

May 2021 Newsletter

A Note from the Director

Dear colleagues and friends,

Greetings from the Columbine Health Systems Center for Healthy Aging!

News this month starts with the release of our 2020 Annual Report from the Center. This document, linked below, compiles many of the developments we have been sharing with you since I became the director, as well as other programs and metrics. Some takeaways to highlight:

- In 2019-2020, aging research at CSU resulted in 67 submitted research proposals and \$8.6 million in awarded funding.
- The frequency of testing for COVID-19 in long-term care facility populations throughout the state of Colorado was initiated and based upon our Longitudinal

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national model for long-term care facility monitoring. We are still involved in this program and continue to provide guidance at the state level and beyond.

- The Center's "Road Map to the Future" shows our vision to expand transdisciplinary research, educational opportunities, and community engagement activities at the Center.

I invite you to explore the complete annual report [here](#) to read more about these accomplishments and others.

Other happenings to mention include our May 13 Healthy Aging Speaker Series event, where our collaborators from the University of Massachusetts Boston will talk about the [Age-Friendly University](#) movement and share preliminary results from our CSU-wide age inclusivity gap analysis. More than 2,900 CSU faculty, staff, students, and alumni responded to our age-friendly climate survey! We are excited to share these results with you and build a road map for the next phase of this work.

Finally, the Center is hiring! Please see the below announcements about our search for a Digital Media Intern and Bioarchivist.

As always, I thank you for your continued support and contribution. Until next time!

Warmest Regards,

Nicole Ehrhart

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Year in Review

[View our 2020 Annual Report](#) to learn more about the Center and its accomplishments, goals, and future directions across research and engagement.

Healthy Aging Blog

[Aging in Place in Rural Areas of Colorado](#)

Senior Access Points Team: Allyson Brothers, Sue Schneider, Cheryl Noble, Jessy Jiao

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Aging News



When is the best time to exercise?

via CHHS' Source

[read more >>](#)



Anti-Aging Nutraceutical Improves Muscle Remodeling and Glucose Metabolism in Older Women

via Genetic Engineering and Biotechnology News

[read more >>](#)



Higher education won't help preserve the aging brain, study says

via Medical Xpress

[read more >>](#)

News from the Center

Day of Giving

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The Office of the Vice President for Research has selected the Columbine Health Systems Center for Healthy Aging to support in its [Day of Giving](#) campaign.

On this Day of Giving, we are asking you to help us establish a comparative canine aging program at the Center. Your gift will support us as we research chronic disease, develop interventions such as drugs or therapies, and identify common biomarkers shared by humans and dogs that influence aging. Your support will lead to longer, healthier lives for dogs and their humans!

Click through to hear from CHA Director, Nicole Ehrhart, on why dogs are sentinel models of human aging. Thank you for considering a donation.

Join Our Team

NOW HIRING!

a **Digital Media Intern** who
has a passion for science +
research



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY

healthyaging.colostate.edu



The Center is seeking a curious, self-motivated CSU student who is well-versed in the realm of digital communications, journalism, and social media coordination, pursuing a degree in a related field. To read more about the position, [visit here](#). Apply on Handshake under posting #4731768.

NOW HIRING!

a **Bioarchivist** who is
experienced in data
collection + lab techniques



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COLORADO STATE UNIVERSITY

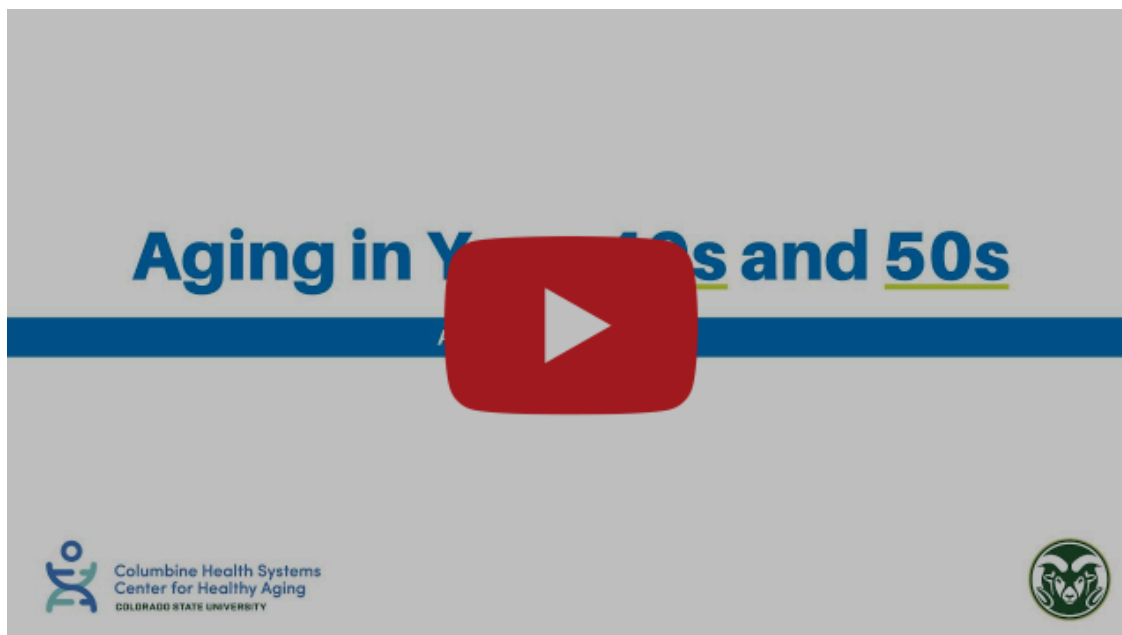
healthyaging.colostate.edu



The Center is also looking for a bioarchivist to inventory samples from our [Longitudinal COVID-19 Screening Study](#). Do you know someone who is detail-

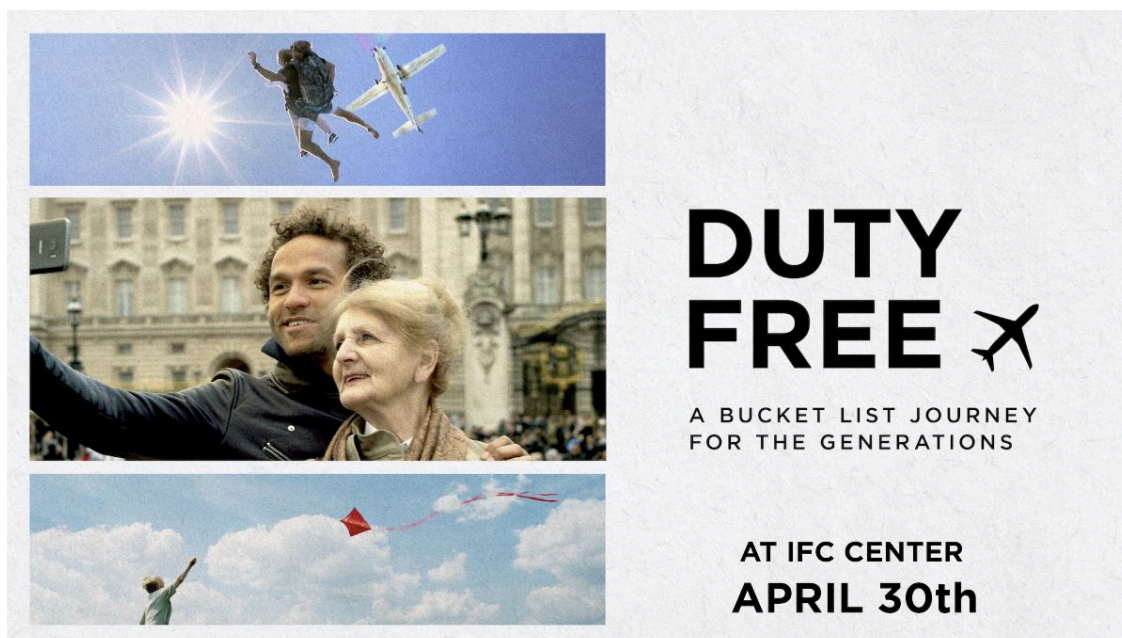
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Aging in Your 40s and 50s



Our "Aging in Your 40s and 50s" panel discussion was a hit! Thank you to our panelists and to all who attended. Watch the recording [here](#) — and be on the lookout for our "Aging for 65+" event in the fall. Read more about our "Aging Across the Lifespan" series [here](#).

Now Streaming



Duty Free follows a 75 year-old mother and her adult son on a bucket list journey of a lifetime, and has been called "touching" and "poignant" by both CBS News and The

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productive, beautiful and important.

▶ Watch *Duty Free* virtually starting April 30 and be inspired to go on a bucket list adventure of your own! Buy your tickets [here](#).

Podcast Corner



On our April 19 episode of *living healthy longer*, [Dr. Sue VandeWoude](#) of the One Health Institute introduced us to the one health approach, a concept that recognizes that the health of people is closely connected to the health of animals and our shared environment. We discussed how comparative medicine informs human health and why animals are the key to understanding many human diseases and conditions, including aging.

Our next episode, released today, features Becca Lassell, a recent Ph.D. graduate from CSU's Department of Occupational Therapy who discusses how a therapeutic horseback riding program in Loveland has helped older adults with dementia and their partners gain a better quality of life. We also get into the beneficial effects of gardening for people with cognitive decline.

Listen to *living healthy longer* across platforms: [Apple](#), [Spotify](#), [Stitcher](#), [Google Podcasts](#), or [Amazon](#). Please do subscribe, 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.**



The Aging Clinic of the Rockies offers other professional counseling services, in addition to the Caregiver Mentorship Program, to address 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.

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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.



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

Center Events

Healthy Aging Fitness

Our next Healthy Aging Fitness class will be held on **Monday, May 17 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 our April workout [at this link](#).

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HEALTHY AGING SPEAKER SERIES

Our next Healthy Aging Speaker Series event will be about CSU's [Age-Friendly University initiative](#). CHA Director Nicole Ehrhart and investigators Nina Silverstein and Celeste Beaulieu from the University of Massachusetts Boston will share their framework for assessing age-inclusivity in higher education and present preliminary findings from CSU's gap analysis conducted in early spring. **When: Thursday, May 13 at 12 p.m.**

Watch Karyn Hamilton's April lecture on exercise and pharmacotherapeutics for healthy aging [here](#).

[Register](#)

COVID-19 Expert Panel Series

Our next COVID-19 Expert Panel Q&A will occur **on Monday, May 17 at 12:30 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. We will hold these discussions every other month beginning in May.

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:](#)

Faculty News

Publications and Popular Press

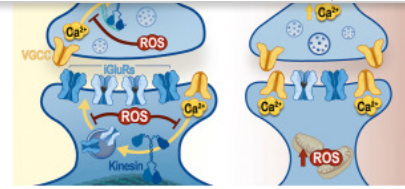


The [Sensorimotor Neuroimaging Laboratory](#) in the Department of Health and Exercise Science, led by Assistant Professor Brett Fling, has two new publications: "[Relating Response Inhibition, Brain Connectivity, and Freezing of Gait in People with Parkinson's Disease](#)" found that participants with Parkinson's disease exhibited white matter loss in the response inhibition network of neural cells, but this was not associated with freezing of gait, a common motor symptom of PD, nor was it associated with response inhibition deficits.

"[Middle-age people with multiple sclerosis demonstrate similar mobility characteristics to neurotypical older adults](#)" offers a comprehensive analysis of mobility differences and measures capable of discriminating between middle-age neurotypical adults and people with multiple sclerosis (PwMS). Additionally, this study provides evidence that neurotypical older adults and middle-age PwMS display similar movement characteristics, thus clarifying a potential indicator of advanced aging from a mobility perspective.

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[Assistant Professor Rachel Doser](#) and graduate student Rachel Doser of the Department of Biomedical Sciences have published a graphical review in the journal *Current Research in Neurobiology* on the regulation of neuronal excitability by reactive oxygen species and calcium signaling. Many neuronal mechanisms are co-regulated by oxidation and calcium signaling, thus new research on this co-regulation is insightful for physiological neuronal aging. [More here.](#)



University Distinguished Professor [Manfred Diehl](#) of the Department of Human Development and Family Studies was interviewed by *TIME* magazine on issues of ageism and negative age stereotypes. Read the article: [Ageist Attacks Against President Biden Reinforce Outdated Stereotypes—and Hurt Younger People, Too](#)

Driving and Falls Risk Screenings



The [Laboratory for Movement Neuroscience and Rehabilitation](#) is offering CSU faculty, staff, and their families (above 60 years of age) an opportunity to get assessments of your fall and driving crash risk using CDC-recommended and nationally recognized assessments at very low cost. Based on your results and interests, the team will offer suggestions for balance and fall-prevention strategies, participation in movement-based research, or referrals to driving rehabilitation specialists.

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Parking permits will be provided for HPCRL parking. Social distancing and mask-wearing will be enforced, per CSU's COVID-19 policy.

Appointments are required. Schedule by contacting the team [here](#) or calling (970) 491-7663.

When: Thursday, May 6 | 9-4 p.m.

Friday, May 7 | 9-4 p.m.

Disaster Preparedness and Older Adults



[SAMHSA](#), the Substance Abuse and Mental Health Services Administration, has assembled a list of resources to help adults age 65 years and older, their loved ones, and their caregivers prepare for disasters and maximize safety in and after them.

Also included are resources to help responders work more effectively with older adults. View below:

[Helping Older Adults After Disasters](#)

[COVID-19 Resources for Older Adults](#)

[Emergency Preparedness for Older Adults](#)

[Addressing the Needs of Older Adults in Disasters](#)

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MAY 4TH, 2021, 1-5PM MST

save the date

**CLIMATE CHANGE AND
ONE HEALTH WORKSHOP**



A SERIES OF THREE VIRTUAL WORKSHOP PANELS:

- Anticipating change in vector-borne disease distribution
- Drought impacts on livestock production in rural communities
- Forest fire impacts on human, animal, and environmental health

This event will kick off the launch of a One Health and Climate Change pilot grant program, and is designed to help envision interdisciplinary projects among CSU faculty at the intersection of human, animal, and environmental health.

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HUMANS ANIMALS ENVIRONMENT




**SCHOOL OF GLOBAL
ENVIRONMENTAL SUSTAINABILITY**
COLORADO STATE UNIVERSITY

Register for one or all sessions [at this link](#).

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. [Visit here for more info.](#)

ncoa
National Council on Aging

2021 Science of Aging Webinar Series

Presented by InsideScientific & The American Physiological Society



The Challenges of Sarcopenia: Definition, Underlying Mechanisms, Interventions, and Outcomes

Wednesday, May 19, 2021 at 1 p.m. MT

[Charlotte Peterson](#) (Professor and Director of the Center for Muscle Biology, University of Kentucky) and [Jack Guralnik](#) (Professor of Epidemiology and Public Health, University of Maryland School of Medicine) will discuss sarcopenia, or the age-related loss of muscle mass and function. The pair will go through the physiological mechanisms underlying the disease and current avenues of treatment and assessment that are being researched and developed for patients.

For more info and to register, [visit this link](#).

Research Studies Currently Enrolling



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function relates to white matter health using innovative brain imaging methods. Participants must be:

- 18-45 years-old
- Fluent in English
- No history of dementia, multiple sclerosis, stroke, or other major neurological disorder
- No current use of pace markers or other metal implants in your body (for MRI safety purposes)

Time commitment is two hours: a one-hour meeting to fill out a packet of questionnaires and complete computer tasks and an additional hour to conduct the MRI scan. For more info, contact Principal Investigator Aga Burzynska or BRAiN Lab Ph.D. student Andrea Mendez. **Email:** aga.burza@colostate.edu or andrea.mendez@colostate.edu

**Your care,
their safety!**

.....

**Free resource for
families and caregivers**

.....

**Safety with Driving
Safety with Firearms
Home Safety**



Researchers at the University of Colorado School of Medicine looking for caregivers to participate in an internet-based research study that examines safety practices for people with dementia and their caregivers. Participants will complete two online questionnaires and a 30-minute interview. Participants will receive \$50 in compensation for their participation. For more info, [visit this link](#).

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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.

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.



Funding Opportunities

The Alzheimer's Association and Brain Canada Foundation are pleased to partner on any successful application from a Canadian-led team for the [Advancing Research on Care and Outcome Measurement](#) (ARCOM) funding program. Work funded through ARCOM must directly advance research projects focused on development of new—and/or validation of previously developed—measures of care and outcomes where measurement gaps exist, and evaluation of the use of such measures in improving care and 2 outcomes across diverse and underrepresented populations and stages of dementia, and in various settings. Letter of intent deadline is May 5, 2021 at 5 p.m. EST. Award amount: \$250,000 for 1-2 years.

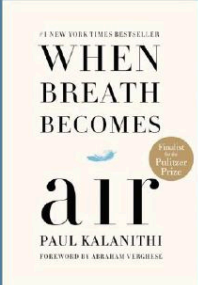
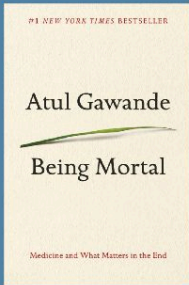
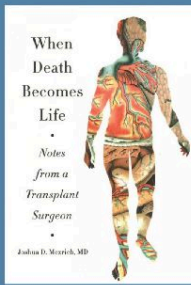
This funding announcement covers the following four priority areas outlined in the [Patient-](#)

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Dissemination Research; and Improving Healthcare Systems. Applications should address needs of patients, caregivers, clinicians, and other healthcare stakeholders in making personalized clinical decisions across a wide range of conditions, populations, and treatments. LOI is due June 1, 2021 at 5 p.m. ET. Award amount varies from \$2–\$5 million.

Brain Research Foundation has invited eligible US academic institutions to nominate one senior faculty member (Associate and Full Professor) to submit a Letter of Intent for the [Scientific Innovations Award](#) (SIA). Brain Research Foundation's Scientific Innovations Award Program provides funding for innovative science in both basic and clinical neuroscience. This funding mechanism is designed to support creative, exploratory, cutting edge research in well-established research laboratories, under the direction of established investigators. Award amount: \$150,000 for two years. LOI is due June 24, 2021 at 4 p.m. CST.

Community Happenings

MARCH 17	APRIL 21 / MAY 19	JUNE 16	JULY 21
 WHEN BREATH BECOMES air PAUL KALANITHI FOREWORD BY ABRAHAM VERGHESE	 Being Mortal Atul Gawande Medicine and What Matters in the End	 IT'S OK THAT YOU'RE NOT OK MEGAN DEVINE Meeting Grief and Loss in a Culture That Doesn't Understand	 When Death Becomes Life: Notes from a Transplant Surgeon Joshua D. Mezrich, MD
"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*

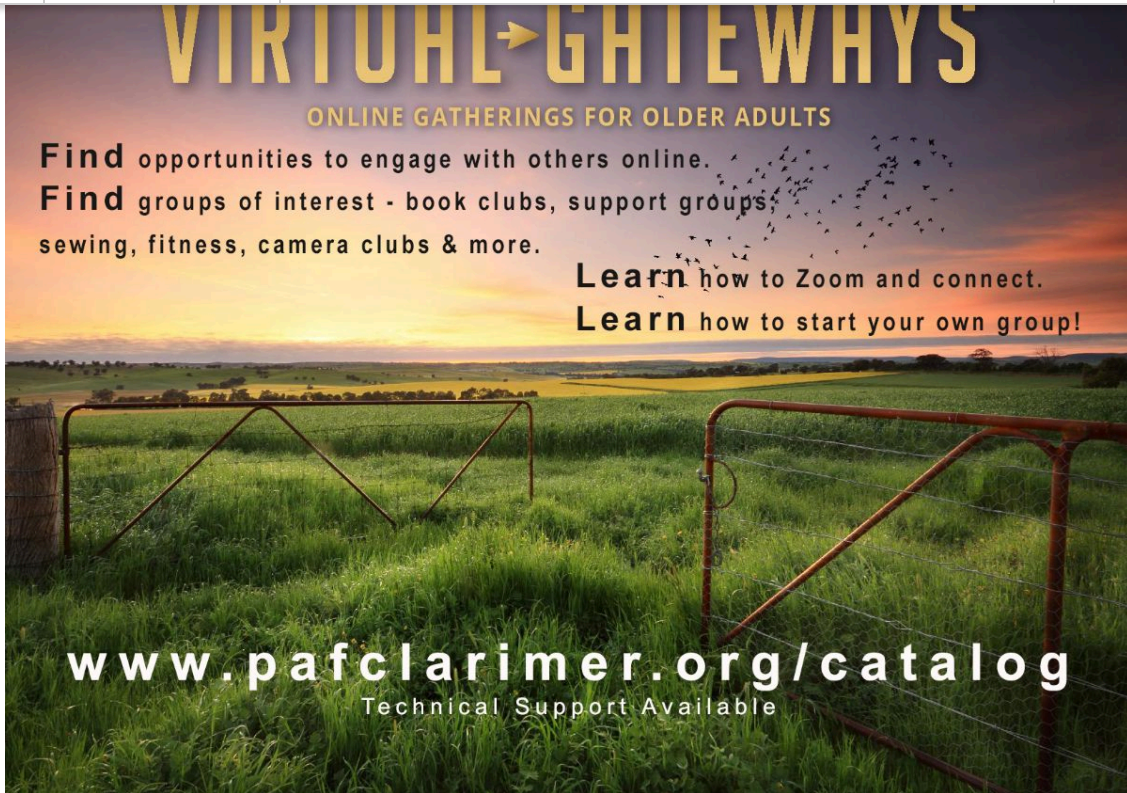
3:00 - 4:30 PM, 3RD WEDNESDAY OF EACH MONTH

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

POUDRE RIVER PUBLIC LIBRARY DISTRICT

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

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Learn how to Zoom and connect.
Learn how to start your own group!

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Yoga and Wellness in Nature

Gateway Natural Area

May 13 at 10 a.m.

Explore natural areas that complement easy and peaceful yoga poses. No experience with yoga necessary. Yoga mats optional.

Up to 1 mile; easy.

[Register](#)



Larimer County Farmers' Market

Opening Day

200 W. Oak St.

May 22, 9–1 p.m.

[More Info](#)

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