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March 2021 Newsletter

A Note from the Director

Dear colleagues and friends,

We're almost there — spring is right around the corner. As the days get longer and the air a little warmer, I hope you are feeling a sense of renewal and the excitement of literally brighter days ahead.

We have a great assortment of offerings this month from our affiliate faculty including seminars, symposia, and clinical trials. I invite you to explore the latest research being conducted by our faculty with findings from past studies, proposals for new ones, and upcoming funding opportunities. Please also feel free to join us on March 25 as Dr. Julie Moreno leads our Healthy Aging Speaker Series with a talk about cellular stress responses involved in neurodegeneration or browse our compilation of community happenings available locally.

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show is dedicated to decoding the latest healthy aging science for everyone — no matter what age — to apply to their lives today. I know you will come away informed and inspired. [Visit here to find a place to listen](#), and don't forget to leave us a rating and review on [Apple](#).

Warmest Regards,

Nicole Ehrhart

Healthy Aging Blog

[A Dog's Age: What Labradors and Human Longevity Have in Common](#)

Hannah Halusker, Center for Healthy Aging

[The Fascinating DNA of Exceptionally Long-Lived People](#)

Tom LaRocca, Ph.D., CSU Dept. of Health and Exercise Science

[New Blood Pressure Guidelines You Should Know](#)

Tom LaRocca, Ph.D., CSU Dept. of Health and Exercise Science

Aging News

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CSU researcher studies new way to measure cognitive decline in aging populations

via CSU's Source

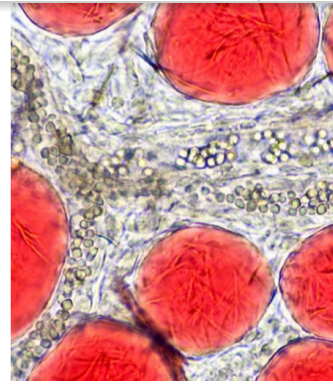
[read more >>](#)



How a longevity gene protects brain stem cells from stress

via Science Daily

[read more >>](#)



Researchers Find New Anti-Aging Properties in Old Diabetes Drugs

via NYU Langone Health News

[read more >>](#)

News from the Center

Update on CSU's age friendly gap analysis

The Center for Healthy Aging is spearheading CSU's efforts toward becoming an "[Age-Friendly University](#)," a designation that recognizes a culture of lifelong learning and age-inclusivity across programs and practices in institutions of higher education. To read more about CSU's case for becoming an AFU, [visit this story](#).

Last month, we asked the CSU community to take part in a survey to identify current strengths, gaps, and opportunities for growth regarding the age friendliness of CSU's programs and practices. **We're happy to report that we received 1,800 responses**

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shared with the CSU community in the early summer. A working group is also being devised to directly address gaps that are revealed by the survey.

Questions about the survey or CSU's age-inclusivity plans can be directed to CHA Director Nicole Ehrhart at nicole.ehrhart@colostate.edu.

Podcast Corner



Our February 22 episode of *living healthy longer* featured [Karyn Hamilton](#), a professor in the Dept. of Health and Exercise Science and an associate director here at CHA, on the topic of healthy muscle aging. We discussed the ways that muscles, bones, tendons and cartilage all change as we get older and finished with Dr. Hamilton's tips for healthy muscle aging.

Our next episode on March 8 will feature CSU sociologist [Jeni Cross](#) and a conversation about the science of team science: why humans work better in teams and how research benefits from a transdisciplinary approach.

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



Aging Clinic of the Rockies

Caregiver mentorship program seeking mentees



The Caregiver mentorship program (CMP) matches newfound caregivers with experienced caregiver mentors to provide peer support and help developing skills related to stress reduction and self-care, responding to caregiving challenges, and tapping into community resources, among others. Having a caregiver mentor could benefit you and your care recipient! If you have recently begun caring for someone — a spouse, child, parent, or friend — or if you're an ongoing caregiver who would like additional support, please consider enrolling in the Caregiver Mentorship Program. Services will be provided remotely or in a safe, socially-distanced manner. For more information, contact **Ben Lotstein at: (970) 491-6795 or Ben.Lotstein@colostate.edu.**

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THRIVE Project

Support Services for Older Adults

virtual and telehealth settings



- ▶ Technology assistance
- ▶ Exercise and wellness activities
- ▶ Respite care
- ▶ Animal-related activities
- ▶ Music-Connection
- ▶ Guided social support groups
- ▶ Care coordination
- ▶ Nutrition counseling

The THRIVE Project is FREE to Larimer County residents aged 60+ and is funded in part by the Larimer County Department of Human Services Office on Aging.



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY

📞 970-427-8969 🌐 <https://col.st/iUrmf> ✉ thriveproject@colostate.edu

Faculty News

HDFS Seminar Series



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Studies Seminar Series event, Susan Charles — Chair and Professor of Psychological Science and Professor of Nursing Science at the University of California-Irvine — will present **"The Challenges of Healthy Aging During the Pandemic: Observations and Predictions,"** a talk that will examine age-related patterns in socio-emotional processes, how these processes are vital for healthy aging, and how age differences in socioemotional processes have changed over the past year. [Email Zeynep Biringen](#) to receive the meeting link for this seminar, to be held Friday, March 12 at 1:30 p.m.

Publications + Grants

[Manfred Diehl](#), a University Distinguished Professor in the Dept. Human Development and Family Studies, has a new publication, to appear in the journal *Psychology and Aging*. The paper, titled **"Age-Related Change in Self-Perceptions of Aging: Longitudinal Trajectories and Predictors of Change"** examined age-related change in a nationally representative sample of middle-aged and older adults who were studied for up to 21 years. The study examined how participants' perceived their own physical losses, social losses, and ongoing development as they got older. Results found that perceptions of physical and social losses increased around age 65 and got steeper with age; and at about age 55, participants began to have fewer perceptions related to their ongoing development. Health factors, such as chronic disease, feelings of loneliness, and affective well-being (frequency of positive and negative moods or emotions) were strong predictors of age-related change. [Read more at this link.](#)



Drs. [Stephanie McGrath](#) (Clinical Sciences) and [Julie Moreno](#) (Environmental and Radiological Health Sciences) have received a one-year grant from the [Translational Medicine Institute's](#) Translational Acceleration Program (TMI TAP) for their project proposal titled, **"Testing the validity of using a biochemical analytical assay for diagnosing canine cognitive**

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was chosen for award because of its
"demonstrated translational potential and
clear solution to an unmet medical (human
or veterinary) need."

Congrats Drs. McGrath and Moreno!

Events

4th Annual Older Adult Mental Health Awareness Day Symposium | [May 6, 2021](#) | 8 a.m. – 3 p.m.

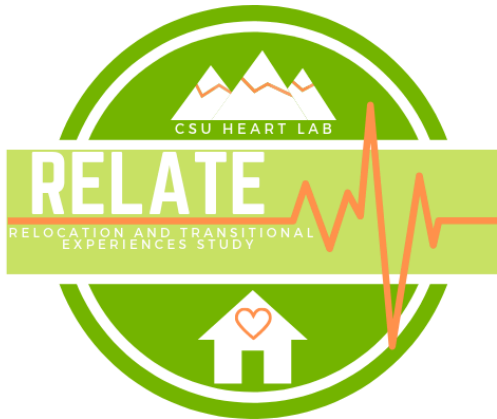
Public health practitioners, professionals in the aging network, mental health providers, health care professionals, and anyone interested in ensuring the mental health of older adults are invited to attend this free, virtual event on May 6, 2021.

The symposium is brought to you by NCOA, the U.S. Administration for Community Living, and the Substance Abuse and Mental Health Services Administration. Registration is free and will open in March. [Visit here for more info.](#)



The 2021 Women in Science Symposium, titled 'Inclusivity Builds A Better World', will be kicked off by a greeting from President Joyce McConnell and will feature 15-minute WISS Talks, poetry readings by CSU preeminent poets, a panel discussion on supporting inclusivity in science and a 'Sciku' workshop designed especially for K-12 attendees. For more info or to register, [visit here](#).

Research Studies Currently Enrolling



The Relocation and Transitional Experiences (RELATE) Study at CSU looks at the experiences of older adults as they transition into senior housing. Are you or someone you know 50+ and preparing to move into any type of senior housing facility (independent, assisted living, skilled nursing)? Participants can earn up to \$300 for completing surveys at various time points over a 3-month period. Contact the Health, Emotion, and Aging Research Team (HEART) at **970-491-0871** or e-mail HEART@colostate.edu.

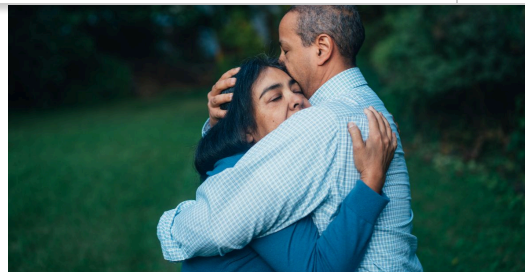
AgingPLUS is a new research program at CSU aimed at helping adults grow older in healthier ways. Participants will attend four educational classes to explore strategies for successful aging and complete three sets of psychosocial and physical assessments over a 10-month period. To learn about participating in the AgingPLUS study, please contact the ADAPT team at **970-491-5001** or e-mail adaptresearch@colostate.edu.



March is national colorectal cancer awareness month. CSU and CU researchers are hoping to increase awareness of the importance of exercise for individuals living with colorectal cancer, and are conducting a study to better understand factors that can help colorectal cancer survivors begin and maintain an exercise program. To find out more, [visit this link](#).

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a research study focused on better understanding racialized ageism among Black, Latinx, Asian, and White older adults. Participants should be 60+ years of age, live in the Mountain West region of the United States, and self-identify as having one or more of the following racial or ethnic backgrounds: Black, Latinx, Asian, or White. The purpose of this study is to explore the perspective and lived experience of racialized ageism among older adults, including ways of coping and finding support. Contact Principal Investigator, Andrew Steward, at andrew.steward@du.edu or (505) 412-3077 for more info or to enroll.



Funding Opportunities

[The Morris Animal Foundation](#) is seeking proposals for topics relevant to canine and feline health and welfare in several categories: Established Investigator, First Award, Fellowship Training, and Pilot Study. This year, in addition to proposals on any topic that advances the health of cats, they have a special interest in proposals that address issues pertaining to obesity (including resultant or associated disease processes), pain management, and end-of-life care. Submission deadline is March 10, 2021. Award amount: \$100,000 over multiple years. **The Morris Animal Foundation is also seeking any samples that have been collected as part of the Golden Retriever Lifetime Study — [inquire here](#).**

[Damon Runyon Fellowship Awards](#) encourage all theoretical and experimental research relevant to the study of cancer and the search for cancer causes, mechanisms, therapies and prevention. Candidates must apply for the fellowship under the guidance of a Sponsor—a scientist (tenured, tenure-track or equivalent position) capable of providing mentorship to the Fellow. Assistant Professors with limited mentorship are strongly encouraged to identify a more established scientist to co-sponsor the candidate. Submission deadline is March 15, 2021. Award amount: \$231,000.

[The Human Frontier Science Program](#) research grants support innovative basic research

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Research grants are provided for teams of scientists from different countries who wish to combine their expertise in innovative approaches to questions that could not be answered by individual laboratories. Early Career grants and Research Grants are available. Submissions are due March 18, 2021. Award amount: up to \$450,000 for a team of 4.

Center Events

Healthy Aging Fitness

Our next Healthy Aging Fitness class will be held on **Monday, March 15 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.

Revisit February's workout [at this link](#).

Register

A dark green rectangular graphic with the text "HEALTHY AGING SPEAKER SERIES" in bold, light green, sans-serif capital letters.

HEALTHY AGING SPEAKER SERIES

At the cellular level, neurodegeneration is marked by processes in the body that control inflammation, free radical and antioxidant buildup, mitochondrial function, protein folding, cell communication, and more.

Our next Healthy Aging Speaker Series, with Assistant Professor of Environmental and Radiological Health Sciences, [Julie Moreno](#), will cover how researchers are attempting to target these cellular stress responses to curb neurodegeneration in Alzheimer's disease and other dementias.

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Register

COVID-19 Expert Panel Series

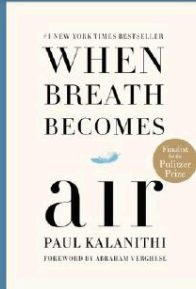
Our next COVID-19 Expert Panel Q&A will occur on **Thursday, March 18 at 12 p.m.** These informative sessions are open to the public, our community partners, and service providers to answer all of your COVID-19-related questions. Panelists include CSU faculty experts in gerontology, infectious disease, biosafety, mental health, food safety and geriatric medicine. E-mail ali.murphy@colostate.edu with any questions you have for our panelists!

Register

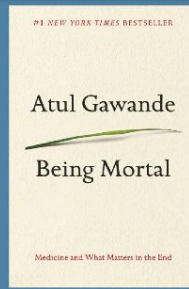
[Catch up on past events at the Center's YouTube playlist:](#)



Community Happenings

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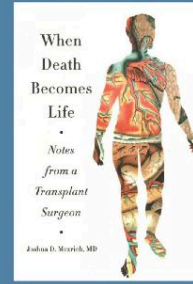
"When Breath Becomes Air"
by Paul Kalanithi



"Being Mortal"
by Dr. Atul Gawande



"It's OK That You're Not OK"
by Megan Devine



"When Death Becomes Life:
Notes from a Transplant Surgeon"
by Joshua D. Mezrich

BOOK CLUB & MORE *for Mortals*

3:00 - 4:30 PM, 3RD WEDNESDAY OF EACH MONTH

Join us in powerful, joyful and even humorous discussions about the end of life journey and how others have navigated this event. The group meets virtually. To register and receive the meeting link, please email Mindy Rickard, Project Coordinator, at mrickard@healthdistrict.org



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Health District

ADVANCE CARE PLANNING TEAM

Presenter: Mindy Rickard,
Larimer Advance Care Planning Team

For more information, see monthly calendar.
www.poudrelibraries.org, 221-6740

VIRTUAL GATEWAYS

ONLINE GATHERINGS FOR OLDER ADULTS

Find opportunities to engage with others online.

Find groups of interest - book clubs, support groups, sewing, fitness, camera clubs & more.

Learn how to Zoom and connect.

Learn how to start your own group!

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Technical Support Available



Alliance for
SUICIDE PREVENTION
of Larimer County

Older adults are the age group with the second highest rates of suicide. The Alliance for Suicide Prevention

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SENIOR ACCESS POINTS OF LARIMER COUNTY

Aging-Related Resources for You
and Your Loved Ones

[Visit the SAP Website](#)

Persuade, Refer (QPR) is a 60–90-minute, evidence-based training that holds the same weight as a CPR certification and offers 1.5 CEUs. See linked flyer below. To schedule a **FREE** training contact Training Coordinator, Savanna Phelan-Jones at infosuicideprevent@gmail.com.

[QPR Certification](#)



Managing Household Financial Issues March 17, 12–1 p.m.

Join [A Little Help](#) for a green-themed St. Patrick's Day talk on tax season and managing personal finances. We'll open the session with a short mindfulness session to help us focus our thoughts and release the stress that's so often associated with conversations on money. To RSVP, visit link below or call your local office.

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