



February 2021 Newsletter

A Note from the Director

Dear colleagues and friends,

As we transition into the month of February, we have a handful of updates to share with you via this newsletter. I would like to bring special attention to our initiative to

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engaged age-friendly institutions across the globe and position CSU as an innovator in the healthy aging space.

The Center for Healthy Aging is leading a gap analysis to identify strengths and areas in need of improvement across the CSU community as we work to expand intergenerational learning opportunities and programs that support an age-diverse student body. You can read more about this endeavor below under "News from the Center" and of course, reach out if you have any questions about CSU's age-friendly goals.

Also be sure to subscribe to our new podcast, *living healthy longer*, available wherever you stream your podcasts! We have had lots of fun in the creation of this project and are excited bring you the latest and greatest in aging research and healthy living tips via conversations with our expert CSU faculty.

We invite you to browse the rest of this newsletter for research and programming updates from the Center, our affiliated faculty, and our Fort Collins community.

Warmest Regards,

Nicole Ehrhart

Healthy Aging Blog

The Problem with Chronic Insomnia

Cali McEntee, CSU Dept. of Health and Exercise Science

Could "Real Life" Brain Training Be the Answer?

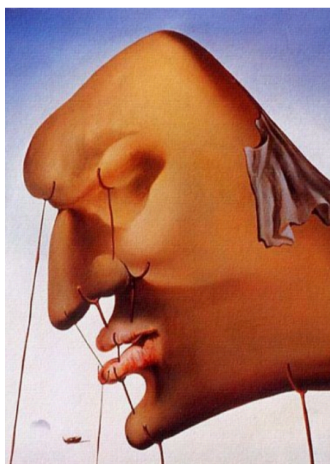
Tara Talebi-Talghian, B.A. '19, CU-Boulder Dept. of Integrative Physiology

Pour It On: More Good News for Coffee

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

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Aging News



Aging Basics: Sleep

via CHA's Aging Basics series

Special thanks to Dr. Josiane Broussard and doctoral student Sophie Seward, our expert writers!

[read more >>](#)



Dementia, Alzheimer's not an inevitable part of aging: Study

via ABC News

[read more >>](#)



Study reveals immune driver of brain aging

via Stanford Medical News

[read more >>](#)

Publications + Grants

time in stroke

Researchers [Neha Lodha](#), [Prakruti Patel](#), and Joanna M. Shad from CSU's Dept. of Health and Exercise Science, along with colleagues at the University of Florida, have a new publication in the *Journal of NeuroEngineering and Rehabilitation* that examines the combined impact of cognitive and motor impairments on braking time in chronic stroke. Results found that braking time was 16% longer in the stroke group compared with the control group.



A systematic review of older adults' request for or attitude toward euthanasia or assisted-suicide

A new publication from Professor Silvia Sara Canetto in the Dept. of Psychology and collaborators across the globe looked at predictors (demographic, physical health, psychological, social, quality of life, religious, or existential) associated with attitudes toward, wishes and requests for, and death by euthanasia or physician-assisted suicide among individuals aged 60 years and over.

Dr. Canetto also has a new book out, titled [147 Practical Tips for Teaching Diversity](#), that aims to help students and teachers unlearn stereotypes and improve diversity discussions in the classroom, as well as a [new podcast interview](#) that dives into her research on the gender paradox of suicide and suicide behaviors.

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K01 grant to investigate behavioral fluctuations in motor and cognitive performance to identify behavioral markers of decline in driving function in individuals with stroke and mild cognitive impairment. Congrats Dr. Lodha!



News from the Center

Survey of Colorado State University's Age-Friendliness

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.

An age-friendly university is one that encourages adults of all ages to participate in educational programs and fosters intergenerational learning on campus by harnessing expertise and experience among students, faculty, and staff of all ages. In addition, an age-inclusive university encourages research to address the needs of an aging global society, promotes public discourse on critical aging issues, and provides a broad range of opportunities to promote intergenerational collaboration. To read more about CSU's case for becoming an AFU, [visit this story](#).

To aid in the pursuit of AFU status, the Center for Healthy Aging is working on a gap analysis to better understand the current climate and culture of age-friendliness and age-inclusivity in the campus community. Those affiliated with CSU are invited to take part in a survey to identify current strengths, gaps, and opportunities for growth.

All survey responses are anonymous and only group summary data will be analyzed. The survey will be open until Feb. 22, [and is available at this link](#).

Questions about the survey or CSU's age-inclusivity plans can be directed to CHA

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New Research Tab



We have revamped the Research tab over on our website, healthyaging.colostate.edu. All CHA-affiliated faculty members are now listed in a directory and organized within the Center's four research foci: [Comparative Aging](#), [Cognitive, Brain and Behavioral Aging](#), [Biology and Physiology of Aging](#), and [Age-Friendly Engineering, Design, and Rehabilitation](#). Visit the tab to find a list of faculty publications, faculty featured in the news, studies currently recruiting participants, and more!

living healthy longer debuted with 147 downloads



The Center's new podcast, *living healthy longer*, debuted on January 11 with the goal of featuring the latest healthy aging research and providing actionable tips that listeners can take with them to, as the name implies, live healthier for longer.

This month we heard from CHA director, Nicole Ehrhart, about the hallmarks of aging: nine cellular and molecular mechanisms of aging that are shared among all humans and are

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are working to create personalized, biological interventions that influence aging and increase the number of healthy years we have to live.

We've received 147 downloads since our launch and we hope for many more in the future! You can find living healthy longer wherever you get your podcasts: [Apple](#), [Spotify](#), [Stitcher](#), [Google Podcasts](#), or [Amazon](#). Please do rate and leave us a review — it helps us find more listeners!

Our next episode on February 8 features CSU neuropsychologist Deana Davalos and everything you need to know about maintaining a healthy brain as you age.

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

Research Studies Currently Enrolling



Movement
Neuroscience
Rehabilitation

The Movement, Neuroscience, and Rehabilitation Lab is recruiting individuals for a driving and falls study. Individuals with stroke, mild cognitive impairment, early stage of Alzheimer's disease, as well as healthy older adults can participate. Please provide your name and contact [here](#) and the team will reach out to you.

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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.**



Funding Opportunities

[The Human Animal Bond Research Institute](#) is calling for research proposals to investigate the health outcomes of pet ownership and/or animal-assisted activity or therapy, both for the people and the animals involved. Proposals should have a strong theoretical framework and focus on innovative approaches to studying the health effects of companion animals on humans within the following broad categories: Child Health and Development, **Healthy Aging**, Mental & Physical Health and Wellness. Submission deadline is Thursday, Feb. 11, 2021 at 11:59 p.m. ET. Award amount averages \$45,000.

[New York Stem Cell Foundation](#) is soliciting applications from early career investigators for Innovator awards in neuroscience. The goal of this initiative is to foster truly bold, innovative scientists with the potential to transform the field of neuroscience. Applicants are encouraged in all areas of neuroscience, and NYSCF is committed to supporting the field as broadly as possible through these awards. Applicants need not be working in areas related to stem cells or related areas. To be eligible, candidates must be within 6 years of starting a faculty (professorship) or comparable position on June 1, 2021. Submission deadline is Feb. 17, 2021 at 5 p.m. ET. Award amount: up to \$175,000.

Through the [Emerging Research Grants](#) program, Hearing Health Foundation (HHF) provides seed money to hearing and balance researchers who focus on researching underfunded areas of otology. Grantees advance scientific knowledge in the following under-researched areas: Hearing Loss in Children, Central Auditory Processing Disorder, Hyperacusis, Tinnitus, Ménière's disease, Usher syndrome, making cancer drugs less ototoxic, and the links between hearing loss and diabetes, heart and kidney disease. General Hearing Health applicants are limited to early career researchers who are within 7 years of completing their terminal degree. They cannot be a prior or current PI on a major

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Center Events

Healthy Aging Fitness

Our next Healthy Aging Fitness class will be held on **Monday, February 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. Bryan Adams-Colon, a Health and Exercise Science student, will be hosting Healthy Aging Fitness beginning last month thru April. Welcome Bryan!

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

Register



HEALTHY AGING SPEAKER SERIES

Our next Healthy Aging Speaker Series lecture, with Assistant Professor of Health and Exercise Science Brett Fling, will take us through age-related changes in brain structure and function and how they're associated with changes in movement control. [More info here](#).

When: Thursday, February 18 at 12 p.m.

Register

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COVID-19 Expert Panel Series

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



History and Nature Walks

Friday, Feb. 5 at 2 p.m.

Friday, Feb. 19 at 2 p.m.



White Immunity: Working Through the Pedagogical Pitfalls of Privilege

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COVID-19 restrictions apply.
Registration required. Max of 10
participants per walk. Visit [here](#) and
[here](#) for more info.

[Explore City Events Calendar](#)

Join the College of Health and
Human Science for a lecture by Dr.
[Nolan Cabrera](#) from the University of
Arizona about history of racial
oppression to contemporary times.
[More info here.](#)



The [Alzheimer's Association:](#)
[Colorado Chapter](#) is looking to
connect students to their mission,
whether through volunteerism or
simply learning about the
association's programs and
services. The Alzheimer's
Association offers a wide variety of
opportunities in the community,
including community education,
support group facilitation, event
planning, marketing, and
fundraising, and they're very eager
to work with CSU students.

Please contact Katie Petersen,
Development Manager for more
information.

Email: kapetersen@alz.org

Phone: 970-302-7296

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