

ASPEN CLUB NEWS

November/December 2026 | Volume 39 | Issue 6

What is interoception?

I once reluctantly attended a yoga class an hour from my home at the invitation of a friend, thinking I'd never go again, given the distance. But within the first half hour, I was hooked, and I attended twice a week for 2 years.

What sucked me in? I couldn't name it at the time, but I do remember thinking, "This is the first time in my life I'm receiving a true education."

The classes Wendy taught woke me up from the inside. As she guided us into various positions, she directed our attention to our internal experience – the sensations we felt as we lay on the floor and moved our hips and legs into a simple twist. I let go of all ideas of "posing," of "doing" mountain pose, warrior one or triangle. I was entirely present to my internal experience.

When I drove home, I'd stop for groceries, and the quality of presence lingered. I really noticed the people in the store, and I connected consciously with the cashier as I checked my food

items. I felt a sense of belonging or happiness, like you might witnessing the sun set over the mountains and creating a rosy glow or holding a newborn baby. Sometimes when I arrived home, I danced, expressing the ecstatic feeling reverberating within me. Years later, I discovered that there was a word to describe this hyper-aware state: interoception.

Interoception is called the "eighth sense." The term refers to the awareness of internal sensations and bodily signals such as hunger, thirst, heart rate, breathing, fatigue, temperature or muscle tension. It integrates physical sensations with emotional states – for example, we feel a sensation in our body such as heat or muscular contraction and interpret it as anger or interpret a clutching in our chest or crinkling of the facial muscles as sadness. This awareness affects the quality of our interactions with others.

Yet what I found most profound as I practiced developing my eighth sense was the joy I felt, the way the sky looked bluer and the sun felt heavenly on my skin, the deep sense of felt connection with others. A sense of the sacred in this life.

– Lynda McCullough,
Aspen Club educator



How we experience interoception.

Interoception is crucial for emotional regulation and behavioral decisions. We use it to maintain internal balance by responding to temperature changes, fatigue or bladder fullness. The process involves sensory receptors – located in organs like the heart and lungs – sending information to the brain, particularly, which interprets the signals and helps our bodies find homeostasis.

It is also important for mental health – strong interoceptive awareness supports stress management, self-control and executive functioning. It can help us sense how we feel as we interact with someone and perhaps calm ourselves and listen more fully.

Interoception can be strengthened through mindfulness and meditation focusing on breath, body sensations and emotions; through body scans and yoga; and through therapy.

INSIGHTFUL

"Do the good in front of you – even if it feels small."

– Sharon Salzberg

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."



Who you are matters.

As we head into the winter months, I find my rhythm slowing a bit more. Time outside is replaced by retreating indoors as it gets dark earlier. My family has always been one that likes to play games. And I'd like to introduce you to one of my favorites, which uses the power of storytelling and story listening.

Who You Are Matters! is a storytelling-based card and board game designed to help people explore their strengths, values, interests and future possibilities through structured conversation. Rather than focusing on competition, the game uses brief storytelling prompts and active listening activities to encourage participants to reflect on meaningful experiences and identify themes in their lives. Through the process, players create a personal "clarification statement" that summarizes who they are, what matters to them and possible next steps to take.

It was co-created by Dr. Rich Feller, a longtime professor of Counseling and Career Development at Colorado State University (CSU), along with career development expert Mark Franklin.

According to OneLifeTools, the organization that distributes the game, participants report gains in:

- Hope and optimism
- Self-efficacy and confidence
- Curiosity and exploration
- Resilience
- Organized thinking
- Emotional intelligence
- Career management skills

The 50+ version is specifically designed to help adults navigate transitions such as retirement, encore careers, volunteering, caregiving or finding renewed purpose in later life. The game encourages meaningful conversation and relationship-building, which aligns with research showing that social connection supports health and well-being.

Aspen Club has several copies of the 50+ version for members to borrow. We invite you to initiate a family game night, organize a neighborhood gathering or take it to a local hangout and introduce it to others. To check out a game, simply send an email to us at aspenclub@uchealth.org.

Yours in health and harmony,

JoAnn Herkenhoff
UCHealth Aspen Club Manager



HEALTHY AGING

If we'd all make sense of humor the default emotion, we'd all get along a lot better.

— Matthew McConaughey



Interactive Medicare Open Enrollment clinic.

This is an interactive session led by SHIP counselors. We will help you access your account at [medicare.gov](https://www.medicare.gov), update your drug list and review your best options for 2027. You will see all of the choices available for 2027 and make your selection and actually sign yourself up at this session.

Required for this class:

- Laptop.
- Prior sign-on to [medicare.gov](https://www.medicare.gov) (do this before class to be sure it works).
- Detailed written list of current medications.

See page 8 for more information.

Medicare Open Enrollment.

It is critical to review your coverage every year, and the Aspen Club and SHIP (State Health Insurance Assistance Program) office are here for you. While the basic structure of Medicare remains the same, some changes will make open enrollment 2026 challenging:

- Increased premiums and increased drug prices.
- Changes to how you can access your information at [medicare.gov](https://www.medicare.gov).

We are offering two different ways to help you with this process:

- First, we will have sessions at UCHealth Poudre Valley Hospital. You bring your laptop and follow step-by-step instructions on accessing your account and making your selections. You will be selecting your 2027 plan in real time with the assistance of SHIP counselors. We encourage those of you who are able to do so to select this option. See page 8 for more information.
- Second, we will continue to offer one-on-one counseling sessions. Before you show up for your appointment, we ask that you go to [medicare.gov](https://www.medicare.gov) to be sure you can sign on. They have made changes to the site this year. If we need to figure out how to access your account, there won't be enough time to complete your appointment.

TRIVIA

In December 1891, what occurred that changed one of our most impactful household practices related to hygiene?

(Answers provided in the next issue.)



Trivia answer from the previous issue:

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

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.

Understanding the difference between a registered dietitian and a nutritionist.

When looking for nutrition advice, you may come across the terms “registered dietitian” or “nutritionist.” Although they sound similar, there are important differences that can help you choose the right professional for your needs.

A registered dietitian (RD or RDN) is a highly trained nutrition expert. They must complete a college master’s degree in nutrition, participate in supervised clinical training, pass a national exam and stay up to date through continuing education. Because of this rigorous training, registered dietitians are qualified to provide medical nutrition therapy, which means they can help manage health conditions such as diabetes, heart disease, digestive disorders and food allergies. Many RDs work in hospitals, clinics, schools or community programs.



In contrast, the title nutritionist is less regulated. In many states, anyone can call themselves a nutritionist, regardless of their level of education or training. Some nutritionists do have formal education and certifications, but others may not. Nutritionists typically focus on general wellness, offering guidance on healthy eating habits, weight management and lifestyle changes rather than treating medical conditions.

Understanding this distinction is important when deciding who may be the best fit for the health improvements you are seeking. If you have a medical concern or need a personalized meal plan, a registered dietitian may be the best choice because of their clinical expertise and evidence-based approach. On the other hand, a nutritionist may be helpful if you are looking for basic guidance on improving your diet or building healthier habits with coaching support.

When choosing a nutrition professional, it’s a good idea to check their credentials. Look for “RD” or “RDN” after a person’s name if you are looking for a registered dietitian. Whether looking for an RD or a nutritionist, don’t hesitate to ask about their education and experience. Be cautious of advice that promises quick fixes or sounds too good to be true. In summary, registered dietitians are licensed, highly trained experts, while nutritionists may vary widely in training and qualifications. Knowing the difference can help you make informed choices and get the support that best fits your health goals.

– Deanna O’Connell, Registered Dietitian/Health Educator

Breast cancer among younger women is on the rise.

Breast cancer rates among women younger than 45 have been steadily increasing, with incidence rising approximately 1.1% per year since 2012. Younger women are more likely to be diagnosed with aggressive disease and often present at later stages, making prevention and early detection very important. About 10% of all new breast cancers will occur in women under age 45.

Prevention focused on younger women can have a substantial impact. Maintaining healthy weight, engaging in regular physical activity, limiting alcohol use, breastfeeding when possible, understanding family history and participating in risk-assessment programs can help reduce risk and identify those who may benefit from earlier screening.

The US Preventive Services Task Force (USPSTF) recommends screening mammograms at age 40 and every 2 years after that for average-risk women. Learn more at our upcoming program:

Know your risk. Know your options. Own your breast health.

Meet the experts behind personalized breast care and learn about breast awareness, genetics, screening and the latest advances in prevention and treatment. Light lunch provided by UCHHealth Cancer Center.

- **Fort Collins:** Noon-1:30 p.m.
Thursday, Nov. 5, CSU
Center for Healthy Aging

– Kathleen Jablonski DNP,
AH-CNS, AOCNS, APRN-BC,
Oncology Clinical
Nurse Specialist

FUNNY PAGES

"Fries or salad?" sums up every adult decision you have to make.

— Aparna Nancherla

Communicating about pain.

You have a right to have your pain evaluated and treated as effectively as possible. It may not be possible to relieve all the pain, but your healthcare provider should be able to help you reach a pain level you can live with.

Tell your healthcare provider about the pain. Be sure to:

- Mention all the medicines you take. This includes over-the-counter medicine, as well as any herbs, teas or vitamins you take.
- Mention any pain relief techniques you use.
- Measure pain as directed by your healthcare provider.
- If your healthcare provider asks you to, keep a diary of your pain. You may also be asked to describe how strong your pain is on a scale of 0 to 10.
- Follow your treatment plan as directed by your healthcare provider.

Your healthcare provider will help you understand pain and will tell you about your pain-control options, including medicines. Options like physical therapy and acupuncture may also help.

— Krames Patient Education



Prepare for death and leave a legacy.

Planning for death is not morbid; it is an act of care and love and a legacy for yourself, your family and caregivers. By preparing in advance, you offer the gift of time, clarity and closure to those who will one day navigate your absence. Organizing logistical affairs is one part of end-of-life preparation, and a death doula can help you consider the emotional, practical and spiritual needs of the dying process.

A death doula's role is nonmedical. They provide holistic support, companionship, presence and advocacy for your wishes. Doulas complement medical, palliative and hospice care by filling gaps that clinical teams may not have time or scope to address. There is no governing body regulating the profession, and services vary widely. Doulas offer education, organization, respite, bedside vigil, grief support, legacy projects, obituary writing, death announcements and compassion.

To find a doula, you can ask friends and family, search online for "death doula in my area" or explore directories from training programs and national or international registries such as nedalliance.org. Contact local hospice organizations, senior centers and Death Café hosts for referrals.

When choosing a doula, evaluate your options based on your specific needs. Ask about their education, client experience, business registration, services and area and rates and whether they work in person or remotely. Referrals can help you understand their reputation and community connections. At this time, doula services are not covered by insurance, and they complement hospice and palliative care by addressing unmet emotional and practical needs.

Everyone can benefit from working with a death doula. Parents of young adults may seek help establishing medical decision-making documents. Solo agers and elders often choose doulas for companionship and knowledgeable guidance. Veterans may find support processing old wounds with dignity and honor. Doulas also assist clients facing the loss of a beloved pet.

A death doula can enrich your present life as well, helping you deepen relationships and live with greater intention. Taking time to reflect on your needs, values and how you wish to be remembered becomes a legacy in itself — one that supports both you and those you cherish.

— Erin Doty, *Death Doula and Grief Guide*; Marla Daniels, *Death Doula*; and Kristi Uitich, *Death Doula and Reflexologist*

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 (For free parking, this location requires you to register your license plate with the front desk staff at Center for Healthy Aging.)
- 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 Aztlan Community Center 112 Willow 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.
- GH: Greeley Hospital, 6767 W. 29th St.

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.

VIRTUAL ONLY CLASSES - MS TEAMS

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

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, Nov. 18 MS Teams
- **Virtual:** 11 a.m.-12:30 p.m. Wednesday, Dec. 16 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 healthcare 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 healthcare, choosing a decision-maker and communicating wishes with loved ones – all in a relaxed, supportive setting.

- **Virtual:** Noon-1 p.m. Monday, Nov. 2, MS Teams
- Email address required; link to virtual class and class materials will be emailed prior to class



IN-PERSON-ONLY CLASSES

Everyday Mobility: Yoga Tools for Aging With Ease **R**

Yoga provides unique benefits to help us remain mobile as we age. It addresses strength, balance and flexibility in one practice, and the varied poses and movements stimulate the brain as well as our ocular-vestibular systems. In addition, yoga contributes to healthy joint function and to the ability to calm the nervous system. Join certified yoga teacher Lynda McCullough to learn more about maintaining mobility as we age.

- **Greeley:** 1-2 p.m. Tuesday, Nov. 3 Greeley Active Adult Center
- **Fort Collins:** 1-2 p.m. Monday, Nov. 30 Family Medicine Center, 1025 Pennock Pl., Ste. 101
- **Loveland:** 1-2 p.m. Thursday, Dec. 3 Chilson Senior Center

Emergency Ready **R**

Learn how to prepare for a health emergency with confidence. This session covers advance directives, essential tools to share your health information and what really happens when you call 911 – so you know what to expect and how to be ready.

- **Loveland:** 1:30-3 p.m. Wednesday, Nov. 4 Thompson Valley EMS, 4480 Clydesdale Pkwy.



Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

Know Your Risk. Know Your Options. Own Your Breast Health. **R**

Meet the experts behind personalized breast care and learn about breast awareness, genetics, screening and the latest advances in prevention and treatment. This program is designed to help women feel informed, confident and empowered to take charge of their breast health.

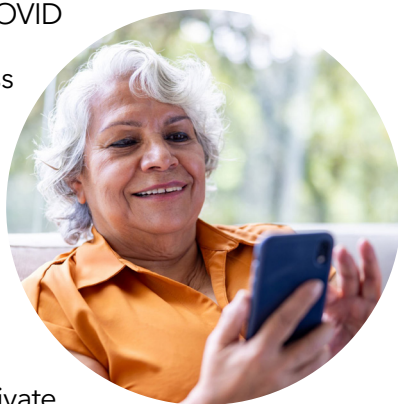


Light lunch provided by UCHealth Cancer Center. Presented by Molly Decker, DO, FACS, Surgical Oncology and Physician Executive for Banner MD Anderson CO; Lucy Lester, MD, MPH, Breast Specialist Radiologist; and Autumn Lange, MS, CGC.

- **Fort Collins:** Noon-1:30 p.m. Thursday, Nov. 5
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

Bridging the Gap: Modern Challenges to Social Connection and Ways to Overcome Them **R**

The aftermath of the COVID shutdown and the existence of easy access to texting, social media and shopping on our phones are two of the factors affecting social connection today. What are the others, and what can everyday people do to address our disconnection and cultivate meaningful relationships? Join us for an engaging discussion of the factors affecting our relationships and some of the creative ways people are re-engaging.



- **Greeley:** 1-2 p.m. Thursday, Nov. 5
Caring Legacy Building, 2105 Clubhouse Drive, Jenkins Family Room
- **Fort Collins:** 1-2 p.m. Monday, Nov. 23
Family Medicine Center, 1025 Pennock Pl., Ste. 101
- **Loveland:** 1-2 p.m. Wednesday, Dec. 2
Chilson Senior Center

Innovations in Mental Health Treatment: Interventional Psychiatry Services in Northern Colorado **R**

Dr. Collison will provide an overview of UCHealth's Interventional Psychiatry Program and emerging treatment options for individuals with depression and other mental health conditions that have not responded to traditional therapies. The presentation will explore innovative approaches, including transcranial magnetic stimulation (TMS), ketamine-based treatments and electroconvulsive therapy (ECT), and discuss their roles in improving outcomes and expanding access to behavioral healthcare.

- **Fort Collins:** Noon-1:30 p.m. Thursday, Nov. 5
UCHealth Harmony Campus, 3rd floor conference 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 healthcare and prepare for conversations with loved ones. Participants will be given the chance to complete a Medical Durable Power of Attorney with notarization after class. If you prefer, materials from this class can be sent by email or mail, and a follow-up consultation is available at no cost.

- **Greeley:** 10-11:30 a.m. Thursday, Nov. 5
Greeley Active Adult Center
- **Fort Collins:** 1:30-3:30 p.m. Saturday, Nov. 7
Council Tree Library. For this location, registration is available through the library online at tinyurl.com/y4yhfx85 or by calling **970.221.6740**
- **Estes Park:** Noon-1:30 p.m. Wednesday, Nov. 11
Estes Park Senior Citizens Center
- **Fort Collins:** 9:30-11 a.m. Thursday, Nov. 19
Internal Medicine - Prospect, Ste. 100
- **Fort Collins:** 9-10:30 a.m. Thursday, Dec. 17
Internal Medicine - Snow Mesa, 4674 Snow Mesa Drive, Ste. 100

Remaining Safe in Your Home **R**

85% of adults wish to remain living at home as long as possible. This reality can be achieved, but only if home safety solutions are in place. Through this presentation, we'll look at the most common areas of the home that pose a threat to safety, including entrances and exits, levels and stairs, bathrooms and anywhere else transfers take place. Lyndsey will discuss tools, equipment and tricks to keep your home from feeling like an obstacle course and to return it to a comfortable and safe haven.

- **Windsor:** 11 a.m.-12:30 p.m. Friday, Nov. 6
Windsor Community Recreation Center, Buckeye room

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

Memory Maintenance **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.

- **Greeley:** 10 a.m.-noon
Monday, Nov. 9
Pathways Hospice, 4075 W. 11th St.



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

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

- **Windsor:** 1-2 p.m. Wednesday, Nov. 11
Windsor Rec Center, Buckeye and Redwood rooms

Resiliency and Mindfulness: A Steadying Inner Resource **R**

Are you ready to be supported in turning toward a positive direction in your life? In this workshop we will engage in several practices to learn about and build resilience – which is the ability to have inner strength, optimism and flexibility in the face of chaos, adversity and disappointment.

Facilitated by Deanna O'Connell, UCHHealth registered dietitian and mindfulness practitioner.

- **Greeley:** 1-2:30 p.m. Wednesday, Nov. 11
Greeley Active Adult Center
- **Loveland:** 1-2:30 p.m. Thursday, Nov. 19
Life Center, Silver Maple room
- **Fort Collins:** 1-2:30 p.m. Tuesday, Dec. 1
Fort Collins Senior Center. To register and for fee inquiry, call **970.221.6644** and refer to **activity #425428-01**



New Member Orientation **R**

New and longtime Aspen Club members are invited to take a deeper dive into all that's offered through the Aspen Club, including educational programs, services, health screenings and blood tests.

- **Greeley:** 10-11 a.m. Thursday, Nov. 12
Aspen Club, Greeley office
- **Loveland:** 2-3 p.m. Monday, Nov. 30
Life Center, Silver Maple room
- **Estes Park:** Noon-1:30 p.m. Wednesday, Dec. 9
Estes Park Senior Citizens Center

Exercise in Our Older Adult Years **R**

Aging affects our bodies in many ways, but exercise can help through providing positive impacts on our vascular, muscular, skeletal and cognitive health. Exercise can increase our confidence and energy, and it can help us with balance, flexibility and overall mobility. Exercise classes have the added benefit of providing social connection. Learn about these various effects as well as barriers, motivation and safe ways to get started or add to your routines.

- **Fort Collins:** 2-3:30 p.m. Thursday, Nov. 12
Fort Collins Senior Center. To register and for fee inquiry, call **970.221.6644** and refer to **activity #425425-01**

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.

Together, we're creating welcoming spaces where seniors feel connected, supported and engaged.

- **Longmont:** 1-2:30 p.m. Fridays, Nov. 13 and Dec. 11
LPH, conference rooms A and B



Type 2 Diabetes Prevention **R**

This class, taught by registered dietitian Julie Gormley from the UCHHealth Diabetes and Medical Nutrition Therapy department, will explain what pre-diabetes is and how it progresses to Type 2. Learn about the risk factors and long-term problems that may develop as well as how physical activity, good nutrition and weight loss can lower blood glucose and contribute to prevention of Type 2 diabetes. A light lunch will be provided by the Windsor Library for this "Lunch and Learn" event.

- **Windsor:** Noon-1:30 p.m. Friday, Nov. 13
Windsor Library, 720 3rd St.

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

R
Registration
required

Hearing Loss, Tinnitus and Cognition: Understanding the Links and Exploring Solutions **R**

Hearing loss and tinnitus don't just affect the ears; they can also influence how the brain processes information, memory and attention. This talk explores the connections between hearing, ringing in the ears and cognitive health, while explaining why these changes occur. Attendees will also learn practical, evidence-based strategies and treatment options to improve hearing, manage tinnitus and support a sharper, more connected mind.

- **Fort Collins:** 11 a.m.–noon Friday, Nov. 13
Fort Collins Senior Center. To register and for fee inquiry, call **970.221.6644** and refer to activity #425427-01

Interactive Medicare Open Enrollment Clinic **R**

This interactive session is led by SHIP (State Health Insurance Assistance Program) counselors. During the session, we will help you access your [medicare.gov](https://www.medicare.gov) account to update your prescription drug list and compare your plan options for 2027. You will be able to review all available plans, make your selection and enroll in your chosen plan during the session. Required to participate: Bring a laptop, access [medicare.gov](https://www.medicare.gov) account prior to program and bring a list of current medications.

- **Fort Collins:** 2–4 p.m. Monday, Nov. 16, PVH, Cafe F
- **Fort Collins:** 2–4 p.m. Wednesday, Dec. 2, PVH, Cafe F

The Conversation Project **R**

We can't plan for everything. But we can talk about what is most important – in our life and in our healthcare – with those who matter most.

Journalist Ellen Goodman has developed an impactful program to help people get this very important conversation started prior to a health crisis or emergency. Gain tools and knowledge about identifying and sharing your values and preferences in this interactive program.

- **Loveland:** 2:30–4 p.m. Tuesday, Nov. 17
Chilson Senior Center



Talk With a Healthcare Professional **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. Call **303.651.8411** to register.

- **Longmont:** 5:30–6:30 p.m. Tuesday, Nov. 17
Longmont Senior Center

Lunch and Learn: Exercise in Our Older Adult Years **R**

Aging affects our bodies in many ways, but exercise can help through providing positive impacts on our vascular, muscular, skeletal and cognitive health. Exercise can increase our confidence and energy, and it can help us with balance, flexibility and overall mobility. Learn about these various effects as well as barriers, motivation and safe ways to get started or add to your routines. A boxed lunch will be provided for Good Samaritan residents that day. Aspen Club members can purchase a meal on site for \$10 or bring their own sack lunch. When you register, please indicate if you'd like a boxed lunch and if you have any dietary restrictions.



- **Loveland:** Noon–1:30 p.m. Wednesday, Nov. 18
Good Samaritan Loveland Village, 2101 S. Garfield Ave.

Meal Planning With Confidence **R**

CSU Extension's Christa Timmerman will teach how to plan meals that save time and money and that benefit your health. Includes meal planning template, recipe guides, grocery shopping template and other practical handouts.

- **Fort Collins:** 10–11:30 a.m. Friday, Nov. 20
Fort Collins Senior Center. To register and for fee inquiry, call **970.221.6644** and refer to activity #425426-01
- **Loveland:** 1–2:30 p.m. Thursday, Dec. 10
Chilson Senior Center

Gong Voyage **R**

Our bodies are mostly water, and since sounds travel around four times faster in water than in the air, our bodies are excellent receptors and conductors of sound and vibration. Participants have attributed the following to sound healing: reduction of stress and stimulation of deep relaxation, lower blood pressure and relief from chronic pain. You will simply lie down, get comfortable (bring your own yoga mat and blanket if you have them), set your intention and let the gong meditate you. The gong will play for an hour with no words spoken as you simply absorb the vibrations. Please wear comfy clothes. Please bring your own mat if you can; we only have a limited supply.

- **Fort Collins:** 10–11:30 a.m. Friday, Dec. 4
Northside Aztlan Center, Rabbit room. To register and for fee inquiry, call **970.221.6644** and refer to activity #425438-01

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

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Registration
required

The Upsides to Downsizing **R**

Thinking about downsizing your home? Whether you're moving to an apartment, a condo, a town home or a 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.

- **Fort Collins:** 1-2:30 p.m. Monday, Dec. 7
Harmony Library, Community room



Fast Forward Film Showing **R**

Take a proactive look at the process of aging in this PBS documentary addressing realizations, conversations and the mindset required to age successfully. This program will include the film showing, a brief discussion and film-related local resource materials. Participants of all ages are welcome and invited to enjoy this valuable program.

- **Windsor:** 1-3 p.m. Tuesday, Dec. 8
Windsor Recreation Center, 250 11th St., Pine room

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. Friday, Dec. 11, PVH, Cafe F
- **Greeley:** 10-11:30 a.m. Friday, Dec. 18
Greeley Hospital, conference room 3

HEALTH SCREENINGS

Balance Screenings **R**

Free 20-minute individual appointments conducted by licensed physical or occupational therapists to assess your fall risk using evidence-based tools and protocols. Participants will receive personalized results, along with balance and fall-prevention recommendations and information on local programs and resources based on individual screening outcomes.

- **Loveland:** 9 a.m.-noon Wednesdays, Nov. 11 and Dec. 9, Chilson Senior Center
- **Fort Collins:** 1-4 p.m. Wednesdays, Nov. 18 and Dec. 16
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
- **Windsor:** 9:30 a.m.-12:30 p.m. Tuesday, Dec. 1
Windsor Community Recreation Center
- Appointments are required; call **970.495.8560**

Medication and Supplement Reviews **R**

UCHealth pharmacists review your medications, vitamins, supplements and over-the-counter drugs to check for overall medication safety and potential adverse reactions, make sure you are getting a good value for your dollar and answer medication-related questions. Please bring your prescribed and over-the-counter items with you.

- **Fort Collins:** 8:30 a.m.-12:30 p.m. Thursday, Nov. 5
Aspen Club office, appointments are required; call **970.495.8560**

Hearing Screenings **R**

Certified audiologists from Hear USA will provide baseline hearing screenings and answer your hearing health questions. Call to register for a 15-minute appointment.

- **Fort Collins:** 1-4 p.m.
Thursday, Nov. 5
1030 Centre Ave., Ste. A
- **Longmont:** 8:30 a.m.-noon Tuesday, Dec. 1
2318 17th Ave., Unit H
- **Loveland:** 8:30 a.m.-noon Thursday, Dec. 3
2980 Ginnala Drive, Unit 102
- Appointments are required; call **970.495.8560**



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

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

- **Fort Collins:** 1-4 p.m. Wednesdays, Nov. 11 and Dec. 9
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. Discussion about healthy lifestyle and general blood pressure information is also available.

- **Loveland:** 9 a.m.-1 p.m.
Mondays, Nov. 16 and Dec. 14
Chilson Recreation Center
- **Estes Park:** 10 a.m.-1 p.m. Wednesdays, Nov. 18 and Dec. 16, Estes Park Senior Citizen's Center



Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.

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Registration
required

CarFit Assessments **R**

CarFit teaches you how to make your car “fit you” to increase safety and mobility. Instructors use 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, Nov. 9 or Dec. 14, Aspen Club offices; appointments are required; call **970.495.8560**

Lung Cancer Screenings **R**

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 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**.

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.

Diabetes Prevention Program **R**

Lose weight, increase your activity and 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 register.

- **Loveland:**
5:30–6:30 p.m.
Thursdays, starting Nov. 13, MCR



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.

- **Greeley:** 10–11 a.m. Wednesday, Nov. 11
Greeley Hospital, conference room 3
- **Fort Collins:** 1–2 p.m. Wednesday, Dec. 9, PVH
- To register:
 - Go online to uhealth.org/events
 - Type in “Stop the Bleed”
 - Select the class date and location you want to register for
- Call **970.495.7134** with questions

Aspen Club Ongoing Services

To find out more about these services, call any Aspen Club office or go online to uhealth.org/aspenclub. Please note – not all services are available in all Aspen Club locations.

- Advance care planning
- Low-cost blood tests
- Blood pressure checks
- Caregiver classes and resources
- Nutrition consultations
- Hearing screenings
- Information and referral about senior services
- Medicare counseling and education
- Total hip and knee replacement classes



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uchealth.org/aspenclub

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