Health is often on our minds as we start the new year. In 2022, that means considering the latest COVID-19 variants and the best ways to protect ourselves and our loved ones. For some that means a booster shot when it’s time. (If you haven’t yet gotten your primary vaccine series, jump to Why Now? on page 6.)

The Centers for Disease Control and Prevention (CDC) recommends booster shots for anyone aged 12 or older. (If you are moderately or severely immunocompromised, talk to your doctor first.) Although the first coronavirus vaccines people got were highly effective at producing antibodies to fight against COVID-19, at a certain point protection starts to diminish, explains Dr. Paul Mayer, medical officer for the Larimer County Department of Health and Environment. A booster shot aids in further “boosting” the antibodies in the immune system. Early evidence also suggests a booster provides the best protection against the new Omicron variant.

“The first vaccine primes your immune system to make antibody producing cells,” he says. “If you rechallenge the immune system, it produces a larger response.”

In Colorado, you are eligible for a booster shot if you are 12 years or older and were fully vaccinated with a Pfizer vaccine series more than 5 months ago, or older than 18 and received the Moderna shots more than 6 months ago. If you got the single Johnson & Johnson (J&J) shot more than 2 months ago, you are also eligible. (These requirements are as of January 6, so check covid19.colorado.gov/vaccine for any updates.)

It’s important to note that adults can choose any kind of booster regardless of what they got in the past. The CDC recommends that any of the available approved vaccines for COVID-19 can be given as a booster (except for 12-17 year olds, who are currently approved only for Pfizer shots). However, several studies have shown that mRNA booster vaccines—Pfizer and Moderna are the ones authorized for use in the U.S.—are more effective than the J&J booster, even if you received the J&J shot as your primary vaccination, Mayer points out. Also, in December the CDC recommended adults receive an mRNA vaccine over J&J due to concerns over rare side effects with J&J.

continued on page 6

COVID-19 symptoms?
Prompt testing and treatment can save lives. See page 6.
Inter in Colorado is the ideal time for baking warm goodies. However, our location (at nearly a mile high) can leave Grandma’s banana bread flat and Uncle John’s cookies brittle—until you modify the recipes to perform like true mountaineers.

It’s easier than you might think, according to Patricia Kendall, Colorado State University Extension professor emerita and editor of High Altitude Baking: 200 Delicious Recipes and Tips for Great High Altitude Cookies, Cakes, Breads and More. You just have to be willing to experiment.

First, the science. At sea level, the earth’s atmosphere applies 14.7 pounds per square inch (psi), compared to 12.3 psi at 5,000 feet. Our “lighter air” can affect baking because it:

1. Shortens rise times as yeast, baking soda, and baking powder release and expand gases more quickly.
2. Causes water and other liquids to boil at lower temperatures.
3. Allows moisture to evaporate faster, concentrating sugars and impacting baking interactions.

Cutting back on leavening ingredients such as yeast will tame gas production so your dough doesn’t rapidly inflate, then flatten. And because our climate is so dry, an extra tablespoon or two of water might be needed to make dough the right consistency. Slightly higher oven temperatures and adjusted bake times can also help you achieve the rise, texture, color, and taste you expect. Of course, not all recipes need modifying, so Kendall recommends testing the original before you start tinkering.

Yeast Breads

- If dough is ultra-dry, increase liquid 1-2 Tbsp. per cup of flour to get the right dough consistency.
- Slow the rise by reducing yeast 10-25% (1/4 to 1/2 tsp. per packet).
- Pay attention! Only allow dough to double in size during each rise before punching down (before it collapses).

Cookies

Most recipes work fine, but they might turn out even better if you:

- Slightly increase baking temperature.
- Slightly decrease baking powder or soda.
- Slightly decrease sugar and/or fat.
- Slightly increase liquid and flour.

Cakes, Quick Breads & Biscuits

- Reduce baking powder by 1/8 tsp. for each tsp. required.
- Take out 1 Tbsp. from each cup of sugar.
- Increase liquid by 1-2 Tbsp. for each cup.
- Raise cooking temperature 15-25°F.

For more tips:

- extension.colostate.edu/topic-areas/nutrition-food-safety-health/high-altitude-food-preparation-p41/
- mountaimamacooks.com/high-altitude
- Download the free Yummly.com app on your cell phone.
Salt is one of life’s essentials. It balances our body fluids and aids in muscle and nerve function. But it’s all too easy to get too much of a good thing, cautions Julie Hoest-Abramoff, clinical nurse manager for the Heart Health Promotion Program at the Health District of Northern Larimer County. Sodium is added to nearly everything we eat—packaged snacks, processed meats, cheeses, restaurant dishes, fast food, school cafeteria meals, and even many beverages. The cumulative effect can be dire.

Last fall, the Food and Drug Administration (FDA) took aim at the problem by revising its industry guidelines. The FDA is encouraging manufacturers, restaurateurs, and school cafeterias to cut salt across the board by 12 percent over the next two and a half years. The net goal is to trim 400 milligrams from the daily American diet.

That target—3,000 milligrams per day—is still too high, says Hoest-Abramoff. She points out that the American Heart Association sets the cap on sodium at no more than 2,300 milligrams daily, or 1,500 milligrams if you have high blood pressure, type 2 diabetes, or chronic kidney disease. Keep in mind that a scant teaspoon of salt supplies 2,325 milligrams of sodium. Most of us ingest nearly double that as we eat and drink our way through a normal day.

As tantalizing as it makes food taste, excess salt can play havoc with our blood pressure, increasing our risk for heart attack, stroke, and kidney disease. Over time, it can stiffen arterial walls, making our circulatory system behave like an old garden hose—inflexible and prone to clogs. Salt not only makes us thirsty, but it also causes us to retain water, making our kidneys work harder shunting surplus electrolytes and fluid from the body.

And our children are not immune to these effects either. Hoest-Abramoff cites a Centers for Disease Control and Prevention report that reveals 1 in 10 kids has elevated blood pressure. Yet we can change this.

Kids take their cues from parents and caregivers. They, too, will learn to make healthier choices if fresh, low-salt options are routinely served at home and at school. Started early, wise eating habits last a lifetime—and they can extend and improve the quality of that life—with reduced risk of disease. Dialing down the salt is a worthy goal for everyone. But it takes some calculated effort because so much dietary salt is hidden from view.

Yes, you might miss some of that salt at first, admits Hoest-Abramoff. But she also promises that your taste buds can quickly adapt. You’ll soon appreciate the natural flavors of unprocessed foods. The Cleveland Clinic provides a list of herbs, spices, and zests you can use to enhance many dishes at https://my.clevelandclinic.org/health/articles/11726-flavoring-foods-without-salt.

The FDA is asking the food industry to reduce sodium by a modest 12%.

Nurse Julie Hoest-Abramoff suggests doing your own math since the healthiest total is a teaspoon or less daily.

Tips to dial back sodium in your diet:

- Do the math: read product labels for sodium content
- Eat fewer processed and packaged foods
- Cut back on cafeteria dining, restaurant meals, and fast food
- Pay attention to baked goods and cheeses—many are surprisingly high in sodium
- When dining out, look for low-sodium options (gravies/dressings/sauces are all suspect)
- Shop for fresh foods and prepare them at home without salt
- Let diners add their own table salt if desired. Most people will add less than what’s found in packaged foods.
- Use fresh and dried herbs, spices, and zests to enhance flavors
- Substitute salt with low-sodium or sodium-free seasoning blends (like Mrs. Dash)
- Save time by buying pre-cut fresh fruits and vegetables packaged without salt or preservatives

~ Courtesy of Health District nurse Julie Hoest-Abramoff, BSN, RN
The Arc of Larimer County
Helping people with disabilities live the life they choose
by kate braniff

Did you know that one in six children in the U.S. has some form of intellectual or developmental disability?

Disabilities like autism, cerebral palsy, Down syndrome, fetal alcohol syndrome, and intellectual disability can affect vision, hearing, mental health, social relationships, movement, and the ability to learn. Even if two people have the same disability, they can be affected very differently.

The Arc of Larimer County, a grassroots initiative founded in 2007, offers free one-on-one advocacy and workshops for adults and children with an intellectual or developmental disability (I/DD).

“Our advocates help navigate complex systems of support,” says Interim Executive Director Marilee Boylan. “They ensure people’s wishes are heard and their rights are protected.”

Many of the organization’s clients seek information on a variety of topics such as understanding their rights, Individual Education Planning (IEP), and options and support for independent living and employment.

“Eighty-five percent of people with I/DD aren’t working due to lack of opportunity, not lack of skill,” says Boylan. “As we all know, having a job impacts financial security, work skills, self-confidence, social networks, and may even lead to finding romantic partnerships.”

The Arc of Larimer County offers parents of children with I/DD free advocacy and opportunities for education, support, and interaction with other parents via a virtual Parent Café. Parents can be themselves and enjoy a nonjudgmental and welcoming community.

Boylan says that one of the biggest barriers for people with I/DD are the expectations and misperceptions of others.

To dispel these stereotypes and spread awareness, the organization hosts an annual film festival featuring movies created by or about individuals with I/DD. The 2021 event offered eight films, some serious and some humorous. This summer will be the festival’s 10th anniversary.

The Arc of Larimer County also sponsors People First of Larimer County, a self-directed group of community members with I/DD who actively advocate for community services, allowing people to have choice and control over their lives.

People First member Chrissy Krumm had the opportunity to testify during a legislative hearing about phasing out subminimum wage employment, which directly impacts members of the I/DD community. In many states, including Colorado, some employers have been allowed to pay less than minimum wage to employees living with physical or mental disabilities, if those employers hold a special certificate from the U.S. Department of Labor.

The new law prohibits employers from paying less than minimum wage. Employers holding a special certificate must phase out subminimum wages by July 1, 2025.

“It was essential that our representatives hear directly from people who experienced subminimum wage employment, and why they feel it should be eliminated,” says Boylan.

One of the organization’s biggest achievements of 2021 was partnering with the Loveland Police Department and Larimer County Sheriff’s Office to provide additional tools to support peace officers when interacting with those with I/DD. A recent bill passed in Colorado creating a 12-person commission to conduct a detailed study about the current training of peace officers when addressing people with disabilities. Atalanta Cozad, an Arc advocacy specialist, was selected to serve on the commission.

In the coming years, The Arc of Larimer County will continue to advocate for those with I/DD, helping them become stronger self-advocates who can live the life they choose.

For more information:
The Arc of Larimer County
thearcoflarimercounty.org/

Virtual Parent Café
thearcoflarimercounty.org/what-we-do/parenthour/

Virtual Walk-in Advocacy Hours
Wednesdays, 9-10 a.m.
thearcoflarimercounty.org/what-we-do/advocacy-services/

People First
Meets on the last Friday of the month, 4:30-5:45 p.m.
Contact scote@arclc.org

For more information go to thearcoflarimercounty.org

The Arc of Larimer County’s 10th Annual Film Festival is set for June 1, 2022, at the Holiday Twin Drive-In. View movies created by or about individuals with intellectual or developmental disabilities.
Tobacco use is a major public health issue worldwide. It is the leading cause of preventable disease, disability, and death in the United States. Overall, tobacco use causes more than 7 million deaths per year worldwide and is responsible for more than 480,000 deaths per year in the United States.

Smoking tobacco can cause cancer, heart disease, stroke, lung diseases, type 2 diabetes, and other pulmonary and cardiac diseases. It is the leading cause of preventable disease, disability, and death in the United States (Centers for Disease Control and Prevention).

Adult Cigarette Use Is Decreasing

The Health District has been asking local residents about their tobacco use since 1995, when it conducted its first Community Health Survey. The percentage of adults who currently smoke (defined as any cigarette use in the past 30 days) has been steadily decreasing since 1995, and in 2019, only 7% of Larimer County residents reported that they currently smoke cigarettes.

E-Cigarette Use in Larimer County

While only 5% of Larimer County adults report current use of electronic cigarettes, youth e-cigarette use is of major concern both locally and nationally. According to data from the Healthy Kids Colorado Survey, 26% of high school students currently use e-cigarettes and close to half (46%) have ever tried these products. Under Colorado law, the legal age to purchase and use tobacco—or any nicotine products—is 21 years old. Penalties for knowingly selling or giving tobacco products to anyone under that age include fines and potential jail time.

5% of Larimer County adults reported current use of e-cigarettes
92% of current adult e-cigarette users are reporting using these products to try to quit or reduce regular cigarette use

Trying to quit tobacco?

The Health District’s Quit Tobacco Program can help you quit successfully with in-person or virtual appointments and free nicotine replacement therapy (patches, gum, or lozenges). Call 970-224-5209 or visit us online at healthdistrict.org/quitsmoking.

Find more info on local tobacco use and other health topics from the 2019 Community Health Survey at healthdistrict.org/2019-community-health-assessment
Mixing and matching vaccines

Medical providers report getting lots of questions about boosters. In particular, whether patients should stick with the same brand of vaccine or mix and match their primary vaccine and booster from different manufacturers.

It is really a personal preference, says Mayer, also a primary care doctor practicing at Columbine Health Systems. “If you got the Pfizer series and you know that in your immune system it did fine, then get that booster. The important thing is to get it as soon as you are eligible, so if the Moderna booster is the one available instead, do that.”

No matter which booster you choose, be prepared for a possible reaction. Common side effects are headache, fatigue, muscle aches, and swollen lymph nodes, among others. Two-thirds of people who get a COVID-19 vaccine will have some side effects, but the side effects usually resolve within a day or two. That is preferable to getting COVID and potentially suffering worse symptoms, and for much longer, Mayer notes.

Why now?

As we have seen with the Delta variant, and now with Omicron, the virus tends to mutate to forms that are more transmissible with higher viral loads. “The process of mutation is part of the natural process and will continue,” Mayer says. “Our best defense at this point remains vaccination and boosters. Some of the newly approved medicines offer hope as well, though supplies are going to be limited for some months.”

The unfortunate reality is that someone who is vaccinated can still get and spread COVID, but you are at a much lower risk of a poor outcome if you experience a breakthrough case. “The vaccine is very effective at preventing hospitalization and death from COVID—it’s 90 percent protective that you won’t die of COVID,” Mayer says. “No vaccines are perfect. Sadly there are some breakthrough cases, but overall you are way better off getting the vaccine.”

Locally, a very small fraction of patients treated for serious COVID-19-related illness at area UCHealth hospitals around Thanksgiving were fully vaccinated, according to Ryan Rohman, chief operating officer of UCHealth Poudre Valley Hospital and UCHealth Medical Center of the Rockies. “Across Colorado, more than 80 percent of adults are vaccinated against coronavirus (as of late December), but inside our hospitals we’re seeing the other 20 percent who are unvaccinated making up the majority of our patients suffering from COVID-19.”

Since the effectiveness of the vaccines wane over time, “we recommend getting a booster dose to get back to highly protective levels and prevent severe illness and hospitalizations amongst most people,” Rohman says.

A booster not only protects those who have been vaccinated, but it can also add to the immunity generated from natural infection. That’s because protection for those who have already had COVID can wane over time, and while studies are still being done to determine how long natural immunity typically lasts, even one vaccine shot can offer additional assurance that you are less likely to get severe COVID. And natural immunity does not appear to be very effective against the fast-spreading Omicron variant.

Another good reason for everyone to get a booster: It’s no longer older adults with less robust immune systems filling up our ICUs. The average age of a COVID patient in Colorado hospitals is in their 50s as of mid-November. Yes, the parents of kids in school are the ones showing up at the hospital now, which can be traumatic for families.

For Rohman and his exhausted staff, the human toll of the virus is all too real. “A year ago when the very first doses of the COVID-19 vaccine in the state of Colorado were administered to health-care workers at UCHealth Poudre Valley Hospital, we couldn’t wait to get the vaccine out to everyone and put an end to the pandemic. It was like we could see a light at the end of the tunnel … but here we are, still fighting. Still seeing very sick patients in our hospitals who never thought they’d get this disease or that it would be this bad.”

However, he has hope that with broader access and eligibility to vaccines and boosters, highly effective treatment options, and continued precautions like masking, distancing, and testing, there will be fewer hospitalizations and deaths.

“Simply put: Vaccines, including boosters, are our No. 1 defense in the fight against COVID-19, and our best tool to keep people out of the hospital.”

Where to get your shots:

► Larimer County – larimer.org/covidvaccine
► Health District of Northern Larimer County – Moderna boosters and primary series available in January. Check website for options in future months. Appointment required. Call 970-221-7144 or register online at healthdistrict.org/covid-19-vaccination-health-district.
► Locations statewide, including mobile vaccine clinics – covid19.colorado.gov/vaccine

All COVID-19 vaccine doses are free and insurance is not required. Wear a mask to the vaccination site and make sure you get your Colorado COVID Vaccination Record Card.

For more information on COVID-19 vaccine boosters:
Don’t forget health insurance for 2022

If you don’t have health insurance coverage for the new year, your time is almost up! Open Enrollment to purchase a plan through Connect for Health Colorado, the state’s private marketplace, ends January 15. If you sign up now through January 15, 2022, your coverage will begin on February 1, 2022.

Not sure where to start? Larimer Health Connect’s Health Coverage Guides can answer your questions and help you enroll in financial discounts. Free in-person and virtual (online or by phone) appointments are available and can be scheduled at larimerhealthconnect.org or by calling 970-472-0444. Nosotros Hablamos Español!

It’s important to note that if you purchased health insurance coverage for the 2021 calendar year that coverage ended on December 31, 2021 (unless it renewed). Enroll in a plan for 2022 by January 15 either on connectforhealthco.com or by calling Larimer Health Connect for help.

“You don’t want to see a gap in your coverage; once you lose your insurance you may lose your job and you’re not going to be able to go back to work with no insurance,” says Executive Director Carol Plock. "We’re here to help so you can begin 2022 with peace of mind.”

New savings are available for the 2022 plan year and financial discounts are available ONLY through the Connect for Health Colorado Marketplace.

Once Open Enrollment ends, you can still enroll in a health insurance plan within 60 days of a qualifying Life Change Event which includes, but is not limited to, marriage, birth, divorce, adoption or foster care placement, moving to Colorado, a change in household income, or lost health insurance. Such an event entitles you to a limited Special Enrollment period. (For more information, see connectforhealthco.com.)

There are no deadlines for enrolling in Medicaid or Child Health Plan Plus (CHP+)—that can be done whenever you or a family member qualifies. Larimer Health Connect is available throughout the year to help with enrollment for Medicaid and CHP+ and to answer any questions about health insurance, all at no cost.

Health District comings and goings

Two longtime employees have said goodbye after a combined 42 years of service at the Health District of Northern Larimer County.

Cheri Nichols retired as clinical nurse manager on November 5. Nichols led the Heart Health Promotion Program and was familiar to many in the community for running the Health District’s blood pressure and cholesterol testing clinics for 21 years, advising countless residents and businesspeople on cardiovascular health.

“Cheri brought abundant energy and passion to her work, along with a deep caring for those we serve,” says Executive Director Carol Plock. “Her work in improving heart health gave people hope, understanding, tools, and undoubtedly extended the lives of so very many.”

Longtime Health District nurse Julie Hoest-Abramoff takes over for Nichols in managing clinics and leading the Heart Health Promotion Program.

Nichols expressed gratitude for her work with the organization. “For these two decades, I have been fortunate beyond measure to provide preventive health services in our community, and to collaborate with amazing internal and external partners.”

Another longtime fixture of the Health District, Lorraine Haywood began as finance director on August 6, 2000, and transitioned from her role in September 2021. She was just the second finance director since the Health District began in 1996.

In addition to building and leading an excellent finance team, Haywood rose to leadership in statewide organizations, serving in officer roles on the boards of organizations providing benefits and insurance to thousands of public employees and their employers.

“Lorraine’s unflagging commitment to the community and the organization, incredible accuracy and skills in managing all types of complex financial work, and steadfast willingness to assist individuals and teams at every turn have been invaluable contributions to the Health District over the years,” says Plock.

Laura Mai was promoted from assistant finance director to head the finance department. Haywood is temporarily remaining on staff to help smooth the transition before officially retiring from the Health District.

Nichols, Haywood, and Mai have all won Outstanding Employee awards during their tenure in the organization.

Thanksgiving food drive a success

Employees donated 20 Thanksgiving dinner bags and $465 in grocery store gift cards for the Give Thanks in November food drive organized by the Health District’s Wellness and Recognition Council. The items were given to Homeward Alliance for individuals and families who were formerly homeless to celebrate Thanksgiving in their new homes.

“I believe it was the most generous response we’ve ever had to a November food drive at the Health District,” says Evaluation Coordinator Sue Hewitt, an organizer of the fall food drive. “It can be overwhelming and expensive to establish a holiday celebration, and we were happy to contribute to this project.”

Homeward Alliance operates a continuum of programs and initiatives for families, adults, and seniors that includes basic needs, housing-focused case management, behavioral health, and employment services. The Health District has partnered with Homeward Alliance and the Murphy Center on projects during COVID-19.

“Thank you to everyone at the Health District who donated a Thanksgiving bag (or two or more!) and/or gift cards to make the holiday brighter for some of our newly housed, formerly homeless clients. The recipients have been very grateful, and many looked forward to being able to cook meals for friends and family in their new homes. We can’t express how much it means to the people we serve, and to us,” says Holly Harrison, supportive housing manager for Homeward Alliance.

Several staff members also donated frozen turkeys to the Food Bank for Larimer County, an annual tradition for many at the Health District.
Cholesterol tests

Find out your total cholesterol, HDL, LDL, triglycerides, glucose, and blood pressure results; learn what they mean and what to do about them. Health District residents receive their test for free. Cost for all others is $15. The Health District boundaries include Fort Collins, Laporte, Wellington, Red Feather Lakes, Livermore, Bellvue, and Timnath.

Cholesterol tests are 25 minutes and are available 8-10:30 a.m. Appointments required; call 970-224-5209.

Please remember to wear a mask.

February*

- Thurs., Feb. 3 – Spirit of Joy Church, 4501 S. Lemay
- Tues., Feb. 8 – Senior Center, 1200 Raintree
- Thurs., Feb. 24 – Senior Center, 1200 Raintree

March

- Tues., March 8 – Senior Center, 1200 Raintree
- Thurs., March 10 – Spirit of Joy Church, 4501 S. Lemay
- Wed., March 16 – Health District, 120 Bristlecone
- Thurs., March 17 – St. Joseph Church, 300 W. Mountain
- Tues., March 22 – First Presbyterian Church, 531 S. College

An 8-hour fast is recommended for best results; medications and water are permitted. Please remember to wear a mask.

Visit healthdistrict.org/heart for more information.

*More information on the voucher provided during February screenings.

COVID-19 Vaccination*

Ages 18+ • Free • No ID required
Health District offices, 120 Bristlecone Dr., Fort Collins
We can help with free transportation if needed.
Schedule online at healthdistrict.org/vaccine or by calling 970-221-7144.

Questions about the COVID-19 vaccine?
We have answers! Come to one of our vaccination clinics and chat one-on-one with a nurse or physician, or call us with your questions at 970-221-7144. Leave a message, if needed, and we’ll call you back.

*Subject to availability. Please confirm by checking healthdistrict.org/vaccine or calling 970-221-7144.

Thinking of QUrrTTING?

We can help you quit tobacco through free* in-person, phone, or video counseling. Free nicotine replacement included.

- 6 FREE one-on-one counseling sessions*
- Free nicotine patches, lozenges, and gum for 3 months
- Positive, supportive philosophy using proven techniques
- Specially trained, experienced staff

*Free for residents of the Health District

970-224-5209
healthdistrict.org/quitsmoking

Advance care planning classes

The Health District’s Advance Care Planning Coordinator Mindy Rickard facilitates. Cost is free, but registration is required. Space is limited. Classes are held at the Fort Collins Senior Center. Register by calling 970-221-6644.

Being Mortal Film Screening & Discussion
Wed., Jan. 26, 10-11:30 a.m.
The stories in Being Mortal show us the value of shared decision-making in medicine at the end of life and illustrate the importance of thinking and planning ahead as we reflect on what matters most to us.

Death Café
Wed., Feb. 9, 1-2 p.m.
For people who are curious about life: Death connects all of us and the Death Café is a good place to have a conversation in a comfortable space. This is not a grief or bereavement group, just a thoughtful and respectful conversation.

Why Do We Have Funerals?
Tues., Feb. 22, 10-11:30 a.m.
Discuss topics like what a “good” funeral might be like. How can funerals be meaningful and personal? What are some of the most unusual funeral practices? Why is it important to plan your funeral ahead of time?

When Nobody Wants Your Stuff ... What Do They Want?
Tues., March 22, 10-11:30 a.m.
How to leave a written legacy, writing and sharing thoughts of the past, present, and future for generations to come.

Best Gift You Can Give ... Advance Care Planning!
Wed., April 6, 10-11:30 a.m.
Learn how to have good conversations about your wishes for end-of-life care and how to complete your documents. Important for everyone over the age of 18.

ACP’s Rickard also hosts a monthly Book Club for Mortals through the Poudre River Public Library to discuss end-of-life themes. Meetings are virtual. To register, email mrickard@healthdistrict.org. For more information on upcoming books, go to poudrelibraries.org/events.

Life in 20 Lessons: What a Funeral Guy Discovered About Life, From Death by Chris Meyer
Wed., Jan. 19, 3-4:30 p.m.

The Year of Magical Thinking by Joan Didion
Wed., Feb. 16, 3-4:30 p.m.

Stiff: The Curious Lives of Human Cadavers by Mary Roach
Wed., March 16, 3-4:30 p.m.