

# ASPEN CLUB NEWS

May/June 2026 | Volume 39 | Issue 3

## Treating incontinence in women.

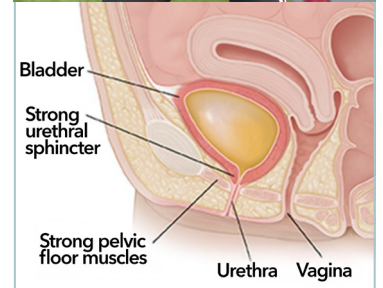
Many women experience incontinence. There are two types of urinary incontinence: stress incontinence and urge incontinence. Stress incontinence happens when there is urine leakage with sneezing, laughing, coughing, walking or getting up from a chair. Urge incontinence, also called overactive bladder, happens when a person feels an intense urge to urinate and is unable to control it. People can also experience fecal incontinence. The best treatment option may vary depending on the type of incontinence.

A variety of treatment options are available. These include pelvic floor exercises, pelvic floor therapy with a certified physical or occupational therapist, a nutrition consultation, medications, nerve stimulation, Botox in the bladder, biofeedback, a pessary (non-surgical supportive device) and surgery.

Making lifestyle changes can help and include:

- **Losing weight:** Excess weight puts extra pressure on the pelvic floor muscles. Exercising and eating healthy foods can help you lose weight.
- **Making certain changes in your diet:** Fluid intake is important, as is avoiding fluids that can irritate the bladder like caffeinated drinks and alcohol. If constipation is an issue, your health care provider may recommend that you eat more fiber. For women over the age of 50, 21 grams of fiber per day is recommended.
- **Quitting smoking:** Smoking can lead to a long-term (chronic) cough that strains pelvic floor muscles. Smoking may also damage the bladder and urethra.

It may help to schedule an appointment with your health care provider to discuss incontinence symptoms and possible solutions. Aspen Club offers a class that empowers women to take control of their health. It teaches how the bladder, bowels and pelvic floor muscles work together. Join us for Mind Over Matter (MOM): Healthy Bowels, Healthy Bladder in Estes Park and Loveland starting in May (three-session course). See page 7 for details.



## Pelvic floor muscle exercises.

The pelvic floor muscles act as a hammock that supports the bladder, vagina and rectum. These muscles also help keep the urethra closed. Weak pelvic floor muscles may allow urine to leak. There are exercises you can do to help strengthen your pelvic floor muscles. With consistent practice, the muscles will be stronger and tighter. This can help prevent urine leakage. Learn more at Aspen Club's Mind Over Matter class; see page 6 for details.



## FUNNY PAGES

If you can't be kind, at least be vague.

– Judith Martin

### 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](http://uchealth.org/aspenclub)

Register online at [uchealth.org/events](http://uchealth.org/events). Search "Aspen Club."



## The health benefits of being awed.

Have you ever experienced a natural phenomenon, such as seeing the Northern Lights or witnessing childbirth? Most of us would categorize these as an experience that elicits reverence – our jaws drop or we get goosebumps all over our bodies. Aside from being a pleasant experience that we often desire to share with others, research (still in its infancy) suggests that being awed has numerous benefits:

- Improving mood and sense of well-being, especially when coupled with being out in nature, which is known to have restorative powers.
- Long-term health effects through reduction of interleukin-6 (IL-6), a marker of inflammation.
- A propensity to think more critically and be less influenced by weak arguments.
- Decreased focus on material things through elevating people from mundane concerns.
- Increasing a sense of humility through changing our perception of ourselves relative to our larger world.
- Contributing to our desire for volunteerism by perceiving time as more plentiful.

- Increasing our sense of generosity due to a lesser focus on ourselves.
- Inducing greater connection to our community and humanity due to feeling a part of something bigger.

We can also be awed by those around us. And not just those who have a particular talent that is awe-inspiring, such as playing a musical instrument or mastering chess. We can be awed by people's character. Moral beauty or the display of people's moral virtues – love, compassion, kindness, honesty, courage, wisdom, forgiveness, self-sacrifice, fairness – can also improve our lives by similarly inspiring us to mirror those characteristics. Imagine if you could improve others' health and your own simply by seeking out opportunities to be awed and reciprocating the beauty that those moments inspire in you.

Yours in health and harmony,

JoAnn Herkenhoff  
UCHealth Aspen Club Manager

## Rethinking fitness for women: Strength training takes center stage, but cardio still counts.

In the ever-evolving world of women's fitness, a key question has gained traction: Should strength training take priority over cardio as women age? While social media trends may push for an all-in weightlifting approach, the real answer lies somewhere in between the two, depending on your individual goals.

Strength training offers profound benefits throughout a woman's life, but especially in midlife and beyond. It supports bone density, muscle mass, metabolism, hormonal balance, brain function and long-term mobility. For women navigating postpartum recovery or menopause, strength training becomes even more vital, helping restore stability, energy and independence.

But this doesn't mean cardio should be abandoned. Cardiorespiratory activity remains crucial for heart health, mental well-being and stamina. From brisk walks and cycling to dance or swimming sessions, cardio continues to play an important role in both physical health and emotional reset – especially when it brings joy.

So, what does a balanced week look like? A smart strategy could include two full-body strength sessions, two to three cardio sessions and built-in recovery. The American Council on Exercise offers this example:

- Monday: Lower body strength.
- Tuesday: Moderate cardio (walk, jog, bike).
- Wednesday: Active recovery (yoga, mobility work).
- Thursday: Upper or full-body strength.
- Friday: Light cardio or stretch.
- Saturday: Cardio or strength, depending on goals.
- Sunday: Full rest.

Crucially, recovery isn't a luxury – it's a necessity. As women age, the body benefits from more intentional rest and mobility work to support long-term consistency and performance. Ultimately, it's not about replacing cardio with weights or vice versa. It's about recalibrating your routine to serve your current health, lifestyle and goals. Strength training may deserve a bigger spotlight, but both forms of movement belong in the picture. Revisit your approach often, listen to your body and train in ways that keep you strong, energized and motivated for years to come.

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.

## Managing menopausal weight gain.

Menopause often brings changes in the body that make maintaining a healthy weight more challenging. A drop in estrogen, natural muscle loss and shifts in metabolism can lead to increased fat storage and reduced calorie burning. It's no surprise many women find weight management harder during this life stage.

Fortunately, lifestyle choices can have a big impact on weight mastery and health. Nutrient density, adequate fiber and excellent hydration are three immediate inroads to weight mastery and good health. The Aspen Club has class offerings to support your health goals. If you are curious if weight loss medications are appropriate for you, check with your provider.

Additional critical tools are strength and movement. According to the American Council on Exercise, maintaining muscle mass through strength training is vital as we age, especially when lowering calorie intake. Muscle not only boosts metabolism but supports balance, bone health and overall well-being.

Remember that combining education along with regular movement and good nutrition offers the best chance to stay strong, healthy and vibrant as our bodies change and evolve.

## HEALTHY AGING

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

– Ross Gay

## INSIGHTFUL

I would love to live like a river flows, carried by the surprise of its own unfolding.

– John O'Donohue

## Purpose redefined: Finding meaning in the everyday.

There has been a significant emphasis on purpose lately. But did you know there are different types of purposes? Often we connect purpose to a monolithic, audacious goal, such as learning something new or contributing hours each week to a cause we believe in. For some of us, those endeavors foster energy and “fill our cup.” But for others they are too huge to be meaningful. Purpose doesn't have to be monumental; it can be small and personal, such as experiencing everyday moments that light you up. It can also be represented by process-oriented work, where the meaning is in the steps that lead us through our day. This type of purpose is just as valid. The key is to understand which type of purpose meets your needs and at which time in your life.

## TRIVIA

Which state sees the sun rise every day before the rest of the United States?

(Answers provided in the next issue.)



## Relief from bloating.

According to an article in the Harvard Health Newsletter, bloating happens when there is excess gas in the abdomen. Some of the most common causes of bloating include harder-to-digest foods (such as grains and beans), food intolerances, swallowing too much air when you drink or eat and a slowing digestive system, a phenomenon that happens as we get older.

Having a look at your food intake alongside a record of your symptoms can be key to identifying food culprits. To start, it is recommended to keep a diary for a few weeks that details everything you ate, the time that you ate and if or when you felt bloating or gas. In addition, understanding other common bloating offenders is helpful. These include carbonated drinks, dairy products, sugar-free gum and candies, beans, fruits high in fructose and cruciferous vegetables.

The way and pace that you eat may also be contributing to bloating. Look to make mealtime a conscious and mindful activity. Try some of these mindful eating practices:

- Slow down your eating by using chopsticks or using your non-dominant hand.
- Chew a minimum of 30 times before swallowing per bite.
- Eat without the distraction of a screen (phone, computer, TV, etc.).
- Eat sitting down.
- Schedule a minimum of at least 20 minutes for a meal.

Mindful eating, or focusing on your food intake and removing distractions from mealtimes, may result in a welcome relief of symptoms for your digestive system and bloating. Give it a try.

Getting physical activity in your life not only can lessen and prevent bloating, but it also can relieve stress (which worsens bloating!). Taking a leisurely 10- to 15-minute walk after meals has also proven to reduce bloating.

Lastly, here are three home remedies worth checking out to relieve bloating:

- Cook with anise.
- Try products with simethicone, including products like Gas-X or Maalox Anti-Gas, which can break up gas pockets.
- Look into alpha-d-galactosidase, also known as Beano, another over-the-counter aid that helps with carbohydrate digestion.

### Trivia answer from the previous issue:

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.?

*The geographic center of the United States is a point approximately 20 miles (32 km) north of Belle Fourche, South Dakota. It has been regarded as such by the US Coast & Geodetic Society and the U.S. National Survey. Lebanon, Kansas, is the center of the U.S. when considering the contiguous geographic center.*

## 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 Assistance 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 (Please bring license plate number in to this location for parking validation.)
- 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.

- 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.)
- 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.

#### Red Feather Lakes:

- Red Feather Lakes Library Community Room, 71 Firehouse Laner

#### 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 Let's Talk Tomorrow

This live virtual Q&A is all about tailoring future health care to fit you. Whether you're just getting started or looking to update past plans, our team is here to guide you. We'll discuss advance directives for health care, choosing a decision-maker and communicating wishes with loved ones – all in a relaxed, supportive setting.

- **Virtual:** Noon-1 p.m. Monday, May 11, MS Teams
- Email address required; link to virtual class will be emailed prior to class

### Virtual Medicare 101

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, May 20 MS Teams
- Email address required; link to virtual class and class materials will be emailed prior to class

## Virtual Powerful Tools for Caregivers

If you are caring for someone, taking care of you must become a priority. Topics in this 6-week class include helpful community resources, reducing stress and guilt, making tough decisions and communication. This class is hosted by the Larimer County Office on Aging.

- **Virtual:** 2:30-4:30 p.m. Mondays, June 1-July 6, Zoom
- Email address required; link to virtual class and class materials will be emailed prior to class
- Registration required through Larimer County Office on Aging via [forms.gle/HzUG9RK43EzKYX8L9](https://forms.gle/HzUG9RK43EzKYX8L9) or by calling 970.498.7758



## Virtual Memory Maintenance in Normal Aging

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.

- **Virtual:** 1-3 p.m. Monday, June 22, MS Teams
- Feel free to log on as early as 12:30 p.m. for a technical check
- Email address required; link to virtual class and class materials will be emailed prior to class



# Aspen Club Monthly Features

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## IN-PERSON-ONLY CLASSES

### 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:** 10-11 a.m. Friday, May 1  
Aspen Club offices

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

How much water should you drink? How much fiber do you need? 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.

- **Estes Park:** 10 a.m.-noon Fridays, May 1, May 15 and May 29, Good Samaritan Society, Estes Park Village
- **Loveland:** 1-3 p.m. Wednesdays, May 6, May 20 and June 3, Life Center, Silver Maple room

### Trail of Wellness: How Nature Can Benefit Your Mental Health **R**

Looking for a way to engage with nature but unsure how to do so? This event will teach you about the benefits of nature as you age and how to interact and immerse yourself in nature, both indoors and outdoors, with a chance to practice at this event. This event was created and is led by two of CSU's occupational therapy doctorate students.

- **Fort Collins:** 3-4:30 p.m. Friday, May 1  
Fort Collins Senior Center, Lupine room
- Please call Aspen Club at **970.495.8565** to register

### Fight Fraud: Shred Instead

A free drive-through shredding event will be hosted by AARP ElderWatch, Canvas Credit Union, Johnstown Senior Center and Aspen Club. Volunteers will deposit your documents in a secure bin and return your container to you. We will also be collecting canned goods or nonperishable food items that day to donate to local food banks.

- **Fort Collins:** 9 a.m.-noon Saturday, May 2  
Canvas Credit Union Drake Branch, 2503 Research Blvd.
- **Greeley:** 10 a.m.-noon Tuesday June 2  
LINC Library, 501 8th Ave.
- **Johnstown:** 10 a.m.-noon Thursday, June 4  
Elwell Elementary, 155 Silverbell Drive

### Get Your Advance Directives Done **R**

Start your plan for peace of mind today by learning about advance directive documents for health care and preparing for conversations with loved ones. Participants will be given the chance to complete documents with notarization after class.

- **Fort Collins:** 1:30-3 p.m. Saturday, May 2  
Council Tree Library. Registration at this location starts April 18; please call the library at **970.221.6740** or visit [shorturl.at/JR32s](http://shorturl.at/JR32s) to register
- **Greeley:** 1-2:30 p.m. Thursday, May 7  
LINC Library, 501 8th Ave.
- **Loveland:** 4-5:30 p.m. Tuesday, May 19  
MCR, Big Thompson Canyon Room
- **Fort Collins:** 9:30-11 a.m. Thursday, May 21  
Prospect Internal Medicine Clinic, Ste. 100
- **Windsor:** 3-4:30 p.m. Tuesday, June 2  
Windsor Community Recreation Center, Party Room
- **Fort Collins:** 9-10:30 a.m. Thursday, June 25  
Internal Medicine - Snow Mesa, Ste. 100

### 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. This program will include a film showing, a brief discussion and film-related local resource materials.

- **Firestone:** Noon-2 p.m. Monday, May 4  
Carbon Valley Community Center, room 151

### 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. 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. This is an 8-week commitment.

- **Longmont:** 10-11 a.m. Tuesdays, May 5-June 23  
LPMC, 4th Floor conference room

### Medicare 101 **R**

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

- **Estes Park:** 10-11:30 a.m. Wednesday, May 6  
Crossroads Assistance Ministry
- **Fort Collins:** 9-10:30 a.m. Saturday, May 16, PVH, Cafe F
- **Loveland:** 9-10:30 a.m. Friday, May 29  
MCR, Big Thompson Canyon room
- **Estes Park:** 10-11:30 a.m. Wednesday, June 10,  
Crossroads Assistance Ministry
- **Fort Collins:** 9-10:30 a.m. Friday, June 12, PVH, Cafe F
- **Greeley:** 10-11:30 a.m. Friday, June 26  
GH, conference room 3

# Aspen Club Monthly Features

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### The Upsides to Downsizing **R**

Thinking about downsizing your home? Whether you're moving to an apartment, condo, town home or house with less square footage, downsizing can be overwhelming. Join us to learn where to start and how to keep the process simple. We'll help you unpack the lofty job so you have the clarity you need to get where you want to go.

- **Windsor:** 10-11:30 a.m. Wednesday, May 6  
Windsor Recreation Center, Party room

### First Annual Cancer Prevention/Screening **R**

This program helps individuals understand how inherited mutations, tumor biology and lifestyle factors interact to influence cancer risk, progression and survivorship outcomes. Presented by Liz Bergquist, RD, CSO, LD, CNSC; Kathleen Jablonski, DNP, AH-CNS, AOCNS, APRN-BC; and Jon Klassen, MS, CGC.

- **Fort Collins:** 11:30 a.m.-12:30 p.m. Wednesday, May 6  
CSU Center for Healthy Aging (please bring license plate number in to this location for parking validation)

### Stepping On Fall Prevention Program **R**

Stepping On is an evidence-based 7-week program that empowers older adults to reduce falls through strength and balance exercises, home safety strategies, footwear, medication review, vision awareness and community mobility.

- **Windsor:** 1-3 p.m. Wednesdays, May 6 through June 17  
Windsor Community Recreation Center
- Cost: \$15 suggested donation, payable by cash or check at the program

### What Matters "MOST": Translating Wishes Into Medical Orders **R**

This class is designed to support patients in making informed, values-focused care decisions. Colleen Carson, LCSW, APHSW-C, from UHealth Palliative Medicine, will provide an overview of what the MOST form is, who should have one and how it works in alignment with other advance directives for health care.

- **Fort Collins:** 3-4:30 p.m. Wednesday, May 6  
Sanctuary Apartments Club House, 3732 Kunz Court  
Registration is required; call the Aspen Club at **970.495.8565**

### ThinkFirst for Fall Prevention **R**

Falls should not be considered a normal part of aging. Take steps to lower your risk for falls by taking a fall prevention class and implementing prevention measures both in and out of your home.

- **Longmont:** 10-11 a.m. Thursday, May 7  
Longmont Senior Center; register by calling the Longmont Senior Center at **303.651.8411**

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

Strokes occur when the blood supply to part of your brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. A stroke is a medical emergency that requires prompt attention and care at an emergency room immediately. The UHealth stroke coordinator team will talk about stroke prevention and amazing advancements in diagnosing and treating stroke, including clot removal through thrombectomy now available in northern Colorado. Light lunch provided by the Windsor Library.

- **Windsor:** Noon-1:30 p.m. Friday, May 8  
Windsor Library

### Partners in Playful Hearts and Caring Hands: Bringing Joy Through Learning and Play!

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

- **Longmont:** 1-2:30 p.m. Fridays, May 8 and June 12  
LPH conference rooms A and B

### Living Well With Diabetes **R**

In this 6-week program, learn what you can do to take control of diabetes, rather than letting diabetes take control of you. If you are dealing with diabetes or living with someone with diabetes, come learn skills to deal with the life and emotional changes that come with diabetes. This does not replace diabetes education.

- **Estes Park:** 1:30-4 p.m. Fridays, May 8-June 12  
Estes Park Realty, 457 E. Wonderview Ave., Ste. C4

### 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 Monday, May 11  
Good Samaritan Society, Loveland Village  
2101 S. Garfield Ave.
- **Estes Park:** 1-3:30 p.m. Wednesday, May 27  
United Methodist Church, 1509 Fish Hatchery Road

### Keep Your Feet Happy **R**

Dr. Jamie Mieras will discuss preventing and treating common foot injuries; how to keep your active feet healthy and happy; and foot-skin care, shoes and inserts. Bring your questions.

- **Estes Park:** Noon-1 p.m. Wednesday, May 13  
Estes Park Senior Citizens Center

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## Self-Advocacy for Older Adults With Penn Street <sup>R</sup>

Join Penn Street, Aftersight's Development and Outreach Director, for a warm, enjoyable and practical conversation about self-advocacy – how to comfortably speak up for what you need to stay independent, safe and connected. This session offers simple strategies, real-life examples and time to practice what we've learned together.

- **Loveland:** 10-11 a.m. Thursday, May 14, Life Center
- **Fort Collins:** 10-11 a.m. Tuesday, May 26 FMC, Ste. 101, 1025 Pennock Place
- **Windsor:** 10-11 a.m. Tuesday, June 2 Windsor Community Recreation Center, Party room

## Inflammation, Cardiovascular Disease and Hypertension: How You Can Empower Yourself Through Choices and Impact Your Health Outcomes <sup>R</sup>

Learn practical tips to support your body and brain to better health with anti-inflammatory choices. Taught by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

- **Fort Collins:** 2-3:30 p.m. Thursday, May 14 Fort Collins Senior Center, Twinberry Auditorium. To register and for fee inquiry, call **970.221.6644** and refer to **activity #225440-01**
- **Greeley:** 10-11:30 a.m. Thursday, June 4 Greeley Active Adult Center
- **Windsor:** 10-11:30 a.m. Thursday, June 11 Windsor Community Recreation Center, Party room

## Stroke Strikes Fast – So Should You: Lifesaving Advances in Stroke Treatment <sup>R</sup>

A stroke occurs when the blood supply to part of your brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. Join Dr. Gautam Sachdeva to learn about stroke prevention and amazing advancements in diagnosing and treating strokes, including clot removal through thrombectomy.

- **Loveland:** 10-11:30 a.m. Saturday, May 16 MCR, Longs Peak room

## Walking Through End of Life: Finding Meaning, Choice and Legacy <sup>R</sup>

In this class, themes of family dynamics, anticipatory grief, hospice care and advance directives are woven together with a focus on meaning-making, legacy work and finding moments of peace, joy and connection along the way. Presented by UCHealth oncology counselor, Tom Pappas, MSW, LCSW, OSW-C.

- **Fort Collins:** 3:30-5 p.m. Monday, May 18 UCHealth Harmony Campus Wellness Center 2121 E. Harmony Road, Bldg. A, Oncology 1 meeting room

## Talk With a Health Care Professional – Fatty Liver 101: What It Is, Why It Happens and How to Treat It <sup>R</sup>

Join us as we explore what fatty liver actually means, why it develops and the simple steps you can take to protect your liver and improve your overall health. This talk is designed to reassure, inform, and empower you. Presented by Sasha Kapil, MD.

- **Longmont:** 5:30-6:30 p.m. Tuesday, May 19 Longmont Senior Center. To register, call Longmont Senior Center at **303.651.8411**

## Shift: How to Manage Your Emotions So They Don't Manage You <sup>R</sup>

In his 2025 book *Shift*, Dr. Ethan Kross, a professor at the University of Michigan and Director of the Emotion & Self-Control Lab, outlines six "shifters" that support effective emotion management. This curriculum makes those six shifters immediately actionable by guiding participants to apply each one to emotions that aren't serving them.

- **Loveland:** 1-3 p.m. Tuesday, May 19 Life Center, Silver Maple room
- **Fort Collins:** 9-11 a.m. Thursday, May 28 UCHealth Harmony Campus Building A, 3rd floor conference room
- **Windsor:** 10 a.m.-noon Monday, June 1 Windsor Community Recreation Center, Party Room

## Physical Therapist, Chiropractor or Personal Trainer: Which Do I Need? <sup>R</sup>

In dealing with injury, it can be difficult to discern what kind of practitioner may be most helpful in supporting restoration of function. Physical therapist Alan Kress will discuss the scopes of practice of each profession, their treatment approaches and when each may be most appropriate for your needs.

- **Windsor:** 1-2 p.m. Thursday, May 21 Windsor Community Recreation Center, Party room
- **Fort Collins:** 1-2 p.m. Wednesday, May 27 Harmony Library, 4616 S. Shields St.

## CircleTalk <sup>R</sup>

CircleTalk is a structured conversation program that uses a fun, unique and non-repeating curriculum to support new meaningful connections and inspire sharing.

- **Fort Collins:** 2:30-3:30 p.m. Thursdays, May 21-July 9 FMC, Ste. 101

## Osteoporosis <sup>R</sup>

Dr. Margaret Eagan, a board-certified endocrinologist and lifestyle medicine practitioner, will cover what osteopenia and osteoporosis are and how they are diagnosed, key lifestyle changes that can help prevent bone loss and support stronger bones and more.

- **Fort Collins:** 10-11 a.m. Wednesday, May 27 Harmony Library, 4616 S. Shields St., Community room

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## Mindfulness Practices for Peace of Mind and Body <sup>R</sup>

This class will refresh the mind, body and spirit through guided meditation and breathwork. Leave with a clear mind and 10 practices to maintain positivity in your daily life. Taught by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

- **Windsor:** 2-3 p.m. Tuesday, June 2 Water Valley Good Samaritan, 805 Compassion Court

## Audio Services for People Experiencing Vision Loss or Other Print Disabilities <sup>R</sup>

Michael Sisneros, community outreach manager for the local non-profit Aftersight, will share stories of people experiencing vision loss whose independence was restored through audio resources and support. He'll discuss and demonstrate the organization's services including audio access to newspapers, magazines and local information through the phone, computer or smart speaker. He'll explain how Aftersight makes arts, entertainment and community events more accessible through audio description and accessible media.

- **Loveland:** 1-2 p.m. Friday, June 5, Chilson Center
- **Greeley:** 1-2 p.m. Monday, June 15 Greeley Active Adult Center
- **Fort Collins:** 10-11 a.m. Tuesday, June 16 FMC, Ste. 101, 1025 Pennock Place

## Exercise and Balance in Older Adulthood <sup>R</sup>

Learn how the aging process affects balance and how a multi-pronged approach to exercise can help us maintain our stability and mobility. We'll also cover the unique benefits of yoga and tai chi as well as other fall prevention strategies to enhance function and safety.

- **Estes Park:** 1-2 p.m. Tuesday, June 9 United Methodist Church, 1509 Fish Hatchery Road

## Health Coaches for Hypertension Control <sup>R</sup>

These 9 weekly classes, paired with blood pressure self-monitoring and goal-setting, help participants manage hypertension by focusing on lifestyle change. Topics covered include nutrition, physical activity, stress management and more.

- **Windsor:** 5-7 p.m. Tuesdays, June 9-Aug. 4 Windsor Community Recreation Center

## Breathe <sup>R</sup>

Our respiratory system functions largely without us thinking about it. Learn about this amazing body system and how you can support it through healthy choices. We'll also discuss some common respiratory problems and associated treatments. Bring your questions. Presented by Cindy Ballinghoff, RN, BSN, CEN.

- **Estes Park:** noon-1:30 p.m. Wednesday, June 10 Estes Park Senior Citizens Center, 1760 Olympian Lane

## Wits Workout <sup>R</sup>

Wits Workout keeps your brain healthy and active through fun, engaging activities shared with others who value brain wellness. You'll boost your memory, attention and thinking skills as you solve puzzles, explore interesting topics and discover new ways to care for your mind. By combining mental exercises with social connection, Wits Workout helps you stay sharp, feel good and stay connected to your community. The maximum number of participants is 14.

- **Greeley:** 10-11 a.m. Wednesdays, June 10-July 29 Pathways Hospice, 4075 W. 11th St.

## Mindfulness Series <sup>R</sup>

Each class includes mindfulness practices, calming mind and body reactivity and resourcing and refreshing in times of uncertainty. All three classes are facilitated by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

## Mindfulness and Positive Psychology <sup>R</sup>

Learn about the grounding health benefits of mindfulness combined with positive psychology to create better health, well-being and inner strength. Enjoy guided in-class practices that you can take home with you.

- **Red Feather Lakes:** 1-2:30 p.m. Wednesday, June 10, Red Feather Lakes Library

## Mindfulness Practices for Peace of Mind and Body <sup>R</sup>

This class will refresh the mind, body and spirit through guided meditation and breathwork. Leave with a clear mind and practices to maintain positivity in your daily life – something we can all benefit from.

- **Red Feather Lakes:** 1-2:30 p.m. Wednesday, June 17 Red Feather Lakes Library

## Remembering Our Wisdom: Unfolding the Hidden Gems of Our Aging <sup>R</sup>

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 our current age and stage.

- **Red Feather Lakes:** 1-2:30 p.m. Wednesday, June 24 Red Feather Lakes Library



# Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



## Venture Outside <sup>R</sup>

Learn about the health benefits of spending time in nature and explore new ways of connecting with the outdoors in your community. Brought to you by our partners with CSU Extension.

- **Loveland:** 2-3:30 p.m. Tuesday, June 16  
First United Methodist Church, 533 Grant Ave.
- **Fort Collins:** 10-11:30 a.m. Monday, June 29  
Westbridge Bridgeway, 4th floor, 1107 S. Lemay Ave. and neighborhood surrounding Aspen Club

## Talk With a Health Care Professional <sup>R</sup>

Join UHealth physicians and staff for a shared conversation on a variety of health-related topics from head to toe. A light snack will be provided. Call **303.651.8411** to register.

- **Longmont:** 5:30-6:30 p.m. Tuesday, June 16  
Longmont Senior Center

## Navigating Senior Living: Care Options, Timing and How to Choose Well <sup>R</sup>

In this presentation, we will cover the five main types of senior living and how they differ. We will also discuss timing, estimated costs, questions you should ask and how senior placement services can help you through the process at no cost to you.

- **Loveland:** 1:30-3 p.m. Tuesday, June 23  
Life Center, Silver Maple Room
- **Greeley:** 2-3:30 p.m. Wednesday, June 24  
Greeley Active Adult Center
- **Fort Collins:** 10-11:30 a.m. Thursday, June 25  
CSU Center for Healthy Aging (please bring license plate number in to this location for parking validation)

## HEALTH SCREENINGS

### Balance Screenings <sup>R</sup>

These screenings will assess your fall risk using evidence-based tools and protocols.

- **Greeley:** 10 a.m.-1 p.m. Tuesday, May 5  
GMC, conference room 3. Appointments are required; call **970.495.8560**
- **Loveland:** Wednesdays, May 13 and June 10  
Chilson Senior Center. Timing varies; please call **970.495.8560** to register for an appointment
- **Longmont:** 1:30-3 p.m. Wednesday, May 20  
Longmont Senior Center; call **303.651.8411** to register for this location
- **Fort Collins:** 1-4 p.m. Wednesdays, May 20 and June 17  
CSU Center for Healthy Aging. Appointments are required; call **970.495.8560** (please bring license plate number in to this location for parking validation)
- **Windsor:** 9:30 a.m.-12:30 p.m. Tuesday, June 23  
Windsor Community Recreation Center, Party Room. Appointments are required; call **970.495.8560**

## Medication and Supplement Reviews <sup>R</sup>

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.-12:30 p.m. Thursday, May 7  
Aspen Club office
- Appointments are required; call **970.495.8560**

## Hearing Screenings <sup>R</sup>

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

- **Fort Collins:** 1-4 p.m. Thursday, May 7  
1030 Centre Ave., Ste. A
- **Longmont:** 8:30 a.m.-noon Tuesday, June 2  
2318 17th Ave, unit H
- **Loveland:** 8:30 a.m.-noon Thursday, June 4  
2980 Ginnala Drive, unit 102
- Appointments are required; call **970.495.8560**

## The Nurse Is In for BP Checks and More <sup>R</sup>

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. Tuesday, May 12, and 1-3 p.m. Tuesday, June 9, Aspen Club offices.  
Appointments 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 is also available.

- **Loveland:** 9 a.m.-1 p.m.  
Mondays, May 18 and June 22  
Chilson Recreation Center
- **Estes Park:** 10 a.m.-1 p.m. Wednesdays, May 20 and June 24, Estes Park Senior Citizen's Center



## ONGOING SERVICES

### Medicare Counseling <sup>R</sup>

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**.

# Aspen Club Monthly Features

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## Advance Care Planning Appointments <sup>R</sup>

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 <sup>R</sup>

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 <sup>R</sup>

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, May 11 or June 8,  
Aspen Club offices
- Appointments are required; call **970.495.8560**

## Diabetes Prevention Program <sup>R</sup>

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

- **Fort Collins:** 5:30-6:30 p.m. Mondays, starting June 22, PVH

## Stop the Bleed <sup>R</sup>

Motivated by the 2012 tragedy in Sandy Hook, 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 man-made or natural disasters. The Stop the Bleed program will teach you to stop severe bleeding and potentially save a life.

- **Greeley:** 10-11a.m. Wednesday, May 13  
GH conference room 2B
- **Fort Collins:** 1-2 p.m. Thursday, June 11, PVH
- To register:
  - Go online to [uhealth.org/events](http://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

### Rooted Here for 50 Years

2026 marks the 50th anniversary of the Larimer County Farmers' Market. For five decades, the market has been a gathering place for neighbors, a showcase for local farmers and a hub for fresh, healthy food. We are especially proud to highlight Market Days for Older Adults, a program helping income-eligible residents ages 60 and older access fresh, locally grown produce by providing vouchers to shop at the Larimer County Farmers' Market.

Join us this year as we celebrate half a century of community, connection and Colorado-grown goodness. See you on opening day, May 16, 2026. Plan your visit at [larimercountyfm.org](http://larimercountyfm.org).

### 2026 Season:

9 a.m.-1 p.m. Saturdays, May 16-Oct. 31  
200 W. Oak St., Fort Collins

### Nutrition Education for Older Adults

CSU Extension of Larimer County would like to get your feedback on nutrition needs and education preferences for older adults. Please fill out this short survey to help guide program offerings and sign-up for their newsletter to stay updated on programs and events: [qualtricsxm7rlfc7rc4.qualtrics.com/jfe/form/SV\\_3g79ZP4T82U2yCG](http://qualtricsxm7rlfc7rc4.qualtrics.com/jfe/form/SV_3g79ZP4T82U2yCG).



### Free Brain Injury Screenings

The TransNeuroLab at Colorado State University is offering free brain injury screening for those wondering if they have had a brain injury. If you are interested in screenings, programs or receiving updates about future programs and research opportunities through the Lab, complete the interest survey ([edcap.link/TNL](http://edcap.link/TNL)) or contact the lab at [TransNeuroLab@colostate.edu](mailto:TransNeuroLab@colostate.edu) or by calling **970.491.1467**.



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## Social connection and healthy aging.

Connect with Aspen Club intern Morgan Crawford, an MPH student working with Aspen Club to research social connection and healthy aging. Morgan invites Aspen Club members to complete a brief survey about social connection, participation and experiences with Aspen Club programs. Your feedback will help identify strengths, reduce barriers and inform future programming that supports healthy aging and connection. Participation is voluntary. If you are interested, please contact Morgan at **970.590.6368** or **Meas0857@bears.unco.edu**.