

# ASPEN CLUB NEWS

July/August 2026 | Volume 39 | Issue 4

## Hearing loss and dementia.

Medical research from the last decade has highlighted the link between sensory losses and dementia. It has shown that vision and hearing loss affect cognitive status and that hearing loss is the largest modifiable risk factor contributing to dementia. The inability to hear conversation causes people to miss out on social events, which are critical in that social interaction is one of the best ways to stimulate the brain. The good news is that there are currently more options than ever to augment our ability to hear and that we can access those options even in the early stages of loss.

Early detection, community education and affordable over-the-counter hearing aids are all interventions helping to address hearing and cognitive losses. These measures can help people reengage in social life, and they can offset the detriments caused by the loss of interaction.

A study published in the Journal of the American Medical Association was the first to evaluate hearing

for the four pure tone frequencies most important for understanding speech rather than relying on self-report. It found that, of the Medicare beneficiaries in the National Health and Aging Trends study who were 70 or older, 33% had normal hearing, 37% had mild hearing loss and 30% had moderate to severe hearing loss. Dementia occurred most often among those with severe hearing loss (17% compared to 9% and 6%). The study also found that those with moderate to severe hearing loss could significantly reduce their risk of dementia by using hearing aids.

Yet one challenge in addressing moderate hearing loss is that it progresses gradually, and most people don't realize how much hearing they are losing until the loss is severe. In addition, people with lower incomes may not be able to afford the aids.

Fortunately, recent efforts show that we can address these challenges. In one large U.S. trial of hearing-care interventions targeting Black and low-income older adults, community health workers trained patients on how to select and use over-the-counter hearing devices, and participants showed improvements in communication similar to those gained by using hearing aids fitted by audiologists.

## What to do if you have hearing loss and are concerned about dementia:

- Have your hearing tested.
- Keep your ears clean (but be careful to use safe tools to do so – consult with your doctor).
- If you need hearing aids, get them. They are now available over the counter and can help many people with mild or moderate hearing loss. Some Bluetooth-associated earbuds used with phones can amplify ambient sounds using built-in microphones and apps, allowing users to hear conversations more clearly in certain environments.
- If you have hearing aids, wear them.
- If your hearing aids aren't working, get them fixed.
- Stay involved socially and with other activities so that you are learning new things and increasing your sense of wellbeing; numerous and varied activities can be especially beneficial.



## HEALTHY AGING

Do not set yourself on fire to keep someone else warm.

– Joan Crawford

### 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](mailto:aspenclub@uchealth.org)

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

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

## The health benefits of being awed.

In the context of the concerns I'm hearing related to social isolation, I recently read *Mattering* by Jennifer Breheny Wallace. She argues that beneath today's rising levels of loneliness, burnout, anxiety and disconnection lies a more fundamental problem – many people no longer feel that they truly matter. Wallace defines "mattering" not as achievement, popularity or productivity, but as the deeply human experience of knowing that we are valued by others and that our presence and contributions make a difference. She positions mattering as a core psychological and social need – one that is as essential to wellbeing as physical safety or belonging.

Wallace observes that modern culture often misdiagnoses the sources of emotional distress. We tend to blame social media, overwork or political division, but these forces, she suggests, are symptoms rather than root causes. At the heart of the crisis is an erosion of mattering. People feel unseen, interchangeable or useful only for what they produce. When individuals cannot clearly perceive their impact on others – or feel that no one is meaningfully invested in them – their sense of purpose weakens.

Drawing on research, reporting and personal stories, Wallace introduces mattering as a lens through which many struggles can be better understood. She describes how people across life stages – students, parents, caregivers, workers and those navigating loss or transition – often share the same quiet fear: that if they disappeared, little would change. This belief, she argues, fuels despair, disengagement and emotional withdrawal.



Wallace's central claim is that mattering is both relational and actionable. It is not something bestowed by status or success, but something built through everyday interactions. Small, intentional signals – being noticed, relied upon in healthy ways, prioritized and genuinely known – can restore a person's sense of worth and direction. Wallace emphasizes that mattering is reciprocal. People need to feel valued, but they also need opportunities to add value.

The book is framed as both a diagnosis and a roadmap. The introduction sets up her concept of a "mattering core," which is explored throughout the book, and invites readers to reconsider how families, workplaces, schools and communities either strengthen or undermine this essential human need. Rebuilding a culture of mattering, Wallace argues, is not a luxury, but a necessity for individual and collective wellbeing. I am inspired by her writing, which reinforces that we have the key to improving our social connection and restoring our own health and wellbeing.

Yours in health and harmony,

JoAnn Herkenhoff  
UCHealth Aspen Club Manager

# Be your own brain-health advocate in 2026.

Today, more than 91,000 Coloradans and 7.4 million Americans live with Alzheimer's disease. Although the disease remains incurable, advances in research are offering hope through lifestyle and medical approaches that may help reduce risk and protect brain health to prevent onset.

The Alzheimer's Association's groundbreaking two-year U.S. POINTER clinical trial provided clear evidence that individuals at risk of cognitive decline and dementia who follow a rigorous lifestyle program, including diet and exercise components as well as cognitive challenges, performed at a level comparable to adults 1 to 2 years younger in age, "an effect that likely increases resilience against cognitive decline." For those not in the study, it's important to note that researchers believe 40% of all dementia cases can be prevented or delayed.

Following are summaries of several research studies that offer proactive steps to preserve cognitive health and lifestyle factors that can affect risk.

**Walking and lifestyle changes:** Data from three large intervention studies (including physical activity, dietary intake, cognitive activity, social activity and cardiovascular health) from Finland, Japan and France showed that healthier habits help protect APOE4 carriers.

**Hearing loss:** Hearing loss is present in 65% of adults over age 60, according to researchers. This study looked at a subgroup of older adults with hearing loss who were at higher risk for cognitive decline (about 25% of the total study population). It showed that those at highest risk for cognitive decline who utilized hearing aids and hearing counseling for three years cut their cognitive decline in half (48%).

**Vaccinations:** An annual flu vaccination was associated with a 40% decrease in the risk of developing Alzheimer's disease over the next four years, according to researchers from The University of Texas' McGovern Medical School who found that even a single flu vaccination could reduce the risk of Alzheimer's by 17%. Similarly, a Duke University's Social Science Research Institute study showed that getting a vaccination against pneumonia between the ages of 65 and 75 reduced Alzheimer's risk by up to 40%.

*Danelle Hubbard, BSW, MA*  
*Alzheimer's Association Regional Health Systems Director*

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.

## INSIGHTFUL

The most effective way to do it is to do it.

– Amelia Earhart

## Getting help from family and friends.

Dealing with health and medical issues can be stressful and confusing. It can be a good idea to ask friends and family for support.

Think about the people in your life who can be there for you. Ask for help from people who:

- Have good judgment.
- Can talk to medical professionals.
- Are organized and think clearly.
- Can be assertive, if needed.
- Have proven to be trustworthy.
- Can stay calm in stressful situations.

When you visit a health care provider, friends and family can:

- Drive you to and from your visit.
- Make you feel comfortable and more confident.
- Remind you what you planned to say or ask.
- Take notes.
- Help you remember what your health care provider says.

When you are ill, friends and family can:

- Talk to your health care team for you.
- Help you learn about your illness.
- Help you make medical decisions.
- Help you keep track of follow-up appointments, providers' names and specialties, tests and treatment.
- Give you emotional support.

# Talking about suicide can prevent it. Everyone can help.



## Depression and suicide in older adults. Resources:

- Grief support and QPR (community or individual) training:
  - Alliance for Suicide Prevention: [allianceforsuicideprevention.org](http://allianceforsuicideprevention.org), 970.482.2209, [admin@suicideprevent.org](mailto:admin@suicideprevent.org)
  - Free firearm and medicine lockboxes.
  - QPR and other useful mental health training.
  - Free grief support for survivors of suicide loss.
- Community Grief Center: [CommunityGriefCenter.org](http://CommunityGriefCenter.org), 970.506.4114
- Crisis support: A number of free mental health urgent care drop-in clinics have opened across the state in recent years. You do not even need insurance to be able to access these community resources:
  - Mental Health Crisis Hotline: 988
  - Longview Campus: 24/7 acute care facility, 970.494.4200, 2260 W. Trilby Road Fort Collins, CO 80526
  - North Range Behavior Health Center: 970.347.2120, 1300 N 17th Ave. Greeley, Co 80631
- Therapy resources:
  - CAYAC/Connections: [HealthDistrict.org](http://HealthDistrict.org), 970.221.5551
  - Psychology Today: [PsychologyToday.com](http://PsychologyToday.com)
  - Open Path Collective: [OpenPathCollective.org](http://OpenPathCollective.org)
  - Community Chaplaincy: [CommunityChaplaincy.org](http://CommunityChaplaincy.org)

It's a common misconception that suicide mainly affects young people. In reality, 1 in 3 suicide deaths in Colorado is an older adult. Among youth ages 10-18, the suicide rate is 5.85 per 100,000. In contrast, for Coloradans ages 65-74, the rate has remained around 22.5 per 100,000 for nearly a decade. For those 75 and older, it rises to 28.13 per 100,000. Suicide risk factors can be summarized as the "4 Ds": depression, disease or disability, disconnectedness and access to deadly means.

The Colorado Office of Suicide Prevention recommends that when we notice warning signs, we acknowledge the person's feelings, show concern and empathy, speak directly and listen without judgment. These simple actions can help us support someone and connect them to resources.

Mr. Fred Rogers said, "Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting and less scary. The people we trust with that important talk can help us know that we are not alone."

When we avoid talking about very human experiences like grief, depression, anxiety and suicide, we give them more power to harm us. Speaking openly allows healing because it reduces stigma, strengthens connection and helps people find support.

Many people learn CPR because they want to be prepared to respond to a physical health emergency. Over the past few decades, CPR training has empowered everyday people to dramatically improve outcomes in cases like choking and cardiac arrest. QPR (question, persuade, refer) is the mental health equivalent of CPR. In just 60-90 minutes, this training can help anyone learn how to recognize warning signs and effectively respond to a developing mental health crisis. Just as CPR training doesn't make someone a paramedic or cardiologist, QPR training doesn't make someone a therapist or psychologist. But it does equip people to act as community helpers – individuals who can notice warning signs, listen with care and help connect someone in crisis to life-saving support. Research from the QPR Institute suggests that trainees have, on average, 5.2 opportunities to use their skills within six months of training. Here in Larimer County, trained community members have helped reduce the suicide rate by more than 25% since 2018. Imagine what could be possible if everyone had this training.

### TRIVIA



What 1774 gathering coordinated a colony-wide response to Britain before the Revolutionary War started on April 19, 1775?

*(Answers provided in the next issue.)*

**Trivia answer from the previous issue:**  
Which state sees the sunrise every day before the rest of the United States?  
Answer: Maine.

## How food moves through your body (Krames Patient Education).

When you eat, food enters your digestive tract. This is a series of organs that form a pathway from your mouth to your anus. As food moves down this pathway, it is processed and changed to waste. The nutrients are absorbed in the body. After food is changed to waste, it is pushed out of your body in a bowel movement:

- The stomach breaks down food into a liquid mixture.
- The small intestine absorbs nutrients from the liquid mixture. What remains is liquid waste.
- The large intestine (colon) absorbs water from the liquid waste, converting it into solid waste (stool).
- Nerves along your digestive tract tell your muscles how fast to contract.
- Muscles in the intestines contract to move food and waste through the digestive tract.
- The rectum stores stool until a bowel movement happens.
- The anus is the opening where stool leaves the body.

## Using the DASH plan for heart-healthy eating.

Eating for your heart can be simple and still taste good (Krames Patient Education). You just need to know how to make healthier choices. The DASH eating plan was created to help you do just that. DASH stands for Dietary Approaches to Stop Hypertension. This plan is proven to be healthier for your heart.

Try to eat the right number of servings from each food group. These numbers are based on a diet of 2,000 calories a day.

Food group:	Amounts:	Best choices:
<b>Grains</b>	Servings: 6 to 8 a day <b>A serving is:</b> <ul style="list-style-type: none"> <li>• 1 slice of bread</li> <li>• 1 ounce of dry cereal</li> <li>• Half a cup of cooked rice, pasta or cereal</li> </ul>	Whole grains and any high-fiber grains.
<b>Vegetables</b>	Servings: 4 to 5 a day <b>A serving is:</b> <ul style="list-style-type: none"> <li>• 1 cup of a raw leafy vegetable</li> <li>• Half a cup of a cut-up raw or cooked vegetable</li> <li>• Half a cup of vegetable juice</li> </ul>	Fresh or frozen vegetables cooked without added salt or fat.
<b>Fruits</b>	Servings: 4 to 5 a day <b>A serving is:</b> <ul style="list-style-type: none"> <li>• 1 medium piece of fruit</li> <li>• One-quarter cup of dried fruit</li> <li>• Half a cup of fresh, frozen or canned fruit</li> <li>• Half a cup of 100% fruit juices</li> </ul>	A variety of fresh fruits of different colors.
<b>Low-fat or fat-free dairy</b>	Servings: 2 to 3 a day <b>A serving is:</b> <ul style="list-style-type: none"> <li>• 1 cup of milk</li> <li>• 1 cup of yogurt</li> <li>• One and a half ounces cheese</li> </ul>	Skim or 1% milk, low-fat or fat-free yogurt or buttermilk.
<b>Lean meats, poultry and fish</b>	Servings: 6 or fewer a day <b>A serving is:</b> <ul style="list-style-type: none"> <li>• 1 ounce of cooked meats, poultry or fish</li> <li>• 1 egg</li> </ul>	Lean poultry and fish.
<b>Nuts, seeds and beans</b>	Servings: 4 to 5 a week <b>A serving is:</b> <ul style="list-style-type: none"> <li>• 1/3 cup of nuts (1.5 ounces)</li> <li>• 2 tablespoons of nut butter or seeds</li> <li>• Half a cup of cooked dry beans or legumes</li> </ul>	Dry roasted nuts with nosalt added, lentils, kidney beans, garbanzo beans and whole pinto beans.
<b>Fats and oils</b>	Servings: 2 to 3 a day <b>A serving is:</b> <ul style="list-style-type: none"> <li>• 1 teaspoon of vegetable oil</li> <li>• 1 teaspoon of soft margarine</li> <li>• 1 tablespoon of mayonnaise</li> <li>• 2 tablespoons of salad dressing</li> </ul>	Nut and vegetable oils (nontropical vegetable oils), such as olive and canola oil.
<b>Sweets</b>	Servings: 5 a week or fewer <b>A serving is:</b> <ul style="list-style-type: none"> <li>• 1 tablespoon of sugar, maple syrup or honey</li> <li>• 1 tablespoon of jam or jelly</li> <li>• 1 half-ounce of jellybeans (about 15)</li> <li>• 1 cup of lemonade</li> </ul>	Dried fruit can be a satisfying sweet. Choose low-fat sweets. And watch your serving sizes.



## FUNNY PAGES

I never feel more alone than when I'm trying to put sunscreen on my back.

– Jimmy Kimmel

### Why former or current smokers over 50 should consider lung cancer screening.

Staying active and healthy is a priority for many seniors in Northern Colorado, and lung cancer screening is a simple step that can help. If you are still smoking or even if you quit years ago, you are at a higher risk of developing lung cancer because smoking can leave lasting changes in the lungs. A quick, painless low-dose CT scan can spot early signs of lung cancer long before symptoms appear, when treatment works best.

For people who enjoy hiking, biking, gardening or keeping up with grandkids, protecting lung health is essential. Screening offers peace of mind and helps you stay proactive about your wellbeing. For more information or to see if you're eligible for a low-dose CT screening, call the UHealth Thoracic Surgery nurse navigator at 970.624.2924.



## Unlocking safety: The power of emergency access key programs.

In an emergency, every second counts. But what happens if help arrives and you're unable to open the door? Emergency access key programs offer a simple, secure solution that helps first responders reach you quickly when you need assistance the most.

Lock box programs, such as LockBox and Knox Box, are available throughout northern Colorado and many other communities. These programs provide a small, secure box that is mounted near your home's entrance and holds a spare house key. Only authorized emergency responders – fire, EMS or law enforcement – have a master key that can open the box, ensuring fast and secure access without damaging your door or windows. Some programs also allow you to store emergency contact information or important medical details to further support your care.

These boxes can be especially beneficial for individuals who live alone, have medical conditions or mobility challenges, use emergency alert systems or simply want added reassurance that help can get inside quickly during a crisis. Designed to be tamper-resistant and weatherproof, emergency access boxes quietly become part of your home's emergency preparedness plan – ready when you need them, without disrupting your daily life.

Consider a scenario where you've fallen, are experiencing chest pain or are otherwise unable to reach the door after calling 911. Without a lock box, responders may lose valuable time or be forced to damage property to gain entry. With one in place, they can access your home immediately and focus on providing care.

Many local fire departments offer LockBox or similar programs, sometimes at a reduced cost or even free, depending on eligibility. To learn more, contact your local fire department, EMS provider, senior services office or homeowners association (HOA).

A small box can make a big difference – offering faster help and greater peace of mind for you and your loved ones.

# 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.
- 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.)

### 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.

### 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 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, July 15 MS Teams
- Email address required; link to virtual class and class materials will be emailed prior to class

### Virtual Let's Talk Tomorrow **R**

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, Aug. 24, MS Teams
- Email address required; link to virtual class will be emailed prior to class

## IN-PERSON-ONLY CLASSES

### Mind Over Matter (MOM): Healthy Bowels, Healthy Bladder **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 arrive 15 minutes early to the first class to allow time for paperwork. Class is limited to 12 participants.

- **Fort Collins:** 9:30-11:30 a.m. Thursdays, July 2, July 16, July 30, FMC, Ste. 101
- **Fort Collins:** 2-4 p.m. Tuesdays Aug. 11, Aug. 25 and Sept. 8, Overland Church, 620 W. Horsetooth Road

### Mediterranean Diet: Tying It All Together **R**

Incorporate all current nutritional recommendations and anti-inflammation guidelines into a satisfying long-term way of eating. Facilitated by Deanna O'Connell, UHealth registered dietitian.

- **Fort Collins:** 2-3:30 p.m. Tuesday, July 7 Fort Collins Senior Center. To register and for fee inquiry, call **970.221.6644** and refer to **activity #325422-01**
- **Windsor:** 2-3:30 p.m. Wednesday, July 22 Windsor Community Recreation Center, Party Room
- **Loveland:** 2-3:30 p.m. Thursday, Aug. 6 Life Center, Silver Maple Room

# Aspen Club Monthly Features

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## Stepping On **R**

Stepping On is a 7-week workshop that develops the knowledge and skills needed to help older adults prevent falls. It focuses on how strength and balancing exercises, medication management, home safety, footwear, vision and mobility all play important roles in fall prevention. Guest speakers include a physical therapist, an occupational therapist and a pharmacist. Suggested donation: \$15 (for entire workshop).

- **Greeley:** 10 a.m.–noon Tuesdays, July 7 through Aug. 18  
Greeley Active Adult Center, meeting room 1

## Reverse Mortgages **R**

Designed for homeowners who are 62+, those who are approaching retirement or anyone who wants to be educated on this program, this presentation covers the many ways you can use your home equity to improve your retirement.

We will unravel the confusion surrounding reverse mortgages and look at how your home's equity can be used to help make home improvements, provide for home care and health needs or other unplanned expenses during retirement and offer leverage toward charitable giving, investment options and desired activities. We will also illustrate how a reverse mortgage can be used to purchase a home if you are pondering relocating into a more ideal home for your retirement years. In addition, we will talk about when a reverse mortgage is not a good idea.

- **Greeley:** 2–3 p.m. Monday, July 13  
Greeley Active Adult Center
- **Loveland:** 1–2 p.m. Tuesday, July 21  
Chilson Senior Center, Cherry Room
- **Fort Collins:** 10–11 a.m. Friday, Aug. 7  
UCHealth Harmony Campus



## Veterans Service Office Q&A **R**

Join us for an informative Veterans Service Office Q&A session. Subject matter experts from the Larimer County Veterans Service 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. Registration is required; call Aspen Club's recorded registration line at **970.495.8565**.

- **Estes Park:** Noon–1:30 p.m. Wednesday, July 8  
Estes Park Senior Citizen's Center, 1760 Olympian Lane

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

A Legacy Letter is a preservable document that communicates values, wisdom and history from one generation to another. In this two-session participatory workshop, you will learn the basic principles of legacy letters. Through guided writing practices, we will explore the legacies we've received from earlier generations and the ones we want to leave behind. Carla Vogel is a certified Legacy Facilitator, Chaplain with Pathways Hospice and Storyteller.

- **Fort Collins:** 10–11:30 a.m. Thursdays, July 9 and 16  
Pathways Hospice, 305 Carpenter Road, McKee room

## Healthy Cooking for One or Two **R**

Join this class to gain practical skills when cooking for one or two people. Learn resourceful tips and tricks to make delicious food. We'll discuss smart ways to reduce food waste, meal plan, budget and grocery shop. Through the expertise of Christa Timmerman, CSU extension agent, you will understand important nutrition basics for older adults and come away with new skills and confidence to feed and nourish yourself well. A light demonstration and tasting is included.

- **Fort Collins:** 10:30 a.m.–noon Friday, July 10  
CSU Extension, 1525 Blue Spruce Drive, 165 conference room
- **Loveland:** 1–2:30 p.m. Monday, July 27  
Loveland Life Center, 1511 E. 11th St.  
Silver Maple Room

## 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 to support brain health, social connection, emotional wellbeing and confidence in managing personal health.

- **Longmont:** 1–2:30 p.m. Fridays, July 10 and Aug. 14  
LPH, conference rooms A and B

## 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.

- **Fort Collins:** 9–10:30 a.m. Saturday, July 11, PVH, Cafe F
- **Loveland:** 9–10:30 a.m. Friday, July 24  
MCR, Big Thompson Canyon room
- **Fort Collins:** 9–10:30 a.m. Friday, Aug. 14  
PVH, Cafe F
- **Greeley:** 10–11:30 a.m. Friday, Aug. 28  
GH, conference room 3

# Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



## New Member Orientation **R**

New and longtime Aspen Club members are invited to learn about the benefits and services available to them.

- **Greeley:** 2-3 p.m. Tuesday, July 14  
Aspen Club Greeley office
- **Loveland:** 2-3 p.m. Wednesday, Aug. 26  
MCR, Big Thompson Canyon room

## 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 for health care and prepare for conversations with loved ones. Participants will be given the chance to complete documents with notarization after class.

- **Fort Collins:** 9:30-11 a.m. Thursday, July 23  
Prospect Internal Medicine Clinic, Ste. 100
- **Greeley:** 4-5:30 p.m. Thursday, Aug. 13  
North Range Behavioral Health Caring Legacy Building, 2105 Courthouse Drive
- **Loveland:** 4-5:30 p.m. Tuesday, Aug. 18  
MCR, Big Thompson Canyon Room
- **Fort Collins:** 9-10:30 a.m. Thursday, Aug. 27  
Internal Medicine - Snow Mesa  
4674 Snow Mesa Drive, Ste. 100

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

Join us for an engaging and informative workshop designed to introduce the concept of neurodiversity and foster a deeper understanding of what it means to be neurodivergent. We'll explore and debunk common myths and misconceptions, helping participants gain clarity and compassion around conditions such as autism, ADHD, dyslexia and more. Whether you're neurodivergent yourself or supporting a loved one who is, this session will provide valuable insights, practical tools and a supportive space to better understand and celebrate diverse ways of thinking and being.

- **Loveland:** 1-2:30 p.m. Tuesday, July 28  
Chilson Senior Center, Cherry room
- **Windsor:** 5:30-7 p.m. Tuesday, Aug. 18  
Windsor Library, 720 3rd St.

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

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

- **Estes Park:** 2-3 p.m. Tuesday, July 28  
United Methodist Church, 1509 Fish Hatchery Road

## Grocery Store Guidance **R**

Good nutrition starts with smart choices in the grocery store. With a little prep and guidance, healthy choices are easy to find. Nutrient-rich whole foods can help you reach your daily dose of vitamins, minerals and fiber. The program will cover steps to take before shopping, how to navigate the store, shopping on a budget, reviewing food labels and maintaining a healthy food list.

- **Fort Collins:** 2-3:30 p.m. Wednesday, July 29  
UHealth Harmony Campus

## Preparing for Your Next Chapter: Downsizing Your Home **R**

A practical session on downsizing and preparing your home for what's ahead. Learn how early planning eases stress and gain simple, expert tips to move forward with confidence.

- **Loveland:** 3-4 p.m. Thursday, July 30  
Life Center, Silver Maple room
- **Fort Collins:** 1-2 p.m. Wednesday, Aug. 5  
Pathways Hospice, Thomas McKee room
- **Greeley:** 1-2 p.m. Tuesday, Aug. 18  
Greeley Active Adult Center

## Tinnitus: When Your Ears Start Their Own Performance **R**

The presentation will inform about what tinnitus is, what causes it and how to manage it. There is a lot of misinformation about tinnitus, so we will talk about where to find good and reliable resources for you or anyone that you know to help live with tinnitus. Presented by doctor of audiology, Shanna Moshure.

- **Fort Collins:** 10-11 a.m. Friday, July 31  
CSU Center for Healthy Aging
- **Note:** This location requires you to register your license plate for free parking with the front desk staff at Center for Healthy Aging



## 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.

- **Fort Collins:** 2-3:30 p.m. Monday, Aug. 3  
Overland Church, 620 W. Horsetooth Road
- **Windsor:** 10-11:30 a.m. Tuesday, Aug. 25  
Windsor Community Recreation Center, party room

# Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



## 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 following everyday emergencies and man-made and natural disasters.

- **Longmont:** 10-11 a.m. Thursday, Aug. 6  
Longmont Senior Center. Call **303.651.8411** to register for this Longmont location
- **Greeley:** 10-11 a.m. Wednesday, Aug. 12  
GH, conference room 3
- To register:
  - Go online to [uhealth.org/events](https://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

## Connection, Emotion Regulation and "Conversations That Matter" **R**

Come hear about some of the free connection opportunities, grief support resources and suicide prevention programs available throughout Larimer County from the local nonprofit Alliance For Suicide Prevention.

- **Estes Park:** Noon-1:30 p.m. Wednesday, Aug. 12  
Estes Park Senior Citizen's Center

## Talk With a Health Care Professional **R**

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

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

## CircleTalk **R**

CircleTalk is a structured conversation program that uses a fun, unique and non-repeating curriculum to support new meaningful connections and inspire sharing. A commitment to the full eight-week program is requested.

- **Loveland:** 1:30-2:30 p.m. Tuesdays, Aug. 25 through Oct. 13, Loveland First United Methodist Church, East Coy room

## Healthy Brain and Body Series **R**

This five-session program offers up-to-date research and practical guidance on strategies to support healthy aging. It is designed for individuals of all ages who are interested in learning ways to age as well as possible.

- **Windsor:** 12:30-1:30 p.m. Wednesdays, Aug. 26 through Sept. 23  
Water Valley Good Sam, 805 Compassion Drive

## 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.

- **Loveland:** 1-3 p.m. Wednesdays, Aug. 26 through Sept. 30, Life Center, Silver Maple room

## Powerful Tools for Caregivers **R**

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.

- **Estes Park:** 10 a.m.-noon Fridays, Aug. 28 through Oct. 2, Good Samaritan Society

## Clarifying Your Values: Tools for Acceptance and Meaningful Action **R**

Join us for an interactive presentation focused on identifying what matters most to you. Participants will complete a values activity and learn practical skills for acceptance and psychological flexibility to support meaningful, values-guided action, grounded in principles from Acceptance and Commitment Therapy (ACT).



- **Fort Collins:** 2-3:30 p.m. Monday, Aug. 31  
CSU Center for Healthy Aging
- Note: This location requires you to register your license plate for free parking with the front desk volunteer or staff at Center for Healthy Aging

## HEALTH SCREENINGS

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

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

- **Fort Collins:** 1-4 p.m. Wednesdays, July 8 and Aug. 12  
Aspen Club offices
- Appointments required; call **970.495.8560**

### 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, July 9  
1030 Centre Ave., Ste. A
- **Longmont:** 8:30 a.m.-noon Tuesday, Aug. 4  
2318, 17th Ave., Unit H
- **Loveland:** 8:30 a.m.-noon Thursday, Aug. 6  
2980 Ginnala Drive, Unit 102
- Appointments are required; call **970.495.8560**

# Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



## 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:** Wednesdays, July 8 and Aug. 12  
Chilson Senior Center. Timing varies; please call **970.495.8560** to register for an appointment
- **Fort Collins:** 1–4 p.m. Wednesdays, July 15 and Aug. 19  
CSU Center for Healthy Aging
  - Note: This location requires you to register your license plate for free parking with the front desk volunteer or staff at Center for Healthy Aging
  - Appointments are required; call **970.495.8560**

## Blood Pressure Checks

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

- **Loveland:** 9 a.m.–1 p.m. Mondays, July 27 and Aug. 31  
Chilson Recreation Center
- **Estes Park:** 10 a.m.–1 p.m. Wednesdays, July 22 and Aug. 26, Estes Park Senior Citizen's Center

## Medication and Supplement Reviews **R**

UCHHealth pharmacists review your medications, vitamins, supplements and over-the-counter drugs. Please bring your prescribed and over-the-counter items with you.

- **Fort Collins:** 8:30 a.m.–12:30 p.m. Thursday, Aug. 6  
Aspen Club office
- Appointments are required; call **970.495.8560**

## CarFit Assessments **R**

Occupational therapist, Heather Ackart, will use a 12-point checklist to help you drive safer for longer.

- **Fort Collins:** 9 a.m.–noon Monday, July 13 or Aug. 10  
Aspen Club offices
- Appointments required; call **970.495.8560**

## Lung Cancer Screenings **R**

A quick, painless low-dose CT scan can spot early signs of lung cancer long before symptoms appear. For more information or to see if you're eligible for a low-dose CT screening, call the UCHHealth Thoracic Surgery nurse navigator at **970.624.2924**.

## 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 wellbeing. You will work with a health coach to create an individualized health action plan. For more information or to enroll, contact Jeneane at **970.495.7335**.

## IN PARTNERSHIP WITH COMMUNITY AGENCIES

### Rooted Here for 50 Years

For five decades, the Larimer County Farmers' 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 market.

Join us this year as we celebrate half a century of community, connection and Colorado-grown goodness with special events, surprises and more. Plan your visit at [larimercountyfm.org](http://larimercountyfm.org).

2026 Season:

9 a.m.–1 p.m. May 16–Oct. 31  
200 W. Oak St., Fort Collins  
970.498.6000

### Save the date for Senior Law Day

Presentations will cover estate planning and other legal issues. Individual 30-minute appointments with attorneys will be available; sign-ups will occur as the date approaches. Contact Colorado Legal Services at **970.493.2891 ext. 261** for more information.

- 1–5 p.m. Wednesday, Sept. 16  
Fort Collins Senior Center

### 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 opportunities through the Lab, complete the interest survey ([redcap.link/TNL](https://redcap.link/TNL)) or contact the lab at [TransNeuroLab@colostate.edu](mailto:TransNeuroLab@colostate.edu) or by calling **970.491.1467**.



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**Register for Aspen Club Programs.**

Did you know that you can now register yourself for Aspen Club programs online? It is easy to do, and you will receive real-time verification of your registrations. Visit today at [events.uhealth.org](http://events.uhealth.org) and select Aspen Club under "type."