

ASPEN CLUB NEWS

September/October 2026 | Volume 39 | Issue 5

Focus on falls.

Falls remain one of the most serious and costly health threats facing older adults in the United States, sending an estimated 3 million seniors to emergency rooms each year and contributing to more than 40,000 deaths in 2023. Beyond the immediate injuries, falls often trigger long-term declines in independence, mobility and quality of life, while costing the healthcare system tens of billions of dollars annually. A new study at UCHealth Medical Center of the Rockies aims to tackle this persistent problem by using telehealth to connect older patients with fall-prevention specialists after an emergency room visit.

Emergency medicine physician Dr. Bucky Ferozan sees the consequences of falls daily. Older adults account for roughly 40% of ER visits at his hospital, with falls responsible for nearly one third of those encounters. He emphasizes that falls rarely have a single cause; instead, they often stem from a complex mix of medical, environmental and social factors, including medication interactions,

frailty, vision problems, cognitive impairment and home hazards. To address this complexity, Ferozan previously developed a geriatric consultation program that brings together physical therapists, pharmacists and social workers to identify why a fall occurred and how to prevent another. Building on that model, he is now collaborating with Dr. Elizabeth Goldberg on a new research study called e-GAPcare. The study tests whether virtual consultations with physical therapists and pharmacists can deliver the same benefits as in-person care, particularly for patients in rural or resource-limited settings.

The e-GAPcare trial expands on Goldberg's earlier GAPcare research, which showed promising results. Patients who received multidisciplinary fall-prevention consultations experienced high satisfaction and significantly fewer repeat ER visits for falls. A follow-up study, GAPcare II, added wearable technology to better track falls and is expected to publish results soon.

Adapted from a *UCHealth Today* article, published August 20, 2025. To read the article, go to uchealth.org/today/can-telehealth-help-unravel-the-problem-of-fall-prevention-in-older-adults.



Telehealth as a new tool for fall-prevention research.

The e-GAPcare study represents a significant step forward in fall-prevention research by testing whether telehealth can extend proven geriatric care models beyond large academic medical centers. Led by Drs. Elizabeth Goldberg and Bucky Ferozan, the trial adapts the successful GAPcare approach – previously shown to reduce repeat fall-related ER visits by 66% – into a virtual format.

By identifying balance issues, gait problems and risky medication interactions through video visits, the study aims to overcome staffing shortages and geographic barriers that limit access to specialized care, especially in rural communities.

If effective, e-GAPcare could provide evidence for a scalable, cost-efficient model that improves outcomes for older adults while addressing health disparities.

uchealth

HEALTHY AGING

We never really grow up;
we only learn how to act
in public. – Bryan White

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."

Advocacy for seniors.

We are fortunate to live in Colorado, where there is strong advocacy for our older-adult population. And for good reason. It is estimated that our state's 60+ population will reach 1.5 million by 2030. This will make up approximately 20% of our total residents.

The Colorado Department of Human Services has prepared a multisector plan on aging in response to the anticipated opportunities and challenges that this demographic shift illuminates. The plan was developed through collaboration with state and local governments, private organizations, community leaders and our older-adult citizens.

Five strategic goals will guide priorities over the next 10 years:

- **Advancing connected communities:** Ensuring that communities throughout Colorado are affordable, livable and interconnected by implementing age-friendly policies and practices that support all community members.
- **Emphasizing healthcare access:** Promoting a healthcare system that is responsive, equitable and tailored to the unique needs of Coloradans across the lifespan while supporting health outcomes for older adults.
- **Sustaining and tailoring person-centered long-term services and supports:** Prioritizing high-quality, sustainable and meaningful long-term services and supports to help older Coloradans age in community.

- **Bolstering Colorado's economy:** Acknowledging our demographic reality and its impact on the workforce while promoting the value and expertise of older Coloradans to engage older Coloradans in the workforce.

- **Prioritizing economic security for older Coloradans:** Enhancing economic security for older adults by focusing on:
 - Economic opportunities.
 - Access to benefits.
 - Financial literacy.
 - Retirement savings.
 - Prioritizing food security.

If you have the inclination and capacity to engage in any activities that advocate for us to age with dignity, security and purpose, I encourage you to do so. You can learn more about the plan and how to get involved on the Colorado Department of Human Services website, aging.colorado.gov.

Yours in health and harmony,



JoAnn Herkenhoff
UCHealth Aspen Club Manager



Dementia risk reduction and resources.



What if one of the most important things to know about dementia is that there is more we can do than many people realize? Research suggests that up to 45% of dementia cases are potentially preventable by addressing modifiable risk factors throughout life. Regular physical activity, social connection, lifelong learning, quality sleep and management of conditions such as high blood pressure and diabetes can all help support brain health. Growing evidence shows that healthy lifestyle choices can make a meaningful difference for many people.

For those already living with dementia, there is still much we can do to support health and wellbeing. People living with dementia and their care partners can continue to experience joy, purpose, connection and meaning. By focusing on strengths, relationships, meaningful engagement and compassionate support, we can help people living with dementia experience the best quality of life possible. Wellbeing may look different over time, but it remains deeply important and within reach.

Early conversations about memory concerns can also make a difference. If you notice changes in yourself or a loved one, approaching the topic with curiosity and compassion can help. Many memory changes are not caused by dementia and may be related to medications, stress, sleep issues, depression or other treatable conditions. Seeking evaluation early can help identify causes and connect people with appropriate support and resources.

For those living with dementia, support is growing. The GUIDE model, a Medicare program available through participating healthcare organizations, offers comprehensive dementia care, caregiver education, care coordination and respite support designed to help people live well in their homes and communities for as long as possible.

Join us for Dementia Risk Reduction and Resources, a free community event 8:30-10 a.m. Thursday, Sept. 24, at Pathways Hospice, 305 Carpenter Road in Fort Collins. See page 8 for more details. Together, we can learn practical ways to support brain health, enhance wellbeing and build a more dementia-friendly community.

— Peggy Budai, NP

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

Sunset is just my lightbulb burning out.

Get Your Ducks in a Row: What to Know for End-of-Life.

Planning ahead can bring peace of mind – for you and those you love. Join us for Get Your Ducks in a Row: What to Know for End-of-Life, a six-part series designed with older adults in mind. Held 2-4 p.m. on select Tuesdays (Sept. 1, 15, 22 and 29 and Oct. 20 and 27) at the Old Town Library in Fort Collins, these sessions offer practical, easy-to-understand guidance on important topics.

Learn how to complete advance directives, explore the latest in dementia research and resources, understand the powers of attorney, learn about estate planning and demystify hospice and palliative care. Additional sessions will address funeral planning and navigating grief with compassion and support.

Attend one session or all six – choose what matters most to you. Each class is an opportunity to gain clarity, ask questions and take meaningful steps toward honoring your wishes. Registration is required and opens Aug. 4. See page 6 for more information.



RideNoCo: Connecting you and northern Colorado.

RideNoCo is the nation's first and only regional mobility hub for transportation in northern Colorado. This free one-call, one-click resource helps people find safe, affordable and reliable transportation options throughout Larimer and Weld Counties. While RideNoCo does not provide rides directly, its mobility specialists and tools connect users with transportation providers, public transit, volunteer driver programs and other services. RideNoCo is the mobility program of the North Front Range Metropolitan Planning Organization (NFRMPO). It was created as a central resource for finding and planning rides across northern Colorado, with a focus on improving mobility for older adults and people with disabilities – while also being useful for everyone.

The RideNoCo team can visit you or your community to share information about transportation options in the region. They can also assist with travel training to build confidence, enhance mobility and empower individuals to gain greater independence and access more opportunities.

Be sure to visit the hub's new and improved website, full of information beyond just transportation. There you can request ride referrals, get direct links to providers, print rider guides and so much more.

Contact a mobility specialist:

- 8 a.m.-5 p.m. Monday-Friday
- Website: rideno.co
- Email: mobility@nfrmpo.org
- Phone: 970.514.3636

– Lisa Joyner, Mobility Specialist, NFRMPO



FUNNY PAGES

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

– Jimmy Kimmel

Conscious Eldering: Aging With Purpose and Passion:

Much research is confirming what the world's wisdom traditions have long taught – that purpose and community play a key role in healthy aging. Sounds good, but the question is how to make these goals a reality as we age in a troubled world that no longer has an honored role for its older adults. Ron Pevny's all-day workshop, *Conscious Eldering: Aging With Purpose and Passion*, will present an empowering vision for the rich possibilities of aging with a commitment to identifying and living our purpose. Such a way of living brings us fulfillment, strengthens our resilience as we experience losses, supports our health and wellbeing and allows us to give our elder wisdom and gifts as a key part of our legacy to our descendants. This workshop, a first for the Aspen Club, will be engaging and highly interactive and will include time outside for reflection, poetry, sharing with kindred spirits and opportunity to make commitments to yourself for how you want to live your elder years with personal growth, purpose and passion. Fort Collins resident Ron Pevny is author of the highly regarded book *Conscious Living, Conscious Aging: Claiming the Gifts of Elderhood*, and he has been presenting workshops and retreats across the U.S. and Canada for 30 years.

See registration and fee information on page 6.

TRIVIA

What not only staves off feelings of loneliness, but also helps sharpen memory and helps lower your risk for disease?

(Answers provided in the next issue.)



Trivia answer from the previous issue:

What 1774 gathering coordinated a colony-wide response to Britain before the Revolutionary War started on April 19, 1775?
Answer: The First Continental Congress

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

A guide to Aspen Club class locations:

Estes Park:

- Estes Park Crossroads 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

- Internal Medicine - Snow Mesa 4674 Snow Mesa Drive., Ste. 100
- Internal Medicine - Prospect 1106 E. Prospect Road, Ste. 100
- Northside Aztlán Community Center 112 Willow St.
- Old Town Library, 201 Peterson St.
- 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.
- LINC Library, 501 8th Ave.

Red Feather Lakes:

- Red Feather Lakes Library Community Room, 71 Firehouse Lane

Windsor:

- Windsor Clearview Library, 720 3rd St.
- Windsor Community Recreation Center 250 11th St.

Medicare Open Enrollment Announcement **R**

Medicare Open Enrollment is Oct. 15 through Dec. 7. It is more important than ever to review your Medicare drug coverage. Call the Aspen Club Medicare Line today at **970.495.8558** to make a no-cost appointment to review your plan. Please note that reservations are limited, and you are encouraged to call early.

VIRTUAL ONLY CLASSES - MS TEAMS

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

Virtual Living Well With Chronic Pain **R**

Managing chronic pain is a daily challenge that requires much energy and effort. In this class, you will develop skills to help take charge of your pain so that it doesn't control your life. Share and learn from others who live with chronic pain as you learn problem-solving skills, symptom management, how to deal with difficult emotions and other skills to help you live a fulfilling life.

- **Virtual introductory session:** 5:30-5:45 p.m. Thursday, Sept. 10, Microsoft Teams
- **Virtual:** 5:30-7:30 p.m. Thursdays, Sept. 17-Oct. 22 Microsoft 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. Tuesday, Sept. 15, Microsoft Teams
- **Virtual:** 5:30-7 p.m. Tuesdays, Sept. 22-Nov. 10
- Email address required; link to virtual class and class materials will be emailed prior to class

Virtual Medicare 101 **R**

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

- **Virtual:** 11 a.m.-12:30 p.m. Wednesday, Sept. 16 Microsoft 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.

R
Registration
required

Virtual Mind Over Matter **R**

This 3-class series will concentrate on female anatomy, 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.

- **Virtual:** 10 a.m.-noon Tuesdays, Oct. 20, Nov. 3 and Nov. 17, Microsoft Teams
- Email address required; link to virtual class and class materials will be emailed prior to class

IN-PERSON-ONLY CLASSES

Get Your Ducks in a Row: What to Know for End-of-Life **R**

Start to get your ducks in a row by registering to attend one or all of the classes within the series. Registration opens on Aug. 4.

Advance Directives for Healthcare **R**

Learn about medical healthcare directives including Medical Durable Power of Attorney, Prepare for Your Care, the MOST form and CPR Directives. This is the first session in a six-part series.

- **Fort Collins:** 2-4 p.m. Tuesday, Sept. 1
Old Town Library
- Registration is available on the Poudre Libraries website, poudrelibraries.librarycalendar.com, or by phone at 970.221.6740

Dementia: Latest Research, Risk Reduction and Resource Navigation **R**

Learn about the latest developments in dementia research, including risk factors, early detection and available treatment options. This is the second session in a six-part series.

- **Fort Collins:** 2-4 p.m. Tuesday, Sept. 15
Old Town Library
- Registration is available on the Poudre Libraries website, poudrelibraries.librarycalendar.com, or by phone at 970.221.6740

Legal and Estate Planning **R**

This presentation will consider the importance of powers of attorney and how they are used by surrogate decision-makers to help as we age. We will discuss the differences between wills, trusts and beneficiary designations to dispose of assets. This is the third session in a six-part series.

- **Fort Collins:** 2-4 p.m. Tuesday, Sept. 22
Old Town Library
- Registration is available on the Poudre Libraries website, poudrelibraries.librarycalendar.com, or by phone at 970.221.6740

Hospice and Palliative Care 101 **R**

Talking about palliative care and hospice can be difficult. In this session, we'll discuss eligibility for both services, what to expect while receiving care and common myths and misconceptions. We'll also explore how these supportive resources help patients and families navigate serious illness with greater comfort, clarity and support. This is the fourth session in a six-part series.

- **Fort Collins:** 2-4 p.m. Tuesday, Sept. 29
Old Town Library
- Registration is available on the Poudre Libraries website, poudrelibraries.librarycalendar.com, or by phone at 970.221.6740

Funeral Planning: Taking Care of Tomorrow, Today **R**

Join us for a simple, informative discussion on funeral preplanning. Learn how making your decisions now can spare your loved ones from uncertainty later and provide them with a lasting gift of guidance and peace of mind. This is the fifth session in a six-part series.

- **Fort Collins:** 2-4 p.m. Tuesday, Oct. 20
Old Town Library
- Registration is available on the Poudre Libraries website, poudrelibraries.librarycalendar.com, or by phone at 970.221.6740

Navigating Grief **R**

Grief touches every human differently, and there is no single "right" way to move through loss. In this session, we'll talk about the emotional, mental and even physical impact of grief, common misconceptions about the grieving process and healthy ways to support yourself and others through loss and life transitions. This is the final session in a six-part series.

- **Fort Collins:** 2-4 p.m. Tuesday, Oct. 27
Old Town Library
- Registration is available on the Poudre Libraries website, poudrelibraries.librarycalendar.com, or by phone at 970.221.6740

StrongerMemory **R**

StrongerMemory is designed to positively support people on their brain-health journey. The program offers simple, enjoyable daily exercises that caregivers and their care receivers can do together. StrongerMemory focuses on consistency, encouragement and small successes to help maintain cognitive function, boost confidence and support overall wellbeing.

- **Fort Collins:** 1-2 p.m. Thursdays, Sept. 3-Oct. 8
Family Medicine Center, Ste. 101

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



Conscious Eldering: Aging With Purpose and Passion ^R

This one-day workshop will explore the rich possibilities of choosing to age with purpose and passion, the challenges that accompany such a commitment and some of the key practices that make a conscious elderhood possible.

- **Fort Collins:** 9 a.m.–5 p.m. Thursday Sept. 3, Center for Creativity, 200 Matthews St., White Pine room
- **Fee:** \$125 for workshop, book, materials and included lunch. Payment due (credit card) at time of registration through online registration portal only at events.uhealth.org/events/conscious-eldering-aging-with-purpose-and-passion

Life at a Crossroads ^R

While change happens externally (the event), transition involves inner work that helps us move through those changes with understanding and grace. Join Lynette Reiling, author of *Your Encore Life: Take Center Stage for Life's Second Half* and Certified Life Coach and speaker, to learn about and gain appreciation for the process of transition.

- **Windsor:** 10–11 a.m. Tuesday, Sept. 8
Windsor Community Recreation Center, Pine room
- **Fort Collins:** 1–2 p.m. Thursday, Sept. 17
CSU Center for Healthy Aging, 151 W. Lake St., Ste. 1400
– **Note:** For free parking, this location requires you to register your license plate with the front desk staff at Center for Healthy Aging
- **Loveland:** 1–2 p.m. Tuesday, Oct. 27
Chilson Senior Center, Oak room

Sleep Well, Be Well ^R

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

- **Estes Park:** Noon–1:30 p.m. Wednesday, Sept. 9
Estes Park Senior Citizen's Center
- **Fort Collins:** 4–5:30 p.m. Thursday, Sept. 17
MorningStar Fort Collins, 3509 Lochwood Drive
- **Mead:** 10–11:30 a.m. Monday, Oct. 5
Mead Community Center, 401 3rd St.

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 8-week tai chi program is provided at no cost by a certified tai chi Instructor and is designed to reduce your risk of falling.

- **Longmont:** 11 a.m.–noon Wednesdays, Sept. 9–Oct. 28
LPMC, 4th floor conference room

Rest Assured: Sleep Solutions for Older Adults ^R

Occupational therapist Natalie Rolle will identify why it is important to understand the physiology of sleep and describe changes in our sleep as we age. She will outline the key components of treatment options, such as stimulus control (a monotherapy) and cognitive behavior therapy for insomnia.

- **Fort Collins:** 9:30–11:30 a.m. Thursday, Sept. 10
Harmony Library, East room

Partners in Playful Hearts and Caring Hands ^R

Partners in Playful Hearts and Caring Hands brings seniors together to combat isolation through connection, learning and fun. Our outreach program uses interactive games and engaging activities – like trivia and storytelling – to spark conversation, stimulate the mind and build meaningful social bonds.

- **Longmont:** 1–2:30 p.m. Fridays, Sept. 11 and Oct. 9
LPH, conference rooms A and B

Fall Prevention Awareness Month

The Interoception Connection: Building Internal Awareness for Better Balance ^R

This presentation introduces the “sixth sense” of interoception and explains how building your internal body awareness supports better balance. Presented by occupational therapist Cassandra Lorie, OTR/L.

- **Fort Collins:** 9:30–11 a.m. Friday, Sept. 11
Pathways Hospice, McKee room

Walk With a Doc: Hydration and Nutrition ^R

Learn more about targets for hydration and protein intake and tools you can use to calculate what is best for you followed by a guided walk around the Family FunPlex with local providers, Dr. Meara Melton and Katy Milizio, PA-C.

- **Greeley:** 8:30–9:30 a.m. Tuesday, Sept. 15, Greeley Family FunPlex, 1501 65th Ave., amphitheater

Osteoporosis ^R

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, an overview of medical treatments available to prevent fractures and slow disease progression and how to monitor bone health over time. The session will conclude with an interactive Q&A.

- **Fort Collins:** 5:30–7 p.m. Wednesday, Sept. 16
Council Tree Library, Community room

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

Creating and Sustaining Healthy Habits **R**

Three essential aspects for improving overall health and sustaining a healthy lifestyle are sleep, diet and exercise. We will address awareness of our habits and practical strategies to help you get and stay on the path for sustained health. Presented by Jenn Fieldhack, BS, MS, MScN.

- **Fort Collins:** 9:30-11:30 a.m. Wednesday, Sept. 23
CSU Center for Healthy Aging
- **Note:** For free parking, this location requires you to register your license plate with the front desk staff at Center for Healthy Aging

Foot and Spine Health: Improving Balance and Preventing Falls **R**

This session will explore how foot health, mobility and spinal alignment work together to support balance and stability. Learn simple exercises and body-awareness strategies to improve posture, coordination and confidence, helping reduce fall risk in everyday movement. Guidance on the use of gait aids will also be included in this session. Presented by Dr. Alan Kress, PT, DPT, LSVT, President of What Ails Ya (A 501[c][3] specializing in your independence).

- **Windsor:** 9:30-11 a.m. Friday, Sept. 25, Windsor Community Recreation Center, Pine/Cedar room

Medicare 101 **R**

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

- **Fort Collins:** 9-10:30 a.m. Saturday, Sept. 12
PVH, Cafe F
- **Estes Park:** 10-11:30 a.m. Wednesday, Sept. 16
Crossroads Assistance Ministry
- **Loveland:** 9-10:30 a.m. Friday, Sept. 25
MCR, Big Thompson Canyon room

Death Investigation 101 **R**

Every life tells a story – even after the final chapter. In this educational session, the county coroner will walk participants through the vital role of death certificates, the value of clear end-of-life decisions and the fascinating truth behind forensic investigation and autopsies. A respectful, curiosity-friendly class for those who want to better understand what happens when someone passes and how to plan with confidence.

- **Fort Collins:** 2-3:30 p.m. Monday, Sept. 14
Fort Collins Senior Center
- To register and for fee inquiry, call **970.221.6644** and refer to **activity #425423-01**

Am I Hungry? Mindful Eating Workshop **R**

Enjoy this fun and interactive format while growing your personal resources for being in charge of your eating instead of feeling out of control. Facilitated by Deanna O'Connell, UCHHealth registered dietitian and mindfulness practitioner.

- **Windsor:** 1-3 p.m. Tuesday, Sept. 15
Windsor Community Recreation Center, Oak room
- **Loveland:** 1-3 p.m. Monday, Sept. 21
Life Center Silver Maple room
- **Fort Collins:** 2-4 p.m. Thursday, Oct. 1
Fort Collins Senior Center. To register and for fee inquiry, call **970.221.6644** and refer to **activity #425416-01**

Talk With a Health Care Professional: Staying Active and Safe **R**

This interactive presentation is designed to help older adults stay active, safe and independent. Participants will learn why falls happen, common risk factors and practical prevention strategies. Topics include balance and mobility, simple ways to improve strength and confidence, home safety tips and when to seek additional support. A light snack will be provided.

- **Longmont:** 5:30-6:30 p.m. Tuesday, Sept. 22
Longmont Senior Center, call **303.651.8411** to register

Dementia Risk Reduction and Resources **R**

Join us for a panel discussion on dementia risk reduction and resources. Experts will share evidence-based strategies that may lower dementia risk by up to 45%, along with information on social engagement, support groups and the Medicare GUIDE program. Learn approaches for discussing memory concerns that emphasize reassurance, support and understanding rather than fear or confrontation.

- **Fort Collins:** 8:30-10 a.m. Thursday, Sept. 24
Pathways Hospice, Community room

Get Your Advance Directives Done **R**

Advance directives help you formally document your preferences and values to guide future medical care. Learn about advance directive documents for healthcare 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, Sept. 24
Internal Medicine – Prospect, Ste. 100
- **Fort Collins:** 2-3:30 p.m. Wednesday, Oct. 7
Fort Collins Senior Center. For this location, to register and for fee inquiry, call **970.221.6644** and refer to **activity #425448-01**
- **Fort Collins:** 9-10:30 a.m. Thursday, Oct. 22
Internal Medicine – Snow Mesa
4674 Snow Mesa Drive, Ste. 100

Aspen Club Monthly Features

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EMS Panel: What Happens When You Call 911? **R**

Emergency Management System (EMS) professionals from UCHHealth, local fire and police departments will address the following topics: what happens when I call 911? What can I expect, who responds and can I choose where to have the ambulance take me?

- **Fort Collins:** 5:30–7:30 p.m. Wednesday, Sept. 30
Harmony Library
- **Greeley:** 4:30–6:30 p.m. Thursday, Oct. 8, LINC Library

Aging Together **R**

This program involves ten 90-minute weekly sessions that include education about ageism and health and the opportunity to tell your story of aging through writing and discussion. As part of this program, we will be conducting research on outcomes of this program on participants' wellbeing. Participants will complete a series of four 30-minute phone surveys that will include a baseline survey, a post-survey, a 1-month follow-up survey and a 3-month follow-up survey.

- **Berthoud:** 2–3:30 p.m. Tuesday, Oct. 13–Dec. 15
Berthoud Library

Diabetes Mellitus **R**

Diabetes mellitus is a condition affecting millions of people worldwide. Come learn about how to prevent diabetes, what medications are available for the condition, and what you can do to help control the disease. Presented by Richard Millstein DO.

- **Greeley:** Noon–1 p.m. Wednesday, Oct. 14
GH Conference Room 3

Inflammation, Cardiovascular Disease and Hypertension: How You Can Empower Yourself Through Lifestyle Choices and Impact Your Health Outcomes **R**

Learn the top nutrition and lifestyle habits to decrease or prevent chronic inflammation and cardiovascular disease. Learn practical tips to support your body and brain to better health with anti-inflammatory choices. Deanna O'Connell, UCHHealth registered dietitian and mindfulness practitioner.

- **Estes Park:** Noon–1:30 p.m. Wednesday, Oct. 14
Estes Park Senior Citizen's Center

Implantable Options for the Treatment of CPAP-Intolerant Sleep Apnea **R**

Obstructive sleep apnea is a serious and very common condition affecting up to one out of four older adults. Come learn about Inspire, a novel and minimally invasive surgical procedure for people with moderate to severe obstructive sleep apnea who are unable to tolerate CPAP. Presented by Mike Jacobson, PA.

- **Greeley:** Noon–1 p.m. Thursday, Oct. 15
GH Conference Room 3

Nutrition for Older Adults **R**

In this workshop, led by Christa Timmerman with CSU Extension, we'll discuss key nutrients to consider including in your diet, how to identify nutrient-dense foods, ways to avoid dehydration, how to make healthy food choices and how eating healthy will help you feel better and maintain your independence.

- **Fort Collins:** 1–2:30 p.m. Thursday, Oct. 15
Fort Collins Senior Center. To register and for fee inquiry, call **970.221.6644** and refer to **activity #425424-01**
- **Loveland:** 2–3:30 p.m. Wednesday, Oct. 28
Chilson Senior Center

Summit Sessions: Multi-Generational Planning **R**

This session helps you navigate conversations around wealth, legacy and decision-making across generations. You'll gain insights on how to structure your assets, reduce taxes and address that your wishes are carried out. Presented by Deborah Miner with Delaware Life. This presentation is for informational purposes only. It is not intended to provide, and should not be interpreted as, individualized investment, legal or tax advice. Deborah Miner and Delaware Life are not affiliated with or endorsed by LPL Financial and Canvas Advisors.

- **Timnath:** 9:30–10:30 a.m. Thursday, Oct. 15
Timnath Town Center, 4750 Signal Tree Drive, Community room
- In-person registration: **970.495.8565**
- Zoom registration:
us02web.zoom.us/webinar/register/WN_-ypDJGN4TKC6AhsgbY7p2w

Summit Sessions: Frauds, Scams and Exploitations **R**

This session reveals how scams really work, while helping you recognize the warning signs, avoid common traps and take simple steps that could save you thousands. Presented by Val Sender from Delaware Life. This presentation is for informational purposes only. It is not intended to provide, and should not be interpreted as, medical or Social Security, individualized investment, legal or tax advice. Val Sender and Delaware Life are not affiliated with or endorsed by LPL Financial and Canvas Advisors.

- **Timnath:** 10:45–11:45 a.m. Thursday, Oct. 15
Timnath Town Center, 4750 Signal Tree Drive, Community room
- In-person registration: **970.495.8565**
- Zoom registration:
us02web.zoom.us/webinar/register/WN_1puxt9jbRYalCB08UNkjXQ

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

Summit Sessions: 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.

- **Timnath:** 9:30-11 a.m. Saturday, Oct. 17
Timnath Town Center, 4750 Signal Tree Drive, Community room
- In-person registration: **970.495.8565**
- Zoom registration: us02web.zoom.us/join/zoom/register/WN_5ABitUxsStW8DU_eWRCyeA

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

Understand the basics of estate planning and how it could affect you and your family. Learn about wills, trusts, powers of attorney, probate, property titles and more. Explore ways to safeguard your wealth, protect your loved ones and leave a legacy, probate, property titles and more.

- **Timnath:** 11:15 a.m.-12:45 p.m. Saturday, Oct. 17
Timnath Town Center, 4750 Signal Tree Drive, Community room
- In-person registration: **970.495.8565**
- Zoom registration: us02web.zoom.us/join/zoom/register/WN_k7YdruJCSHyjDpe-hD9eow

A Functional Medicine Approach to Hormones **R**

Dr. Ruth Vanderkooi will discuss how to identify the root causes of disease by looking at the body as a complex, interconnected organism. The presentation will cover key hormones as well as mitochondrial health. She will also offer practical strategies to improve both mitochondrial and hormonal health.

- **Windsor:** 2-3 p.m. Tuesday, Oct. 20
Windsor Community Recreation Center

Talk With a Health Care Professional: Fraud, Scam and Phishing Awareness **R**

Join UCHHealth 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.

- **Longmont:** 5:30-6:30 p.m. Tuesday, Oct. 20
Longmont Senior Center; call **303.651.8411** to register

New Member Orientation **R**

Come learn about the benefits and services available to Aspen Club members.

- **Fort Collins:** 2-3 p.m. Wednesday, Oct. 21
Fort Collins Aspen Club Office

Understanding Dementia: Prevention, Early Signs and Support **R**

This presentation provides an overview of dementia, including how lifestyle choices may support brain health and reduce risk. Participants will learn about the underlying disease process, early signs to watch for, steps to take if concerns arise and local community resources.

- **Fort Collins:** 1:30-3 p.m. Monday, Oct. 26
CSU Center for Healthy Aging
- **Note:** For free parking, this location requires you to register your license plate with the front desk staff at Center for Healthy Aging

Family and Friends CPR/AED **R**

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

- **Loveland:** 9:30-11 a.m. Thursday, Oct. 29
Life Center, Community room

HEALTH SCREENINGS

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.

- **Greeley:** 10 a.m.-1 p.m. Tuesday, Sept. 1
GMC, conference room 3; appointments are required: call **970.495.8560**
- **Loveland:** 9 a.m.-noon Wednesdays Sept. 9 and Oct. 14
Chilson Senior Center; appointments are required: call **970.495.8560**
- **Fort Collins:** 1-4 p.m. Wednesdays Sept. 16 and Oct. 21
CSU Center for Healthy Aging; appointments are required: call **970.495.8560**
- **Note:** For free parking, this location requires you to register your license plate with the front desk staff at Center for Healthy Aging
- **Windsor:** 9:30 a.m.-12:30 p.m. Tuesday, Sept. 22
Windsor Community Recreation Center; appointments are required: call **970.495.8560**
- **Longmont:** 1-3:30 p.m. Wednesday, Sept. 23
Longmont Senior Center; call **303.651.8411** to register for this location

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

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

- **Fort Collins:** 1-4 p.m. Tuesday, Sept. 8, and Wednesday, Oct. 14, Aspen Club offices; appointments are required: call **970.495.8560**

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

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

- **Loveland:** 11 a.m.–2:30 p.m. Tuesday, Oct. 6
Aspen Club office at MCR
- Appointments are required; call **970.495.8560**

Hearing Screenings **R**

Certified audiologists from Hear USA will provide baseline hearing screenings.

- **Fort Collins:** 1–4 p.m. Thursday, Sept. 10
1030 Centre Ave., Ste. A
- **Loveland:** 8:30 a.m.–noon Thursday, Oct. 1
2980 Ginnala Drive, Unit 102
- **Longmont:** 8:30 a.m.–noon Tuesday, Oct. 6
2318, 17th Ave., Unit H
- Appointments are required; call **970.495.8560**

CarFit Assessments **R**

CarFit teaches you how to make your car “fit you” to increase safety and mobility. Instructors use a 12-point checklist. Occupational therapist Heather Ackart will help you drive safer for longer.

- **Fort Collins:** 9 a.m.–noon Monday, Sept. 14
Aspen Club offices
- **Fort Collins:** 1–4 p.m. Monday, Oct. 12
Aspen Club offices
- Appointments are required; 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, Sept. 28 and Oct. 26
Chilson Recreation Center
- **Estes Park:** 10 a.m.–1 p.m. Wednesdays, Sept. 2 and Oct. 28, Estes Park Senior Citizen's Center

Lung Cancer Screenings **R**

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

ONGOING SERVICES

Medicare Counseling **R**

Let our SHIP-certified Medicare counselors help you with your Medicare questions 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**

In EnhanceWellness, 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**.

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.

- **Fort Collins:** 1–2 p.m. Wednesday, Sept. 9, PVH
- To register:
 - Go online to uchealth.org/events
 - Click “North”
 - Type in “Stop the Bleed”
 - Select the class date and location you want to register for
- Call **970.495.7134** with questions

IN PARTNERSHIP WITH COMMUNITY AGENCIES

Senior Law Day

Presentations will cover topics on estate planning and more. Individual 30-minute appointments with attorneys will be available and you can access information regarding sign-ups after Aug. 15. Registration required online at larimerbar.org/events or by calling Colorado Legal Services at **970.493.2891 ext. 261**.

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

Weld Senior Symposium: Navigating Legal Issues and Area Resources

This free event will be held at the Island Grove Event Center and Conference Rooms. Professionals will present seminars on community resources and legal-related topics. Register online at weldseniorsymposium.org or by calling **970.400.6950**.

- **Greeley:** 8:30 a.m.–2:30 p.m. Thursday, Oct. 1
Island Grove Event Center
523 N. 15th Ave., conference rooms



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1024 S. Lemay Ave.
Fort Collins, CO 80524-3998

uchealth.org/aspenclub

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In this issue...

Focus on falls	Dementia risk reduction	RideNoCo: Regional mobility hub	Classes and services
page 1	page 3	page 4	page 5

Aspen Club
membership
13,889

The time is now.

Medicare Open Enrollment is Oct. 15 through Dec. 7. It is more important than ever to review your Medicare drug coverage. Call the Aspen Club Medicare Line today at 970.495.8558 to make a no-cost appointment to review your plan. Please note that reservations are limited, and you are encouraged to call early.