

ASPEN CLUB NEWS

September/October 2023 | Volume 36 | Issue 5

ARTIFICIAL INTELLIGENCE (AI).

Recent headlines are full of artificial intelligence (AI). New versions of it have been created for every task you can imagine. You can create artwork, chat with an AI friend or find answers to some of the world's most vexing questions.

At UCHealth, we have been using AI for years. In the UCHealth app and [uchealth.org](https://www.uchealth.org), you'll see Livi, our conversational AI virtual assistant. The UCHealth app and My Health Connection give all of UCHealth's patients the tools to take charge of their care, but it's not always easy to figure out how to use them. That's where Livi comes in.

Livi can do things like refill prescriptions at UCHealth pharmacies, update your contact information, update your insurance information and help you log in if you forgot your username or password.

Don't know how to send your doctor a message? Just ask Livi, and she'll walk you through it. Don't know the name of your primary care provider? Livi can look it up, no problem.

We work hard to make sure Livi knows the words our patients use, even if those words don't match modern medical jargon. So if you need a "general practitioner," she'll find you a "primary care provider." Livi even speaks Spanish. She's here for you anytime. All you need to do is open the chat.

Technology can feel cold and impersonal—everyone knows what it's like to call a phone number and wait forever to speak with a person. That's why we've made Livi as a character with a kind, familiar voice—she's a Colorado-born 35-year-old who loves her dog, loves her Subaru and loves to help UCHealth patients navigate the complex and sometimes confusing world of health care. Please see column to the right for more information about Livi.



Livi is here to help.

It can be embarrassing to ask for help. Especially if you are trying to use a computer to do something that feels like it should be simple or if you're looking to get healthier and you don't know where to start. But Livi is here to help you get going, no judgment. Need help figuring out how to start an advance care plan? Livi can help. Need some guided meditations to lower your stress? Livi's got those too.

If you use Livi and have feedback about her, we're all ears. Give her a thumbs up or down and let us know how we're doing. You can also send us a note at dpx@uchealth.org.



Hi, I'm Livi.

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

FUNNY PAGES

"A computer once beat me at chess, but it was no match for me at kickboxing."

—Emo Philips

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



MODERN MEDICINE AND THE ACCELERATION OF HEALTH CARE.

Think about all of the incredible things you have witnessed over your lifetime. We live in a world where advancements in technology can often make our heads spin as we try to tighten up the learning curve. Modern medicine is no different. The acceleration of health care to help us live longer, stronger and more independently has made significant strides, and just in time, as we are living longer.

Here are just a few of the scientific undertakings over the past 10 years that contribute to better health:

- **Gene sequencing:** Has led to the identification of single genes, contributing to specific disease and subsequent targeted treatments.
- **Stem cells:** Capable of mimicking essentially any type of cell—can be programmed for repairing damaged tissues and combatting disease.
- **Targeted cancer therapies:** Kill cancer cells or block cells involved in tumor growth to provide more direct cancer treatment.
- **Laparoscopic surgery:** Has taken the place of many traditional surgeries,

contributing to smaller surgical sites, less pain and quicker recovery.

- **Bionic limbs:** Are operated through bluetooth devices to help coordinate movement and have improved functionality and independence for amputees.

Aspen Club has adopted new technology in the form of QR codes for Medicare open enrollment registration. Short for quick response, QR codes are similar to barcodes and can be read with digital devices, like your smartphone. If you hover your phone over the QR code, the phone will recognize the image and take you to the location of the information (such as a website). If you have a smartphone, we invite you to try this technology when scheduling your Medicare PDP appointment. See more information in the article on page 3.

Yours in health and harmony,

A handwritten signature in black ink, appearing to read "JoAnn".

JoAnn Herkenhoff
UCHealth Senior Services
Aspen Club Supervisor



MEDICARE OPEN ENROLLMENT STARTS IN OCTOBER.

Now is the time to review your Medicare coverage. Open enrollment starts October 15. Aspen Club will be conducting Medicare review clinics, just as we have in years past, to help you review your coverage. If you have original Medicare, go to one of the links below or scan the QR code with your phone to schedule your review at one of our Aspen Club locations:



← Fort Collins: bit.ly/FoCoPDP

Loveland: bit.ly/LovelandPDP →



← Greeley: bit.ly/GreeleyPDP

Estes Park: bit.ly/EstesPDP →



If you have difficulty with these links, please call the Aspen Club/SHIP office at 970.495.8558 for assistance scheduling your appointment.

If you have Medicare Advantage, we will have a separate review for you from January 1 through March 31. We will publish that schedule in our next newsletter.

INSIGHTFUL

"Technology is nothing. What's important is that you have faith in people, that they're basically good and smart, and if you give them tools, they'll do wonderful things with them."

—Steve Jobs

Fight fraud—shred instead.

The incident of fraud, including identity theft, has risen significantly. Safely destroy and dispose of sensitive documents—such as bank statements, pay stubs, canceled checks, credit card statements, investment records and other papers that contain personal information—at our annual shred event.

A free drive-through shredding event will be hosted by the Canvas Credit Union - Drake branch, AARP ElderWatch and Aspen Club Senior Services, 9 a.m.–noon Saturday, October 7, at 2503 Research Blvd. Volunteers will deposit your documents in a secure bin and return your container to you. We will also be collecting canned goods or nonperishable food items that day to donate to the Food Bank for Larimer County.



OSTEOPOROSIS: THE BARE BONES.

Osteoporosis occurs when the deposit of bone occurs less often than the withdrawal of bone. This loss of density causes bone weakness and increased risk of fragility fractures, especially for postmenopausal women. There are no overt signs of osteoporosis, and it is often diagnosed after a fall that can lead to a broken bone. Over the years, research in osteoporosis has provided evidence of lifestyle habits that can prevent and treat osteoporosis.

One of the most important habits for bone health is regular exercise. When stress is applied to muscles in the form of exercise, this movement pulls on bones and stimulates osteoblasts, leading to deposits of calcium and phosphate. A multimodal exercise routine that incorporates weight-bearing exercise for 30 minutes most days of the week, and strength training 2 to 3 days a week reduces bone loss and decreases the risk of falls. Choose fun and enjoyable exercises that involve moving weight up and down against gravity such as walking/hiking uphill, stair climbing or even dancing. The goal of strength training is to perform 7 to 8 repetitions with good form. Increase the weight when 12 repetitions can be done easily. If you're concerned about the "dos" and "don'ts" of exercise with an osteoporosis diagnosis, check out Healthy Bones for Life: Understanding Osteoporosis. More details on page 9.

Vitamin D is essential in facilitating the absorption of calcium and aiding the effectiveness of the body to utilize calcium. Sunlight is the main source of vitamin D; however, additional supplementation is often required. It is recommended to ingest at least 800 IU of vitamin D per day. An adequate intake of calcium is approximately 1200mg daily, which can be consumed in a variety of foods and drinks. Supplemental calcium can be added to ensure total calcium intake is 1200mg per day.

Want to learn more about nutrition and lifestyle factors that can impact bone health? Sign up for our Nutrition for Bone Health, Osteopenia and Osteoporosis class on page 9.



HEALTHY AGING

It's important to have a twinkle in your wrinkle.

Are you living with pain?

While pain is characterized by physical discomfort, there are many non-physical contributors that can exacerbate symptoms. By definition, chronic pain is pain that lasts longer than six months, but the other side of the coin is how pain affects how a person lives their daily life. In recognition of Pain Awareness Month in September, we offer a six-week course to help you develop skills to take charge of your pain so that it doesn't control your life. We offer problem-solving skills, strategies for managing symptoms, ways to deal with the difficult emotions that often accompany chronic pain and a cohort of peers to lend their perspective, listening ears and personal tips to leading a fulfilling life in spite of this chronic condition. Sign up for our virtual Living Well With Chronic Pain class on page 6.



Eating for a healthy gut.

What can be done to support the balance of the microbiome in our guts? Diet is probably the most important lifestyle factor when it comes to supporting a healthy gut. Highly processed foods, fried foods, highly refined grains, added sugar, artificial sweeteners and a lack of fiber all negatively impact gut health. I encourage my clients to focus on a whole-foods diet with plenty of fruits and vegetables, whole grains, lean proteins and healthy fats. Variety is hugely critical for microbiome diversity. Getting fiber from a variety of fruits, vegetables, whole grains and nuts and seeds helps to feed prebiotics, which help to grow beneficial bacteria in the gut. It is also helpful to consume a variety of foods with probiotics, such as kefir, sauerkraut, kimchi, kombucha, fermented vegetables, tempeh or plain unsweetened yogurt.



MICROBIOME.

"Microbiome" is a buzz word in the world of health and nutrition, but what does it mean exactly? According to the National Human Genome Research Institute, the microbiome is defined as "the community of microorganisms (such as fungi, bacteria and viruses) that exists in a particular environment...In humans, the term is often used to describe the microorganisms that live in or on a particular part of the body, such as the skin or gastrointestinal tract."

Each one of us has beneficial bacteria residing in our guts, and unfortunately, we also have opportunistic or the "not so good bugs." We need a combination of both the good and the bad bacteria, but we want them working synergistically together. For so many of us, we can have varying degrees of dysbiosis or an imbalance of this very intricate network of bacteria. There are so many things that can contribute to an imbalance of the microbiome. Stress, medications, environmental toxins and diet are just a few.

The role of the microbiome in our health is still not yet fully understood. There is fascinating research currently being done on the connection between the health of our gut and the presentations of multiple different chronic conditions, which include rheumatoid arthritis, Type I and Type II diabetes, eczema, asthma, irritable bowel disease, irritable bowel syndrome, cardiovascular disease, non-alcoholic fatty liver disease, chronic kidney disease and multiple mental health disorders.

Over the past decade, research has taken off on the gut-brain connection. We have known for a long time that emotions can take a toll on the gut, but we are just beginning to realize the health of the gut helps to regulate emotions. The balance of bacteria in our gut can have a direct effect on our emotions, with anxiety being one of the more common issues. Stress management is a lifestyle factor important for a healthy gut because of this direct connection between the brain and the gut.

Supporting the whole person with all aspects of health can help facilitate a healthy microbiome. Learn more about this topic at Brooke Floerke's upcoming presentation "Gut Health and Its Role in Chronic Disease Treatment and Management." See page 9 for more details.

Written by Brooke Floerke, RD

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 Medicare 101 ^R

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

- **Virtual:** 11 a.m.-12:30 p.m. Wednesday, Sept. 13
MS Teams
- Link to 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. Thursday, Sept. 14-Nov. 2
- Cost: \$20 for resource book, payable at time of registration
- Link to virtual session will be emailed following registration

Virtual Mediterranean Diet ^R

The 2015-2020 Dietary Guidelines lists this diet as 1 of 3 recommended healthy eating patterns. Learn how to apply the Mediterranean diet to enjoy good food and improve your health. In this class, you will learn the key characteristics of the Mediterranean lifestyle, how foods in the Mediterranean diet contribute to health and strategies for incorporating Mediterranean foods and habits into your life.

- **Virtual:** 10-11:30 a.m. Friday, Sept. 15
- Link to virtual session will be emailed following registration

Virtual 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, 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 via email or mail.

- **Virtual:** 1-2:30 p.m. Monday, Oct. 9, MS Teams
- Link to virtual class and class materials will be emailed following registration

Virtual Living Well With Chronic Pain ^R

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

- **Virtual:** 5:30-7:30 p.m. Tuesdays, Sept. 19-Oct. 24
- Link to virtual session will be emailed following registration

Virtual CircleTalk ^R

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 requested.

- **Virtual:** 1:30-2:30 p.m. Tuesdays, Oct. 17-Dec. 12
Virtually through Zoom
- Link to virtual class and class materials will be emailed following registration
- Cost: \$40 (scholarships available; please ask when registering)
- If you need access to technology, please ask the Aspen Club about local resources: 970.495.8560

ASPEN CLUB MONTHLY FEATURES

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IN-PERSON CLASSES, HEALTH SCREENINGS AND SERVICES

IN-PERSON-ONLY CLASSES

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

Stop the Bleed **R**

Civilians need basic training in bleeding-control principles so they are able to provide immediate, frontline aid until first responders are able to take over care of an injured person. Through our Stop the Bleed® course, you'll gain the ability to recognize life-threatening bleeding and intervene effectively.

Call 303.651.8441 to register.

- **Longmont:** 1-3 p.m. Friday, Sept. 1
or Thursday, Oct. 19, Longmont Senior Center

Living Well With Diabetes **R**

In this six-week program, learn skills to deal with the life and emotional changes that come with diabetes. This does NOT replace Diabetes Education. Class limited to eight participants.

- **Fort Collins:** 1-3:30 p.m. Wednesdays, Sept. 6-Oct. 11
Prospect Medical Plaza, Suite 100

Caregiver Stress-Busting Dementia Program **R**

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

- **Fort Collins:** 9:30-11 a.m. Wednesdays Sept. 6-Nov. 1
Elderhaus, 6813 S. College Ave.

Menopause **R**

Join UCHHealth gynecologist, Dr. Danika Forgach, to learn more about menopause. She will be discussing its cause, its management and common misconceptions.

- **Fort Collins:** 4-5:30 p.m. Thursday, Sept. 7
Fort Collins Senior Center auditorium
- **Register by calling 970.221.6644; refer to activity #425431-01**

Intimacy and Relationships for Older Adults **R**

Aging brings many life transitions—intimacy is one of them. Learn about expected changes in this realm and how they relate to your health and wellbeing. Kate Spruiell will also provide tools to aid in addressing these inevitable challenges.

- **Fort Collins:** 2-3:30 p.m. Thursday, Sept. 7
Fort Collins Senior Center
– **Register by calling 970.221.6644; refer to activity #425430-01**
- **Loveland:** 2-3:30 p.m. Thursday, Oct. 26
Loveland Library Erion room

Cooking Classes **R**

Longs Peak Hospital's food and nutrition team will feature recipes and cooking tips on healthy eating options with "A Trip to China; Its Food & Culture."

- **Longmont:** 3-4 p.m. Thursday, Sept. 7
LPH conference room A

Stepping On **R**

Stepping On is a seven-week workshop that focuses on how strength and balancing exercises, medication management, home safety, footwear, vision and mobility all play important roles in fall prevention. Guest speakers include a physical therapist, an occupational therapist and a pharmacist.

- **Fort Collins:** 10 a.m.-noon Thursdays, Sept. 7-Oct. 19
Poudre Fire Station 4, 1945 W. Drake Road
- Suggested donation: \$15 (for the entire workshop)

Nutrition and Inflammation for Older Adults **R**

Learn why nutrient-dense and anti-inflammatory foods are critical for optimal health as we age. We'll review wise food choices and practical tips to support your body, brain and digestion. Taught by Deanna O'Connell, UCHHealth registered dietitian and mindfulness practitioner.

- **Loveland:** 1-2:30 p.m. Monday, Sept. 11
Loveland Library Erion room
- **Greeley:** 10-11:30 a.m. Monday, Sept. 18
Greeley Active Adult Center meeting room 1
- **Fort Collins:** 1-2:30 p.m. Friday, Sept. 15
Fort Collins Senior Center
– **Register by calling 970.221.6644; refer to activity #425432-01**

Stepping On Fall Prevention Workshop **R**

One in four people age 65 or older has a fall each year. Don't be one of them. In this seven-week course you'll learn how you can avoid a dangerous and costly fall and keep doing the things you love to do. Stepping On has been researched and proved to reduce falls by 30%.

- **Longmont:** 2-4 p.m. Thursday, Sept. 7-Oct. 19, LPH
- **Register by calling 720.718.1210**
- Cost: \$15 suggested donation

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.

- **Estes Park:** 10-11:30 a.m. Tuesday, Sept. 12
Crossroads Ministry
- **Fort Collins:** 9-10:30 a.m. Saturday, Sept. 23
Family Medicine Center
- **Loveland:** 9-10:30 a.m. Friday, Sept. 29
MCR, Big Thompson Canyon room

ASPEN CLUB MONTHLY FEATURES

Recorded registration line available 24 hours a day at 970.495.8565.



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, learn 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.

- **Greeley:** 1-3 p.m. Tuesdays, Sept. 12 and 26, Oct. 10
Greeley Active Adult Center
- **Fort Collins:** 1-3 p.m. Tuesdays, Sept. 26, Oct. 10 and 24
Prospect Medical Plaza, Suite 100
- **Cost:** Suggested donation of \$15 to cover the cost of materials

Understanding Alzheimer's and Dementia ^R

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, disease stages and risk factors, current research and treatments to address some symptoms and Alzheimer's Association resources.

- **Loveland:** 9:30-10:30 a.m. Wednesday, Sept. 13
Loveland Library, Gertrude Scott room
- **Fort Collins:** 11 a.m.-noon Thursday, Sept. 21
Fort Collins Senior Center.
- **Register by calling 970.221.6644; refer to activity #425435-01**

Aging Mastery Program (AMP) ^R

Join experts from 10 core curriculum topics for this engaging six-week program to explore relevant aging topics and create your own "age well playbook" to improve overall well-being and stability.

- **Greeley:** 9:30 a.m.-noon Thursdays, Sept. 14-Oct. 19
Greeley Active Adult Center meeting room 1

Prepare to Care ^R

No matter where you are in your caregiving journey—just beginning to anticipate a need, helping to coordinate a big move or taking care of a family member full-time—this presentation will provide a good framework, support network and resources to help guide you and your loved one to make things easier.

- **Fort Collins:** 1-2 p.m. Tuesday, Sept. 19
Fort Collins Senior Center auditorium
- **Register by calling 970.221.6644; refer to activity #425433-01**

Change Fatigue—What Is Happening Here? ^R

We are all dealing with changes in our world, both big and small. How are you affected by change? How can you increase your own "surge capacity" to handle change in life? Come and discuss change fatigue and learn ways to increase your resiliency.

- **Fort Collins:** 2-3:30 p.m. Thursday, Sept. 21
Fort Collins Senior Center
– **Register by calling 970.221.6644; refer to activity #425434-01**
- **Greeley:** 10-11:30 a.m. Tuesday, Sept. 26
GMC, conference room 3
- **Windsor:** 1-2:30 p.m. Monday, Oct. 2
Windsor Community Recreation Center, party room

Stand Tall, Reduce Falls ^R

This free event will include an opening by Loveland Mayor Jacki Marsh and a keynote presentation by multiple physicians on the reasons we fall and ways to prevent it, followed by open time to explore exercise demonstrations, educational booths and health screenings. Free medication reviews are available with a pharmacist with separate registration. Breakfast will be available starting at 8:15 a.m. For questions, email injurypreventionnorth@uchealth.org.

- **Loveland:** 9 a.m.-noon Wednesday, Sept. 27
Chilson Senior Center
- **Registration required; call 970.495.8560**

Get Your Advance Directives Done ^R

Learn about medical health care directives and have an opportunity to complete and notarize them.

- **Greeley:** 9-10:30 a.m. Tuesday, Sept. 26
Greeley Medical Center, Conference Room 1
- **Fort Collins:** 9:30-11 a.m. Thursday, Sept. 28
Prospect Medical Plaza, Ste. 100
- **Fort Collins:** 9-10:30 a.m. Thursday, Oct. 12
Snow Mesa Clinic, 4674 Snow Mesa Dr., Ste. 100
- **Loveland:** 4-5:30 p.m. Tuesday, Oct. 17
North Medical Office Building at MCR, Ste. 2200

The Biology of Healthy Brain Aging: What We Know, and Where We're Going ^R

The Healthspan Biology Lab at CSU studies how biological changes in our cells lead to declines in health throughout the lifespan. They are particularly interested in brain health and preventing neurodegeneration. This presentation by Dr. Tom LaRocca will focus on some of their newer work in this area related to DNA and RNA, as well as cover evidence-based strategies for healthy brain aging.

- **Fort Collins:** 2:30-4 p.m. Tuesday, Oct. 3
Fort Collins Senior Center auditorium
- **Register by calling 970.221.6644; refer to activity #425437-01**

ASPEN CLUB MONTHLY FEATURES

Recorded registration line available 24 hours a day at 970.495.8565.



Gut Health and Its Role in Chronic Disease Treatment and Management **R**

Come learn all about the microbiome and how it impacts our health. Featured topics include gut permeability, nutrition for gut health and food sensitivities. Taught by registered dietitian Brooke Floerke.

- **Fort Collins:** 9:30-11 a.m. Tuesday, Oct. 3
Fort Collins Senior Center auditorium
- **Register by calling 970.221.6644; refer to activity #425436-01**

Gong Voyage **R**

Come experience the powerful and surprising vibrations of the gong, an instrument of profound healing potential. 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 (you can also sit), get comfortable, set your intention and let the gong meditate you. Kathy Dickson will play with no words spoken as you simply absorb the vibrations. Please wear comfortable clothes.

- **Fort Collins:** 2-3 p.m. Thursday, Oct. 5
Northside Aztlan Center Jaguar room
- **Register by calling 970.221.6644; refer to activity #425438-01**
- **Windsor:** 1:30-2:30 p.m. Thursday, Oct. 26
Windsor Community Recreation Center Cyprus Room

Healthy Bones for Life: Understanding Osteoporosis **R**

Wanda Simmons, PT, CEEAA, TPS, peer educator for American Bone Health, will help you understand what osteoporosis is, how to prevent bone loss, how to prevent falls and fractures and the dos and don'ts of movement exercise for osteoporosis.

- **Fort Collins:** 10-11:30 a.m. Friday, Oct. 6
Fort Collins Senior Center auditorium
- **Register by calling 970.221.6644; refer to activity #425439-01**
- **Windsor:** 10-11 a.m. Thursday, Oct. 26
Windsor Community Recreation Center Cyprus Room

Meeting of the Minds **R**

Join us for a light lunch and dementia panel discussion to further your knowledge of current research, treatment, local resources and ways of both planning ahead and living well today with dementia. We will hear from a panel of local experts who will share about their work and answer your questions. Pre-submitted questions are encouraged and should be emailed to AspenClub@uchealth.org by Sept. 27.

- **Windsor:** 12:30-2:30 p.m. Saturday, Oct. 7
Foundations Church - Windsor, 1159 Main St.
- **Registration deadline Sept. 27**

Coping With Hearing Loss **R**

Join Chandra Maas, AuD, from Hear USA to learn about hearing loss causes and prevention and strategies for living well despite hearing changes. We will also discuss current treatment options and learn about community resources.

- **Fort Collins:** 9:30-11 a.m. Monday, Oct. 9, FCSC
- **Register by calling 970.221.6644; refer to activity #425443-01**

RideNoCo: Connecting You and Northern Colorado **R**

Learn from the RideNoCo team about how older adults can maintain independence and get to the places they want and need with the support of RideNoCo and a spectrum of public, private and nonprofit transportation providers and resources in Northern Colorado that serve older adults, people with disabilities and the broader public.

- **Greeley:** 2-3 p.m. Wednesday, Oct. 11
Greeley Active Adult Center, meeting room 1
- **Loveland:** 10-11 a.m. Friday, Oct. 27
Loveland Library, Gertrude Scott room
- **Fort Collins:** 10-11 a.m. Monday, Oct. 30
Westbridge conference room

Nutrition for Bone Health, Osteopenia and Osteoporosis **R**

We'll review nutrition and lifestyle must-haves to keep your bones strong and healthy. Deanna O'Connell, UHealth registered dietitian and mindfulness practitioner, will lead this session.

- **Loveland:** 1-2:30 p.m. Monday, Oct. 16
Loveland Library, Gertrude Scott room
- **Greeley:** 10-11:30 a.m. Monday, Oct. 23
Greeley Active Adult Center, meeting room 1
- **Fort Collins:** 9:30-11 a.m. Tuesday, Oct. 31
Fort Collins Senior Center.
- **Register by calling 970.221.6644; refer to activity #425440-01**

The Conversation Project **R**

92% percent of Americans feel it is important to talk about their wishes for end-of-life care; however, just 32% percent have done so. 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:** 9:30-11 a.m. Tuesday, Oct. 17
Chilson Senior Center
- To schedule an appointment, visit in person or online: lovgov.org/services/parks-recreation/chilson-senior-center
- Cost: Free

ASPEN CLUB MONTHLY FEATURES

Recorded registration line available 24 hours a day at 970.495.8565.



Understanding and Responding to Dementia-Related Behaviors ^R

Join us to learn to decode behavioral messages, identify common behavior triggers and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

- **Greeley:** 1-2 p.m. Tuesday, Oct. 17
Greeley Active Adult Center, craft room

Diabetes Prevention Program ^R

Lose weight, increase your activity, 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.

- **Fort Collins:** Noon-1 p.m. Tuesdays, starting Oct. 17
Harmony Campus

My Gift of Information ^R

This beneficial booklet provides a framework for you to consider and list important legal, financial, end-of-life and other personal information that is critical for your loved ones to know. Join us to gain a better understanding of this tool as it relates to advance care planning. Kate Kaiser from Colorado Legal Services will join Kat Laws from the Aspen Club to help you utilize this tool and plan ahead.

- **Fort Collins:** 4-5:30 p.m. Tuesday, Oct. 24
FMC, door 118

New Member Orientation ^R

Learn about the benefits and services available to them such as blood tests, health screenings and educational programs.

- **Fort Collins:** Noon-1 p.m. Wednesday, Oct. 25
Westbridge conference room

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. Julie can also help you complete advance directives.

- **Fort Collins:** 9 a.m.-noon, Sept. 6 and 20, Oct. 4 and 18
Aspen Club office
- Appointments are required; call 970.495.8560

Hearing Screenings ^R

Certified audiologists from Hear USA will provide baseline hearing screenings.

- **Loveland:** 8:30 a.m.-noon Thursday, Sept. 7
Hear USA, 2980 Ginnala Dr., unit 102
- **Fort Collins:** 1-4 p.m. Thursday, Sept. 7
Hear USA, 1030 Centre Ave., Ste. A
- Appointments are required; call 970.495.8560

Blood Pressure Checks

No appointment necessary for a blood pressure check performed by our UHealth Community Health Improvement RN, Linda Strauss.

- **Loveland:** 9 a.m.-noon Mondays, Sept. 25 and Oct. 23
Chilson Senior Center

Medication and Supplement Reviews ^R

UHealth 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. Appointments are required.

- **Longmont:** Please call **720.718.1267** to schedule an appointment

Bone Density Screenings ^R

An ultrasound bone sonometer is used to measure the bone density in your heel. Results should be shared with your physician.

- **Loveland:** 9 a.m.-1 p.m. Wednesday, Sept. 20
MCR, Horsetooth Mountain room
- **Greeley:** 1-2:30 p.m. Tuesday, Oct. 3
Aspen Club Office, 6906 W. 10th St.
- Appointments and prepayment of \$12 required; call 970.495.8560

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:** 12:30-3:30 p.m. Wednesdays, Sept. 20 or Oct. 18, Chilson Senior Center
- Visit in person or online at lovgov.org/services/parks-recreation/chilson-senior-center to schedule an appointment
- **Fort Collins:** 9 a.m.-noon Wednesday, Oct. 11
FMC, Ste. 101
- Call 970.495.8560 to schedule an appointment

ONGOING SERVICES

CarFit Assessments ^R

Using a 12-point checklist, which includes 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:** 9 a.m.-noon Monday, Sept. 11 or 1-4 p.m. Oct. 9, Aspen Club office

ASPEN CLUB MONTHLY FEATURES

Recorded registration line available 24 hours a day at 970.495.8565.



Preparing for Total Hip and Knee Replacement ^R

Learn what to expect from joint replacement surgery, including pre-surgery exercises, necessary equipment, diet, pain management and recovery.

- Registration required. Visit uchealth.org, go to the classes and events section and search for joint replacement surgery
- For more information, please call **970.624.4326**

IN PARTNERSHIP WITH COMMUNITY AGENCIES

Homebound Services: Poudre Libraries

Homebound services are available for people with physical limitations due to age, illness, accident or disability that keep them from visiting the library in person. The Homebound team works with library volunteers to deliver and pick up library materials, including books, audiobook CDs and DVDs, items from our Gadgets and Things collection and more. For more information or to sign up, call **970.416.2588** or email homebound@poudrelibraries.org.

Caregiver Stress-Busting Dementia Program ^R

We know caregiving can be stressful. Designed for family caregivers of people with Alzheimer's disease or dementia, this program will teach stress-management techniques and relaxation and coping strategies.

- **Fort Collins:** 9:30 a.m.-11 a.m. Wednesdays, Sept. 6-Nov. 1, Elderhaus, 6813 S. College Ave.
- Program is available at no cost
- Registration is required; contact Larimer County Family Caregiver Support at **970.498.7758** or ADRC@larimer.org

Fast-Forward Film Showing ^R

Take a proactive look at the process of aging in this PBS documentary. The film, lunch and discussion that follows are being offered in honor of Grandparents Day. Participants of all ages are welcome and invited to enjoy the fun of the Longs Peak Scottish-Irish Highland Festival and Parade that is the same weekend. Parking details will be shared upon registration.

- **Estes Park:** 11:30 a.m.-1:30 p.m. Saturday, Sept. 9 American Legion Post 119, 850 N St. Vrain Ave.
- Cost: Free, thanks to generous donations from Sharing the Care Campaign members, Bloom Healthcare and Home Instead of Northern Colorado
- Register online at bit.ly/3OnlOfT or call the Estes Valley Library at **970.586.8116**

COAST-IT ^R

The CU Anschutz COAST-IT (Connecting Older Adults and Students Through Inter-professional Teamwork) program is recruiting older adults who would be interested in partnering with a CU Anschutz Medicine, Pharmacy or Nursing student to become phone partners for weekly calls for the upcoming Fall semester.



If you or other older adults would like to participate, the CU Anschutz Multidisciplinary Center on Aging is recruiting for an early- to mid-September 2023 start date. Registration required: bit.ly/COAST7oLt

Weld AAA - Powerful Tools for Caregivers ^R

If you are caring for a loved one at home, this workshop will help you learn to reduce stress, guilt and anger. It will help you develop relaxation techniques, set goals and problem-solve. This class is limited to family caregivers.

- **Windsor:** 1-3:30 p.m. Wednesday, Oct. 4-Nov. 8 Windsor Recreation Center
- Program available at no cost
- For more information or to register, call **970.400.6117**

Weld AAA - A Matter of Balance ^R

Learn ways to reduce the fear of falling and break the fear-of-falling cycle by increasing activity levels. The program focuses on practical coping strategies. A variety of activities address physical, social and cognitive factors affecting fear of falling. Workshop meets once a week for eight weeks.

- **Eaton:** 1-3 p.m. Tuesdays, Oct. 3-Nov. 21 Eaton Recreation Center
- Program available at no cost to those 60 and older
- For more information or to register, call **970.400.6117**

Weld AAA - Walk With Ease ^R

Increase your balance, strength and walking pace while building confidence in your ability to be physically active. This program is proven to reduce the pain and discomfort of walking. Registration is required.

- **Greeley:** 10:15-11:15 a.m. Mondays, Wednesdays and Fridays, Sept. 11-Oct. 20 Greeley Recreation Center
- Program available at no cost to those 60 and older
- For more information or to register, call **970.400.6117**

Weld AAA - Healthier Living Colorado ^R

Be proactive and learn tools to become a better self-manager of your chronic condition(s) like heart disease, diabetes, arthritis, COPD, pain, etc. Workshop meets once a week for six weeks.

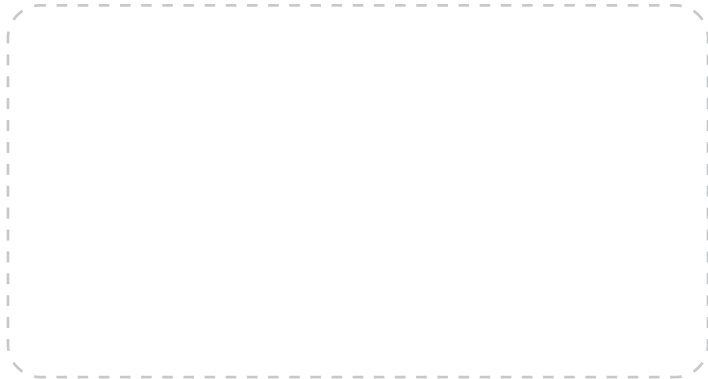
- **Greeley:** 1-3:30 p.m. Thursdays, Sept. 28-Nov. 2 North Colorado Medical Center
- Program available at no cost to those 60 and older
- For more information or to register, call **970.400.6117**



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ASPEN CLUB
MEMBERSHIP
13,369

STAND TALL, REDUCE FALLS.

This free event will include an opening by Loveland Mayor Jacki Marsh and a keynote presentation by multiple physicians on the reasons we fall and ways to prevent them, followed by open time to explore exercise demonstrations, educational booths and health screenings such as bone density, blood pressure and fall risk assessments. Free medication reviews are available with a pharmacist with separate registration. For full details, see page 8.