

April 2023 Newsletter

A Note from the Director

Dear colleagues and friends,

Happy Spring! Since our last newsletter update, we have selected four awardees for our **IN**terdisciplinary **RE**search into **A**ging **CH**allenges (IN-REACH) pilot grants. I'd like to publicly congratulate principal investigators Tianjian Zhou, Stephen Aichele and Julie Moreno who will be leading inter/transdisciplinary teams over the next 18 months to develop solutions for aging challenges. You can find more information about their project proposals below.

CHA leadership has also submitted a Thematic Units of Excellence proposal called, "**Overcoming Barriers in Brain Health**(span)," based on CSU's significant depth and

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this month and will contact involved faculty then.

I encourage you to read on to learn about CHA's recent involvement in the aging science and policy interface, including state legislation we have supported to expand healthcare access for older Coloradans and my upcoming trip to Washington, D.C., to advocate for aging research funding at the Capitol. As always, thank you for your continued support of CSU's Center for Healthy Aging!

Warmest Regards,



Nicole Ehrhart

Healthy Aging Blog

[Aging and Disabilities](#)

Haley Candelario, VPR Student Communication Specialist

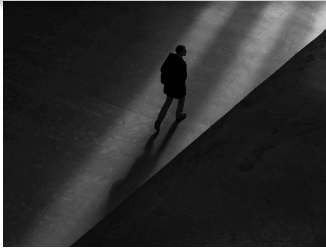
[Exercise Can Reprogram Your Cells](#)

Rachel Bull, VPR Student Communication Specialist

[Neuroinflammation in Aging and Disease](#)

Randy Grant, Ph.D. Student, Healthspan Biology Lab

Aging News

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Being 'socially frail' comes with health risks for older adults

via CNN

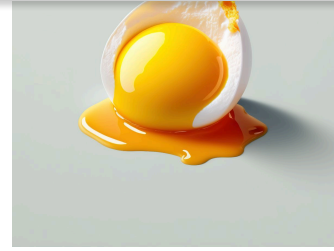
[read more >>](#)



Just 11 minutes per day of moderate exercise linked to lower risk of early death, study finds

via NBC News

[read more >>](#)



Alzheimer's Study Links Cholesterol And Toxic Protein Clusters

via Texas A&M News

[read more >>](#)

News from the Center

IN-REACH Pilot Funding Awardees

In January, the Center identified four awardees in the IN-REACH pilot grant program, funding a total of \$150,000 for pilot research projects that involve inter/transdisciplinary approaches to societal, behavioral, environmental and biologic aspects of healthy aging.

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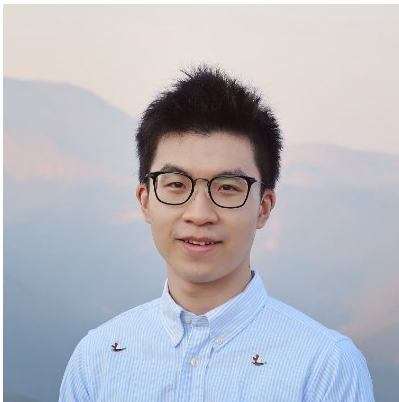
greater long-term risk of neurodegenerative pathologies: A pilot study of urinary tract infection in a natural model of age-related neurodegeneration."

– Julie Moreno, Assistant Professor, Environmental and Radiological Health Sciences.



"The influence of air pollution exposure on cognitive decline, cognitive impairment, and dementia risk in middle-aged and older adults."

– Stephen Aichele, Assistant Professor, Human Development and Family Studies



"Creating a pragmatic decision-making tool to guide the delivery of rehabilitation services."

– Tianjian Zhou, Assistant Professor, Statistics

Faculty Government Relations Ambassadorship



Next month, CHA Director Nicole Ehrhart will be visiting Washington, D.C., to promote CSU's aging research at the NIH and meet with various congressional stakeholders. She will be highlighting CHA's faculty affiliates and their capacity to serve as advisors and subject matter experts for legislation about critical aging issues facing society.

Ehrhart will visit the Capitol in her role as a Government Relations Faculty Ambassador, [a new program](#) by the Office of the Vice President for Research to help faculty influence public policy. The initiative provides training for faculty members to become expert resources for lawmakers, maximizing the impact of their research while identifying opportunities for new government funding and media relations.

Improving Provider Healthcare Access for Older Coloradans

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geriatric-trained health care clinicians to take care of the most vulnerable older adults

Vote YES on SB-031

Increase the Number of Geriatric- Trained Health Care Providers Across Colorado

Sponsors: Senators Danielson & Cutter House Representatives Duran & Titone

**Nearly 50%
Coloradans 75+ live in
Rural Areas**



**Less than 10% Geriatric
trained providers serve
Rural Colorado**



**38% Veterans 65+
reside in Rural Colorado
with no geriatrics
health care access**



**4% Social workers,
2.6% Advanced Practice
RN's, and less than 1%
Pharmacists and
Dentists are geriatric-
trained**



In January, the Center for Healthy Aging voiced our support for Senate Bill-031: [“Improving Provider Healthcare Access for Older Coloradans,”](#) via a written testimony to the Senate's Health and Human Services Committee. On Jan. 26, the bill unanimously passed in the HHS committee. The General Assembly's FY2023-24 budget was introduced last Monday, March 27.

SB23-031 aims to increase the number of geriatric-trained healthcare providers in Colorado by expanding geriatric clinical training programs at higher education institutions. Upon training completion, clinicians will go back to their communities and pass the training onto other providers, thereby increasing a much needed geriatric-trained workforce across the state.

As SB-031 makes its way through appropriations, it could use your help! Voicing support for the bill to [members of the Joint Budget Committee](#) could help ensure the bill is funded this session.

Podcast Corner

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living healthy longer

decoding the science
of healthy aging



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY



living healthy longer Season 3 Update:

Have you checked into the Center's podcast lately?

In January, Assistant Professor Sara LoTempio helped launch Season 3 with a discussion about the restorative effects of [nature on the brain](#).

In February, Health and Exercise Science's Josiane Broussard shared "[Everything About Sleep](#)" with special considerations for older adults. Then, Zhijie Wang from the School of Biomedical Engineering came on to teach about the anatomy of [the aging heart](#).

Last month, Assistant Professor Stephen Aichele joined the show to discuss the relationship between [depression and cognitive decline](#), and Associate Professor Candace Mathiason shared the approach her lab is taking to develop [tests to detect Alzheimer's](#) earlier in the disease's progression.

Stream the show today on [Apple](#), [Spotify](#), [Stitcher](#), [Google Podcasts](#), or [Amazon](#). Please do subscribe, rate, and leave a review — it helps us find more listeners!

[Find *living healthy longer* wherever you like to listen:](#)



Are you an older adult looking to improve quality of life and well-being through social connection and emotional support with a peer?
Are you a resident of Larimer County?

The Aging Clinic of the Rockies' Senior Peer Counseling program may be for you! We provide a FREE (donation-based) service that connects older adults in Larimer County with paraprofessionals who are also older adults. Our program aims to improve well-being and companionship. Our peer counselors are often able to understand and connect with clients' experiences in unique and meaningful ways. Counselors receive training and supervision from the Psychology Department at Colorado State University. You and your counselor can work together to set goals, resolve issues, practice skills, and achieve objectives. Counseling sessions can take place in your home, over the phone, or virtually. To find out more about our services or to make an appointment, call 970-491-6795.



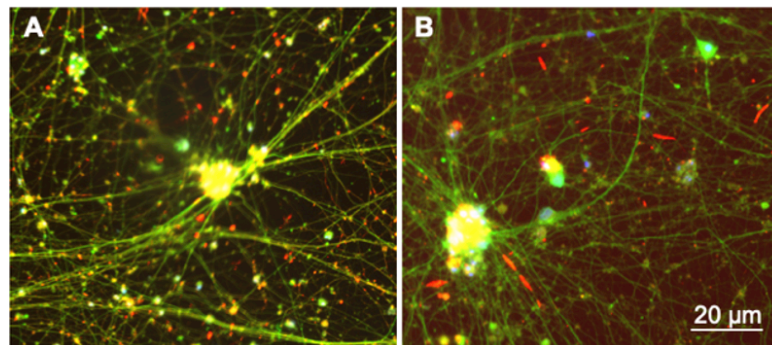
Center Events

Announce faculty, check your email for an invite to our Spring 2023 faculty mixer: Bite-Size Science Communication!

Faculty News

Publications and Grants

Cofilin (red)-actin rods are induced in day 55 cultures of human neurons by 24 h treatment with A β d/t.



Immunolabeling: Cofilin (red), MAP2 (green), DAPI (blue-not visible). (A) Untreated control Cultures showing lots of cofilin puncta but few rods. Rods formed in dendrites after overnight exposure to fractionated human amyloid- β secreted from an overproducing cell line.

From the Bamburg Lab: Professor Emeritus James Bamburg and Visiting Professor Tom Kuhn have finalized two manuscripts for submission, focused on the development of a human neuron model system to target neurodegenerative processes. In an effort to move research from rodent models to a more relevant human model, the researchers studied the formation of rods in human neurons that were engineered in the lab from stem cells. Rod bundles are a pathological feature in the brains of people with Alzheimer's disease; thus, Bamburg and Kuhn induced rod formation using amyloid β , the toxic protein that is primarily responsible for plaques found in AD.

Ultimately, the Bamburg Lab demonstrated how a biochemical pathway (formerly identified in rodent neuron models) unfolds in human neurons to create rod bundles. And, in collaboration with the company Creative BioPeptides, the team has begun



A research team – including Assistant Professor Sara LoTempio (Human Dimensions of Natural Resources), with CHA Associate Director Deana Davalos (Psychology) and Assistant Professor Francisco Ortego (Computer Science) – has received a grant from the College of Natural Sciences Dean's Office to conduct a pilot study about nature therapy in older adults. Researchers will examine pilot data to determine whether exposure to natural environments improves cognition, mood and physiological indices of stress in older adults compared to a control environment and whether these benefits are observed using virtual reality for older adults unable to engage in nature therapy.



University Distinguished Professor Manfred Diehl, from the Department of Human Development and Family Studies, was recently quoted in a Dutch daily morning newspaper, *de volkskrant*, about whether President Joe Biden's chronological age makes him "too old to run for president again."

Diehl says that while the president has reached an age where many people are cognitively declining, he is not unfit to be president "purely because of his age."

"We know from research that chronological age is not a good indicator of how effective or successful someone can be...A president receives so much information all day long about various themes, that it

Student Involvement



The CSU Gerontology Club is seeking new members! Students from any major or department are welcome.

The Gerontology Club was established in Spring 2022 as a space where students can learn about aging issues and volunteer with older adults and local organizations. Email csugerontologyclub@gmail.com for more info and visit the club's [website](#).



Assistant Professor Maria Delgado's "Design Thinking Collaborative" students are making significant construction progress on their universally designed CSU Tiny House project! Currently, the students are completing the house framing and will soon start rough trades (electrical, plumbing, mechanical).

The course, IDEA 450, is held on Saturdays from 9 a.m.-4 p.m. at the Nancy Richardson Design Center.

To sign-up for a construction volunteer day, please visit the course website: www.csutinyhouse.com. To show monetary support, visit the [student crowdfunding site](#). If you or someone you know is interested in purchasing the home, please email maria.delgado@colostate.edu to express interest.

Listen to CSU's history of building accessible tiny homes in [this podcast episode](#) with [Delgado](#) and visit the tiny home on [Instagram](#).

Events

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Colorado State University's annual [Women in Science Symposium](#) brought together a breadth of people from different disciplines to discuss multicultural aspects of One Health on March 8. Participants shared academic expertise and personal stories of how they have lived or taught the inextricable links between animal, human and planet health.

Read the full recap on [SOURCE](#):

[Learn More](#)

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19 films that uplift human rights stories from around the world. Join ACT March 29 - April 2 in Fort Collins.

Connect with stories that challenge and inspire you at the 8th ACT Human Rights Film Festival in Fort Collins March 29 - April 2. Meet filmmakers and film participants and local changemakers.

Website: www.actfilmfest.org | **Box Office** <https://act2023.eventive.org>

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Presents:

Sleep, Hydration & Elimination

Key wellness practices for living with Parkinson's

An in-person event with guest speaker, Heidi Hackler, Functional Wellness Coach & Author on Zoom



Happy Well Life

As a Functional Wellness Coach, Heidi loves helping her clients mitigate their health concerns by getting back to the basics of important dietary and lifestyle principles that are often overlooked.

Heidi Hackler

Functional Wellness Coach
& Author of the *90-Day Food, Mood, & Gratitude Journal*

DATE & TIME

**Monday,
April 10, 2023**

1:30 - 3:00 pm

REGISTRATION

**Call (970) 482-0198 or
[Click Here to Register](#)**

If you can't be there in person, please register to join us via ZOOM.

LOCATION

CSU Center for Healthy Aging, 151 Lake St.

Parking available

For more information, contact Lisa Morgan
lisa.morgan@colostate.edu | (970) 482-4279

Healthy snacks and drinks will be served

Research Studies Currently Enrolling

Now recruiting!
The Center has launched its
Healthy Aging Research Registry.

The registry is comprised of people who want to be contacted about studies on aging and age-related conditions. The information collected in the registry will be stored in a secure database and access to your contact information will be limited to Center for Healthy Aging leaders. CSU researchers who are performing studies that align with your interests will be given your contact information and may contact you to gauge your interest and eligibility in their study. You can then choose whether or not you would like to participate.

Interested?

Join the registry online.

Questions?

CHAResearchRegistry@colostate.edu
970-495-2528

At the BRAiN lab at CSU we carry out cutting-edge research on **healthy** brain aging supported by the National Institutes of Aging and the Alzheimer's Association. Volunteer to help us combat dementia! If you are **male 51-55 or 71-80 years old** and willing to undergo 1-hour brain MRI, sign up by:

- Scanning the code or
- On our website: <https://col.st/nel9A>
- Call 970-631-2946
- Email: sammu@rams.colostate.edu
- We will contact you to check if you are eligible. You can earn **\$100** for completing the full study. Our studies are approved by CSU ethical committee.



Funding Opportunities

The National Institutes of Health invites P30 applications for [Roybal Centers for Translational Research on Aging](#), which aim to conduct foundational research that develops behavioral interventions, programs or practices that promote healthy aging at the individual, group, systems, institutional or population level. **LOI due May 23. Award amount: limited to \$750,000, maximum project period of five years.**

The NIH also invites early-stage investigators with a commitment to aging and/or aging-related diseases to apply for the [Paul B. Beeson Emerging Leaders Career Development Award in Aging](#) with the goal of advancing their research and leadership skills in their specialty and in the broader field of aging and geriatrics research. **Earliest submission date: Sept. 20. Award amount: up to \$225,000, maximum of five years.**

Community Happenings



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Caregiver Workshop Series

CSU Extension is partnering with Jane Barton, founder of Cardinal, LLC, to share a series of life-changing webinars for caregivers of aging family members or friends, or anyone who will be called to care. The monthly workshop series will cover topics such as: aging solo, age-friendly health care, spirituality and health, and THE conversation.

Virtual Workshop Wednesday's

10:30am - 12:00pm

- The Challenges of Aging Solo - 3/29
- Plotting & Planning - 4/26
- Age-friendly Health Care - 5/24
- Spirituality and Health - 6/21
- The Consequences of Caring - 8/30
- Your Final Act - 9/27
- THE Conversation - 10/25
- Resources for Caregivers - 11/29





The Scoop: NoCo Community Conversations

Wednesday, April 19
Old Town Library
6-7:30 p.m.

"Take the pulse" of the Northern Colorado community by discussing local news and the sentiments around particular issues with other Fort Collins' locals.

[Learn More](#)



Purple Gala 2023

Saturday, May 20
Denver Broncos Pat Bowlen Fieldhouse at the UCHHealth Training Center
6-9 p.m.

Join the Alzheimer's Association Colorado Chapter for their premier fundraising event of the year.

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