Maple room

Lunch & Learn: Get Ahead of the Curve With Advance Care Planning **R**

It's always too early, until it's too late. The first step to planning for a medical crisis is knowing what is helpful to do ahead of time. Together we'll explore advance directives for health care, the importance of conversation and the myths that often prevent us from documenting our wishes. Light lunch will be provided by the Severance Library.

- **Severance:** Noon–1:30 p.m. Friday, Jan. 30
Severance Library, 5 Timber Ridge Pkwy.

Rest Assured: Sleep Solutions for Older Adults **R**

Occupational Therapist Natalie Rolle will identify why it is important to understand the physiology of sleep and describe changes in our sleep as we age. She will outline the key components of treatment options, such as stimulus control (a monotherapy) and cognitive behavior therapy for insomnia. This class will also help you understand how daily activities, roles, habits, routines, daily balance, stress management, substances, planning, diet and exercise all influence our sleep quality and quantity.

- **Fort Collins:** 2–3:30 p.m. Tuesday, Feb. 3
Fort Collins Senior Center, Twinberry Auditorium
- **To register and for fee information, call 970.221.6644 and refer to activity #125407-01**

Optimal Digestion and Gut Health **R**

Curious about your microbiome? Follow a roadmap on assessing your gut self-care and understand factors affecting gut health, digestion and the microbiome. Gain confidence and get resources for your optimal gut health. Facilitated by Deanna O'Connell, UCHHealth registered dietitian.

- **Greeley:** 1–2:30 p.m. Thursday, Jan. 22
Birchwood Manor, 2830 W. 27th St. Lane
- **Windsor:** 2–3:30 p.m. Thursday, Jan. 29
Windsor Recreation Center
- **Fort Collins:** 2–3:30 Thursday, Feb. 5
Fort Collins Senior Center Twinberry Auditorium
– **To register and for fee information, call 970.221.6644 and refer to activity #125406-01**

Healthy Living for Your Brain and Body **R**

For centuries, we've known that the health of the brain and the body are connected. Join the Alzheimer's Association to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

- **Estes Park:** Noon–1:30 Wednesday, Feb. 11
Estes Park Senior Citizen's Center

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

Colorado's End-of-Life Option Act: Understanding Medical Aid in Dying **R**

Medical Aid in Dying (MAiD) is legal in Colorado, yet many people have questions about how it works. In this interactive session, you'll learn about the End-of-Life Option Act, including eligibility and qualification guidelines for MAiD. The session features a panel with a physician, a death doula and an individual who has experienced a loved one's choice of MAiD, offering both professional insight and personal stories. There will be time for questions and open, respectful discussion. This session is intended to inform and share experiences – not to influence personal decisions. Hosted by The Conversation Project in Boulder County, a program of TRU Community Care.

- **Johnstown:** 1–3 p.m. Thursday, Feb. 12
Johnstown Senior Center, 101 Charlotte St.

Virtual Dementia Tour® (VDT) **R**

Experience what dementia may feel like by participating in this immersive learning event that quickly builds empathy and understanding. The VDT is a guided sensory experience, followed by expert-led debriefing and discussion. Gain insights on successful care approaches and connection to local resources and services. Call the Aspen Club at **970.495.8565** to register for one of the 2-hour options.

- **Greeley:** 10–noon or 2–4 p.m. Friday, Feb. 13,
or 10–noon Saturday, Feb. 14
First Congregational Church, 2101 16th St.

Adult Fitness Opportunities at CSU **R**

Take a complimentary 30-minute tour of the facilities used by the Adult Fitness Program, followed by a student-led warmup at 8:15 a.m. and access to the entire facility after that. This program offers access to practicum student-led personal training, regular fitness assessments and a wide variety of group class offerings, with a goal of improving members' cardiovascular fitness, strength and flexibility. Wear comfortable clothes and shoes to walk around the facility.

- **Fort Collins:** 7:45–8:15 a.m. Saturday, Feb. 21
Glenn Morris Field House, S. College Ave.

The Conversation Project **R**

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

- **Greeley:** 10–11:30 a.m. Tuesday, Feb. 24
Aspen Club office

HEALTH SCREENINGS

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

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

- **Fort Collins:** 1–4 p.m. Wednesday, Jan. 14 or Feb. 11
Aspen Club offices
- Appointments required; call **970.495.8560**

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, local programs and resources will be shared based on your individual results.

- **Loveland:** 9 a.m.–noon Wednesdays, Jan. 14 and Feb. 11, Chilson Senior Center. Appointments are required; call **970.495.8560**
- **Fort Collins:** 1–4 p.m. Wednesdays, Jan. 21 and Feb. 18
CSU Center for Healthy Aging. Appointments are required; call **970.495.8560**
- **Longmont:** 1:30–3 p.m. Wednesday, Feb. 25
Longmont Senior Center. Appointments are required; call **303.651.8411**

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, Jan. 15
1030 Centre Ave., Ste. A
- **Longmont:** 8:30 a.m.–noon Tuesday, Feb. 3
2318 17th Ave., Unit H
- **Loveland:** 8:30 a.m.–noon Thursday, Feb. 5
2980 Ginnala Drive, Unit 102
- Appointments are required; call **970.495.8560**

Blood Pressure Checks

No appointment necessary for a no-cost blood pressure check performed by a UHealth Community Health Improvement RN. Discussion about healthy lifestyle and general blood pressure information are also available.

- **Loveland:** 9 a.m.–1 p.m.
Mondays, Jan. 26 and Feb. 23
Chilson Recreation Center
- **Estes Park:** 10 a.m.–1 p.m. Wednesdays, Jan. 28 and Feb. 25, Estes Park Senior Citizen's Center



Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

Medication and Supplement Reviews **R**

UHealth 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. Please bring your prescribed and over-the-counter items with you.



- **Fort Collins:** 8:30 a.m.-noon Thursday, Feb. 5
Aspen Club office
- **Loveland:** 9 a.m.-noon Thursday, Feb. 12
MCR Aspen Club office
- Appointments are required; call **970.495.8560**

ONGOING SERVICES

EnhanceWellness

Enroll in EnhanceWellness for life-changing goals for your physical, emotional and social well-being. You will work with a health coach to create an individualized health action plan and move into action with ongoing support to meet your goals. For more information or to enroll, contact Jeneane at **970.495.7335**.

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, Jan. 12 or Feb. 9
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**

Stop the Bleed **R**

Motivated by the 2012 tragedy in Sandy Hook and the multiple tragedies that have occurred in the ensuing years, what has become known as the Hartford Consensus was convened to bring together leaders from law enforcement, the federal government and the medical community to improve survivability from manmade or natural disasters. The resulting injuries from these events generally present with severe bleeding which, if left uncontrolled, can result in death. The Stop the Bleed program will teach you how to stop severe bleeding and potentially save a life. To register, (1) go online to uchealth.org/events, (2) click "North", (3) type in "Stop the Bleed" and (4) select the class date and location you wish to register for. Call **970.495.7134** if you have questions.

- **Greeley:** 10-11a.m. Wednesday, Feb. 11
GMC, conference room 2B

IN PARTNERSHIP WITH COMMUNITY AGENCIES

CSU Research Opportunity

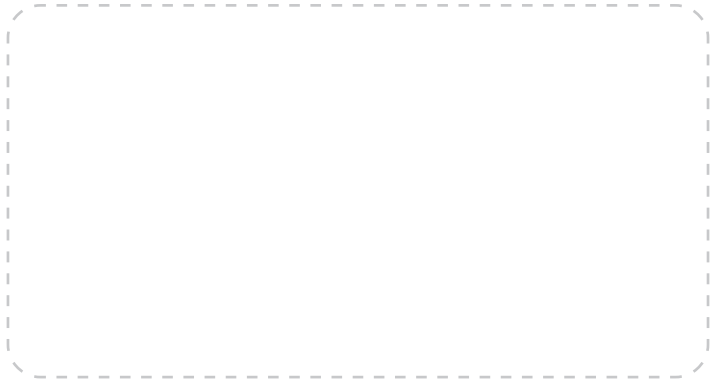
"Social Prescription for Loneliness in Community-Based Group Exercise Classes for People With Parkinson's Disease" is being led by Dr. Laura Swink through Colorado State University's Department of Occupational Therapy and is funded by the American Occupational Therapy Foundation. The study includes participation in individualized rehabilitation research designed to promote social activities and reduce loneliness for people with Parkinson's Disease (PD). Eligibility includes being an adult with a diagnosis of PD, having participated in an exercise class or support group in the last year, scoring in the lonely range on a screening assessment, being fluent in English, not having a diagnosis of dementia, living in Colorado anywhere from Denver to northern Colorado and agreeing to a six-month study. You could receive two two-hour in-person assessments and six free monthly one-hour occupational therapy sessions over the phone. If you are interested or would like more information, please contact Dr. Laura Swink at 970.491.7915 or by email at laura.swink@colostate.edu.



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UCHealth Poudre Valley Hospital
1024 S. Lemay Ave.
Fort Collins, CO 80524-3998
uchealth.org/aspenclub

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Aspen Club
membership
13,600

Need a ride?

Are you looking for transportation to the doctor, the grocery store or other places? RideNoCo helps to increase mobility for all people across Larimer and Weld Counties, especially for older adults and people with disabilities. Aspen Club and RideNoCo are hosting Transportation Sign-Up Fairs where residents of Larimer and Weld Counties can learn about transportation providers in the region. At this event, you will have the opportunity to sign up in person with providers. For more information, see page 9.