

ASPEN CLUB NEWS

March/April 2026 | Volume 39 | Issue 2

Movement disorders.

Movement disorders are a group of neurological diseases that cause problems with normal movement or excessive involuntary movements. Common movement disorders include Parkinson's disease (PD), essential tremor, Huntington's disease, dystonia and ataxia. Movement disorders specialists are neurologists who have specialized training in diagnosing and managing these conditions.

Many people in the United States do not have easy access to a neurologist, let alone a neurologist with movement disorders training. By 2040, the number of people diagnosed with PD worldwide is expected to be between 12.9 million and 14.2 million. As the number of people diagnosed with PD increases, so does the cost of caring for this population. Most PD patients are

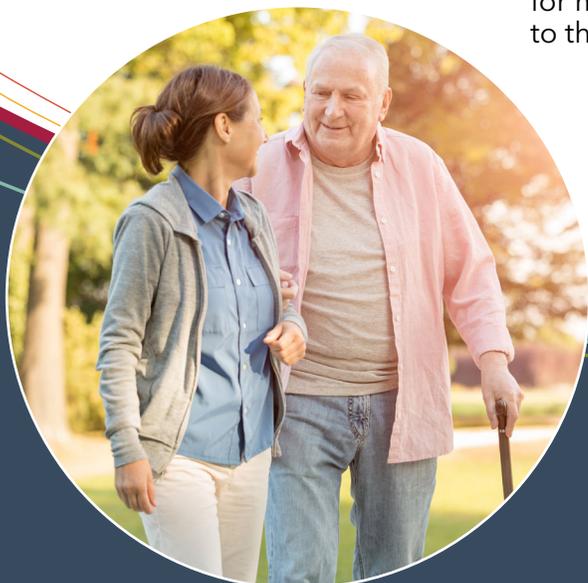
cared for by their primary care physician, but research shows that patients cared for by a neurologist have fewer hospital admissions and complications related to their PD. A 2013 study showed that only six states had enough neurologists to meet the needs of their residents. As the population ages and neurological diseases like PD become more prevalent, there will be a need for many more neurologists.

Access to neurologists is even more limited for patients in remote areas. Studies show that people with PD living in rural areas are less likely to seek care from a movement disorders specialist, and a contributing factor could be the lack of specialists in these regions. Telehealth visits can reduce these barriers to care for people in rural areas living with PD and other movement disorders. Along with additional systems and tools, telehealth has been shown to be a great resource for patients who cannot attend in-person clinic visits. See accompanying column for more information about access to the telehealth clinic.

Movement Disorders Center.

The Movement Disorders Center at the University of Colorado Anschutz offers streamlined care to patients who have limited access to neurologists who specialize in movement disorders. This program provides subspecialty care to patients living in rural Colorado, facing geographical barriers or limited mobility. People living with Parkinson's disease, essential tremor, Huntington's disease, ataxia, dystonia or other neurological movement disorders may be eligible to receive care through this program.

Once you reach out, our team will coordinate with your current provider to securely obtain your medical records. A movement disorders specialist will review your history to determine if you are a good fit for telehealth. After the review, our team will reach out to let you know if a telehealth visit with our team would be appropriate or if other arrangements should be made. Learn more at cumovement.org or by calling **303.724.0443**.



FUNNY PAGES

Age is something that doesn't matter, unless you are a cheese.

– Luis Buñuel

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."



Third space.

We spend a lot of time in our homes. And many of us remain engaged in the workplace, which also can be a place where we spend a significant amount of time. Those of us who are retired may have found somewhere else to spend our time. If you belong to a book club or meet regularly to play pickleball, you may have found your third space.

Third spaces are those places outside of home and work where we congregate with others. They may be places where we learn something new, push our physical limitations, rest and rejuvenate or re-learn how to play. These places can contribute significantly to our mental and physical health because they often surround an activity that keeps us stimulated and, more importantly, deviates from our normal routine. They are the places that, through shared activities, allow us to forge friendships and build relationships, helping us feel less lonely and isolated.

You might be reading quite a bit lately about loneliness and isolation, as it's a hot topic around health. And rightfully so. Social isolation and loneliness can increase a person's risk for:

- Heart disease and stroke
- Type 2 diabetes
- Depression and anxiety
- Suicidality and self-harm
- Dementia

Our ability to go to a space to create connection with others provides a sense of belonging, a feeling of being supported by others and a way for us to contribute to the community around us, which fosters a greater sense of purpose. The impact of this seemingly small pursuit has immensely larger implications. Dr. Vivek H. Murthy, in his book *Together*, shares that "by strengthening our social connections, we can fortify our communities and protect each other." These are undeniable values that we, as humans, hold dear. And these small acts of connection can not only improve health, but also collectively lift our ability to care for the larger community unit through shared empathy, shared resources and shared problem-solving.

So where is your third space? Is it your church? Your local senior center? Perhaps you have assembled your own third space through gathering as neighbors. I also hope many of you identify Aspen Club as that place. We are grateful for your engagement and your advocacy to encourage others to explore whether Aspen Club is their third space.

Yours in health and harmony,

JoAnn Herkenhoff
UCHealth Aspen Club Manager

Do I need a physical therapist, chiropractor or personal trainer?

When you have pain or balance issues or are recovering from an injury, you may be wondering what kind of professional might be best suited to help address the issue. It is important to start with your physician and get recommendations, but this article explores some of the differences between approaches taken by physical therapists, chiropractors and personal trainers.

Physical therapists (PTs) and chiropractors can help you move and feel better after an injury. Both are trained at a doctoral level and use non-invasive methods to help treat pain. Personal trainers earn a certificate in their field and help with exercise technique and building fitness.

Generally, if you are feeling pain that limits your ability to walk, sit or engage in your normal activities, you may benefit from working with a PT. In addition, if you are experiencing a loss of functional mobility after injury or surgery, seeing a PT is a good idea. PTs treat spinal problems as well as extremities, and they offer joint manipulation treatments and range-of-motion and strength exercises that can assist you in improving mobility.

PTs generally use clinical examinations to find issues that may be causing pain or functional limitations in order to make treatment decisions. They test strength of various muscles, range of motion, functional mobility and gait, flexibility, balance and skin and scar tissue integrity.

Chiropractors can help with persistent back or neck pain. They will assess your spine and identify misalignments that may contribute to these issues as well as to tension headaches or migraines. They may also be able to help with nerve pain from sciatica. If you see a chiropractor, he or she will ask questions about your pain, what brought it on, your symptoms and your past medical history.

Their examination will include spinal range-of-motion tests, a neurological screen that can include neural tension tests and deep tendon reflexes, physical strength tests and an exam to identify possible spinal misalignments. They may do X-rays. Treatment may include spinal or peripheral joint manipulations.

Personal trainers can help you build strength, including within underused muscles that may be causing imbalances. And all three practitioners can help prevent injury.



PT, chiropractor and personal trainer approaches.

Chiropractors perform manipulations to address subluxations (misalignments in the spine or joints), and this approach can relieve pressure on nerves. Treatment may also include heat, ice or electrical stimulation as well as recommendations for exercises to improve posture or strength.

Your PT may perform manual techniques like joint mobilizations, scar tissue massage or passive stretches. They may use various methods to decrease pain or inflammation. PTs may also work on functional mobility and balance or gait training if you are having difficulty walking.

A personal trainer can help with weakness and improving overall fitness. They are good at motivating people, and they can prescribe exercises that help you achieve your fitness goals. If you are hoping to strengthen muscles, increase bone density, lower blood pressure or return to fitness after an injury and physical therapy, a personal trainer can help.

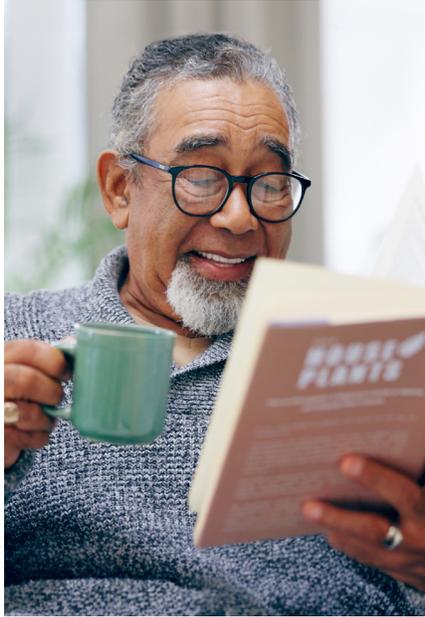
HEALTHY AGING

Nine-tenths of wisdom is appreciation. Go find somebody's hand and squeeze it, while there's time.

– Dale Dauten

Boost your memory.

We expect our memory to function as an archive of the past, but in reality, our brain selectively whittles and prunes what gets stored. In healthy aging, our memory remains relatively intact, despite occasionally forgetting names or where we put our keys. Recall and memory for contextual details – like where we parked our car – decline significantly in midlife, and unfortunately for women, menopause contributes to this. So even without dementia, we lose memory as we age. Don't fret – it's normal. And here are some proven strategies to boost memory and make daily life easier:



- **Reverse the doorway effect:** Do you ever walk into a room and forget what you went in for? Unless you actively remind yourself of the task to be performed, you can forget.
- **Pick a pink Post-it:** Our brains gloss over routine activities, but if you flag something with a pink Post-it note, it stands out in a sea of yellow Post-its. That is to say, create novelty in your reminders. And be sure to practice intentionality.
- **Become a monotasker:** If you shift backward and forward among tasks, your brain must reorient after each micro interruption. Focus on one task and block out chunks of time for the things that might pull your attention away.
- **Read a novel:** If you once were a reader and no longer consider yourself one, this can be a red flag of potential cognitive decline. Fiction challenges our working memory, while nonfiction isn't as challenging because you can skip around and skim read.
- **Create outrageous images to help you remember mundane things:** A cow with a strawberry riding on it and covered with cream and chocolate is easier for some to remember than a grocery list of milk, whipping cream, chocolate and strawberries.
- **Take more pictures with your mind:** Document scenes with details you want to remember instead of depending on your phone's camera. Mindless picture taking can't help you recall how you felt in situations.

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.

Parkinson's disease and sleep.

The relationship between Parkinson's disease and sleep disorders is intricate and noteworthy. Poor sleep exacerbates Parkinson's symptoms and cognitive decline. Deep sleep, specifically slow-wave sleep (the deepest stage), facilitates lymphatic drainage, which helps clear neurotoxins. Insufficient slow-wave sleep may interrupt this process, contributing to the increase of proteins linked to neurodegenerative disorders like Parkinson's.

Both decreased sleep and a lack of deep, slow-wave sleep are important determinants for health related to Parkinson's disease. Doctors recommend medical and behavioral modifications centered around increased sleep and exercise that include the following:

- Avoid using electronics before bed.
- Sleep medications, including melatonin, can provide relief from sleep disruption, but talk to your doctor before taking any sleep medications.
- If you're not able to sleep, don't stay in bed (your bed should be reserved for sleeping).
- Cognitive behavioral therapy can help for insomnia, sometimes even better than medication.
- Exercise increases sleep efficiency and slow-wave sleep. Exercise that gets your heart rate up is most beneficial, but the best exercise is the exercise you'll keep doing. Try and view exercise as a prescription like your other medications. It's important.

INSIGHTFUL

This life is mine alone. So I have stopped asking people for directions to places they have never been.

– Glennon Doyle

Safe driving.

Driving is as closely linked to our independence as water is to bathing. Many health conditions can impact our ability to drive safely, including:

- Stiff joints and muscles
- More limited vision
- Hearing loss
- Medications

Come learn more about maintaining independence through safe driving from Heather Ackart, OT/CDRS, an occupational therapist and certified driver rehabilitation specialist (OTR/L, CDRS). Her presentation will cover common health and vision changes that can impact driving and important warning signs that may signal the need to discuss driving concerns with your doctor. See page 7 for details.

TRIVIA

What town is near the geographic center of the United States since the additions of Alaska and Hawaii in 1959?

Where is the center of the United States if only considering the contiguous U.S.?

(Answers provided in the next issue.)

Trivia answer from the previous issue:

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

Ohio is the only state that doesn't have a rectangular flag, but a pennant-shaped one.

Improving your home workout.

Although there are many ways to exercise without workout equipment, investing in kettlebells can significantly enhance your routine. Kettlebells, resembling balls with handles, range from five to 30 pounds and more. Unlike dumbbells, the weight is offset from the handle, requiring strength, balance, core stability, flexibility and coordination. Many people find kettlebells more comfortable to hold, making them accessible for all ages.

Here are three beginner-friendly kettlebell exercises to get started. Always consult your doctor before starting new exercises, especially if you have health concerns like osteoporosis or balance issues.

Swings – Engage the buttocks, hips, thighs and lower back while also improving posture. Follow these steps:

- Stand with feet shoulder-width apart and knees slightly bent. Hold the kettlebell with both hands, arms extended, letting it hang between your legs.
- Bend your knees further and push your hips back, swinging the kettlebell behind your legs. Then, straighten up, swinging the kettlebell to chest or eye level with arms still extended.
- Let the kettlebell swing back down as you bend at the hips and slightly bend your knees. Repeat this motion.
- Begin with a light kettlebell and a handle wide enough for a two-handed grip. Do as many as possible while keeping good form and consider intervals of 30 seconds swinging followed by 30 seconds rest.

Halos – Targets your abdomen, back and shoulders:

- Stand with feet shoulder-width apart, holding the kettlebell over and behind your head with both hands.
- Circle the kettlebell around your head clockwise four or five times, then counterclockwise.
- For an easier version, make smaller circles or use a lighter kettlebell. For more challenges, increase the weight or circle count and size.

Farmer's walk – Works your arms, shoulders and upper back:

- Hold a kettlebell in each hand like carrying buckets, with head up and shoulders back.
- Take 20 steps, turn and walk back.
- Alternatively, hold a single kettlebell in one hand, switching hands after each walk. This strengthens the core and improves everyday object handling.

Incorporating these exercises can enhance your home workout routine and help you achieve balanced strength and stability. Kettlebells offer a versatile, space-saving solution for effective home workouts.

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



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
- Harmony Library, 4616 South Shields St.
- 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
- Pathways Hospice, 305 Carpenter Road
- PVH: Poudre Valley Hospital
1024 S. Lemay Ave. (Note: You must check in at the reception desk, so please allow extra time.)
- UHealth 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.)
- MCR: North Medical Office Building
2500 Rocky Mountain Ave., Ste. 2200

Greeley:

- GMC: Greeley Medical Center
6767 W. 29th St., attached to the east side of UHealth 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 Beyond Your Ears: The Diverse Impacts of Hearing Loss **R**

Hearing well is important for the whole body and brain. This webinar will cover the links of hearing loss and other health issues and how treating hearing loss helps your brain and body. Participants will also learn strategies for effective communication when dealing with hearing loss.

- **Virtual:** 1:30–2:30 p.m. Tuesday, March 10, MS Teams
- Email address required: Link to virtual class and class materials will be emailed prior to class

Virtual Mind Over Matter **R**

This three-class series 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.

- **Virtual:** 1–3 p.m. Thursdays, March 12, March 26 and April 9, MS Teams
- Email address required: Link to virtual class and class materials will be emailed prior to class

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 – to empower individuals to live healthier lives with a sense of purpose. Participants will meet weekly for eight online sessions to learn about the 12 PAVING Wheel steps and how to implement them into their lives.

- **Virtual Introductory session:**
5:30–5:45 p.m. Thursday, March 12
- **Virtual:** 5:30–7 p.m. Thursdays, March 19–May 7
- Email address required: Link to virtual class and class materials will be emailed prior to class

Virtual 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.

- **Virtual:** 11 a.m.–12:30 p.m. Wednesday, March 18
MS Teams
- Email address required: Link to virtual class and class materials will be emailed prior to class

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



Virtual Cancer: Thriving and Surviving **R**

In this six-week class, you will learn skills to help you regain a sense of empowerment and live a quality life, including how to cope with fear of recurrence, depression and fatigue.

- **Virtual introductory session:**
5:30-5:45 p.m. Tuesday, March 31, MS Teams
- **Virtual:** 5:30-7:30 p.m. Tuesdays, April 7-May 12
MS Teams
- Email address required: Link to virtual class and class materials will be emailed prior to class

IN-PERSON-ONLY CLASSES

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

HCHC is an evidence-based, 9-week program that helps participants manage hypertension by self-monitoring, goal-setting and making lifestyle changes. Trained "Health Coaches" will provide education on topics including nutrition, physical activity, stress management and more.

- **Fort Collins:** 10-11:30 a.m. Mondays, March 2-April 27
Canvas Credit Union Meldrum Branch
319 S. Meldrum St.

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.

- **Windsor:** 2-3 p.m. Monday, March 2
Windsor Community Recreation Center, Pine room
- **Loveland:** 2-3 p.m. Monday, March 9
Chilson Senior Center, Oak room

Remaining Safe in Your Home **R**

Through this presentation we'll look at the most common areas of the home that pose a threat to safety. Lyndsey will discuss tools, equipment and tricks to keep your home from feeling like an obstacle course and return it to a comfortable and safe haven.

- **Greeley:** 10-11 a.m. Tuesday, March 3
Greeley Active Adult Center
- **Loveland:** 10-11 a.m. Thursday, April 9
Life Center, Silver Maple room

CircleTalk **R**

Enter as strangers and leave as friends. CircleTalk is a structured conversation program that uses a fun, unique and non-repeating curriculum to support new meaningful connections and inspire sharing. Engaging with others is an important part of leading a long and healthy life. A commitment to the full eight-week program is requested.

- **Greeley:** 10-11 a.m. Wednesdays, March 4-April 22
Greeley Active Adult Center

Grounding Techniques for Optimism and Stability **R**

Enjoy guided mindfulness practices to gain a connection to your internal resources and personal positivity. Facilitated by Deanna O'Connell, UCHHealth registered dietitian and mindfulness practitioner.

- **Loveland:** 2-3:30 p.m. Wednesday, March 4
Chilson Senior Center, Cherry room
- **Fort Collins:** 2-3:30 p.m. Wednesday, March 18
Fort Collins Senior Center, Foxtail 1 room. To register and for fee inquiry, call **970.221.6644** and refer to activity #225444-01
- **Windsor:** 2-3:30 p.m. Wednesday, April 8
Windsor Community Recreation Center, Party room

WellBody Program **R**

WellBody is a six-week educational program developed by the Behavioral Health & Wellness Center at CU Anschutz designed to help participants understand the behaviors driving their health-related decisions, whether positive or negative.

- **Greeley:** 1-2 p.m. Wednesdays, March 4-April 8
Greeley Active Adult Center

Living Well With Ongoing Health Conditions **R**

This 6-week interactive workshop focuses on building skills to manage your condition. Topics include pain management, nutrition, exercise, medication use and more. Call **303.651.8411** to register.

- **Longmont:** 10 a.m.-12:30 p.m. Thursdays,
March 5-April 9, Longmont Senior Center

Driving Well, Driving Safe: Promoting Independence and Safety for Older Adults Behind the Wheel **R**

Join Heather Ackart, OT/CDRS, an occupational therapist and certified driver rehabilitation specialist (OTR/L, CDRS), for an informative session on maintaining safe driving as we age. Learn how to stay independent and make informed decisions about safe mobility.

- **Greeley:** 10-11 a.m. Friday, March 6
Greeley Active Adult Center
- **Fort Collins:** 10-11 a.m. Friday, March 13
UCHHealth Harmony Campus - Bldg. A, 3rd floor conference room

Stepping On Fall Prevention Program **R**

Stepping On is a seven-week program that develops the knowledge and skills to help older adults prevent falls. The program focuses on strength and balance exercises, medication management, home safety, footwear, vision and mobility.

- **Loveland:** 1-3 p.m. Tuesdays, March 10-April 21
The Wexford, 1515 W. 28th St.
- Cost: \$15 suggested donation, payable by cash or check at the program

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



Medicare 101 **R**

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

- **Estes Park:** 10-11:30 a.m. Wednesday, March 11
Crossroads Ministry
- **Fort Collins:** 9-10:30 a.m. Saturday, March 14
PVH, Cafe F
- **Loveland:** 9-10:30 a.m. Friday, March 27
MCR, Big Thompson Canyon room
- **Fort Collins:** 9-10:30 a.m. Friday, April 10, PVH, Cafe F
- **Greeley:** 10-11:30 a.m. Friday, April 24
GH, conference room 3

Footprints to Longevity: Strength, Balance and Freedom **R**

Come learn the importance of strong, healthy feet and what you can do to help ensure many more years of mobility and freedom from falls. We will offer interactive strategies to strengthen your feet and ankles.

- **Fort Collins:** 2:30-3:30 p.m. Wednesday, March 11
Fit-RX, 4206 S. College Ave., unit 108

Hearing Loss: Silence Isn't Golden, It's Lonely **R**

Board-Certified Audiologist, Cory Workman, will address hearing loss, and concerns for cognitive decline related to hearing loss and outline the benefits of diagnostic hearing evaluations to pin-point treatment options.

- **Estes Park:** Noon-1:30 p.m. Wednesday, March 11
Estes Park Senior Citizen's Center

The HRT Conversation: What Every Woman 50+ Should Know **R**

Learn the latest evidence on hormone replacement therapy (HRT) for women age 50 and forward, and gain the clarity and confidence you deserve. Presenter, Amanda Spaak, AGAC-NP, FNP, FMA, will explain what happens during menopause, what HRT really is and how to separate facts from myths.

- **Fort Collins:** 8-10 a.m. Thursday, March 12
Pathways Hospice. Registration required by calling the Aspen Club at **970.495.8565** or online at uhealth.org/events

Death Over Donuts **R**

Increase awareness of death and, in doing so, make the most of our finite lives. Join us in a relaxed environment with donuts, as we invite death into the conversation. Hosted by The Conversation Project in Boulder County, a program of TRU Community Care.

- **Loveland:** 10-11:30 a.m. Thursday, March 12
Chilson Senior Center, Cherry room

Fast Forward Film Showing **R**

Take a proactive look at the process of aging in this PBS documentary addressing realizations, conversations and mindset required to age successfully.

- **Greeley:** 2-4 p.m. Thursday, March 12
Greeley Active Adult Center

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

With activities like trivia, storytelling and interactive learning, you will enjoy improved health literacy, cognitive stimulation, social connection, emotional well-being, and confidence in managing personal health.

- **Longmont:** 1-2:30 p.m. Fridays, March 13 and April 10
LPH, conference rooms A and B

New Member Orientation **R**

New and longtime Aspen Club members are invited to learn about the benefits and services available to them, including blood tests, health screenings and educational programs.

- **Greeley:** 2-3 p.m. Tuesday, March 17
Aspen Club Greeley office
- **Loveland:** Noon-1 p.m. Thursday, March 19
MCR, Big Thompson room

Talk With a Healthcare Professional: Breathe Better, Sleep Better **R**

Join Kelli Janata, DO, for an informative and engaging session exploring the connection between breathing and sleep quality. This session will offer practical insights and tips to help you breathe better and sleep better.

- **Longmont:** 5:30-6:30 p.m. Tuesday, March 17
Longmont Senior Center
- To register, call the Longmont Senior Center at **303.651.8411**

Exercise in Our Older Adult Years **R**

Aging affects our bodies in many ways, but exercise can help through providing positive impacts on our vascular, muscular, skeletal and cognitive health. Learn about these various effects as well as barriers, motivation and safe ways to get started or add to your routines.

- **Greeley:** 10-11:30 a.m. Friday, March 20
Greeley Active Adult Center
- **Loveland:** 10-11:30 a.m. Friday, April 3
Natural Grocers, 745 N. Lincoln Ave.

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

Join us in discussing the physiology of weight loss, how our modern society has affected genetics and its impact on metabolism and why these changes have limited the success of typical diets.

- **Estes Park:** noon-1:30 p.m. Friday, March 20
Estes Park Senior Citizens Center

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



Aging Mastery Program (AMP) R

Central to AMP – a comprehensive and fun approach to supporting long lives – is the belief that modest lifestyle changes can produce big results and that people can be empowered to cultivate health and longevity.

- **Greeley:** 1-3:30 p.m. Mondays, March 23–April 27
Greeley Active Adult Center

Gong Voyage R

Reduce stress and relieve chronic pain. You will simply lie down, get comfortable, set your intention and let the gong meditate you.

- **Windsor:** 1-2:30 p.m. Tuesday, March 24
Windsor Recreation Center, Cyprus room

The Conversation Project R

Journalist Ellen Goodman has developed an impactful program to help people get this conversation started prior to a health crisis or emergency.

- **Fort Collins:** 2-3:30 p.m. Tuesday, March 24
Fort Collins Senior Center. To register and for fee inquiry, call **970.221.6644** and refer to activity #154042
- **Windsor:** 1-2:30 p.m. Thursday, April 2
Windsor Community Recreation Center

The GUIDE Model R

The GUIDE Model, a CMS Innovation program, supports households living with dementia through individualized care navigation, as well as education, emotional support and respite care for caregivers.

- **Fort Collins:** 2-3 p.m. Wednesday, March 25
MorningStar Old Town, 360 Tenney Ct.
- **Windsor:** 10-11 a.m. Thursday, April 30
Good Sam Water Valley, 805 Compassion Drive, Chapel

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 documents with notarization after class.

- **Fort Collins:** 9:30-11 a.m. Thursday, March 26
Internal Medicine - Prospect, Ste. 100
- **Loveland:** 2-3:30 p.m. Tuesday, April 21
Chilson Senior Center
- **Fort Collins:** 9-10:30 a.m. Thursday, April 23
Internal Medicine - Snow Mesa, Ste. 100

Mind Over Matter R

This three-class series 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.

- **Greeley:** 10 a.m.-noon Tuesdays, March 31 and April 14 and 28
Birchwood Manor, 2830 W. 27th Street Lane

Healthy Eating for Successful Aging R

The focus of the program is to encourage participants to understand and implement eating and activity behaviors that support heart and bone health. This six-week nutrition educational and support program meets two hours per week. No cost.

- **Fort Collins:** 2-4 p.m. Tuesdays, March 31–May 12
(Note: Class will not be held May 5)
Fort Collins Senior Center, Sand Lily room
- To register and for fee inquiry, call **970.221.6644** and refer to activity #225436-01

Stress Busting for Caregivers R

Stress Busting for Caregivers: In this nine-week class, caregivers learn essential skills, with valuable insights into the disease process and effective stress management techniques. Tailored to enhance the quality of life for those caring for individuals with Alzheimer's and related dementias, this program empowers caregivers with the tools they need to navigate their journey with confidence and resilience.

- **Loveland:** 9:30-11:30 a.m. Tuesdays March 31–May 26
Loveland Human Service Office, 200 Peridot Ave.

Are You Prepared? R

Representatives from Estes Valley Fire Protection District, Larimer County Office of Emergency Management and local law enforcement will help guide you through better emergency preparedness before, during and after a disaster. Preparations will focus on occurrences relevant to Estes Park and this region, including fire and flood.

- **Estes Park:** Noon-1:30 p.m. Wednesday, April 8
Estes Park Senior Citizens Center

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.

- **Fort Collins:** 5:30-7 p.m. Wednesday, April 8
Harmony Library, community room

Long-Term Care Medicaid R

Long-Term Care Medicaid can be a complex process to navigate. Come learn more about the financial and personal factors that should be considered. Learn about resources to aid in applications, redeterminations and appeals.

- **Fort Collins:** 2-3:30 p.m. Wednesday, April 15
Fort Collins Senior Center, Foxtail 1 room. To register and for fee inquiry, call **970.221.6644** and refer to activity #225443-01
- **Greeley:** 2-3:30 p.m. Wednesday, April 29
Greeley Active Adult Center

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



Balance and Dizziness 101: Stabilize Your Symptoms and Self **R**

In this interactive class, we'll explore balance, dizziness and vestibular disorders from a clinical perspective, diving into the underlying causes and engaging in evidence-based exercises designed to manage dizziness and improve your stability. Whether you're addressing specific concerns or looking to enhance your overall balance, this class offers professional insights and practical tools to help you regain control and confidence in your movements. Taught by Joe Berkland, PT.

- **Greeley:** 2-3 p.m. Thursday, April 16
Greeley Active Adult Center
- **Fort Collins:** 2-3 p.m. Thursday, April 30
UCHealth Harmony Campus, Bldg. A, 3rd floor conference room

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

- **Loveland:** 10 a.m.-noon or 2-4 p.m. Friday, April 17, or 10 a.m.-noon Saturday, April 18
Alzheimer's Association, northern Colorado
2695 Rocky Mountain Way, Ste. 265

Memory Maintenance in Normal Aging **R**

This fun, interactive class focuses on teaching evidence-based memory-enhancing techniques and practical strategies to boost memory function. This class is geared toward mild age-related memory challenges.

- **Loveland:** 9:30 a.m.-noon Friday, April 17
Chilson Senior Center, Party room
- **Windsor:** 9:30 a.m.-noon Friday, April 24
Windsor Community Recreation Center, Cedar room

Talk With a Healthcare Professional: Women's Heart Health – Understanding the Unique Risks and Taking Action **R**

Dr. Rebecca Lolley will discuss how heart disease remains the leading cause of death among women, yet it is often under-recognized and under-discussed. Attendees will gain insights into prevention strategies, lifestyle changes and the importance of early detection and advocacy. A light snack will be provided.

- **Longmont:** 5:30-6:30 p.m. Tuesday, April 21
Longmont Senior Center
- To register, call Longmont Senior Center at **303.651.8411**

Bare Bones **R**

Join Dr. Danika Forgach to better understand osteoporosis versus osteopenia, ways to maintain and increase our bone density, recommendations on screenings and other bone-related factors to support healthy aging.

- **Windsor:** Noon-1:30 p.m. Wednesday, April 22
Windsor Community Recreation Center, Party room

HEALTH SCREENINGS

Hearing Screenings **R**

Certified audiologists from Hear USA will provide baseline hearing screenings and answer your hearing health questions.

- **Fort Collins:** 1-4 p.m. Thursday, March 5
1030 Centre Ave., Ste. A
- **Loveland:** 8:30 a.m.-noon Thursday, April 2
2980 Ginnala Drive, Unit 102
- **Longmont:** 8:30 a.m.-noon Tuesday, April 7
2318 17th Ave., Unit H
- 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 a UCHealth Community Health RN to ask questions about medications, chronic diseases and healthy lifestyles.

- **Fort Collins:** 1-4 p.m. Wednesdays, March 11 and April 8, Aspen Club offices
- Appointments are required; please 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, March 11 and April 8, Chilson Senior Center
- **Fort Collins:** 1-4 p.m. Wednesdays, March 18 and April 15, CSU Center for Healthy Aging
- **Windsor:** 9:30 a.m.-12:30 p.m. Tuesday, March 24
Windsor Community Recreation Center
- Appointments are required; please call **970.495.8560**

Blood Pressure Checks

No appointment necessary for a no-cost blood pressure check performed by a UCHealth Community Health Improvement RN.

- **Loveland:** 9 a.m.-1 p.m. Mondays, March 23 and April 27
Chilson Recreation Center
- **Estes Park:** 10 a.m.-1 p.m. Wednesdays, March 25 and April 22, Estes Park Senior Citizen's Center

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



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

- **Loveland:** 11 a.m.-2:30 p.m. Wednesday, April 22
MCR Aspen Club office
- Appointments are required; 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 session in Fort Collins, Estes Park, Loveland or Greeley. Appointments required; please 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.

EnhanceWellness **R**

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**.

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, March 9 or April 13
Aspen Club offices
- Appointments are required; call **970.495.8560**

Stop the Bleed **R**

The purpose of the Stop the Bleed campaign is to build national resilience by better preparing the public to save lives by raising awareness of basic actions to stop life-threatening bleeding. Learn how to Stop the Bleed through health educators from UCHealth's trauma department.

- **Fort Collins:** 1-2 p.m. Tuesday, March 10, PVH
- To register:
 - Go online to uhealth.org/events
 - Click "North"
 - Type in "Stop the Bleed"
 - Select the class date and location you wish to register for
 - Call **970.495.7134** if you have questions

IN PARTNERSHIP WITH COMMUNITY AGENCIES

Dementia Support Group

This 8-week support group is for those living with dementia. Each session includes a mindful moment, chair-based movement, an activity that promotes conversation and reflection and closure to help process the day's events. Facilitated by dementia care professionals with decades of experience.

- **Fort Collins:** 10-11:30 a.m. March 16 through May 11.
- NOTE: Class will not be held May 4. To register and for fee information, call **970.221.6644**.

Telehealth Clinic for Neurological Movement Disorders

University of Colorado Movement Disorders Center connects Colorado residents with board-certified neurologists who specialize in diagnosing and treating complex movement disorders. Contact the telehealth clinic (medschool.cuanschutz.edu/mdc/movement-disorders/telehealth-clinic) to learn more about their telehealth neurology services. For more information, email MvtTelehealthUPL@cuanschutz.edu or call **303.724.0443**.

Walk to End Alzheimer's: Larimer and Weld Counties

More than 7 million Americans are living with Alzheimer's, and nearly 12 million people provide care (unpaid) for them. The cost of caring for those with Alzheimer's and other dementias is anticipated to total \$384 billion at the close of this year. We invite you to join the committee for the 2026 Walks to End Alzheimer's: Larimer and Weld Counties. These dedicated groups of volunteers are at the heart of every walk, driving the growth of the world's largest fundraiser to fight the disease. To learn more about joining the committee, contact Adi Crook, Walk Manager, at acrook@alz.org or **720.699.9284**.



Non Profit Org
 U.S. Postage
PAID
 Permit No. 168
 Fort Collins, CO

Aspen Club

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

uhealth.org/aspenclub

Return service requested.



In this issue...

Movement disorders

page 1

PT, chiropractor or personal trainer

page 3

Improving your home workout

page 5

Classes and services

page 6



Aspen Club membership
13,600

Virtual Dementia Tour.

Have you ever wondered what it feels like to experience dementia? The Virtual Dementia Tour (VDT) is an 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. This tour will be held in Loveland (see page 10 for more details).