

ASPEN CLUB NEWS

January/February 2019 | Volume 32 | Issue 1

Woo-hoo! Aspen Club celebrates its 30th anniversary.

Back in 1989, a very future-thinking hospital administrator at Poudre Valley Hospital heard a speaker at a conference named Dr. Ken Dychtwald. Dr. Dychtwald talked about shifting the paradigm of growing older from how our society sometimes views it—as a period of decline—to a period of health and vitality. He created a compelling vision of how to age with style, purpose, dignity and love.

This wonderful administrator, so inspired by his talk, brought back a vision of how our health system could offer a service that highlighted and supported healthy aging. She pulled together community and hospital colleagues to help design and implement what you now know as the Aspen Club. And here we are, 30 years later. Happy 30th anniversary, Aspen Club!

How was our name picked?

Aspen trees are rarely alone; they grow in groves and are pretty hardy—signifying getting people together enjoying our health and wellness programs while learning that being resilient can carry you through life challenges. Aspen trees provide homes and food for many small creatures and life forces—signifying the wisdom, values, life stories and legacy you share with those you love.

It is with great honor that we celebrate this milestone. From our humble beginnings back in 1989 to our geographic presence with offices in Fort Collins, Loveland and Greeley and programs reaching out even further. We have several celebrations planned in 2019. Please peruse the column to the right to get just a glimpse of what those might be. More information will be coming in your next newsletter.

Thank you for being a member of the Aspen Club.

30th anniversary events.

Cultivate your spirit through art.

(Loveland, spring 2019)

A wine and cheese gathering featuring well-known local sculptor George Walbye.

Tours of the new Greeley Hospital.

(Greeley, summer 2019)

A reception with healthy appetizers, physician talks, door prizes and more.

Amazing in Aging event.

(Fort Collins, fall 2019)

Humorist Dr. Brad Neider is back for this event, plus “laff-a-lot” videos and activities.

Chef demos, healthy aging talk, gifts to all new Aspen Club members and more.

(Longmont, fall 2019)

Yes, we’re expanding to Longmont soon.

More details on these events, coming soon.



uhealth

Aspen Club

Monday-Friday
8 a.m.-4:30 p.m.
Closed on all major
holidays.

Fort Collins

1025 Garfield St., Suite A
Just west of
UCHealth Poudre
Valley Hospital
(Note: mailing address is
1024 S. Lemay Ave.
Fort Collins, CO 80524)
Phone: 970.495.8560

Loveland (limited hours)

UCHealth Medical Center
of the Rockies (MCR)
2500 Rocky Mountain Ave.
Loveland, CO 80538
Phone: 970.624.1860

Greeley (limited hours)

1900 16th St., First Floor
Greeley, CO 80631
Phone: 970.313.2796

Recorded registration line:
Call 970.495.8565 to
sign up for classes in all
communities.

aspenclub@uchealth.org
uchealth.org/aspenclub



FUNNY PAGES

On Dec. 31, before
12 a.m., go into a room
by yourself. After
12 a.m., run out of your
room and yell to your
family, "Wow you guys,
I haven't seen you
since last year!"



Jill Taylor, UCHealth Aspen Club Supervisor

From the Aspen Club office.

My message has a thread that ties it together, I promise. This past fall, during our annual shredding event and food drive, more than 18,000 pounds of documents were safely shredded and over 1,100 pounds of food collected for the local food bank. We were really proud of that. Even more surprising was the fact that we collected over 240 pairs of eyeglasses to give to the Lions Club Eye Bank. As we organized the glasses, in their various styles and shapes, we thought, if only these glasses could talk. Who were the people that wore them, and what life experiences shaped their lives?

I found this intriguing as it led me to another thought. Do you ever glance through obituaries, see people you knew, read about their lives and say to yourself, "I had no idea they did that. If only I had taken the time to learn more about the things that made them who they were."

The ending thread here is that I wish for all of us, as we head into a new year, to really get to know the people in our lives. Ask about them, learn about their histories and their stories. I had a few friends who passed away this past year, in their 60s, and I

realized I didn't take that time. My 2019 resolution is to be better at taking the time.

Our Aspen Club team wishes you a wonderful new year as we end on this quote from Oprah Winfrey, "Cheers to a new year and another chance for us to get it right."

Good health, happiness and humor to you.

Jill Taylor
UCHealth Senior Services
Aspen Club Supervisor



Check, change and control.

A blood pressure monitoring program.

Today, one in three adults is living with high blood pressure. If we applied these statistics to our Aspen Club members, this would mean that potentially 4,000+ have hypertension. With this in mind, UCHHealth Aspen Club decided to partner with the new program from the American Heart Association (AHA) and the American Stroke Association (ASA) called *Check, Change and Control*. Both associations have a 2020 health goal to improve the cardiovascular health of Americans by 20%. *Check, Change and Control* is designed as an online hypertension-management program that uses blood pressure self-monitoring to help participants take ownership of their cardiovascular health.

The key features of this program include:

- Goal-setting and tracking of blood pressure using the AHA online tracking system for four months.
- Supportive educational materials and resources throughout the program.
- Incentives to participants who regularly track their blood pressure and reach their goals.

We hope to have 100 Aspen Club members sign up for this program by January 30, 2019 (although you can sign up year-round).

If you are interested in participating, please visit cccbptracker.com or search for the AHA BP Tracker in the App Store and download for free. To learn more, please join us for a program orientation on January 10, listed on page 7.

When you register, you'll need to use one of the following activation codes, based on your location, to be connected to the Aspen Club program.

Activation codes:

- Greeley - SWCO3Ø39
- Fort Collins - SWCO3Ø41
- Loveland - SWCO3Ø42
- Longmont - SWCO3Ø43
- Español - SWCO3Ø44

Also, see page 10 for blood pressure checks in your area.

Blues Behind Bars—bringing hope behind bars.

Born of struggle, hardship, overcoming adversity and living to connect our common experiences through the beauty of music, the blues has helped define the pure American sound. Please join us for a unique and interesting program showing how this type of music is making an impact in local correctional facilities.

About ten years ago, Blues Behind Bars was born when the band Davey and the Blu Dog was invited by the prison chaplain at Sterling Correctional Facility to present a concert. Four years ago, David Boyd, who leads the band and program, began a blues songwriting workshop at Larimer County Detention Center. This workshop has produced some deeply impactful and powerful songs, as inmates have shared their lives and creatively made those stories into music.

The presentation will talk about how the blues are bringing hope behind bars. Plus, David will play some songs, and Aspen Club members will be invited to write a blues song together—on the spot.

Program details are on page 7.



Lose a little, gain a lot—when it comes to diabetes prevention.

Have you ever been told your blood sugar was running a little high? Could you be one of the 25,000 Medicare-aged persons in northern Colorado with prediabetes? Medicare now covers a program proven to prevent or delay type 2 diabetes.

Prediabetes is when blood sugar is elevated but is not yet type 2 diabetes. As people age, the risk of diabetes increases. Early intervention is key to slowing down the progression of this disease. Research shows that, if you lose 5 to 7 percent of your body weight and increase physical activity, people over age 60 can reduce the risk of getting type 2 diabetes by 71 percent.

Good news. Medicare now covers the Diabetes Prevention Program (DPP) under the Part B or C (Medicare Advantage) benefit. UHealth in northern Colorado offers this year-long program, led by registered dietitians. Classes are held weekly during the first six months, then monthly for a full year of support. You will learn how to change your eating behaviors, how to increase your activity and ways to take control of your habits to promote healthy living.

Dave Kerstens is proof this program can work for a senior. When his annual blood work showed his blood sugar was in the prediabetes range, he decided to do something about it. He wanted to avoid type 2 diabetes and the complications like heart disease, kidney disease, neuropathy and eye problems this disease can lead to. He committed to change his lifestyle, and he lost 100 pounds in 2017 and his blood sugar decreased. To read more about Dave's story, go to uhealth.org/today/2017/09/07/not-diet-program-prevention-program.

If you are interested in learning more about this program, come to the *Diabetes Prevention Program Lunch-and-Learn: Noon-1 p.m. Wednesday, January 9*, at the PVH Café F. Please register by calling the Aspen Club.



HEALTHY AGING

Many people wrongly assume that the most important issue among families is money and wealth transfer. It's not. What we found was that memories, stories and sharing your values were 10 times more important to people than money.

—Ken Dychtwald

Aspen Club service comes to Longs Peak Hospital in Longmont.

UHealth Longs Peak Hospital opened in Longmont in August of 2017. According to President and CEO Dan Robinson, "Every detail of our vision for Longs Peak Hospital has taken shape—both inside and out. Our state-of-the-art facility was designed and opened to meet the community's growing health care needs and also grow with the community in the future."

This growth means bringing the Aspen Club, UHealth's legacy program, to Longmont and its surrounding communities. "We are super excited to see the opportunities grow in Longmont," says Jill Taylor, Community Health Supervisor with the Aspen Club.

We're just getting started, so be on the watch this spring as more programs develop.

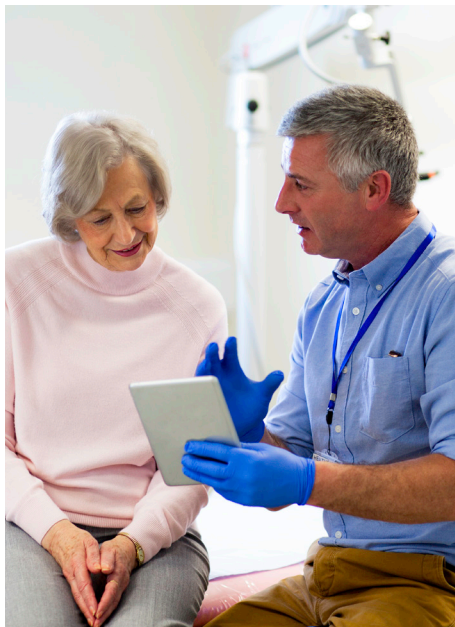
Free cholesterol screening by the Health District during Heart Month.

With February designated as American Heart Month, it's a perfect time to get your cholesterol tested. Free tests will be offered at various community locations by the Health District of Northern Larimer County.

Screening includes total cholesterol, HDL, LDL, triglycerides, blood pressure, blood glucose, heart disease and diabetes risk appraisals and a consultation with a registered nurse to discuss your results and next steps.

Appointments are required. For more information and locations, please call the Health District at 970.224.5209 or visit healthdistrict.org/heart.

Note: This test is offered for free for residents of the Health District of Northern Larimer County (Fort Collins, Laporte, Red Feather Lakes, Livermore, Bellvue, Wellington and Timnath). The cost for all others is \$15.



February is American Heart Month.

The first American Heart Month took place in February 1964 and was proclaimed by President Lyndon B. Johnson, which makes February an ideal time to remind everyone to focus on their heart and health.

While American Heart Month is a federally designated month in the United States, it is important to realize that cardiovascular disease knows no borders. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death, with more than 17.9 million deaths each year. Chances are, we all know someone affected by heart disease and stroke, because about 2,300 Americans die of cardiovascular disease each day.

The biggest part of being heart-healthy comes down to making healthy choices. While you can't change things like age and family history, the good news is, even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent. High blood pressure, high blood cholesterol and smoking are conditions and behaviors that put people at risk for heart disease and are appearing at younger ages.



Other conditions and behaviors that increase your risk for heart diseases include:

- Obesity—carrying extra weight puts stress on the heart. More than 1 in 3 Americans—and nearly 1 in 6 children ages 2 to 19—are obese.
- Other factors include diabetes, physical inactivity and unhealthy eating habits.

Being active can help lower your blood pressure, boost levels of good cholesterol, improve blood flow (circulation), keep your weight under control and prevent bone loss that can lead to osteoporosis. Look at the fitness offerings at the area senior centers and through the Aspen Club, and make a resolution to increase your activity.

Related program notes—more information on pages 8 and 9:

- *Heart, Don't Fail Me Now.*
Presented by
UCHealth cardiologist,
Lance Richards, MD.
Loveland: Noon-1:30 p.m.
Wednesday, Feb. 20, MCR.
- *Understanding Women's Cardiovascular Health.*
Presented by
UCHealth cardiologist,
Wendy Austin, MD.
2-3:30 p.m. Friday, Feb. 22,
Fort Collins Senior Center.
(For registration information,
please see page 8 or call the
senior center.)



Keep the smile, leave the tear, hold the laugh, forget the fear. Get ready to welcome in the new year.



Social Security (SS)–the basics and beyond.

Our Medicare counselors at the Aspen Club receive multiple inquiries about Social Security benefits. Although we help people with Medicare questions and issues, we do not counsel people about SS.

If you have questions about SS, we invite you to our Aspen Club program, *Social Security Basics and Beyond*. In partnership with the PVH and MCR Foundation, Jim Saulnier, Certified Financial Planner, will make Social Security more understandable and less confusing by reviewing the basics of claiming, spousal and survivor benefits, how to evaluate your options and more. To register for this February 5 program, please see page 8.

Northern Colorado Social Security contacts:

- **Fort Collins office**
866.336.7385.
- **Greeley office**
1.877.405.9195.
- **ssa.gov** for information and to access the retirement estimator.

Making a difference supporting local health care initiatives.

“I don’t have enough to make a difference” or “I wish I could do more.” These are the comments we often hear from volunteers, donors and patients at our hospitals and clinics. They are so inspired by the quality of care they receive that they want to ensure that health care in northern Colorado is supported for years to come.

What if we say, “You can do something extraordinary.” We’re talking about the opportunity you have to make a planned gift. Unlike a cash gift, a planned gift is typically made from the assets you own rather than disposable income, and the support comes to fruition after your lifetime. It is a misconception that making a planned gift is only for the wealthy. The truth is, even people of modest means can make a big difference.

Strange as it may sound, a planned gift can be simple to do and cost very little. The most common way is to name the PVH and MCR Foundation as a beneficiary in your IRA, life insurance policy, financial account or will.

Please consider this information as a starting point. With all charitable gifts, it is important to consult with your attorney or financial advisor to ensure that you comply with state laws and receive maximum tax benefits and that your wishes are accurately reflected in necessary legal documents.

By informing us of your intentions to make a planned gift, you become a member of our Circle of Caring Legacy Society. If you’ve already done this, please contact us so we can thank and recognize you. For more information, please contact Annette Geiselman at 970.237.7404 or Annette.Geiselman@uchealth.org.

Every gift—no matter the size—is truly helpful.

Contributed by Annette Geiselman, PVH and MCR Foundation team.

Aspen Club Monthly Features

Locations are denoted: Fort Collins (FC), Loveland (LV), Windsor (WI), Estes Park (EP), Greeley (GR), Fort Collins Senior Center (FCSC), Poudre Valley Hospital (PVH), Medical Center of the Rockies (MCR) and Greeley Medical Clinic (GMC). To download the Aspen Club calendar or register for classes, please go to uhealth.org/aspenclub.



FORT COLLINS

Bone Density Screening **R**

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

- 3–4:30 p.m. Monday, Jan. 7
Aspen Club Office, 1025 Garfield St., Suite A
- 2–4 p.m. Tuesday, Feb. 12
2315 E. Harmony Road, Building C, Suite 170
- Cost: \$12. Appointments required

Lunch-and-Learn–Diabetes Prevention Program (DPP) **R**

Diabetes and prediabetes continue to be a pressing health care concern, but fortunately, for older adults, prevention truly matters. Research shows that, when people aged 65+ attain even a 5% weight loss, it can lead to a 71% decrease in their risk for developing type 2 diabetes. Learn more about the DPP program from UHealth diabetes educators.

- Noon–1 p.m. Wednesday, Jan. 9, PVH Café F
- Feel free to purchase a meal from the cafeteria and bring it to the program

Balance Screenings **R**

These 20-minute consultations will assess your risk of falls using the Fullerton balance test. Exercise suggestions, balance and fall-prevention strategies will be shared based on your results. This is done in conjunction with the fitness professionals from Poudre Valley Medical Fitness.

- Noon–4 p.m. Thursdays, Jan. 10 and Feb. 14
- 2315 E. Harmony Road, Building C, Suite 170
- Cost: \$15
- Appointments are required; call 970.674.6500

Check, Change and Control **R**

The American Heart Association's Check, Change and Control program is designed as an online hypertension management program that uses blood pressure self-monitoring to help participants take ownership of their cardiovascular health. Please see page 3 for details, but try to come to one of the following two orientations.

- 1–2 p.m. or 5:30–6:30 p.m. Thursday, Jan. 10
- Westbridge Classroom, 1107 S. Lemay Ave.
- Please register for remote programs that will be set up in Loveland and Greeley during the same times

CarFit Assessments **R**

CarFit teaches you how to make your car “fit you” to increase safety and mobility and to help you drive safer for longer. A CarFit technician goes over a 12-point checklist, including steering wheel spacing, properly adjusted headrests, seatbelt usage and more. Each checkup takes about 20 minutes, and appointments are required. It's time well spent to keep you safe on the road.

- Noon–3 p.m. Mondays, Jan. 14 or Feb. 11
- Aspen Club, 1025 Garfield St., Suite A

Wildfires in Northern Colorado: Where Are We Today, and How Did We Get Here? **R**

Fire is a natural and necessary ecological process in many western landscapes, including northern Colorado. For over a century, the dominant fire management approach has been to suppress all fires; however, eliminating a natural process from the landscape has its consequences. Forest Service Research Social Scientist Sarah McCaffrey will discuss fire suppression and its consequences over time for the natural environment.

- Noon–1:30 p.m. Friday, Jan. 25, PVH Café F
- Please feel free to purchase a meal from the cafeteria and bring it to the program

Blues Behind Bars **R**

Born of struggle, hardship, overcoming adversity and living to connect our common experiences through the beauty of music, the blues has helped define the pure American sound. Please join us for a unique, interesting and insightful program showing how this type of music is making an impact in local correctional facilities. Please see page 3 for additional information.

- 5:30–7 p.m. Wednesday, Jan. 30, PVH Café F
- Please feel free to purchase a meal from the cafeteria and bring it to the program

Arthritis Education and Support **R**

Learn about the Patient Passport, a convenient, portable, user-friendly tool that can be used by people with chronic conditions as they “travel” through the health system. The passport puts health information, special needs and end-of-life wishes all in one spot. Peggy Budai, UHealth Geriatric Nurse Practitioner, will share how the passport came to be, who it is for and how it will be used.

- 11:30 a.m.–1 p.m. Monday, Feb. 11
- Fort Collins Senior Center, 1200 Raintree Drive

Financial Security and Cognitive Health **R**

Take part in an interesting research opportunity exploring the connection between financial decision-making and brain health. The Knoebel Institute for Healthy Aging at the University of Denver presents Dr. Eric Chess, Director of the Financial Security and Cognitive Health Initiative, for a program about financial security of older adults and identifying potential risk of dementia long before symptoms appear. Be part of this fascinating project by making a reservation with the Aspen Club.

- 1:30–4 p.m. Friday, Feb. 15, PVH Café F

Note: Please look under Multiple Locations for other Fort Collins offerings.

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The following Aspen Club classes are at the Fort Collins Senior Center, 1200 Raintree Drive. Registration is available at fcgov.com/recreator or by calling 970.221.6644. Please refer to the activity number listed.

Healing Through Meditation and Spiritual Wisdom ^R

These techniques help with stress, fatigue, lack of sleep and high blood pressure. These four-week sessions are led by Swamijii Dharmananda.

- 10-11:30 a.m. Fridays, Jan. 4-25
Refer to activity #125420-01
- 10-11:30 a.m. Fridays, Feb. 1-22
Refer to activity #125420-02
- Cost: \$40 per session

Am I Hungry? Mindful Eating ^R

In this eight-week evidenced-based program, you learn how to be in charge of your eating instead of feeling out of control. You'll learn what mindful eating is about and how to recognize emotional eating.

- 3-5:30 p.m. Mondays, Jan. 14-Mar. 4
- Cost: \$65 (Includes book and journal. Scholarships are available.)
- When registering, please refer to activity #125418-01

Brain Boosters for Your Noggin ^R

Enjoy this fun, energizing brain fitness program that includes brain games, mental exercises and new activities. This will be coupled with brain research and information that supports overall brain health.

- 10-11:30 a.m. Wednesday, Jan. 23
- Cost: \$5
- When registering, please refer to activity #225401-01

Living Well With Chronic Conditions ^R

Are you or someone you care for having difficulty managing arthritis, heart/lung disease or other chronic diseases? Join others who live with health issues for this six-week program. You'll learn skills to incorporate into your daily life to help you take control of your health.

- 1:30-4 p.m. Wednesdays, Jan. 30-Mar. 6
- No cost
- When registering, please refer to activity #125411-01

Social Security Basics and Beyond ^R

Jim Saulnier, CFP, member of the PVH and MCR Foundation planned giving committee, will make Social Security more understandable and less confusing by reviewing the basics of claiming, spousal and survivor benefits and more.

- 5:30-7 p.m. Tuesday, Feb. 5
- No cost
- When registering, please refer to activity #125406-01

Prepare for Surgery and Heal Faster ^R

Learn body-mind techniques that were specifically developed to reduce anxiety before surgery, use less pain medication after and heal faster. Certified facilitator Jude Simmons, MA, CBT, will lead this program.

- 2-3:30 p.m. Tuesday, Feb. 19
- Cost: \$5
- When registering, please refer to activity #125403-01

Understanding Women's Cardiovascular Health ^R

UHealth cardiologist Wendy Austin, MD, presents this program for women and those who love them about the warning signs and risks for heart attack and stroke, how those differ from men, controllable risk factors, current tests and treatments.

- 2-3:30 p.m. Friday, Feb. 22
- Cost: \$5
- When registering, please refer to activity #125400-01

GREELEY

Take Charge—Money Matters ^R

Explore the top ten actions you can easily take to be in better control of your finances. Topics will include managing everyday expenses, looking for spending leaks, being prepared for surprise and occasional expenditures, tending your credit, being a savvy shopper and much more. Take charge and feel better about your use of money.

- 10 a.m.-noon Thursday, Jan. 10
- GMC, lower-level conference room

Living With Pain ^R

In this six-week program (once a week for 2.5 hours per week), you will develop a toolbox that can help you take charge of your 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. Living a Healthy Life With Chronic Pain resource book is included.

- 1:30-4 p.m. Tuesdays, Jan. 15-Feb. 26
(No class on Feb. 12)
- Birchwood Apartments, 2830 27th St. Lane

What You Should Know About Your Thyroid ^R

Dr. Millstein, UHealth endocrinologist, will discuss how the thyroid works, what it controls and what happens when it stops working. He will discuss the symptoms of a dysfunctional thyroid and the course of treatment.

- 10-11 a.m. Thursday, Jan. 24
- GMC, lower-level conference room

Note: Please look under Multiple Locations for other Greeley offerings.

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LOVELAND/WINDSOR

Life Reimagined **R**

Life is full of checkups—for our health, finances, car, pets, you name it. Backed by decades of research, this program, developed by AARP, introduces a powerful step-by-step approach to help you discover new possibilities, prepare for change and make your ideas real and fresh.

- 1-2 p.m. Tuesday, Jan. 8
- Windsor Community Recreation Center, 250 N. 11th St.

Parkinson's Syndromes and How to Differentiate Them **R**

Learn about the different kinds of Parkinson's syndromes. Symptoms generally develop slowly over years. The progression of symptoms is often a bit different from one person to another due to the diversity of the disease. Christy Young, MD, will explain the continuum between Parkinsonism, Parkinson's and Parkinson's plus syndromes.

- 1-2:30 p.m. Wednesday, Jan. 9
- MCR, Longs Peak Classroom

Heart, Don't Fail Me Now **R**

This program will discuss conditions and physiology that lead to heart failure and explore the different types of therapies available and their effects. Presented by UHealth cardiologist Lance Richards, MD.

- Noon-1:30 p.m. Wednesday, Feb. 20
- MCR, Longs Peak Classroom

Get a Grasp on Your Grip **R**

This is an upper-extremity exercise class on how to prevent hand injuries and improve your strength. This class will focus on grip strength, joint protection, home programming, adaptive equipment training and hand pain control. This class is taught by Patricia Kuyper, OTR/L, who has 22 years of experience in hand therapy and adult rehab.

- 2-3:30 pm Thursday, Jan. 17
- Chilson Senior Center, 700 E. 4th St.

Death Café **R**

Death cafés are an opportunity to demystify the topic of death and engage in thoughtful and respectful conversation about death. Patti Welfare with UHealth Aspen Club will lead the discussion about living well and "leaving" well.

- 1-2:30 p.m. Wednesday, Jan. 23
- MCR, Horsetooth Mountain Room

Meditation for Brain Health **R**

Stress reduction is one of the best things you can do for your memory. This class combines brain health, mindfulness and various meditation techniques to reduce stress and improve memory.

- 11 a.m.-noon Mondays, Jan. 7-28
- MCR, Big Thompson Room
- Cost: \$10 for the four-week session

Yoga for Back Pain **R**

This special yoga class is for people who experience lower-back pain. Participants will learn simple, gentle yoga movements that target back comfort, good posture and overall improvement of back health. Tim Koblenz, physical therapist with UHealth, will teach this class. It is recommended you bring a mat, if you have one.

- 2-3:30 p.m. Thursday, Feb. 21
- Chilson Senior Center, 700 E. 4th St.

Steady, Flexible and Strong **R**

This class will give you exercises and tips to become more stable, improve strength and maintain flexibility. We will not get on the floor as most of the exercises will be done while sitting in a chair or standing next to a wall. We will end the session with deep breathing and relaxation. All you need to bring is a smile and a willingness to practice exercises at home.

- 11 a.m.-noon Mondays, Feb. 4-25
- MCR, Big Thompson Room
- Cost: \$14 for the session

Note: Please look under Multiple Locations for other Loveland offerings.

IN MULTIPLE LOCATIONS

Powerful Tools for Caregivers **R**

If you are the primary caregiver for a loved one, 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 strategies. This program is offered through an Aspen Club partnership with the Weld and Larimer Office on Aging.

- **Greeley:** 9-10:30 a.m. Tuesdays, Jan. 15-Feb. 19
 - GMC, lower-level conference room
 - To register, call Whitney at 970.400.6117 or the Aspen Club at 970.313.2796
- **Fort Collins:** 2-4 p.m. Thursdays, Feb. 21-Mar. 28
 - St. John's Lutheran Church, 305 E. Elizabeth St.
 - To register, call the Aspen Club at 970.495.8560

Foot Reflexology Appointments **R**

Board-certified and licensed massage therapists and certified reflexologist will provide 20-minute foot reflexology sessions that promote relaxation, stress reduction and pain relief. Plus, it feels so good. Call to make an appointment today.

- **Fort Collins:** Please call for the next available opening
 - Aspen Club office, 1025 Garfield St.
- **Greeley:** 9 a.m.-noon Fridays, Jan. 18 and Feb. 15
 - GMC, lower-level conference room
- **Loveland:** 9 a.m.-1 p.m. Tuesdays, Jan. 22 and Feb. 19
 - MCR, Arapahoe Peaks Room

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Get Your Advance Directives Done **R**

This class will explain living wills and medical health care directives, and you will also have an opportunity to complete them. We will also talk about end-of-life discussions and the importance of sharing your plans with loved ones.

- **Fort Collins:** 9-10:30 a.m. Tuesday, Jan. 15
 - Fort Collins Senior Center
 - Call 970.221.6644 to register. Refer to activity #125401-01
 - 1:30-3 p.m. Thursday, Feb 14, UHealth Internal Medicine, Snow Mesa, 4674 Snow Mesa Drive
- **Loveland:** 1:30-3 p.m., Mon., Feb. 18
 - MCR, North Medical Office Building, Suite 2200

AARP Safe Drivers Class **R**

This class covers defensive driving skills, age-related changes and driving safely. Participants may be eligible for discounts on their auto insurance premiums.

- **Fort Collins:** Noon-4:30 p.m.
 - Thursdays, Jan. 17 and Feb. 21
 - 8:30 a.m.-1 p.m. Saturday, Feb. 16
 - Fort Collins Senior Center
- **Greeley:** 9 a.m.-1:30 p.m. Saturday, Feb. 2
 - GMC, lower-level conference room
- **Loveland:** 8:30 a.m.-1 p.m. Monday, Jan. 21
 - MCR, lower-level classroom
- Cost: \$15 for AARP members, \$20 for non-members (checks only, payable day of class)

Medicare 101 **R**

Join your peers for this informative class that offers an overview of Medicare benefits, supplemental insurance, Medicare Advantage Plans, prescription drug plans, preventive services and how Medicare works with employer health insurance and more.

- **Fort Collins:** 4-5:30 p.m. Wednesday, Jan. 16, PVH Café F
- **Greeley:** 2:30-4 p.m. Monday, Feb. 18
 - GMC, lower-level conference room

New-Member Orientation **R**

- **Fort Collins:** 2-3:15 p.m. Friday, Jan. 18, PVH Café F
- **Greeley:** 1-2:15 p.m. Thursday, Feb. 7
 - GMC, lower-level conference room
- **Loveland:** 1:30-3:45 p.m. Tuesday, Feb. 12
 - MCR, Horsetooth Mountain Classroom

Medication and Supplement Reviews **R**

PVH, MCR and GMC PharmDs will review your medications, vitamins, supplements and over-the-counter drugs for safety purposes, to look for the potential of adverse reactions, make sure you are getting a good value for your dollar and answer your related medication questions. Appointments are required.

- **Loveland:** 8:30-12:30 p.m. Monday, Jan. 21, MCR
- **Fort Collins:** 8 a.m.-noon Friday, Feb. 8
 - Aspen Club office, 1025 Garfield St., Suite A

Blood Pressure (BP) Checks

- **In your home:** If you have difficulty getting out to monitor your BP, please call the Aspen Club to arrange for a community paramedic to come to your home for a free check.
- **Fort Collins:** No set schedule. Blood pressures done by appointment. Call 970.495.8560
- **Loveland:** 10 a.m.-noon Mondays, Jan. 28 and Feb. 25
 - Chilson Senior Center, 700 E. 4 St.
- **Greeley:** 10-11 a.m. Fridays, Jan. 25 and Feb. 22
 - Rodarte Center, 920 A St.
 - 10-11 a.m. Wednesdays, Jan. 16 and Feb. 20
 - Birchwood Apartments, 2830 27th St. Lane

Grocery Store Tours **R**

Join Jenifer Bowman, registered dietitian with UHealth cardiology, for a grocery store tour where you'll learn about the new nutrition labels, how to choose low-sodium foods and much more. Meet at Safeway's floral department near the main door.

- **Loveland:** 10-11:30 a.m. Tuesday, Feb. 5
 - Safeway Grocery, 1451 W. Eisenhower Blvd.
- **Fort Collins:** 10-11:30 a.m. Monday, Feb. 11
 - Safeway Grocery, 731 S. Lemay Ave. (store unconfirmed)

Hearing Screenings **R**

Certified audiologists from All About Hearing and Hearing Rehab Center will provide baseline hearing screenings and answer all your hearing health questions. Appointments are required.

- **Loveland:** 9 a.m.-noon Thursday, Feb. 14
 - All About Hearing, 3820 N Grant Ave.
- **Fort Collins:** 8:30 a.m.-4 p.m. Thursday, Feb. 14
 - Call for location

Preparing for Total Hip and Knee Replacement

Learn what to expect from joint replacement surgery, including pre-surgery exercises, necessary equipment, diet, pain management and safety. No registration needed; just drop in.

- **Fort Collins:** 2-4 p.m. every Monday
 - Westbridge Conference Room, 1107 S. Lemay Ave.
 - For more information, call 970.495.8260
- **Loveland:** 8:30-9:30 a.m. every Wednesday
 - MCR, 4th-floor conference room
 - For more information, call 970.624.4326

Aspen Club Ongoing Services

To find out more about these services, call any Aspen Club office or go online to uhealth.org/aspenclub.

- Advance directives/notary assistance
- Aspen Club low-cost blood tests
- Blood pressure checks
- Bone density screening (\$12)
- Caregiver classes and resources
- Exercise and nutritional consultations (\$30)
- Chronic disease management programs
- Hearing screenings
- Information and referral about senior services
- Medicare counseling and assistance
- Quarterly arthritis support and education
- Toenail services in Fort Collins and Greeley (\$35)
- Total hip and knee replacement classes
- Therapeutic mini massages (\$1 per minute)

Aspen Club Fitness Opportunities [®]

Classes start the week of January 7 and end March 1 • Register by calling 970.495.8560

Strong Women, Healthy Bones

Weight training to improve bone density and body composition, increase strength and independence and create an overall sense of well-being.

- 7-8 a.m. Tuesdays and Thursdays, Jan. 8-Feb. 28
Westbridge Classroom, 1107 S. Lemay Ave. Cost: \$52
- Noon-1 p.m. Wednesdays and Fridays, Jan. 9-Mar. 1
Studio West, 216 W. Horsetooth Road. Cost: \$52
- 1:15-2:15 p.m. Wednesdays and Fridays, Jan. 9-Mar. 1
Studio West, 216 W. Horsetooth Road. Cost: \$52
- 2:45-3:45 p.m. Tuesdays and Thursdays, Jan. 8-Feb. 28
Westbridge Classroom, 1107 S. Lemay Ave. Cost: \$52

Yoga

Chair yoga

Safe and gentle exercises will tone and strengthen muscles, loosen joints, lower stress and help you relax.

- 10-11 a.m. Mondays and Wednesdays, Jan. 7-Feb. 27
Westbridge, 1107 S. Lemay Ave. Cost: \$52

Gentle yoga

This class is perfect for those wanting a slower-paced yoga class with stretching and slower movements.

- 1:15-2:30 p.m. Tuesdays, Jan. 8-Feb. 26
Westbridge Classroom, 1107 S. Lemay Ave. Cost: \$46

Focused yoga

This class is best suited for those with some prior yoga experience or who are fairly fit.

- **Fort Collins:** 1:15-2:30 p.m. Thursdays, Jan. 10-Feb. 28
Westbridge Classroom, 1107 S. Lemay Ave. Cost: \$46
- **Loveland:** 1:30-2:45 p.m. Mondays, Jan. 7-Feb. 25
First Christian Church, 2000 N. Lincoln Ave. Cost: \$46

Strength, Agility and Stability (SAS)

Easy but effective exercises improve balance by correcting posture and increasing strength and agility. This is a great class to join if you haven't exercised for a while.

- 10-11 a.m. Wednesdays, Jan. 9-Feb. 27
Our Saviour's Lutheran Church, 2000 S. Lemay Ave.
Cost: \$36

Core Strength

Learn ways to strengthen your core muscles using a fit ball.

- 10-11 a.m. Mondays, Jan. 7-Feb. 25
Lifepoint Church Gym, 901 E. Lake St. Cost: \$36

PWR! Moves. Level II

The Parkinson's Wellness Recovery (PWR) class helps people with Parkinson's Disease (PD) move better longer through exercise.

- 1-2 p.m. Thursdays, Jan. 10-Feb. 28
Studio West, 216 W. Horsetooth Road, Suite B
Cost: \$36

Tai Chi for Healthy Living

Tai chi uses gentle and fluid movements to increase strength and flexibility, decrease pain in joints, improve balance and improve your sense of well-being.

- **Advanced:** 8:30-9:30 a.m. Fridays, Jan. 11-Mar. 1
Our Saviour's Lutheran Church, 2000 S. Lemay Ave.
Cost: \$36
- **Intermediate:** 9:45-10:45 a.m. Fridays, Jan. 11-Mar. 1
Our Saviour's Lutheran Church, 2000 S. Lemay Ave.
Cost: \$36
- **Beginning part 1:** A safe and easy-to-learn program for those new to tai chi.
- 10:30-11:25 a.m. Thursdays, Jan. 10-Feb. 28
Our Saviour's Lutheran Church, 2000 S. Lemay Ave.
Cost: \$36
- **Beginning part 2:** Ideal for those who have completed Beginner Part 1 and are looking for a more challenging course to enhance their tai chi skills.
- 9:30-10:25 a.m. Thursdays, Jan. 10-Feb. 28
Our Saviour's Lutheran Church, 2000 S. Lemay Ave.
Cost: \$36

Men-Loosen Up!

Being more flexible can help prevent injury, increase energy, enhance daily activities and impact overall health in a positive way.

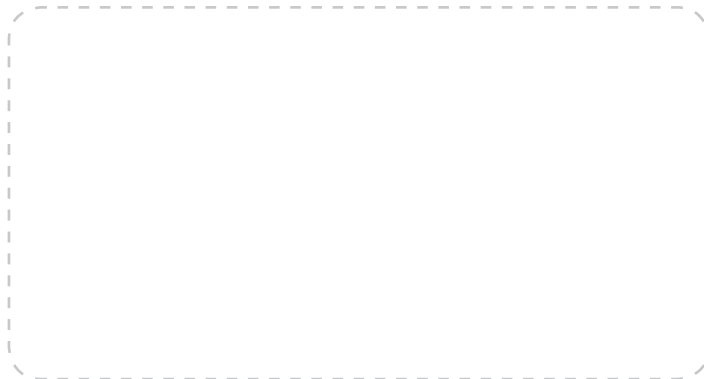
- Session one: 8:30-9:30 a.m. Wednesdays, Jan. 9-30
Cost: \$13
- Session two: 8:30-9:30 a.m., Wednesdays, Feb. 6-27
Cost: \$13
- Location: Westbridge Classroom, 1107 S. Lemay Ave.



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The "Offered in multiple locations"
page is packed.

Many times we hear from members that they didn't see certain programs that were offered in their communities, only to find that it was listed in multiple locations section. So please read thoroughly through each newsletter and learn about the great health and wellness opportunities in many northern Colorado communities. Even if it wasn't specifically listed in your community.

Aspen Club
membership
12,722