

October 2021 Newsletter

A Note from the Director

Happy October from the Columbine Healthy Systems Center for Healthy Aging staff and faculty!

It's been a busy start to the semester at the Center with in-person activities, clinical research, and teaching back in full swing. What a welcome change to last fall! I hope that you all are remaining healthy and safe. I invite you to check out our recent COVID-19 Expert Panel [webinar](#) that took place on Sept. 24 for some of the latest information about SARS-CoV-2 from our group of expert panelists. We cover the Delta variant, breakthrough infections, booster shots, vaccine hesitancy, and more, and we provide recommendations for gathering safely during Halloween trick-or-treating and the upcoming holiday season.

Additionally, if you are a faculty member at CSU and have an interest in aging research,

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Healthy Aging and avail yourself of our many resources and services to enhance your own research activities. We are busy planning engagement events for this fall where you can meet other affiliate faculty members to discuss collaborative research opportunities and learn more about the Center and our goals.

Finally, there are plenty of offerings, both online and off, to engage, learn, and participate in healthy aging activities hosted by the Center. Please be safe, stay active, get vaccinated, and most of all, continue to explore the content on our website, healthyaging.colostate.edu, for the latest and greatest information about healthy aging.

Warmest Regards,
Nicole Ehrhart

Healthy Aging Blog

[Digital Health: A Problem or Solution?](#)

[Later Retirement and Worker Enjoyment](#)

[Cannabis Use in Older Adults: State of the Evidence](#)

Grace Weintrob, Communication Studies

Aging News



ScienceDaily®
Your source for the latest research news

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...challenging in
Routt County

via *Steamboat Pilot*

[read more >>](#)

...aging of skeletal
muscle

via *University at
Buffalo News*

[read more >>](#)

...better cognitive
performance

via *ScienceDaily*

[read more >>](#)

News from the Center

Spreading the Word



Center director, Nicole Ehrhart, has been an invited speaker at several conferences in recent months, where she has presented on the Center's COVID-19 longitudinal [study](#), dogs as [models](#) for human aging, and her translational aging research on [limb preservation](#) and tissue engineering.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[Vail Regenerative Medicine Summit, Aug. 2021](#)[Rocky Mountain Virology Association Meeting, Oct. 2021](#)[University of Colorado, Colorado Springs Aging Center, Oct. 2021](#)

Targeting Cellular Stress Responses in Neurodegeneration



In last month's Healthy Aging Speaker Series seminar, Julie Moreno, an assistant professor in the Department of Environmental and Radiological Health Sciences, outlined processes in the brain that lead to neurodegeneration and potential therapies that her lab is working on to slow them down. Watch the recording [here](#).

Podcast Corner

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living healthy longer

decoding the science
of healthy aging



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[living healthy longer was recently featured on CSU's SOURCE. Read the article here.](#)

Since our last newsletter, *living healthy longer* has released episodes featuring:

- [Arlene Schmid](#), a professor in the Department of Occupational Therapy, who discusses the benefits of yoga.
- [Dr. Felix Duerr](#), an associate professor at CSU's Veterinary Teaching Hospital, who covers arthritis from dogs to people.
- [Shelby Cox](#), director of the Kendall Reagan Nutrition Center at CSU, who outlines basic nutrition tips for healthy aging.
- [Devin Wahl](#), a postdoctoral research associate in CSU's Healthspan Biology Lab, who introduces us to caloric restriction and intermittent fasting as anti-aging diets.

Season 1 of *living healthy longer* will conclude in October and return in January 2022 with a fresh set of episodes.

Listen across platforms: [Apple](#), [Spotify](#), [Stitcher](#), [Google Podcasts](#), or [Amazon](#). Please do subscribe, rate, and leave us a review — it helps us find more listeners!

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



Center Events

Aging 65+

PANEL DISCUSSION

Tuesday, Oct. 26 • 12-1 PM
Zoom registration: col.st/x9AKB

Join us for a FREE webinar with recommendations for healthy aging for adults aged 65 and older.

PANELISTS

Dr. Abigail Nehrkorn-Bailey

Human Development and Family Studies
Research: Health Behavior Change

Dr. Michelle Foster

Food Science and Human Nutrition
Research: Obesity + Metabolic Dysfunction

Dr. Rick Perry

Health and Exercise Science
Teaching Faculty: Health and Wellness

Dr. Gloria Luong

Human Development and Family Studies
Research: Social and Emotional Aging



Submit panel questions to
healthyaging@colostate.edu



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The Center is hosting a special event on **Tuesday, Oct. 26 at 12 p.m.** to answer community questions and provide recommendations for healthy aging in adults aged 65 and older.

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recommendations for healthy aging in adults young and old. [Watch the first two panels here.](#)

All questions surrounding diet, nutrition, fitness, mental health, and general well-being are welcome. Questions can be submitted by emailing healthyaging@colostate.edu.

Register



This new virtual offering will be taught by certified yoga therapist Jennifer Atkins of [Adaptive Yoga Specialist, LLC](#) to help improve flexibility and functional movement throughout everyday life. No experience or equipment needed. Our first class will be held **Thursday, Oct. 7 at 10 a.m.** on Zoom and will reoccur on the first Thursday of each month till December.

Register

Healthy Aging Fitness

Our next Healthy Aging Fitness class will be held on **Tuesday, Oct. 19 at 5 p.m.** These classes are designed to provide an all-levels workout that teaches about the benefits of movement for improving healthspan and healthy aging. No equipment or prior experience needed. Watch our past workouts [here](#).

Register

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HEALTHY AGING SPEAKER SERIES

Alzheimer's and Dementia Research

In our next Healthy Aging Speaker Series event on **Thursday, Oct. 21 at 12 p.m.**, Kelly Osthoff — Senior Director of Programs for the Alzheimer's Association: Colorado Chapter — will present an overview of Alzheimer's disease science and the latest advances in research to find a prevention, treatment, and cure.

Visit our archive of Healthy Aging Speaker Series talks [here](#).

Register

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PRESENTS A SHOWING OF PBS'S

Fast-Forward

A documentary film following four millennials and their parents as they explore the topic of aging with the help of MIT's aging technologies.



Join us **Nov. 6 from 10 a.m. –12 p.m.** for a free, intergenerational event on **Zoom**. Participants will watch the film and choose a breakout room for discussion afterward.

[Click here to register.](#)



healthyaging@colostate.edu

BREAKOUT ROOMS

Physiology of Aging

Tom LaRocca of CSU will present a TED-style talk about how the body and mind changes with age, covering the biological processes that contribute to aging.

Music and Memory

Angel Hoffman of the Alzheimer's Association: Northern Colorado Chapter will review the potential for music to unlock forgotten memories in an interactive presentation.

Long-Term Care and Housing

Yvonne Myers of Columbine Health Systems will give an overview of options for long-term care and help start a conversation about future caregiving wishes.

Advanced Care Planning

Mindy Rickard of the Larimer Advanced Care Planning Team will provide tips for having conversations with loved ones about care directives, such as living wills, and power of attorney and "do not resuscitate" documents.



The Columbine Health Systems Center for Healthy Aging, partnered with the Alzheimer's Association: Northern Colorado Chapter, Columbine Health Systems, and the Larimer County Advance Care Planning Team, invites you to a free, intergenerational event on Zoom on **Nov. 6 from 10 a.m.–12 p.m.** Attendees will watch the PBS film *Fast Forward* and choose a breakout room for discussion afterward.

Fast Forward follows four millennials and their parents as they travel through time wearing an MIT-produced "aging empathy suit" and working with professional make-up artists to navigate the realizations, conversations and mindset required to age successfully. Watch the trailer at fastforwardmovie.com.

This event hopes to inspire critical conversations between family members about healthy aging and advance care planning to maximize well-being throughout life, thus we encourage you to attend with a loved one whom you hope to have a planning conversation with.

[Catch up on past events at the Center's YouTube playlist:](#)



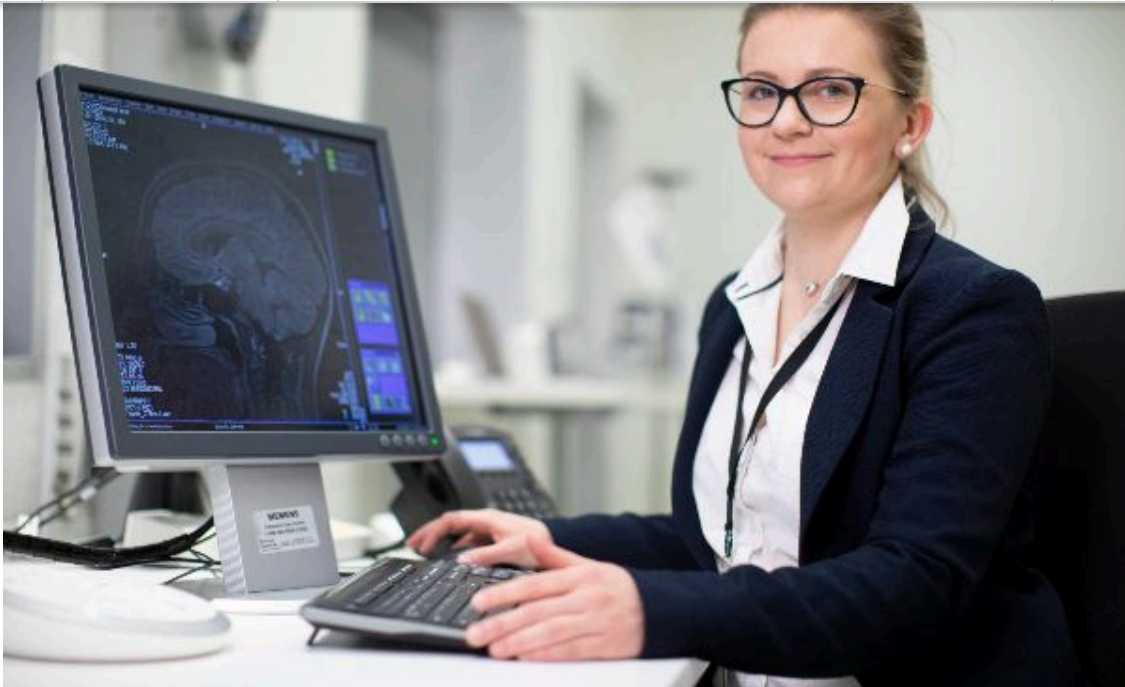
Faculty News

Publications and Grants



University Distinguished Professor [Manfred Diehl](#) has two new publications, the first a book chapter in the *Handbook of the Psychology of Aging*, titled, "[Self-perceptions and awareness of aging: past, present, and future](#)," that was co-authored with Assistant Professor [Allyson Brothers](#). The chapter reviews growing evidence that self-perceptions of aging are precursors and predictors of health outcomes, including cognitive functioning, brain health, and longevity.

The second publication, a journal article in *Frontiers in Psychology* titled, "[Awareness of Age-Related Change as a Behavioral Determinant of Survival Time in Very Old Age](#)," found that individuals' subjective views of aging had a significant effect on late-life mortality over and above socio-demographic background characteristics, perceived control, engagement with life, as well as health status.



[Aga Burzynska](#), an assistant professor in the Department of Human Development and Family Studies, has received her first R21 grant from the National Institutes of Health for the project titled, "New approach to studying white matter aging: symmetric multimodal fusion of MRI techniques targeting different biophysical properties of white matter." This project aims to establish a new neuroimaging approach that will provide a detailed characterization of aging white matter in living humans. This new approach will help define white matter biomarkers of different stages of Alzheimer's disease and related dementias, leading to improved early diagnosis and opening the window for early intervention. The [R21 grant mechanism](#) provides \$275,000 in direct costs over two years.

This grant is in addition to a \$150,000 grant Burzynska recently received from the [Alzheimer's Association Research Grant Program](#) for the study, "White matter: a target for lifestyle interventions to prevent dementia." This project investigates white matter health as a neural mediator between physical activity/sedentariness and cognitive function in cognitively healthy adults. The study will involve the collection of sensor-based measures of daily physical activity patterns, cognitive function, and a set of advanced, multimodal MRI data. Successful completion of this study will provide primary evidence for in vivo role of myelin and axons in cognitive functioning and it will identify lifestyle risk and protective factors for white matter health.

Events

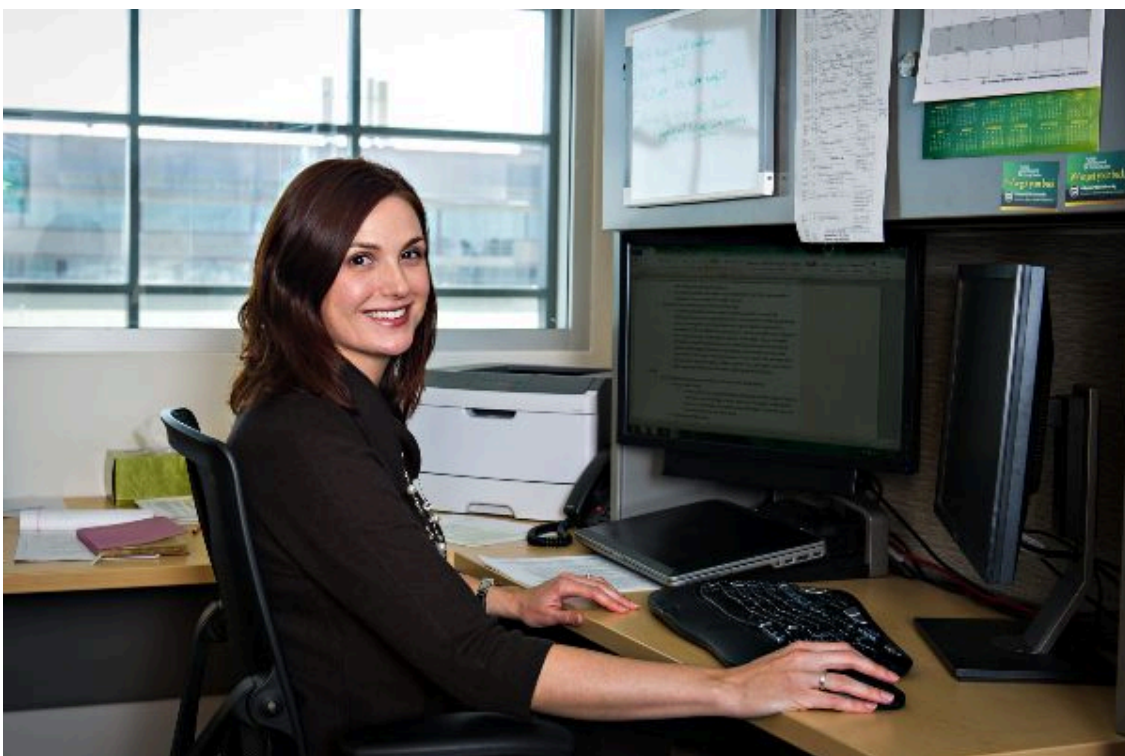


[Karyn Hamilton](#), a professor of Health and Exercise Science and associate director at the Center for Healthy Aging, helped to organize the upcoming virtual symposium, “[Can Exercise Prevent the Age-Related Decline in Adaptive Homeostasis? Evidence Across Organisms and Tissues.](#)” The symposium brings together leaders in fields of health and exercise science and physiology to address exercise and adaptive homeostasis in the context of aging across tissues at a number of biological levels, using a variety of model systems.

The event is sponsored by The Physiological Society and will occur on **Tuesday, Oct. 12 from 7–11:30am MT.**

[Josiane Broussard](#), an assistant professor of Health and Exercise Science and director of the Sleep and Metabolism Lab, will deliver a talk at the symposium titled, “The Impact of Sleep and Circadian Disruption on Metabolic Homeostasis: Can exercise mitigate these effects?”

More info is available [here](#).



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Anschutz Multidisciplinary Center on Aging and the UCCS Aging Center on **Thursday, Oct. 21 at 2 p.m.** Her talk will cover the influence of lifestyle activities on cognitive well-being. Register for the webinar [here](#) or visit the MCA's website [here](#) for the full schedule.

Research Studies Currently Enrolling


Sensorimotor Neuroimaging Laboratory:
 Neural mechanisms and associations of psychomotor and balance abilities in Diabetes Type 1
 

Purpose of this study:

To investigate the association of psychomotor abilities and balance performance in individuals with type 1 diabetes. Type 1 diabetic patients have been observed as experiencing poor balance, gait impairments and cognitive function. The cause of these debilitating symptoms is still unknown.

What will you be doing?

Session 1

NeuroCom Testing



This machine will run different motor and sensory activities to analyze balance and reaction abilities.

Purdue Pegboard



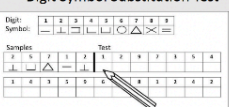
The individuals will be asked to place pegs on the platform with their right, then left, then both hands for time.

Grooved Pegboard



Subjects will place pegs in a row and down a column for time with their right and left hand.

Digit Symbol Substitution Test



The paper and pencil task will ask the participants to fill in correctly coded symbols.

Session 2

Neuroimaging:



Structural MRI, functional MRI, and diffuser tensor imaging data will be collected using the Colorado State University scanning center.

Any questions?
Email Krystyna.Kolodziej@colostate.edu

Researchers from the [Sensorimotor Neuroimaging Lab](#) in the Department of Health and Exercise Science are recruiting participants with Type 1 diabetes to investigate the association between motor abilities and balance performance. [See here for more info](#) or email Krystyna.Kolodziej@colostate.edu with questions.

Researchers at Colorado State University and the University of Colorado Cancer Center are seeking individuals diagnosed with colorectal cancer to participate in a virtual physical activity study. There is no cost for participating. To see if you are eligible, or to find out more, [click here](#) or contact patplab@colostate.edu.

<https://mailchi.mp/dae0f991a055/newsletter-october-2021>

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AgingPLUS Study Seeking Research Participants Interested in Healthy Aging

The Adult Development and Aging Project (ADAPT) research team is currently looking for participants to be a part of a new clinical trial based on a recent successful pilot program.

Participants will receive monetary compensation for their time commitment to the study, up to \$280.

Am I a candidate?

- Between 45 -75 years old
- English-speaking (using primarily English in speaking, reading, and writing in your daily life)
- Currently not exercising on a regular basis
- Willing to be randomized to one or two educational groups
- Willing to complete all components of the study, including attending all four group educational sessions.
- Willing to commit to six months of observation – with gaps between observations.

(Information continued on the back.)



**HUMAN DEVELOPMENT
AND FAMILY STUDIES**
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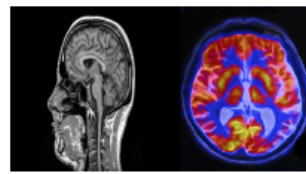
Kat Thompson
Department of Human Development and Family Studies
(970) 491-5001
adaptresearch@colostate.edu

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University is recruiting volunteers to be part of our Health and Daily Experiences (HEADE) study. We are seeking adults (18-35 years old or 60+ years old) to participate. Participants will be asked to come to the CSU campus to complete questionnaires and lab tasks and will be compensated up to \$200 for completing the various study procedures. If you are interested in this opportunity, please contact HEART at 970-491-0871 or email heart@colostate.edu.



At the BRAiN lab at CSU we carry out cutting-edge research on healthy brain aging. Be a part of it!



If you are 18 or older and willing to undergo 1-hour brain MRI, contact us to check if you are eligible for one of the studies:

betty.grullon@colostate.edu 347-228-3010

Our studies are approved by CSU ethical committee and supported by the National Institutes of Health and the Alzheimer's Association.

Funding Opportunities

The National Academy of Neuropsychology (NAN) and Alzheimer's Association are partnering to launch a targeted request for applications focused on research on the neuropsychological impact of COVID-19 in older adults from health disparity populations. Two awards, each having a maximum budget of \$100,000 (including indirect costs), are

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neuropsychiatric symptoms and their relationship to cognition, and more. LOI deadline is Oct. 7; apply [here](#).

Several other grants from the Alzheimer's Association are currently accepting applications with a letter of intent deadline of Oct. 8 at 5 p.m. ET. [Visit this website](#) to view research grants eligibility and fellowship opportunities for 2022.

[The Foundation for Physical Medicine and Rehabilitation](#) is requesting applications for its Mid-Career Investigator Research Grants program. The grant is to be used as seed money for new research projects that extend an established investigator's work in new directions. Research priorities can include chronic pain, musculoskeletal, spinal cord injury, traumatic brain injury, or stroke research or traverse areas of health services, health policy, or research capacity. Award amount: \$25,000. Application deadline is Nov. 1.

Community Happenings



First Regular Session | 73rd General Assembly

Colorado General Assembly

The Colorado State Legislature passed [Senate Bill 21-158](#) during the 2021 legislative session, a bill that provides loan forgiveness to geriatric-trained nurse practitioners, physician assistants, behavioral healthcare providers, and other specialists to work in rural or underserved areas of Colorado. Funding may also support physicians with a geriatric specialty and a practice that serves older adults.

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there is a dire shortage of geriatric-trained clinicians in the state. This bill hopes to incentivize clinical fellows and students to consider a career in geriatrics.

The Senate Bill assigns the Primary Care Office the responsibility of administering this program within the Colorado Health Service Corps. Please share this information with current students, alumni, or colleagues who may meet this criteria and encourage them to reach out to the Primary Care Office with questions about the program. You may also visit www.coloradohealthservicecorps.org for more information.




Adaptive Yoga Specialist LLC

IS OFFERING A:

4-week yoga class for individuals with neurodegenerative disorders.

Are you looking for experienced support and proven practices to manage your symptoms more effectively?

When: Oct. 15, 22, 29 & Nov. 5 at 12:45-2:15 p.m.

Where: The Center for Healthy Aging at 151 W. Lake Street, Suite 1400

Register here:

adaptiveyogaspecialist.com/in-person-classes.html

✉ jennifer@adaptiveyogaspecialist.com

☎ (541) 292-7563



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Powerful Tools FOR Caregivers Online Class!

This 6 week program focuses on caring for yourself while caring for someone else. The class covers 35 tools for caregivers to avoid burnout, lessen stress and strengthen communication. Caregivers will learn strategies for changing their negative self-talk, communicating their needs, dealing with difficult emotions, and making decisions.

An opportunity to talk and learn with other caregivers even while at home.

Class will take place via ZOOM.

Participants must have computer and reliable internet access during class time.

Dates: Mondays, October 11 - November 15 2021

Time: 10:00am - 12:00pm

Register by calling Dani DePas, Larimer County Office on Aging at (970) 498-6341

Class size is limited and registration is required.

For more information about this resource and others contact:

Larimer County Office on Aging
970-498-7758 adrc@larimer.org



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Veterans Day Breakfast

Thursday, Nov. 11

7–10 a.m.

Fort Collins Senior Center

Enjoy a morning of food, song, and patriotism to celebrate those who have honorably served our country.

Presented by the Fort Collins Golden K. Kiwanis Club and City of Fort Collins, Recreation Department.

Posting of Colors begins at 8 a.m.

Space is limited to 150; please register in advance to Ashley Ruffer at (970) 224-6033 or by emailing aruffer@fcgov.com.



Larimer County Walk to End Alzheimer's

Oct. 9 at 8 a.m.

Chapungu Sculpture Park

Sign up as a team captain, join a team, or register to walk as an individual [at this link](#).



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