

ASPEN CLUB NEWS

January/February 2024 | Volume 37 | Issue 1

Sleepy, Dopey and Grumpy.

Do your sleeping habits cause you to relate to 3 of the 7 dwarfs? Poor sleep quality and quantity can certainly leave you feeling sleepy, dopey and grumpy. But there is hope that you could make friends with the fourth dwarf, Happy, through identification and treatment of sleep apnea.

According to the American Sleep Apnea Association, approximately 90 million Americans snore, but not all of them have sleep apnea. There are a few things to know about normal snoring versus sleep apnea, as well as the factors that could possibly be contributing to either one:

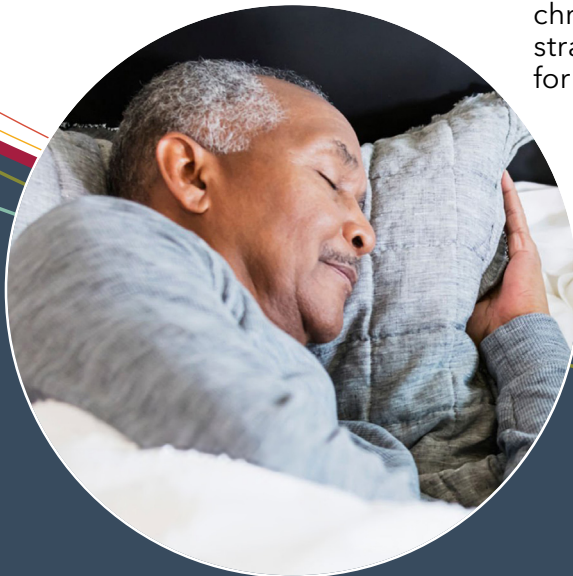
- Snoring is usually caused by a narrowing of the upper airway, where the relaxed throat tissues can create noise when air is passing through while you are asleep.
- Sleep apnea, on the other hand, involves brief periods throughout the night when there are pauses in your breathing, followed by gasping or choking noises.

- Factors contributing to snoring can include certain medications, alcohol consumption, congestion, being overweight, smoking or even certain sleeping positions.

If you are experiencing excessive tiredness despite getting an adequate amount of sleep, or if someone notices moments of interrupted breathing while you snore, talk to your primary care provider about a referral for a sleep study. There are different types of sleep studies available. You and your physician should decide what is best for you:

- **Home sleep studies:** Home sleep studies are a convenient option for patients to be tested for sleep apnea in the comfort of their own home.
- **In-lab sleep studies:** An in-lab sleep study, or polysomnogram, is a diagnostic study done at a lab.

Lifestyle factors also play a part in the quantity and quality of your sleep. If you need help adopting healthier movement, nutrition or chronic condition management strategies, contact the Aspen Club for help. And rest easier.



Benign prostatic hyperplasia (BPH).

For many men, sleep is disrupted due to the need to urinate in the night. Some older adults will experience prostate gland enlargement that can cause difficulty with urination. With this condition, the urinary stream may be weak or may exhibit flow patterns of stop and start. In some cases, it can lead to additional medical concerns, such as infection, bladder stone and reduced kidney function. Note that this type of prostate enlargement isn't thought to be a precursor to prostate cancer, but you should talk to your doctor to evaluate your condition and treatment options.

Treatments include medications that relax the bladder or shrink the prostate, surgery and minimally invasive surgery. For more information and a closer look at treatment options, join our upcoming presentation, *BPH: New Treatment Options for a Common Problem*, by UCHealth Urologist Dr. Jason Warncke. See page 9.

INSIGHTFUL

"A person is a person through other persons. It is not 'I think therefore I am.' I am human because I belong, I share, I participate."

—Desmond Tutu

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



New year, new healthspan.

Open a page of your favorite media outlet, and you're likely to find a reference to the key to living a longer life. As humans, we have been seeking this key for nearly as long as we have been in existence. Much of what you may discover in the media could easily raise red flags from those who are more educated on the biology of aging. Yet our plight to find that "fountain of youth" has received recent attention on the part of some scientists seeking to find ways to mitigate diseases that typically afflict older adults, such as dementia, cancer, heart disease and the loss of muscle mass.

Testing therapies—largely drugs—on humans is challenging due to the ethics involved. And, ironically, viable participants are often difficult to find due to the longevity of commitment in such clinical trials. No one wants to wait decades for an answer. I heard a new reference recently to "biohacker." These are people who attempt to treat their own ailments with drugs, including ones not prescribed by a physician and ones for something completely different than what they are trying to treat. We've all been cautioned about side effects of medications. These unintended consequences are likely riskier in medications taken not under the care of a professional.

Promises from individuals and companies that claim they have found the key to "reversing" aging should be evaluated with a very critical eye. Is there scientific research to back their claims? Are there testimonials from actual participants who didn't profit financially from the outcome?

Healthspan is the period of life when people live free of disability. Much can be learned from those years, and studies often focus on the health habits and environments of those who have extended healthspans. Experts have long touted ensuring adequate physical and mental exercise, getting good quality and quantity sleep, positive social interactions, limiting alcohol consumption and eliminating smoking. And until such time as we have that true "magic pill" to help us live long, quality-filled lives, Aspen Club will be here to help you meet your health goals.

Yours in health and harmony,

JoAnn Herkenhoff
UCHealth Senior Services
Aspen Club Supervisor



Care partners.

My dad and I walked into my parents' home and immediately smelled smoke. We were coming from the airport because I had flown to Virginia to drive my dad to his eye surgery. My mom was no longer driving due to early dementia. Thankfully, the smoke was not a tragedy. It was from my mom's attempt to microwave her dinner. Although she couldn't tell us the details, she had somehow figured out to move the burned food and melted plastic outside. As a family, we realized that her dementia had transitioned into the middle or moderate stage, and that my dad would continue to take on new responsibilities as her care partner.

In Colorado, 76,000 Coloradans aged 65 years and older are living with Alzheimer's disease or related dementia. On average, a person with Alzheimer's disease lives 4 to 8 years after diagnosis, and some may live 20 years with dementia.

Are you one of the 11 million U.S. care partners supporting someone with dementia? Care partners are informal, unpaid caregivers, usually friends or family members who partner with the person living with dementia to provide support, resources and care. Care partners are crucial to the health and well-being of persons living with dementia, and the needs of care partners may often be overlooked. 1 in 3 care partners for people with dementia report their health has gotten worse. They report problems with sleep, depression, anxiety and less time to take care of themselves. They also report social isolation and delaying their own health care needs.

If you play the important role of supporting someone with dementia, there are resources to help, including from the Aspen Club and national resources such as:

- AARP Family Caregiving: aarp.org/caregiving
- Alzheimer's Association Caregiving: alz.org/help-support/caregiving
- National Institute on Aging Caregiving: nia.nih.gov/health/topics/caregiving

Please also reach out to the health care team for help connecting with clinical and community resources to support you in your role as a care partner. In addition, as I support my mom with dementia and my dad as her care partner, I encourage you to connect with other care partners. #CaregiversConnect

—Hillary Lum, MD, PhD, geriatrician; UCHHealth Seniors Clinic

Caregiver VOICE Study.

Are you a care partner of someone living with dementia? Do you want to use your voice to help improve dementia care?

As a care partner, you have a unique perspective and play a vital role in the care for the person with dementia. Learning about experiences of diverse caregivers is critical to good dementia care. Sharing your experiences can influence the delivery of culturally sensitive dementia care.

The Caregiver VOICE Study is offered by the University of Colorado Multidisciplinary Center on Aging and funded by the Alzheimer's Association. We are looking for people who help someone with dementia, directly or from a distance. The goal of the study is to hear caregiver perspectives regarding the quality and satisfaction of dementia care the person with dementia is receiving.

If you are eligible, you will receive a \$25 gift card for participating.

To learn more about the Caregiver VOICE Study, see page 11.



Welcome our new Aspen Club team member.

As the daughter of a physician who experienced his own health issues, Lynda has long been interested in health and wellness and how to prevent or manage health conditions. She has worked as a journalist covering physical and mental health issues, as a yoga teacher and as a nonprofit program coordinator. Lynda is excited to work with the Aspen Club doing what she most loves to do—helping people connect with resources, education and community.

Lynda brings many years of teaching and coaching experience and knowledge of Weld County developed in working for Connections for Independent Living, Banner Health and the Curtis Strong Center. Her education includes degrees in English, journalism, and community counseling. In the midst of these endeavors, she pursued education on nutrition and mindfulness to find greater wellbeing and a sense of balance in her own life.

In teaching yoga and running programs for hospitals, County Drug Court and disability and recreation centers, Lynda learned a lot about needs in northern Colorado, how to listen well and assess individual situations and how to provide classes and resources to help. She has worked to provide support, group connection and education to people with chronic illness, addiction and disability, as well as those recovering from injury or surgery. She loves to encourage others to find the activities they enjoy and to stay mobile and active.

In addition to practicing yoga, Lynda is also an avid hiker and a laid-back runner. She is married to a fly fisherman with whom she loves to share adventures in the mountains, and she has two great stepchildren who are fraternal twins. One other interest that keeps her on her toes and connects her with wonderful people is her volunteer work in restorative justice—she facilitates conferences in which youth learn about the impacts of and make amends for offenses rather than going through the courts.

Lynda is very excited to get to work with the Aspen Club team and to meet and serve its members.



Meet Lynda.

Lynda will be hosting three meet-and-greet events in Greeley. Registration is required; call 970.495.8560. Sessions are limited to six participants. Please join us in Greeley for one of the following events:

- 9-10 a.m.
Friday, Jan. 5,
Greeley Aspen Club
offices
- 11 a.m.–noon
Friday, Jan. 12,
Greeley Aspen Club
offices
- 10-11 a.m.
Wednesday, Jan. 17
Greeley Aspen Club
offices
- Ice melt for participants

HEALTHY AGING

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

– Viktor E. Frankl

Correction: The November/December edition erroneously reported: "for older adults, the grip strength needed to perform everyday tasks is about 18.5 kg for men and 28.5 kg for women." It should have read 28.5 kg for men and 18.5 kg for women.

FUNNY PAGES

"Why is a birthday cake the only food you can blow on and spit on and everybody rushes to get a piece?"

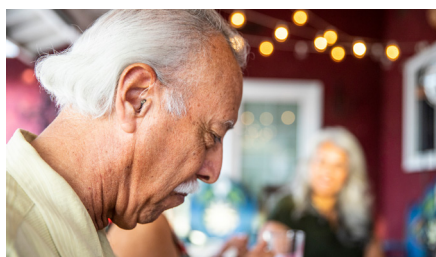
—Bobby Kelton

Over-the-counter hearing aids.

Hearing is an important sense that we use daily and allows us to connect with our world. As we age, it is important to maintain our sense of hearing, which may result in the use of hearing aids. Untreated hearing loss is a serious complication and can lead to the introduction of other health obstacles, such as dementia, depression and a greater risk for life-threatening falls.

Learning about the severity of your hearing loss through testing and addressing your needs early on can help increase your healthspan. Hearing aids are a common treatment option, and today there are many types of hearing aids available, including over-the-counter (OTC) options for those with mild to moderate hearing loss.

Join us virtually or in person to learn from Vinaya Manchaiah, AuD, PhD, and director of Audiology at UCHealth University of Colorado Hospital, to learn about OTC hearing aids so you can make informed decisions when purchasing them. See pages 8 and 9 for class details.



Ice melt.

While many people think falls are a normal part of aging, there are many factors that contribute to falls. And the good news is, most falls can be prevented. Keeping your muscles strong, managing your medications, having your vision checked and making your living environment safer are all steps within your control that have the power to reduce your risk of falls.

In the past, Aspen Club hosted ice melt distribution days annually at the Fort Collins office. This year we will be widening our distribution to include multiple locations where members will benefit from fall prevention education and other services that impact fall risk. In addition to the presentations listed below, participants can receive complementary ice melt in conjunction with programs throughout this newsletter that are accompanied by "Ice melt for participants."

Please join us for one of these presentations (registration is required; call Aspen Club at 970.495.8565):

Slips and Falls - What You Should Know

1 in 4 adults over the age of 65 falls every year, and falling once doubles your chances of falling again. What most people aren't aware of is that there are a number of actions we can take to prevent falls. During this hour, we will learn more about those action steps that research says can best help us prevent falls as well as local resources to help us take these steps. At the end of the program, you'll receive a bag of ice melt to start your journey to reduce your risk of falling.

- **Loveland:** 11 a.m.-noon Monday, Jan. 8, Loveland Library
- **Fort Collins:** Noon-1 p.m. Wednesday, Jan. 17, Westbridge
- **Greeley:** 1-2 p.m. Tuesday, Jan. 30, Greeley Active Adult Center

Member's corner.

We love to hear how you have taken the tools you have gained through the Aspen Club and transferred them into success stories for health, wellness and healthy aging! You are invited to share your story—and a photo—to be considered for inclusion in a future newsletter. Perhaps you are back to doing an activity you once loved, or maybe you've reached a goal. Whatever it is, please send it to AspenClub@uchealth.org.

Staff member Kat Laws enjoyed traveling to Europe in September 2023.

"I enjoyed traveling with family and a dear friend from my hometown. Together we enjoyed walking between 2-7 miles each day and train rides that allowed us to enjoy the incredible beauty between London, Paris, Munich, Florence and Rome. The Aspen Club not only traveled with me in the form of our newsletter, but also with the File of Life which held my advance directives, and the great nutrition, sleep, fall prevention, and exercise information I've gathered over the years of coordinating and attending programs."



Integrating speech therapy for older adults.

Many people are not aware that there is a strong link between medical conditions and communication disorders. In older adults specifically, the development of diseases such as Alzheimer's, Parkinson's and stroke or aphasia can often result in the need for speech therapy. In addition, instances of traumatic brain injury (TBI) resulting from accidents such as falls often require hospitalization and can have negative effects on communication abilities.

Symptoms such as stammering, stuttering, halting, repetition of words, mumbling, speaking very slowly and difficulty recalling words or finishing sentences may be signs of communication impairment. If you are experiencing any challenges related to speech, attending regular speech therapy sessions can help to alleviate these issues. Today, many primary care services like speech therapy are available through virtual telehealth appointments. For many patients, this may be a more convenient, practical and safe option that can be implemented at home.

Some ways that speech therapy can help individuals include:

- **Improved independence:** In addition to language, speech therapists can also help treat swallowing disorders and cognitive impairments. Suffering from these issues can cause safety concerns and a decreased quality of life.
- **Treatment of COVID-19 symptoms:** Speech therapy can also be a useful tool to treat the "brain fog" that is often reported from COVID-19 infections. As a part of treatment, speech therapists may implement word retrieval and script training exercises to help increase cognitive plasticity.
- **Detection of early onset of cognitive impairment:** Speech therapists are not only able to treat communication disorders, but they can also detect early signs of cognitive impairment, such as Alzheimer's or dementia and refer patients to an appropriate doctor who can make a diagnosis.

Prevention is key for all aspects of aging, and detecting impairments early on can reduce the severity of any future conditions.



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 Medical Plaza
1106 E. Prospect Road
- 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.
- MCR North Medical Office Building
2500 Rocky Mountain Ave., Ste. 2200
- 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 CircleTalk [®]

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

- **Virtual introductory session:**
2-3 p.m. Wednesday, Jan. 3
- **Virtual ongoing weekly sessions:**
2-3 p.m. Wednesdays, Jan. 10-Feb. 28
- Link to virtual class and class materials will be shared following registration
- If you need access to technology, please call the Aspen Club at 970.495.8560 to ask about local resources

Virtual Living Well With Diabetes [®]

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

- **Virtual introductory session:**
5:30-6 p.m. Tuesday, Jan. 9
- **Virtual ongoing sessions:**
5:30-7:30 p.m. Tuesdays, Jan. 16-Feb. 20
- Link to virtual sessions will be emailed following registration

Virtual Medicare 101 [®]

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, Jan. 17
- Link to virtual class and class materials will be emailed following registration

Virtual Get Your Advance Directives Done [®]

It's important to have our advance directives completed, especially as we age. Learn about medical health care directives, how to complete and share them properly and where to get free assistance in getting this done. If you prefer, materials from this class can be sent by email or mail, and a follow-up consultation is an option.

- **Virtual:** 3-4:30 p.m. Monday, Jan. 22
- Link to virtual class and class materials will be emailed following registration

Virtual Living Well With Lifelong Health Conditions [®]

Living a healthy life with one or more health issues involves learning self-management skills to help you function at your best, regardless of your chronic condition. This class gives you the practical skills and tools to help manage symptoms, set goals, problem-solve, stay active and enjoy the things that are most important to you.

- **Virtual introductory session:**
5:30-6 p.m. Thursday, Jan. 25
- **Virtual ongoing sessions:**
5:30-7:30 p.m. Thursdays, Feb. 1-March 7
- Link to virtual sessions will be emailed following registration

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



Virtual OTC Hearing Aids - Things You Should Know ^R

Join us in this seminar presented by Vinaya Manchaiah, AuD, PhD, and director of Audiology at UCHHealth University of Colorado Hospital, to learn about OTC hearing aids so you can make informed decisions when purchasing them.

- **Virtual:** 4-5:30 p.m. Tuesday, Jan. 30
- Link to virtual session will be emailed following registration

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

Focusing specifically on female anatomy, this 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. Class is limited to 12 participants.

- **Virtual introductory session:** 9:30-10 a.m. Tuesday, Feb. 6
- **Virtual ongoing sessions:** 10 a.m.-noon. Tuesdays, Feb. 6 and 20 and March 5
- Link to virtual sessions will be emailed following registration
- Suggested donation of \$15 to cover the cost of materials

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

Am I Hungry? Mindful Eating ^R

In this two-part series, we continue learning resources for being in charge of our eating instead of out of control. We add in more tools for emotional eating and balancing overeating and deprivation cycles. Taught by Deanna O'Connell, UCHHealth registered dietitian and mindfulness practitioner.

- **Greeley:** 2-3:30 p.m. Tuesday, Jan. 9, and Thursday, Jan. 11, GMC, conference room 1
- **Loveland:** 2-3:30 p.m. Monday, Feb. 19, and Wednesday, Feb. 21, Loveland Library
- **Fort Collins:** 2-3:30 p.m. Tuesday, Feb. 27, and Thursday, Feb. 29, Fort Collins Senior Center
 - Register by calling 970.221.6644; refer to activity #225434-01
 - Starting February 2024, you will also need to have an active recreation pass or pay a drop-in fee prior to program participation at the Fort Collins Senior Center

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.

- **Loveland:** 10 a.m.-noon Thursday, Jan. 11 and 18 Loveland Library, Gertrude Scott room
- **Greeley:** 10 a.m.-noon Wednesday, Jan. 24 and 31 Greeley Active Adult Center, meeting room 1
- **Fort Collins:** 10 a.m.-noon Wednesday, Feb. 14 and 21, Fort Collins Senior Center
 - Register by calling 970.221.6644; refer to activity #225432-01
 - Starting February 2024, you will also need to have an active recreation pass or pay a drop-in fee prior to program participation at the Fort Collins Senior Center

Slips and Falls - What You Should Know ^R

During this hour, we will learn more about those action steps that research says can best help us prevent falls as well as local resources to help us take these steps.

- **Loveland:** 11 a.m.-noon Monday, Jan. 8 Loveland Library, Gertrude Scott
- **Fort Collins:** Noon-1 p.m. Wednesday, Jan. 17 Westbridge
- **Greeley:** 1-2 p.m. Tuesday, Jan. 30 Greeley Active Adult Center
- Ice melt for participants

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.

- **Loveland:** 9-10:30 a.m. Friday, Jan. 12 MCR, Big Thompson room
- **Fort Collins:** 9-10:30 a.m. Saturday, Jan. 27, Westbridge
- **Greeley:** 9-10:30 a.m. Friday, Feb. 9 GMC, conference room 1
- **Fort Collins:** 9-10:30 a.m. Friday, Feb. 23, Westbridge

Talk With a Healthcare Professional: "Osteoporosis and How It Impacts Your Facial Skeleton" ^R

In this talk, Eve Bluestein, MD, DDS, FAACS, will discuss what osteoporosis is, how it (and medications used to treat it) may impact the bones of the face and the resultant functional and cosmetic consequences. She will also review methods used to help prevent osteoporosis of the facial bones. A light dinner will be provided. Seating is limited. Call 303.651.8411 to register.

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

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



Resiliency: A Steadying Inner Resource ^R

Are you ready to turn toward a positive direction in your life? In this class we engage in five practices to build our resilience or ability to have inner strength, optimism and flexibility in the face of adversity and disappointment. Taught by Deanna O'Connell, UCHHealth registered dietitian and mindfulness practitioner.

- **Greeley:** 1-2:30 p.m. Wednesday, Jan. 17
Greeley Active Adult Center, meeting room 1
- **Fort Collins:** 3-4:30 p.m. Wednesday, Feb. 7
Fort Collins Senior Center
 - Register by calling 970.221.6644; refer to activity #225431-01
 - Starting February 2024, you will also need to have an active recreation pass or pay a drop-in fee prior to program participation at the Fort Collins Senior Center
- **Loveland:** 1-2:30 p.m. Thursday, Feb. 22
Loveland Library, Gertrude Scott

OTC Hearing Aids: Things You Should Know ^R

In October 2022, the FDA created a new over-the-counter (OTC) hearing aids category that allows consumers to purchase them online or through local electronics stores or supermarkets. However, the features and functionalities of these devices are not always clear to consumers. Join us in this seminar presented by Vinaya Manchaiah, AuD, PhD, and director of Audiology at UCHHealth University of Colorado Hospital, to learn about OTC hearing aids so you can make informed decisions when purchasing them.

- **Windsor:** 1-2:30 p.m. Tuesday, Jan. 23
Windsor Recreation Center
- Register by calling the UCHHealth Aspen Club at 970.495.8565

Nutrition for Older Adults ^R

In this workshop, we'll provide strategies you can use to eat healthy as you age and share some delicious recipes. 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.

- **Loveland:** 1-2 p.m. Wednesday, Jan. 24
Loveland Library, Gertrude Scott
- **Fort Collins:** 1-2 p.m. Tuesday, Feb. 20
Fort Collins Senior Center
 - Register by calling 970.221.6644; refer to activity #225433-01
 - Starting February 2024, you will also need to have an active recreation pass or pay a drop-in fee prior to program participation at the Fort Collins Senior Center

New Member Orientation ^R

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

- **Fort Collins:** 4-5 p.m. Wednesday, Jan. 24
Aspen Club offices

Say "Scram" to Those Scams ^R

While scammers target all demographics, older adults are a particularly vulnerable target. Scammers are very well trained in manipulating their target into believing that they are trustworthy and honest. Come learn about current scams, their impacts and how you can protect yourself from financial loss and emotional stress. Brought to you from Larimer County Sheriff's Office Chief Scambuster, Barbara Bennett.

- **Loveland:** 10-11:30 a.m. Thursday, Jan. 25
Loveland Library, Gertrude Scott
- **Fort Collins:** 2-3:30 p.m. Monday, Feb. 26, Westbridge

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 via email or mail, and a follow-up consultation is an option.

- **Fort Collins:** 9:30-11 a.m. Thursday, Jan. 25
Prospect Medical Plaza, Ste. 100
- **Fort Collins:** 9-10:30 a.m. Thursday, Feb. 8
Snow Mesa Clinic, 4674 Snow Mesa Dr., Ste. 100
- **Greeley:** 1:30-3 p.m. Thursday, Feb. 8
Greeley Aspen Club Office
- **Loveland:** 1:30-3 p.m. Tuesday, Feb. 13
MCR, Navajo Peak room

BPH: New Treatment Options for a Common Problem ^R

Dr. Jason Warncke, UCHHealth urologist, will provide an overview of BPH (enlarged prostate), including an update covering new technologies and minimally invasive procedures to treat this common condition.

- **Loveland:** 4:30-6 p.m. Tuesday, Jan. 30
MCR, Longs Peak room

Family & Friends CPR/AED ^R

American Heart Association Family & 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:** 1-2:30 p.m. Tuesday, Jan. 30
MCR, Longs Peak room
- **Fort Collins:** 1-2:30 p.m. Tuesday, Feb. 27, Westbridge

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



Mindfulness: Honoring Our Wisdom and Purpose ^R

Mindfulness provides a way to settle into our minds and bodies and discover purpose and meaning in our lives. Through mindfulness practices, discussion and learning tools, we'll bring our wisdom fully present and share ways to create positive aging experiences in our fast-moving culture.

- **Fort Collins:** 2-3:30 p.m. Thursday, Feb. 1
Fort Collins Senior Center
- Register by calling 970.221.6644; refer to activity #225430-01
- Starting February 2024, you will also need to have an active recreation pass or pay a drop-in fee prior to program participation at the Fort Collins Senior Center
- **Loveland:** 1-2:30 p.m. Thursday, Feb. 15
Loveland Library, Gertrude Scott
- **Greeley:** 2-3:30 p.m. Wednesday, Feb. 28
GMC, conference room 1

Driving Safely in Your Golden Years ^R

Older drivers are generally safe drivers. However, aging can affect the skills necessary for driving. This presentation will review health factors that affect driving and propose 4 Steps to Improve Driving Health. Taught by Heather Ackart, occupational therapist and driver rehabilitation specialist with Health Promotion Partners.

- **Windsor:** 2-3 pm Friday, Feb. 2
Windsor Recreation Center, Spruce room
- **Fort Collins:** 10-11 a.m. Thursday, Feb. 8, Westbridge

Stress Busting for Family Caregivers ^R

This program will teach stress management techniques and relaxation and coping strategies. We know caregiving can be stressful. Join us to learn tools that can help.

- **Loveland:** 2-3:30 p.m. Wednesdays, Feb. 7-April 3
Loveland Library, Erion room

Talk With a Health Care Professional ^R

Join UCHHealth physicians and staff for a shared conversation on a variety of health-related topics from head to toe. A light dinner will be provided. Seating is limited. Call 303.651.8411 to register.

- **Longmont:** 5:30-6:30 p.m. Tuesday, Feb. 20
Longmont Senior Center

Cooking Classes ^R

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

- **Longmont:** 3-4 p.m. Thursday, Feb. 29
LPH, conference room A

Can You Hear Me Now? ^R

Hearing is one of our most important senses for function, safety and social connection. Loss of hearing can have a cascade of consequences. Dr. Shanna Moshure will provide an overview of our hearing, summarize some of the things that can impact our hearing and share strategies for ensuring we maintain our best hearing function as we age.

- **Fort Collins:** 2-3 p.m. Friday, Jan. 26, Westbridge

HEALTH SCREENINGS

The Nurse Is In for BP Checks and More ^R

Have your blood pressure checked and visit with UCHHealth Community Health RN Julie Knighton to ask questions about medications, chronic diseases and healthy lifestyles. Julie can also help you complete advance directives.

- **Fort Collins:** 9 a.m.-noon Wednesdays, Jan. 17, Feb. 7 or Feb. 21, Aspen Club office
- Appointments required; call 970.495.8560

Hearing Screenings ^R

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

- **Loveland:** 8:30 a.m.-noon Thursday, Jan. 4 or Feb. 1
Hear USA, 2980 Ginnala Dr., Unit 102
- **Fort Collins:** 1-4 p.m. Thursday, Jan. 4
Hear USA, 1030 Centre Ave., Ste. A
- Appointments are required; call 970.495.8560

Blood Pressure Checks

No appointments 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, Jan. 22 and Feb. 26
Chilson Senior Center

Medication and Supplement Reviews ^R

UCHHealth 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.

- **Fort Collins:** 8 a.m.-noon Thursday, Feb. 1
Aspen Club office
- **Longmont:** Please call 720.718.1267 to schedule an appointment
- Ice melt for participants. Appointments are required.

Aspen Club Monthly Features

Recorded registration line available 24 hours a day at 970.495.8565.



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.

- **Windsor:** 9:30 a.m.-12:30 p.m. Wednesday, Jan. 10
Windsor Community Recreation Center
- **Loveland:** 9:30 a.m.-1:30 p.m. Wednesday, Jan. 24 or Feb. 28, 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, Feb. 21
Westbridge conference room
- Cost: Free thanks to grant funding
- Appointments required in all locations
- Ice melt for participants

ONGOING SERVICES

Advance Care Planning Appointments ^R

Advance directives help you formally document your preferences and values to guide future medical care. Please call to request an appointment to start your plan for peace of mind today.

- **Fort Collins:** 9 a.m.-noon, weekly on Wednesdays
Fort Collins Aspen Club office
- **Loveland:** 10 a.m.-noon Tuesdays, Jan. 9 or 16 and Feb. 13 or 20, Aspen Club office at MCR
- **Greeley:** 12:30-3:30 p.m. Thursday, Jan. 25 or Feb. 22
Greeley Active Adult Center
- Appointments required; please call 970.495.8560

CarFit Assessments ^R

CarFit teaches you how to make your car "fit you" to increase safety and mobility. Using a 12-point checklist, including steering wheel spacing, properly adjusted headrests, seat belt usage and more, occupational therapists Marlis Lane or Heather Ackart will help you drive safer for longer.

- **Fort Collins:** 1-4 p.m. Monday, Jan. 8 or Feb. 13
Aspen Club offices
- Ice melt for participants

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 by going to uchealth.org/events. Click on "North" and type "joint replacement surgery" in the search bar. This will provide class options for which you can register.

- For more information, contact 970.624.2378

IN PARTNERSHIP WITH COMMUNITY AGENCIES

Caregiver VOICE Research Study

Offered by the University of Colorado Multidisciplinary Center on Aging and funded by the Alzheimer's Association, the Caregiver VOICE Research Study invites input about perspectives on dementia quality of care and experiences and perspectives as a caregiver. Your voice matters. Please join us in improving dementia care. For more information:



- Email: Dementia.care@cuanschutz.edu
- Call: 303.724.8466
- Online: bit.ly/CaregiverVOICE

Mugs for Rugs

Bring any throw rug (4' x 6' maximum, please) during the following dates, times and locations, and we will exchange it for a coupon for one free cup of coffee (limit one per participant, while supplies last).

- **Greeley Active Adult Center:**
 - 1-2 p.m. Wednesday, Jan. 3
 - 10-11 a.m. Friday, Jan. 12
 - 11 a.m.-noon Monday, Jan. 22
 - 9-10 a.m. Tuesday, Jan. 30
- **Windsor Recreation Center:**
 - 11 a.m.-noon Wednesday, Jan. 3
 - Noon-1 p.m. Friday, Jan. 12
 - 1-2 p.m. Monday, Jan. 22
 - 11 a.m.-noon Tuesday, Jan. 30
- Ice melt for participants

AmeriCorps Seniors/RSVP

AmeriCorps Seniors is a branch of Volunteers of America focused on addressing the needs of low-income and/or homebound older adults in Larimer County. Services include:

- A frozen Meals on Wheels program, congregate meal sites around Fort Collins, Loveland, Wellington, Bellvue and Berthoud
- A program to provide respite for at-home caregivers
- A Handyperson Program to provide ramps and other safety installations in homes

In addition, the organization provides volunteer support to over 50 nonprofits in our area. Contact Katharine Steen for more information at ksteen@voacolorado.org or 970.658.3620.

Colorado State University Research

CSU's Movement Neuroscience and Rehabilitation Laboratory invites participation from those aged 60-85 who have memory concerns, cognitive impairments or dementia, such as Alzheimer's, in their I-NDEPENDENCE IN DRIVING (I-DRIVESTUDY). To find out more and to sign up to participate, contact the lab at 970.491.7663 or mnrlab@colostate.edu.



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Aspen Club
membership
13,481

Fraud alert.

Be careful. Here are a couple of examples of the latest scams/fraud:

- A caller will say they are from Medicare and that they will send you a new card with new benefits. All you have to do is give them your Medicare number. This is fraud. Never give out your number.
- Online advertisements tell you to go to a website and apply for a flex card (cards with cash value that you can use for groceries, etc.). Do not go to this site.

Trust your instincts. If it sounds too good to be true, it probably is.