

June 2022 Newsletter

A Note from the Director

Dear CHSCHA colleagues and friends,

Welcome to the slow-down of the summer term! Here are some healthy aging news and updates:

Our Center has acquired space at the CSU Foothills Campus to house thousands of biological samples that were donated by workers in skilled nursing facilities; these workers consented to having their samples saved from throughout the pandemic in our [Longitudinal COVID-19 Surveillance Study](#). We are immensely thankful to Vice President for Research, Alan Rudolph, and Interim Dean of CVMBS, Colin Clay, for helping us to identify and acquire this space, and to CSU Facilities Management for preparing the space for our

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

more centralized location on campus.

I'm also excited to announce a new program from the Center: the [Transitions in Aging Community Certificate](#)! This certificate expands our educational offerings at the Center by building shared knowledge of and practices for healthy aging. To enroll in the *FREE* certificate program, see details below.

Finally, our executive team is winding down FY-22 and beginning the next fiscal year, which means proposing FY-23 budgets and reallocating resources as needed. We look forward to developing new events and funding opportunities for our affiliate faculty in the next academic year. Please do reach out if there is particular programming you'd like us to organize: Nicole.Ehrhart@colostate.edu.

Enjoy the rest of this newsletter for updates on our affiliate faculty and community partner events.

Warmest Regards,
Nicole Ehrhart

Healthy Aging Blog

[How to Rewire Your Brain](#)

[Knuckle Cracker or Not, Here's What You Need to Know About Arthritis](#)

[Body Image Across the Lifespan](#)

Grace Weintrob, Communication Studies

Aging News

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

*Social media use
linked to depression in
adults*

via *NBC News*

[read more >>](#)



*Too much self-
confidence can
endanger health*

via *ScienceDaily*

[read more >>](#)



*Watch seniors come to
life when puppies
flooded their nursing
home*

via *Good News
Network*

[read more >>](#)

News from the Center

Certificate Program



Now introducing our ***Transitions in Aging Community Certificate Program!***

This program is designed for community members, students, informal care providers of older adults, or anyone who is interested in aging topics. The certificate aims to build

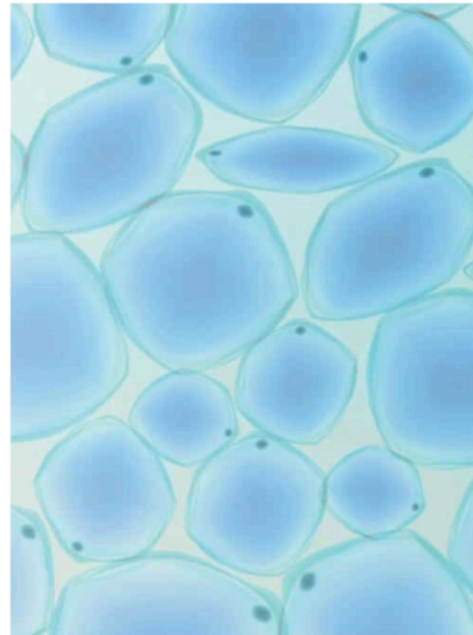
[Subscribe](#)[Past Issues](#)[Translate ▼](#)

conditions; and to engage participants in lifestyle practices that support healthy aging.

The program is customizable for each participant and is offered at little to no cost!

Interested participants can enroll via the sign up form at: col.st/pU6mT

Colorado Longitudinal Study (COLS)



The Colorado Longitudinal Study is coming to Fort Collins this summer!

COLS is a biobank and health data collection effort designed to follow 1 million Coloradans over 10 years, investigating the link between genetics, metabolism, environment, and behavior to health outcomes and aging trajectories. Because it plans to connect the biological and the social, COLS will be a unique biobank unlike any other. Read more about it at colostudy.org or listen to the Center's [Oct. 2021 podcast](#) with COLS' Chief Operating Officer, Meredith Guerrero, for more information.

The Center for Healthy Aging will be the **first engagement hub** for COLS as it recruits its **first 500 participants between the ages of 45-84 years** of age through 2023. Sign up for [COLS' newsletter](#) to be notified when recruitment begins!

Moving Through Parkinson's

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

[Moving Through Parkinson's](#) has a new wall display in the Center for Healthy Aging, unveiled in April for Parkinson's Awareness Month!

Stop by the Center to read testimonials and poems written by participants and to see beautiful images from past MTP performances.

MTP offers classes with guided exercises and support for community members living with Parkinson's disease and their care partners. Founded by Lisa Morgan, CSU dance instructor.

Podcast Corner



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

"An Aging Workforce" with [Dr. Gwen Fisher](#), an associate professor in CSU's Occupational Health and Psychology lab, about the future of work: trends, gaps, and hot topics surrounding the older adult workforce.

"Financial Security and Cognitive Health" with [Dr. Eric Chess](#), director of The Paul Freeman Financial Security Program at the Knoebel Institute for Healthy Aging, on the intersection of financial security and cognitive health, research at that intersection, as well as signs you can watch out for to recognize financial fraud.

"Regenerative Medicine 2.0" with [Dr. Nicole Ehrhart](#), CHA director, on stem cell therapy as a foundation for regenerative medicine, and a new, cutting-edge approach to addressing age-related diseases: extracellular vesicle therapy for sarcopenia.

"Aging Policy in Colorado" with [Jodi Waterhouse](#), director of outreach programs at the University of Colorado Anschutz Multidisciplinary Center on Aging, on two legislative bills that aim to increase the number of medical providers for older adults in Colorado.

"Lifespan Technology Use" with [Dr. Adela Chen](#), from CSU's Department of Computer Information Systems, on how social media use relates to early childhood experiences and how the boundaries between our professional and personal lives are blurred by the use of technology at work and home.

Episodes drop every other Monday. 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:](#)



Aging Clinic of the Rockies



The Aging Clinic of the Rockies offers professional counseling services to address the psychological needs of older adults and their loved ones. [Visit ACoR's website](#) to learn more about their caregiver support and senior peer counseling programs, as well as general mental health services, psychotherapy, and neuropsychological assessments.

Center Events

Our Healthy Aging Speaker Series, Fitness, and Mobility Yoga will be put on pause for the summer term. Our team is working on creating new and engaging programs for older adults!

All Center events have been archived on our YouTube playlist and [our website](#). Continue to exercise and learn through the video archive:



Faculty News

Publications and Awards



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

the Department of Microbiology, Immunology and Pathology, [Alan Schenkel](#), was published in the *Immune Network* for his manuscript on infections in the aging lung. The paper is titled, "[Characterization of Immune Cells From the Lungs of Patients With Chronic Non-Tuberculous Mycobacteria or Pseudomonas aeruginosa Infection](#)".

Schenkel's team is the first to look at one of the major kinds of white blood cells, [leukocytes](#), in aging, immunocompetent lungs.

Economics Assistant Professor [Ray Miller](#) was recently published in *The Journal of the Economics Aging* for his manuscript that explores unpaid caregiving in the United States.

["Opportunity costs of unpaid caregiving: Evidence from panel time diaries"](#) aims to understand the tradeoffs that older and younger adults make when caregiving for free.



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Human Development and Family Studies has been selected as the recipient of the 2022 Distinguished Faculty Award from The Gerontological Society of America and the Academy for Gerontology in Higher Education. The Distinguished Faculty Award recognizes persons whose teaching stands out as exemplary, innovative, of impact, or any combination thereof.

The award will be presented, and Fruhauf will give a special, invited lecture, at the [GSA Annual Scientific Meeting](#) on Nov. 2-6 in Indianapolis, I.N.,

HDFS Associate Professor, Gloria Luong, wrote the nomination letter and Fruhauf's colleagues, Drs. Bielak, Diehl, and Riggs, and graduate student, James Miller, supported the nomination. Congratulations Christine!

Student Achievements

Sydney Alderfer, B.S. Biomedical Engineering '22, presented her research at the Celebrate Undergraduate Research and Creativity symposium, CURC 2022, in April. Alderfer's presentation, titled, ["A Human Cell Model for Studying Efficacy of Therapeutics for Reversal of a Dementia-Associated Neuropathology."](#) addresses the critical need for a live cell human system to test potential therapeutics for dementia, as postmortem brains only allow for "after-the-fact" analysis of rods and synapse loss. Advisor: Visiting Professor [Lubna Tahtamouni](#).



Alderfer also won the first place Diversity, Equity, Inclusion and Social Justice Research Award for her project, ["Examining Inclusive Science Communication Training as a Tool to Support Historically Disadvantaged STEM Students,"](#) at CURC 2022. Advisor: MIP Assistant Professor [Nicole Kelp](#).

After graduation, Alderfer plans to begin as a



Graduating from Colorado State University's Department of Human Development and Family Studies, Sarah Cromwell has left a huge impact on the department and the Fort Collins community.

Cromwell launched the first-ever CSU Gerontology Club with inspiration that came from her academic background in gerontology and human development and family studies, combined with her professional work experience as a Certified Nursing Assistant (CNA) at Columbine Health Systems. During the COVID-19 pandemic, staff workloads increased and staffing shortages grew. Cromwell observed that residents were missing out on time to chat and connect with others in a meaningful way, so she started the club to help out.

[Read Cromwell's full feature on SOURCE.](#)

Understanding the Aging Brain

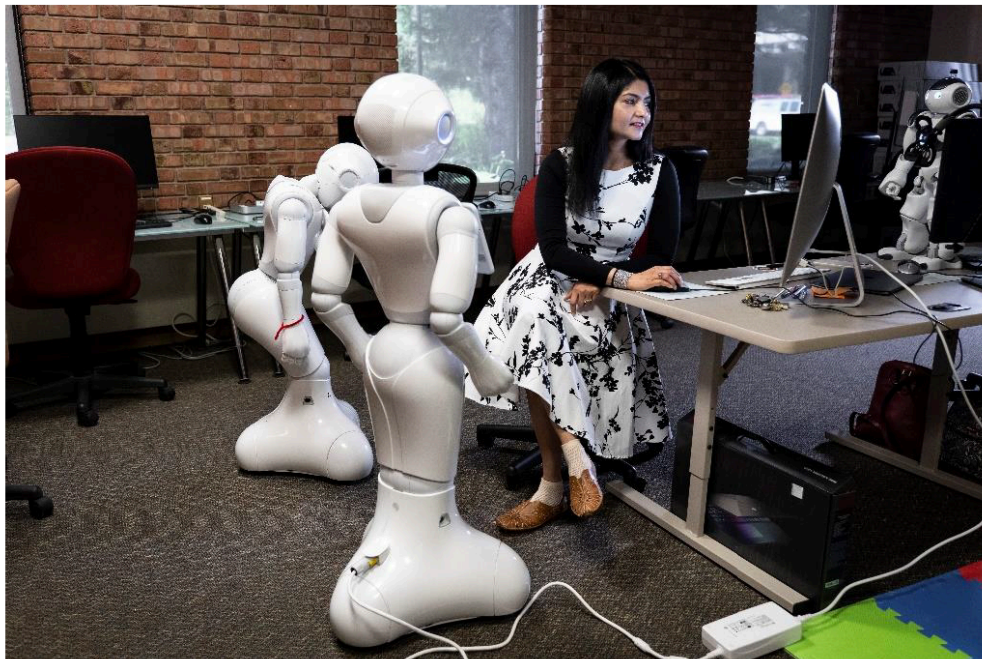


[Thomas Kuhn](#), a professor in the Dept. of Biochemistry and Molecular Biology, taught a four-lecture class for the Osher Lifelong Learning Institute this past spring. "Understanding the Aging Brain" reviewed how diet, mental and physical activity, and the composition of our intestinal microbiomes influence the functions of the aging brain. Kuhn provided an overview of cellular and molecular processes in brain development and the function of synaptic connectivity and neuronal circuits. He also discussed diseases and disorders that lead to

realize therapeutic interventions.

OLLI's members average about 74 years-old; many are retired community members, and some are retired CSU professors. CSU's OLLI membership includes about 1,100 older adults in Larimer County.

Events



Will Robots Be a Part of Your Future Caregiving Team? **June 15th, 2022 – 11 am to 12 noon (Mountain Time)** **Virtual Event – Hosted by Aging2.0 Denver Chapter and iAging**

Could robots be utilized in senior care communities? Hear about a pilot study, funded by the Minnesota Department of Human Services, that will place eight robots in nursing homes in the state to learn about the ethical and effective use of technology in caring for older adults. Presenters and moderators include:

- Arishia Khan, professor of computer science at the University of Minnesota Duluth. Research focus: utilizing robots in nursing homes.
- Alexis Elder, philosophy professor and ethicist. Research focus: ethical issues in using robots to care for older adults.
- Kimberly Class, Quality Improvement Nurse Specialist, Minnesota Department of Human Services. Why is the state interested in funding this project?

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

June 15 from 11-12pm on Zoom!

Register



The World Health Organization's "[Age Friendly World](#)" website aims to support a global community that works together towards a world in which you would want to grow older. Age-Friendly World creates a place for people and organizations all over the world to share what they know and learn from others. Co-produced with members and affiliates of the Global Network for Age-Friendly Cities and Communities.

Research Studies Currently Enrolling

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

We want to learn more about
stopping diabetes.
We're hoping you can help.

Researchers at Colorado State University want to find ways to prevent type 2 diabetes. This research study is for teenagers who have family members with diabetes.

WOULD THE STUDY BE A GOOD FIT FOR MY TEEN?

This study might be a good fit for your teen if they are:

- Age 12-17
- Have family members with diabetes
- Sometimes seem depressed or stressed

WHAT WOULD HAPPEN IF MY TEEN TOOK PART IN THE STUDY?

If eligible, your teen would:

- Participate in a 6-week group program with other teens
- Come to Colorado State University for 2 follow-up visits after the program

Compensation is provided for teens who take part to thank them for their time.

There may be possible benefits to teens participating:

- Feeling happier and less stressed
- Learning mindfulness-based or cognitive-behavioral skills
- Learning knowledge about leading a healthier life
- Decreasing their risk of developing type 2 diabetes

To take part in this research study or for more information, please call or text

Natalia Sanchez at 970-286-5210 or email breathestudy@colostate.edu

The principal researcher for this study is Dr. Lauren Shomaker at Colorado State University, University of Colorado Denver, and Children's Hospital Colorado. This study also takes place at the Uniformed Services University and Children's National Hospital.

COMIRB Protocol # 20-2649
PI: Lauren Shomaker, PhD
v2, 10.22.2021
Mindfulness-Based Intervention for
Depression and Insulin Sensitivity in Adolescents



Aging Studies in Canines

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

disease?

[The Neurology Clinical Trials Team](#) at the Colorado State University Veterinary Teaching Hospital is recruiting dogs for clinical trials looking at exactly those questions! The trials are designed to look for biochemical changes that occur in normal aging and in cases of canine cognitive dysfunction, a disease similar to Alzheimer's disease in people.

Participation Requirements:

- Be a generally healthy dog four years of age or older that weighs over 10 pounds.
- Be able to have exams at the CSU Veterinary Teaching Hospital in Fort Collins every three months with laboratory testing and behavioral testing.
- Must be able to undergo periodic general anesthesia.
- In the event that your pet reaches the end of his or her life, you would be asked to have the euthanasia performed at the VTH for postmortem sample collection. (You will be able to receive your pet's ashes back, and all costs would be covered by the study.)

All diagnostics are covered by the study, and participants receive additional credit applied to their VTH accounts.

Enrollment: If you are interested, [please click here](#) to take a quick pre-qualification survey, which will help us determine which study might be best for your dog! If your dog qualifies, a Neurology Clinical Trials team member will reach out to you.

Principal Investigators:

Stephanie McGrath, DVM, MS, Diplomate ACVIM (Neurology)

Julie Moreno, PhD

Research Coordinator: Breonna Kusick



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

recruiting participants for three studies relating to balance and walking in stroke patients and driving function in adults with cognitive impairment. Interested volunteers can [sign up to participate here](#) or email the MNR Lab at mnrmlab@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

Through Johnson & Johnson's [Advancing Health Equity QuickFire Challenge](#), U.S.-based innovators can submit potentially groundbreaking solutions that could advance the trajectory of population health research from basic detection to the design and implementation of interventions aiming to reduce healthcare inequities. J&J is interested in potential solutions aligned to the areas of strategic focus and expertise in Oncology of the Janssen Pharmaceutical Companies of Johnson & Johnson (Janssen): lung cancer, multiple myeloma, or prostate cancer. **Grant funding from a total pool of \$400,000. Application deadline: June 24.**

The [American Diabetes Association](#) has 3 RFPs available: **1)** "Leveraging Precision Medicine to Improve the Lives of People with Diabetes" is for research on precision

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Equity in Diabetes" seeks transformational and translatable research to enhance minority health and reduce health disparities to improve the lives of people living with diabetes and its complications. **3) "Leveraging Innovative Behavioral and Psychosocial Interventions for Diabetes Prevention through Nutrition & Lifestyle"** is for research that elicits sustained behavioral change at the individual and community levels, with interventions tailored to different racial and socioeconomic groups across the lifespan. **Award amount: Up to \$444,000 (over 3 years) for junior faculty or \$600,000 (over 3 years) for innovative clinical or translational science proposals. LOI due by June 27.**

The [Edward N. and Della L. Thome Memorial Foundation Awards Program in Age-Related Macular Degeneration Research](#) is accepting proposals for research that will lead to improved therapies for individuals suffering from age-related macular degeneration (AMD). Examples of funding areas include, but are not limited to, genetically engineered animal models, the discovery and testing of small molecule therapies directed at promising targets including immune-, inflammation-, or lipid-related pathways associated with AMD, local drug delivery systems, and neuroprotective strategies. **Award amount: Up to \$500,000 (over 2 years). Initial Stage Proposals due July 7.**

Community Happenings

Alzheimer's Association: June Events

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

LIVING WITH ALZHEIMER'S FOR EARLY-STAGE CARE PARTNERS

An education program presented by the Alzheimer's Association®



In the early stage of Alzheimer's disease, families face many new questions. What does the diagnosis mean? How do we plan for the future? What resources are available to help?

Join us for this three-part series that answers these and other questions that arise in the early stage. Hear from other care partners and individuals living with Alzheimer's and learn tips and strategies to help you support a person living with the disease.

Visit alz.org/CRF to explore additional education programs in your area.

Ft. Collins Senior Center 1200 Raintree Drive Ft. Collins, CO 80526

Part 1

June 8th | 4:00 p.m. – 5:00 p.m.

To register: https://bit.ly/LWAES_1_JUN08

Part 2

June 15th | 4:00 p.m. – 5:00 p.m.

To register: https://bit.ly/LWAES_2_JUN15

Part 3

June 22nd | 4:00 p.m. – 5:00 p.m.

To register: https://bit.ly/LWAES_3_JUN22

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

DEMENTIA CONVERSATIONS

An education program presented by the Alzheimer's Association®



When someone shows signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program offers tips on how to have honest and caring conversations to address some of the most common issues.

Topics covered in the program include:

- » Going to the doctor
- » Deciding when to stop driving
- » Making legal and financial plans

Thursday, June 23
4:00 p.m. – 5:00 p.m.

The Chilson Center
700 E. 4th Street
Loveland, CO 80537

To register, please visit:
https://bit.ly/CONVO_JUN23

Visit alz.org/CRF to explore additional education programs in your area.



Aspen Club is back! Residents aged 50+ in Fort Collins, Loveland, Greeley, and Longmont can register for health education classes,



A LITTLE HELP

Volunteer for A Little Help! If you can spare a few hours per week or every other week to run errands or make phone calls for local older

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)

[News and Events](#)

[Volunteer](#)



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY



[view this email in your browser](#)

Columbine Health Systems Center For Healthy Aging

Colorado State University

151 West Lake Street, Suite 1400, Fort Collins, CO 80523

Sent by healthyaging@colostate.edu

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)

