

ASPEN CLUB NEWS

March/April 2024 | Volume 37 | Issue 2

Are your relationships healthy?

Relationships are connections, some formal, others casual. They provide meaning and nurturance. They can range from romantic to platonic or familial to professional, but all have commonalities—communication, trust and compromise. If a relationship is healthy, it is mutually beneficial—we feel fulfilled by the interaction with one another.

Why have relationships?

They provide us with a social network to combat loneliness. They allow us to share and express our ideas and feelings. That allows us to challenge negative thoughts, learn new skills and get and give support. The recent pandemic taught us that being alone isn't normal, nor is it beneficial. Mental health issues are rampant in our world. To compensate for the isolation, we spend hours on devices engaged in social media, email or online communities. Email and Twitter/X are examples, but they aren't as satisfying as a person-to-person meeting.

What accounts for a healthy relationship?

You need another who is willing to share information and actively listen, has compassion and can both give and take. These connections are dynamic and require constant attention. Any relationship can go south in a hurry if those involved don't value the connection and aren't willing to put forth the work necessary to maintain it.

If a relationship isn't satisfying.

Examine it. Be honest and trust your gut. Am I benefitting from this interaction? How does it make me feel? Do I feel anxious or distressed, as though I am being used? Or do I feel energetic, supported and fulfilled? What does it require to continue—more involvement by all those involved, a third-party negotiator or dissolution? Don't be afraid to talk to clergy, a counselor or another professional if you feel a relationship is detrimental to you. Be honest with yourself. Seek help. Needing assistance is not failure; it is growth. We all have a right to supportive, caring relationships.

Learn about healthy relationships and more during our six-week series, Aging Mastery Program.

Aging Mastery Program.

The Aging Mastery Program is a comprehensive and fun approach to living that celebrates the gift of living longer lives. Central to the aging mastery philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered to cultivate health and longevity. Mastery, in its truest definition, helps develop sustainable behavior. In this program, mastery is sought across many dimensions that will lead to improved health, strong financial security, enhanced well-being and increased connectedness. The path to mastery is entirely individual; participants in this program will set their own goals and create their own pathways to achieve those goals, opening the door to autonomy and purpose along the way.

Join us for this six-week program in Loveland starting in early March. See page 8 for more details. Additional courses will be offered throughout our region over the next few years.



uchealth

INSIGHTFUL

"You only live once, but if you do it right, once is enough."

—Mae West

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



We have the power to inspire others.

I was walking into the senior center the other day for one of our programs, and I must have had a smile on my face because one of the patrons commented on my "cheery look." I wasn't intentional in my expression, but it got me thinking about how much control we have over our daily encounters. What if we asserted happiness, contentedness and positivity in each of our encounters?

I'm sure you have noticed that our current environment is pretty divisive, which can tend to breed negativity and encounters based on judgment rather than commonality. And it's easy to reflect our discomfort about all the changes in the world on those around us. Have you seen the sign posted in coffee and retail shops that says, "The whole world is short-staffed; please be kind to those who did show up"? It's a small reminder that we all have our struggles and we all have the opportunity to improve situations through our actions.

As noted in the "Are your relationships healthy?" article, one of the ways we can ensure we're healthy as we age is to surround ourselves with those with whom

we have a positive relationship. This doesn't stop at our doorstep or our neighborhood, though. Positive encounters with strangers are equally important. Think about how good you feel when you're walking along the sidewalk and pass someone who smiles at you or bids you a good morning. What is your instinctive reaction? To smile back. That exchange can be very intentional and very impactful with its ripple effect.

We have control. We have the power to inspire others to have a good day. We have the power to lift up someone who is feeling sad or conflicted or grumpy. And through our actions to intentionally bring a smile and positivity to our encounters, we have the power to make ourselves healthier, as individuals and as a society.

Yours in health and harmony,

JoAnn Herkenhoff
UCHealth Senior Services
Aspen Club Supervisor



Age-friendly emergency care.

In 2014, the American College of Emergency Physicians partnered with the Society for Academic Emergency Medicine, Emergency Nurses Association and American Geriatrics Society to develop and release guidelines specific to geriatric care for emergency departments. These guidelines included measures such as geriatric-friendly equipment, specially trained staff and protocols for more routine screening for delirium, dementia and fall risk.

This program, to which hospitals can voluntarily apply for designation, includes three levels similar to trauma center designations and provides specific criteria and goals to target across the clinical and administrative spectrum. The accreditation process provides more than two dozen best practices for geriatric care, which coincide with the level of accreditation achieved.

UCHealth Poudre Valley Hospital's emergency department has achieved the silver standard—Level 2 Geriatric Emergency Department accreditation (GEDA). A Level 2 emergency department must incorporate many of the identified best practices, along with providing interdisciplinary geriatric education and having geriatric-appropriate equipment and supplies available.

Dr. Bucky Ferozan, along with an interdisciplinary team of experts, was instrumental in securing this designation. Come hear more about what this designation could mean to you as an emergency patient. See page 10 for more details.

Does poor sleep diminish the cognitive benefits of exercise?

Regular exercise, like brisk walking for at least 150 minutes per week, is a memory and cognition superhero. It sparks the birth of new brain cells and battles dementia-associated amyloid proteins. However, a study in *The Lancet Healthy Longevity* newsletter warns that insufficient sleep might be a sneaky villain sabotaging exercise's cognitive perks. Tracking nearly 9,000 dementia-free individuals aged 50 and older for a decade, researchers discovered that among those starting at 50 or 60, high exercisers with less than 6 hours of sleep faced faster cognitive decline than those with 6 to 8 hours. However, for 70-year-old starters, exercise seemed to defy the sleep-Cinderella rule. While not conclusive, the study suggests the crucial tag team of exercise and sleep for a brainpower boost.



PAVING the Path to Wellness.

Lifestyle medicine pioneer Dr. Beth Frates created the PAVING the Path to Wellness program, a lifestyle medicine education and group intervention, at Spaulding Rehabilitation Hospital in 2012. Her 12-session PAVING program focused on optimizing health and recovery for stroke survivors but has since been adapted for other chronic conditions, health care providers and worksite wellness. The main goal of this program is to have participants thrive with a healthy body, peaceful mind and joyful heart.



The acronym PAVING STEPSS identifies 12 areas of growth and focus for the program. For a healthy body, we focus on physical activity, nutrition and sleep. The emphasis on purpose, social connection and energy helps us have a joyful heart. For a peaceful mind, stress resiliency, attitude and time-outs are important. To make all of this work and to make progress, our action steps include goals, investigations and variety. The PAVING the Path to Wellness program will bring all of these important areas together while building a community in which participants support each other and create social connections.

This class is offered in partnership with artnership with Select Health's Lifestyle Health program. You can sign up for an upcoming PAVING class (along with our upcoming Living Well classes) by filling out the form online at forms.office.com/r/LZXWJNjLKR or by calling the Aspen Club at 970.495.8560.

Participant testimonials:

"Thank you again for the program. I recently listed all the things I've changed in my life based on the program and recommended readings. I was amazed. I've changed so much for the better. Feels great!"

—Anonymous

"PAVING the Path to Wellness has been an incredible tool for me personally and professionally. Being in corporate wellness for 25-plus years, I have utilized many tools to bring lifestyle medicine into workplaces, but nothing compares to the benefits of this program in targeting the root causes of employees' mental and physical illnesses."

—Valeria S. Tivnan, MPH, Med

FUNNY PAGES

"I'm killing time while I wait for life to shower me with meaning and happiness."

—Bill Watterson

The power of table tennis.

Hundreds of millions of people worldwide enjoy playing table tennis (or ping-pong) given its relatively simple rules and basic physical and equipment requirements. Did you know this fun game also has many health benefits? Join us in learning more from Dr. Antonino Barbera, the CEO and Founder of Table Tennis Connections and the NeuroPong Project, a local nonprofit serving northern Colorado. They propose table tennis as a form of neurological prehabilitation and rehabilitation for people living with multiple sclerosis and neurodegenerative conditions like Parkinson's, mild cognitive impairment or dementia. The NeuroPong Program is a table tennis program aiming to improve not only the physical symptoms of people with these conditions but their entire quality of life as a whole. Some of the results include improvement in motor function and disability status in people with multiple sclerosis, improvement of both motor and non-motor symptoms in people with Parkinson's and reduction of the speed of mental decline in people with mild cognitive impairment or dementia. Program details on page 9.

Medication and supplement reviews return to the Medical Center of the Rockies (MCR).

Aspen Club provides medication and supplement reviews with a UCHealth pharmacist as an ongoing service. We are thrilled to announce this service is returning to MCR. Medicines can help us live longer and healthier lives. Still, there can be dangerous and costly consequences to taking medicines incorrectly or in combination with certain over-the-counter drugs and supplements. This kind of review is important to do every year and may be done with your primary care provider, who, as a bonus, can act on needed changes. Or you may set an appointment through the Aspen Club to visit with a UCHealth pharmacist. Appointments continue in Fort Collins, Longmont and Loveland communities. Please see page 11 for upcoming appointment opportunities. In addition, a 24-hour UCHealth pharmacy phone line is available for questions about medicine side effects, payment, disposal and more at 720.848.1432.



Positive psychology: A life tool for resiliency.

With all that is coming at us in life, it is natural to experience a range of emotions that can sometimes lead to feelings of sadness or discouragement. But did you know that the field of positive psychology offers a range of tools and techniques to help us lead happier, more fulfilling lives—even during difficult circumstances?

At its core, positive psychology is based on the belief that all individuals have the capacity for happiness and fulfillment and that by focusing on our strengths and cultivating positive emotions, we can improve our overall well-being. Here are some simple strategies that are particularly relevant for older adults to incorporate into their daily lives:

- **Practice gratitude:** Taking time each day to reflect on the things we're grateful for can help shift our focus away from negative thoughts and emotions and toward positive ones. Try keeping a gratitude journal or simply taking a few moments each morning to think about the things you appreciate in your life.
- **Connect with others:** Social connections are crucial for our well-being, and studies have shown that older adults who maintain strong relationships with friends and family members tend to be happier and healthier than those who don't. Consider joining a local club or organization, volunteering in your community or simply reaching out to a friend or family member to catch up.
- **Stay active:** Regular exercise has been shown to improve both physical and mental health and can be especially beneficial for older adults. Whether it's taking a daily walk, practicing yoga or trying a new fitness class, finding a physical activity that you enjoy can help boost your mood and improve your overall well-being.

If you would like to learn more, don't miss the upcoming Mindfulness and Positive Psychology class (see page 8). This class will offer guided mindfulness practices as well as a deeper dive into harnessing the power of positive psychology strategies in your own daily life.

HEALTHY AGING

"It is the lives we encounter
that make life worth living."

– Guy de Maupassant

Join us. Please.

Our class rosters often fill very quickly. We are delighted that our members are so eager to participate. We have, however, been experiencing a significant number of "no-shows." Not only does the reduced attendance not honor the commitment of our presenters, but we often have a waitlist. If your plans change, please let us know if you won't be able to make it. This will allow us to offer your spot to someone else. Thank you for your partnership in maximizing the availability of our classes.



Health coaches for hypertension control.

Today, nearly half of American adults (120 million) live with high blood pressure, also known as hypertension. In addition, just 1 in 4 have their condition under control. While hypertension typically develops over time and certain medical conditions contribute to its onset, lifestyle habits are the primary cause. While there is no cure, using medicines as prescribed and making positive lifestyle changes can enhance the quality of life and reduce the risk of developing heart disease, stroke, kidney disease and more. Clemson's Institute for Engaged Aging has developed an evidence-based program called Health Coaches for Hypertension Control (HCHC) with proven benefits for participants. The Aspen Club will now offer this program to help our community members living with high blood pressure better manage their condition.

This eight-session weekly program will help participants with goal-setting, self-monitoring and education on lifestyle factors to improve blood pressure. Throughout each 90-minute session, a trained facilitator will guide this small group through topics including nutrition, physical activity, healthy sleep habits, stress management and more. Improvements may be seen right away and over time after participating in this program from start to finish.

Thanks to grant funding, this inaugural offering of HCHC will be provided at no cost to participants. We ask that participants commit to attending the full eight-week program and either have a current diagnosis of hypertension or have a concern about developing hypertension. Participants will receive a free electronic blood pressure monitor and other educational materials, like a heart-healthy cookbook and more. Registration is required, and seats are limited. See page 8 for upcoming program details.

It's never too late to make changes that matter.



Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



A guide to Aspen Club class locations:

Fort Collins:

- PVH: Poudre Valley Hospital
1024 S. Lemay Ave.
- FMC: Family Medicine Center
1025 Pennock Place
(the classroom is located at door #118)
- FCSC: Fort Collins Senior Center
1200 Raintree Drive
- Fort Collins Aspen Club Office
1025 Garfield St., Ste. A
- Westbridge, 1107 S. Lemay Ave.
Suite 120 (Classroom 1st floor)
- Snow Mesa Clinic
4674 Snow Mesa Drive, Ste. 100

Prospect Clinic

- 1106 E. Prospect Road, Ste. 100
- Hear USA, 1030 Centre Ave., Ste. A
- Northside Aztlan Community Center, 112 Willow St.

Longmont:

- LPH: Longs Peak Hospital
1750 E. Ken Pratt Blvd.
- LPMC: Longs Peak Medical Center
1760 E. Ken Pratt Blvd.
- Longmont Senior Center
910 Longs Peak Ave.

Loveland:

- MCR: Medical Center of the Rockies
2500 Rocky Mountain Ave.
- Chilson Senior Center, 700 E. 4th St.
- Loveland Library, 300 N Adams Ave

Greeley:

- Greeley Aspen Club Office, 6906 W. 10th St.
- Greeley Active Adult Center, 1010 6th St.
- GMC: Greeley Medical Center
6767 W. 29th St.
- Hear USA, 2018 35 Ave., Ste. A

Windsor:

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

- **Virtual:** 11 a.m.-12:30 p.m. Wednesday, March 13
- Link to the virtual class and class materials will be emailed following registration

Virtual PAVING: The 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:** 5:30-7 p.m. Tuesdays, March 26-May 14
- Cost: Optional—\$20 for resource book, payable at the time of registration (book highly suggested, but not required)
- Link to the virtual session will be emailed following registration

Virtual Cancer: Thriving and Surviving **R**

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

- **Virtual introductory session:** 5:30-6 p.m.
Thursday, April 18
- **Virtual:** 5:30-7:30 p.m. Thursdays, April 25-May 30
- Link to the virtual session will be emailed following registration

IN-PERSON CLASSES, HEALTH SCREENINGS AND SERVICES

- *Upon registration, details of class location will be shared*
- *COVID-19 restrictions may still dictate these opportunities.*

IN-PERSON-ONLY CLASSES

Memory Maintenance **R**

This fun, two-session 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. Class is limited to 24 participants.

- **Fort Collins:** 9-11 a.m. Friday, March 1 and 8
Westbridge
- **Loveland:** 1-3 p.m. Friday, March 15 and 22
Loveland Library Gertrude Scott
- **Greeley:** 10 a.m.-noon Monday, April 22 and 29
Greeley Active Adult Center, meeting room 1

Chronic Disease Management **R**

Chronic diseases can affect a person's ability to perform important activities, restricting their engagement in life. Diabetes, arthritis, hypertension, lung disease and other chronic conditions like these can make life difficult to manage for millions of older adults. This six-week interactive workshop focuses on building skills to manage your condition. Topics include pain management, nutrition, exercise, medication use, emotions and communicating with doctors. Seating is limited.

- **Longmont:** 10 a.m.-12:30 p.m. Fridays, March 1-April 12
(no class on March 22), Longmont Senior Center, conference room B
- Call 303.651.8411 to register

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



Aging Mastery Program (AMP) ^R

AMP is a comprehensive and fun approach to supporting long lives. Guest speakers explore relevant aging topics, and participants create their own age-well playbook to improve overall well-being and stability. Sponsored by UCHealth Aspen Club.

- **Loveland:** 1:30–4 p.m. Mondays, March 4–April 8
MCR, Big Thompson Canyon

Mindfulness and Positive Psychology ^R

Learn about the power of mindfulness combined with positive psychology to create better health, well-being and inner strength. Taught by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

- **Fort Collins:** 1–2 p.m. Tuesday, March 5, Westbridge
- **Greeley:** 2–3 p.m. Thursday, March 14
GMC, conference room 3
- **Loveland:** 2–3 p.m. Thursday, March 21
Loveland Library, Gertrude Scott

New Member Orientation ^R

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

- **Greeley:** Noon–1 p.m. Tuesday, March 5
Aspen Club Greeley office
- **Loveland:** 2–3 p.m. Monday, April 15
MCR, Big Thompson Canyon

Health Coaches for Hypertension Control (HCHC) ^R

HCHC is an evidence-based program that's been proven to help improve the health of those diagnosed with high blood pressure. These eight weekly classes, paired with blood pressure self-monitoring and goal-setting, help participants manage hypertension by focusing on nutrition, physical activity, stress management and more.

- **Fort Collins:** 1:30–3 p.m. Wednesdays, March 6–April 24
Westbridge
- Cost: Free, thanks to grant funding

Understanding and Managing Challenging Behaviors in Dementia ^R

Skills Care is designed to provide families with knowledge, skills and support to effectively manage the many challenges of caring for persons with dementia living at home. Research has demonstrated many benefits of the program, including reducing distress and burden among family caregivers and enhancing the quality of life of persons with dementia.

- **Fort Collins:** 2–3:30 p.m. Thursday, March 7
Westbridge
- **Loveland:** 2–3:30 p.m. Monday, March 18
Loveland Library, Gertrude Scott

Cancer Rehabilitation ^R

Rashmita Patel, a physical therapist at Longs Peak Medical Center, will present information on risk factors, medical treatments and physical therapy interventions for cancer. She will provide up-to-date information on cancer rehabilitation. She will also discuss screening for various types of cancer and share tips for healthy living.

- **Longmont:** 11 a.m.–noon Friday, March 8
LPH, conference room A

Healthy Mind Platter for Healthy Brain Matter ^R

Learn Dr. Daniel Siegel's recommended daily diet for a healthy mind that includes the seven daily essential mental activities to optimize brain matter and create well-being. These include focus, play, connecting with our senses and others, as well as physical activity, sleep and downtime.

- **Loveland:** 1–2:30 p.m. Friday, March 8
Loveland Library, Gertrude Scott
- **Greeley:** 2–3:30 p.m. Tuesday, March 12
Greeley Active Adult Center, meeting room 1
- **Fort Collins:** 10–11:30 a.m. Friday, March 29
Westbridge

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.

- **Loveland:** 9–10:30 a.m. Friday, March 8
MCR Big Thompson Canyon
- **Fort Collins:** 9–10:30 a.m. Saturday, March 23
Westbridge
- **Greeley:** 9–10:30 a.m. Friday, April 12
GH Conference Room 1
- **Fort Collins:** 9–10:30 a.m. Friday, April 26, Westbridge

Stop the Bleed Training ^R

Bleeding is the number-one preventable cause of death after injury. Knowing how to respond can save a life. Join the UCHealth Trauma Services Department in learning hands-on skills and the latest information about controlling life-threatening bleeding. Training is



available monthly; scan the QR code and search "Stop the Bleed" or visit uchealth.org/events and search "Stop the Bleed" to register.

- **Fort Collins:** 11 a.m.–noon Wednesday, March 13
PVH, Café B
- **Longmont:** 1–3 p.m. Tuesday, March 26
Longmont Senior Center. Call 303.651.8411 to register
- **Loveland:** 1–2 p.m. Tuesday, April 30
MCR, Buckhorn Canyon

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



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 dinner will be provided. Seating is limited. Call 303.651.8411 to register.

- **Longmont:** 5:30–6:30 p.m. Tuesday, March 19
Longmont Senior Center

The Conversation Project ^R

92% of Americans feel it is important to talk about their wishes for end-of-life care; however, just 32% have done so. Journalist Ellen Goodman has developed an impactful program to help people get this very important conversation started before a health crisis or emergency. Gain tools and knowledge about identifying and sharing your values and preferences in this interactive program.



- **Loveland:** 1–2:30 p.m. Tuesday, March 19
Chilson Senior Center
- Visit in person or online at lovgov.org/services/parks-recreation/chilson-senior-center to register

Mediterranean Diet on a Budget ^R

Many long-term health benefits have been associated with following a Mediterranean lifestyle, including weight loss, reduced blood pressure and cholesterol and reduced risk for various chronic diseases. Learn more about the Mediterranean lifestyle, how to incorporate it easily into your life and how to do it on a budget. Several delicious recipes are included.

- **Windsor:** 1–2 p.m. Tuesday, March 19
Windsor Community Recreation Center, Party Room
- **Fort Collins:** 1–2 p.m. Thursday, April 25
Fort Collins Senior Center. Register by calling 970.221.6644; refer to activity #225438-01

Alzheimer's Research ^R

As the largest nonprofit funder of Alzheimer's research, the Alzheimer's Association is committed to accelerating the global progress of new treatments, preventions and ultimately a cure. Come learn about efforts to reach earlier diagnosis and prevention through our studies. Presented by Alzheimer's Association regional research representative, Rosalyn Reese.

- **Fort Collins:** 10–11:30 a.m. Thursday, March 21
Fort Collins Senior Center
- Register by calling 970.221.6644; refer to activity #225435-01

Stepping On ^R

Stepping On is a seven-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. Suggested donation: \$15 (for the entire workshop).

- **Fort Collins:** 10 a.m.–noon Thursdays,
March 21–May 2, FMC, suite 101
- **Longmont:** 1–3 p.m. Thursdays, Feb. 15–March 28
LPH, conference room A. Call 720.718.1690 to register (Longmont only)

Healthy Eating for Successful Aging ^R

Join this six-week nutrition education and support program to learn how to implement healthy eating and activity behaviors that support your heart and bone health. There is no fee.

- **Fort Collins:** 10 a.m.–noon Tuesdays, March 26–April 30
Fort Collins Senior Center
- Register by calling 970.221.6644; refer to activity #225436-01

The Power of Ping-Pong ^R

Table tennis is a form of neurological prehabilitation and rehabilitation for people living with multiple sclerosis and neurodegenerative conditions, like Parkinson's and mild cognitive impairment or dementia. Join us to learn more about the powerful health benefits of playing ping-pong and discover a local nonprofit providing dedicated game time and a place to connect with others. Participants will have a chance to play a round or two after class time.

- **Fort Collins:** 10 a.m.–noon Tuesday, March 26
Council Tree Covenant Church, 4825 S. Lemay Ave.

Get Your Advance Directives Done ^R

It's important to have our advance directives completed, especially as we age. Learn about medical health care directives and have an opportunity to complete and notarize them. If you prefer, materials from this class can be sent by email or mail and a follow-up consultation is an option.

- **Fort Collins:** 9:30–11 a.m. Thursday, March 28
Prospect Medical Plaza, Ste. 100
- **Windsor:** 2–3:30 p.m. Thursday, April 4
Windsor Recreation Center
- **Loveland:** 1:30–3 p.m. Tuesday, April 9
MCR, Navajo Peak
- **Fort Collins:** 9–10:30 a.m. Thursday, April 11
Snow Mesa Clinic, 4674 Snow Mesa Drive, Ste. 100

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



CircleTalk ^R

Enter as strangers and leave as friends. CircleTalk is a structured conversation program that uses a fun, unique and non-repeating curriculum to support new meaningful connections and inspire sharing. Engaging with others is an important part of leading a long and healthy life. Suggested donation of \$15 for class materials.

- **Loveland:** 3-4 p.m. Tuesdays, April 2-May 21
Loveland Library, Gertrude Scott

Grief and Aging ^R

Grief and aging are intricately linked. As we age, we grapple with the loss of loved ones, fading abilities and a shifting sense of identity. Navigating grief in later years underscores the importance of support and resilience in the face of life's inevitable changes.

- **Greeley:** 10-11 a.m. Wednesday, April 3
Community Grief Center, 4650 W. 20th St.

Diet Versus Lifestyle ^R

Learn the science behind the latest diet fads and how diet and lifestyle can impact your health. Learn the pros and cons of popular diets and how to evaluate the best choice for your health. Taught by Deanna O'Connell, UHealth registered dietitian and mindfulness practitioner.

- **Loveland:** 2-3 p.m. Thursday, April 4
Loveland Library, Gertrude Scott
- **Fort Collins:** 2-3 p.m. Thursday, April 11, Westbridge
- **Greeley:** 2-3 p.m. Wednesday, April 17
Greeley Active Adult Center, meeting room 1

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

Join us for a program designed to give women the tools they need to take control of bladder and bowel leakage. Focusing specifically on female anatomy, the class teaches strategies for preventing or lessening symptoms. With practice, these new skills are proven to help you avoid or reduce leakage so you can keep doing the things that matter the most to you.

- **Fort Collins:** 10 a.m.-noon Wednesdays, April 10 and 24 and May 8, Westbridge
- **Fort Collins:** 1-3 p.m. Tuesdays, April 23, May 7 and 21
Northside Aztlan Community Center, Eagle room.
Register by calling 970.221.6644; refer to activity #225437-01

Meal Planning With Confidence ^R

Learn to plan meals to save time and money and benefit your health. Includes meal planning template, recipe guides, grocery shopping template and other practical handouts.

- **Greeley:** 10-11 a.m. Thursday, April 11
Greeley Active Adult Center, meeting room 1

Mature Skincare: Tips From the Dermatologist ^R

Learn the latest in the science of skincare in this comprehensive lecture from a local dermatologist, Jennifer Sbicca, MD. Topics will include dry skincare, treating and preventing bruising on tops of the arms, the various benign growths that can occur with aging and how to identify skin cancers and best treatments.

- **Loveland:** 1:30-3 p.m. Thursday, April 11
MCR, Longs Peak

Talk With a Healthcare Professional ^R

Join UHealth Chief Nursing Officer Noreen Bernard for a shared conversation on health-related topics. Plan for an interactive hour of fun and helpful health information. A light dinner will be provided. Seating is limited. Call 303.651.8411 to register.

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

Powerful Tools for Caregivers ^R

If you are caring for someone, taking care of you must become a priority. Topics in this six-week class include helpful community resources, reducing stress and guilt, making tough decisions and communication.

- **Fort Collins:** 9:30-11:30 a.m. Thursdays,
April 18-May 23, Elderhaus, 6813 S. College Ave.

Cooking Classes ^R

Longs Peak Hospital's food and nutrition team will feature healthy recipes and cooking tips. Samples will be provided. Register today.

- **Longmont:** 3-4 p.m. Wednesday, April 24
LPH, conference room A

Embracing Older Adult Emergency Care ^R

UHealth Poudre Valley Hospital's Emergency Department recently earned accreditation as a geriatric emergency department, which recognizes excellence in the care for older adults. We have unique needs, and Dr. Bucky Ferozan will explain what this accreditation means to you as a patient and why these guidelines foster improved outcomes through more focused treatment.

- **Fort Collins:** 2-3:30 p.m. Wednesday, April 24
PVH, Café F

HEALTH SCREENINGS

The Nurse Is In for BP Checks and More ^R

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

- **Fort Collins:** 9 a.m.-noon, March 6 or 20, April 3 or 17
Aspen Club office
- Appointments required; call 970.495.8560

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



Hearing Screenings ^R

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

- **Loveland:** 8:30 a.m.-noon Thursday, March 7
Hear USA, 2980 Ginnala Dr., Unit 102
- **Fort Collins:** 1-4 p.m. Thursday, March 7
Hear USA, 1030 Centre Ave., Ste. A
- **Greeley:** 10 a.m.-noon Thursday, March 21
Hear USA, 2018 35th Ave., Ste. A
- Appointments are required; please call 970.495.8560

Blood Pressure Checks

No appointments are necessary for a blood pressure check performed by UCHHealth Community Health Improvement RN Linda Strauss. Discussion about healthy lifestyle and general blood pressure information is also available.

- **Loveland:** 9 a.m.-noon Mondays, March 25 and April 22, Chilson Senior Center



Medication and Supplement Reviews ^R

UCHHealth pharmacists review your medicines, vitamins, supplements and over-the-counter drugs to check for overall medicine safety and potential adverse reactions, make sure you are getting a good value for your dollar and answer medicine-related questions. Appointments are required.

- **Loveland:** 10 a.m.-2 p.m. Thursday, April 18
Aspen Club office at MCR; call 970.495.8560 to schedule an appointment
- **Longmont:** Please call 720.718.1267 to schedule an appointment

Balance Screenings ^R

These screenings, performed by physical and occupational therapists, will assess your fall risk using the STEADI (Stopping Elderly Accidents, Deaths, & Injuries) Initiative tools and protocols. Balance and fall prevention strategies, programs and resources will be shared based on your results.

- **Loveland:** 9:30 a.m.-1:30 p.m. Wednesdays, March 27 or April 24, Chilson Senior Center. To schedule an appointment, visit in person or online at lovgov.org/services/parks-recreation/chilson-senior-center
- **Fort Collins:** 9 a.m.-noon Wednesday, April 17 Westbridge
- Cost: Free, thanks to grant-funding

ONGOING SERVICES

Medicare Counseling ^R

Let our SHIP-certified Medicare counselors help you during a one-on-one appointment in Fort Collins, Loveland or Greeley. Appointments required. Call 970.495.8560 to make an appointment.

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.

- **Fort Collins:** 9 a.m.-noon weekly on Wednesdays
Fort Collins Aspen Club Office
- **Loveland:** 10 a.m.-noon Tuesdays, March 12 or 19 and April 9 or 16, Aspen Club office at MCR
- **Greeley:** 12:30-3:30 p.m. Thursday, March 28 or April 25, Greeley Active Adult Center
- Appointments required; please call 970.495.8560

CarFit Assessments ^R

Using a 12-point checklist, including steering wheel spacing, properly adjusted headrests, seat belt usage and more, occupational therapists Marlis Lane and Heather Ackart will help you drive safer for longer.

- **Fort Collins:** 1-4 p.m. Monday, March 11 or April 8
Aspen Club offices

Preparing for Total Hip and Knee Replacement ^R

This class helps to prepare a patient who is scheduled for hip or knee replacement surgery. Topics include pre-surgery exercises, necessary equipment, diet, pain management and recovery.



- Registration is required and can be completed by using the QR code or going to uchealth.org/events. Click on "North" and type joint replacement surgery in the search bar. This will provide class options for you to register for
- For more information, contact 970.624.2378

IN PARTNERSHIP WITH COMMUNITY AGENCIES

Community Fair

The Larimer County Office on Aging is hosting a community fair. It will feature a keynote address by Barbara Bennett, "Chief Scambuster" for the Larimer County Sheriff's Office, presentations about free Office on Aging services, a Larimer County resource fair for older adults and the annual Older American Month awards. Attendance is free.

- **Loveland:** 1-5 p.m. Wednesday, May 1
The Ranch Events Complex, 5280 Arena Circle



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Aspen Club

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Aspen Club
membership
13,560

Stepping On.

One in four people aged 65 or older has a fall each year. Develop the knowledge and skills needed to prevent falls. The seven-week Stepping On workshop focuses on how strength and balancing exercises, medicine 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. This evidence-based program has been proven to reduce falls by up to 30%. Offered in Longmont and Fort Collins. See page 9 for details.