

November 2022 Newsletter

A Note from the Director

Dear colleagues and friends,

The semester is flying by, and the Center has been bustling with activity. Among the highlights in the last several weeks were the Human-Animal Translational Science Graduate Student Research Symposium, co-sponsored by the Center for Healthy Aging and the One Health Institute on Oct. 12, 2022 where graduate students from a wide variety of scientific disciplines showcased their research in a highly interactive forum. Special thanks to CHA's Hannah Halusker and OHI's Teya Kvasnicka for organizing this hugely successful event!

Additionally, the Center for Healthy Aging has created an **IN**terdisciplinary **RE**search

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behavioral, environmental and biologic aspects of healthy aging. The objective of this pilot funding opportunity is to support the creation of new, interdisciplinary research teams and preliminary data that can position CHA's affiliate faculty and their research teams to be competitive for follow-on funding in novel, transdisciplinary aging research. A team of reviewers will evaluate proposals over the holidays, and awardee notifications will be sent by Jan. 15, 2023.

There are many other activities and successes described in the newsletter below. I invite you to scroll through to learn more about current and upcoming events, research studies, and programs.

In conclusion, I want to send my very best wishes to our affiliate faculty, undergraduates, and graduate students who are prepping for exams and finishing term projects this month. As the Fall 2022 semester hurtles toward its conclusion, wishing you all a warm and wonderful Thanksgiving holiday!

Warmest Regards,

Nicole Ehrhart

Healthy Aging Blog

[Do Robots and Tech Have a Place in Aging Healthcare?](#)

[Humans Can't Live Forever](#)

[Could Guinea Pigs Show Us How Humans Age?](#)

Grace Weintrob, Communication Studies

Aging News

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Joint statement on the situation of older persons in Ukraine

via WHO

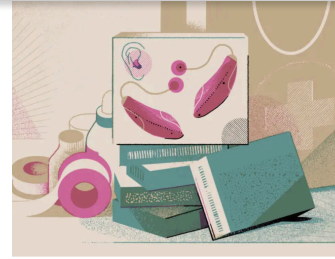
[read more >>](#)



Photographer's 12-Year Quest to Document Her Life Produces a Rich Portrait of Aging

via Kaiser Health News

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'A New Frontier' for Hearing Aids

via Vox

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News from the Center

Faculty Government Relations Ambassadorship

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Jennifer Barfield



Nicole Ehrhart



Chris Funk



Peter Harris



Caroline Havrilla



Kelly Martin



Nathaniel Riggs

CHA Director, Nicole Ehrhart, is one of seven CSU faculty members involved in the first cohort of the [Government Relations Faculty Ambassadors Initiative](#), a new program by the Office of the Vice President for Research to help faculty influence public policy. The program provides training for faculty members to become expert resources for lawmakers, maximizing the impact of their research while identifying opportunities for new government funding and media relations.

Dr. Ehrhart chose to participate in the ambassadorship after working with state officials on the [COVID-19 pandemic response in skilled nursing facilities](#).

"This experience ignited an interest in optimizing the communication of evolving science-based evidence to guide state and federal policies, programs, and funding geared toward meeting the needs of older adults during times of public health threats," Ehrhart said. "I wish to cultivate strong relationships between faculty thought leaders and government leaders to promote aging research that will inform future policies and position our University community as leaders in advocacy, education, and research to meet the needs of an aging population."

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Ehrhart has also engaged in several speaking opportunities since our last newsletter:

- "Extracellular Vesicles: Regenerative Medicine 2.0"
- "Great Danes and Grandads: Moving the Needle in Longevity Therapeutics"
- "Limb Salvage in the Age of Regenerative Medicine"

at the [European Veterinary Society of Orthopaedics and Traumatology](#) scientific meeting in September in Nice, France. And:

- "Great Danes and Grandads," at the [Brain Health Center of the Rockies](#) in September.
- "Comparative Aging Research at CSU," for the VM603 class, Veterinary Science Research and Methods in October.

Human-Animal Translational Science Research Symposium

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On Oct. 12, the Center for Healthy Aging and One Health Institute hosted the Human-Animal Translational Science Research Symposium where translational researchers across multiple disciplines gathered to share findings from their most recent studies.

The event featured a keynote lecture by Drs. Stephanie McGrath and Julie Moreno and oral and poster presentations by CSU student and postdoctoral researchers.

[Read the full recap on SOURCE.](#)

Guinea Pigs as a Translational Model

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Postdoctoral researcher Devin Wahl and doctoral student Maureen Walsh, from CSU's Department of Health and Exercise Science, tell us about the "translational gap" in research and why guinea pigs could be the answer to closing it.

Podcast Corner



Since our last newsletter,

living healthy longer has been on a break, but listeners can still find older episodes across platforms [Apple](#), [Spotify](#), [Stitcher](#), [Google Podcasts](#), or [Amazon](#). Please do subscribe, rate,

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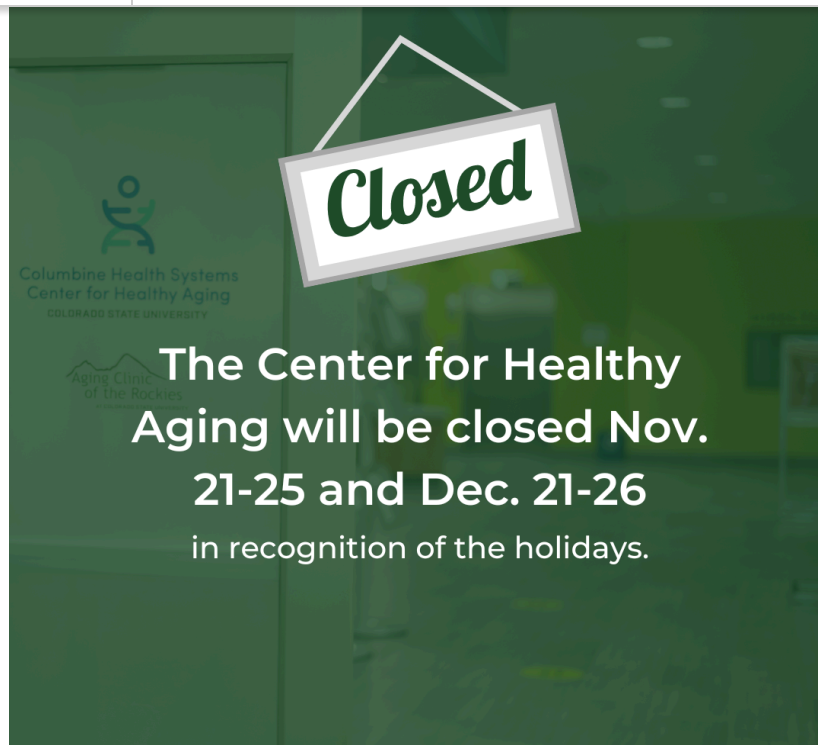
Here are some past episodes, on a variety of aging topics to keep you entertained in the meantime!

- [Tom LaRocca](#), an assistant professor of health and exercise science, discusses the difference between lifespan vs. health span.
- [Susan Bailey](#), a professor of radiological health sciences, discusses her NASA Twins study that aims to influence what factors of spaceflight affect human health.
- [Eric Chess](#), a physician, lawyer, and director of the [Paul Freeman Financial Security Program](#), discusses the intersection of financial security and cognitive health.
- [Adela Chen](#), associate professor of computer information systems, discusses how social media usage blurs the lines between work and home while also relating to childhood experiences.

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



Center Events

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Stay tuned for an announcement about our next Healthy Aging Speaker Series lecture.

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

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of Psychology, was published in the *Journal of Psychiatric Research* in October. Canetto and colleagues' study, "[Midlife suicide: A systematic review and meta-analysis of socioeconomic, psychiatric and physical health risk factors](#)" found that midlife suicide (in persons aged 35 to 65) is strongly associated with socioeconomic difficulties and physical and psychiatric illnesses that are common in this age population.

Dan Lark, director of the [Extracellular Regulation of Metabolism Laboratory](#), was recently granted an R21 from the National Institute on Aging. The \$406,545 grant will be used for, "A Novel Approach to Study Mechanism of Age-Related Dysfunction in Hypoxia-Induced Erythrocyte ATP Release" over the course of two years.

The study aims to determine how aging influences the ability of red blood cells to regulate blood flow through the release of ATP.



[Tom LaRocca's](#) Healthspan Biology Lab was granted a five-year R01 from the National Institute on Aging for "Age-related repetitive element dysregulation, neuroinflammation and Alzheimer's disease."

This \$376,058 grant will be used to investigate the mechanism of repetitive elements in brain aging and Alzheimer's disease.

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Karyn Hamrick, director of the [Translational Research on Aging and Chronic Disease Lab](#), has a recent study in the *Journal of Physiology* titled, "[Phytochemical compound PB125 attenuates skeletal muscle mitochondrial dysfunction and impaired proteostasis in a model of musculoskeletal decline](#)." The study tests a therapeutic supplement, called PB125, in Hartley guinea pigs in an attempt to slow musculoskeletal decline.



"[Rates of protein synthesis are maintained in brain but reduced in skeletal muscle during dietary sulfur amino acid restriction](#)," was published by *Frontiers in Science*. Wenceslao Martinez, a recent CSU graduate, was first author on the publication. The team's study explores the role of mitochondrial dysfunction in aging and the ways to prevent that decline.

Research Studies Currently Enrolling

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

Volunteers Needed for Research Study!

Drs. Jaclyn Stephens and Arlene Schmid are conducting a study at Colorado State University to understand how group yoga and group exercise affects balance and other abilities, like memory, in individuals with acquired brain injuries, including stroke.



Research assessments will take place at Colorado State University (CSU). You will participate in an 8-week group yoga or group exercise program, at no cost, which will take place at the Center of Health Aging at CSU's Health and Medical Center.

Participants will be given an exercise mat, a chest strap that measures heart rate, and a smart watch.

To learn more, please contact Dr. Stephens' research team at SCORELab@colostate.edu

This study has been approved by CSU's Internal Review Board:
Protocol #1799



Neural Mechanisms and Associations of Psychomotor and Balance Performance in Adults with Type 1 Diabetes

REQUEST FOR RESEARCH PARTICIPANTS

Who is conducting this study and what is this study about?

This study is being designed and executed by the investigators of the Sensorimotor Neuroimaging Laboratory at Colorado State University. The purpose of this study is to better understand the effect of type 1 diabetes on brain structure, function and subsequent consequences on balance and psychomotor skills.

Who can join?

You can participate in this study if you are between 20 and 60 years old, have a normal BMI (between 18.5 and 25), and are able to participate in daily living activities.

Why should I join?

By serving as a participant, you may contribute new information that may benefit patients in the future.

What will I be asked to do?

Participants in this study will complete questionnaires as well as several balance assessments utilizing the Smart Balance Master NeuroCom. Participants will also complete , the Purdue Pegboard, the Groove Pegboard, and the Digit Symbol Substitution Test.

How do I join ?

If you are interested in participating in this study, please contact the study coordinator listed below.

For more information, please contact Bayley Wade
Email: bayley.wade@colostate.edu



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What is your biological age?

Comparing the health of your cells to your age in years

REQUEST FOR RESEARCH PARTICIPANTS

Who is conducting the study and what is it about?

Researchers from the Health and Exercise Science Department at Colorado State University are recruiting participants for a study to explore the relationships between cellular stress, expression of certain genes, and how we age.

Who can join this study?

You can participate in this study if:

- 1) you are between the ages of **18-35** or **60-85** years, **AND**
- 2) you exercise less than or equal to 2 days per week (both age groups), **OR**
- 3) you are aged **60-85** and exercise 5 or more days per week, greater than or equal to 45 minutes per session.

What will I be asked to do?

You will be asked to complete surveys about your health, complete cognitive and physical function tests, and provide a blood sample. The total time commitment is ~2 hours and you will be compensated \$50.

Why should I join this study?

We will be measuring your biological age (the functional age of your cells rather than your age in years), and will provide you with that information. You will also be helping to advance research on healthy aging and exercise.

How do I join this study?

If you want to join this study, please email the study coordinator at:

meghan.elizabeth.smith@colostate.edu

or the principal investigator, Dr. Tom LaRocca at **tom.larocca@colostate.edu**

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contact us to check if you are eligible for the ongoing study about healthy brain aging

Healthy Brain Aging




<https://col.st/nel9A>

SAMMU@RAMS.COLOSTATE.EDU
970-491-4859

*OUR STUDIES ARE APPROVED BY CSU ETHICAL COMMITTEE AND SUPPORTED BY THE NATIONAL INSTITUTE OF HEALTH AND THE ALZHEIMER'S ASSOCIATION.

The BRAiN Laboratory



Funding Opportunities

[The Morris Animal Foundation](#) is accepting proposals for the study of interactions between mitochondrial function and chronic diseases in dogs or cats. This might include cognitive dysfunction syndromes, renal disease, unresponsive atopic dermatitis dilated cardiomyopathy, and other mitochondrial dysfunction. Successful applications will focus on the connection of mitochondrial energy function at the cellular level with behavior, energy, appetite, and emotional (affective) states. Approaches must be noninvasive. **Award amount: Up to \$150,000 over 36 months. Application due Nov. 23.**

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PD communities across the spectrum of ethnicity, ancestry, geography, socioeconomic conditions, and gender. Projects should address one of these four issues: diagnosis of PD among some under-studied communities is delayed; some under-studied communities are less likely to receive quality PD care; clinical trial enrollment among certain under-studied communities does not match their representation in the population; differences in clinical features, response to treatment, co-morbidities, prevalence, natural history, genetics, and biomarkers among various under-studied populations have not been full explored. **Award amount: Up to \$75,000 for one year. LOI due Dec. 16.**

[The Center for Retirement Research at Boston College](#) is offering the annual Steven H. Sandell Grant Program for scholars in the field of retirement or disability research and policy. Researchers from any academic discipline pursuing cutting-edge projects on retirement or disability issues are invited to apply. Research areas include trends in disability, survey issues; informing long-term projections and models; state and local pensions for non-covered workers; actuarial adjustment of benefits; economic effects of totalization agreements; measuring sources of income; risks and resources in older age; induced entry; opioids, and claimant representatives. **Award amount: \$45,000. Application due Jan. 31.**

Community Happenings

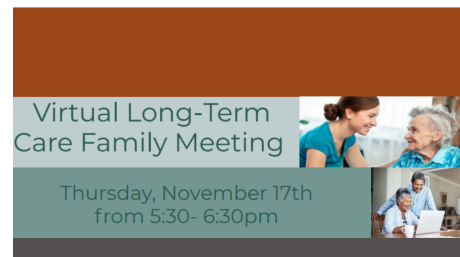


Skygazing with NCAS

Nov. 18 | 7–9 p.m.

Horsetooth Mountain Open Space

Escape the hustle and bustle of daily life and explore the night sky with the Northern Colorado Astronomical Society. Telescopes



Virtual Family Meeting

Nov. 17 at 5:30 p.m.

Virtual on Zoom

Virtual Family Meeting Series is hosting its last educational meeting.

Options for Long Term Care/Medicaid will focus on the Medicaid

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