

June 2021 Newsletter

A Note from the Director

Dear colleagues and friends,

Welcome to another month of news from the Columbine Health Systems Center for Healthy Aging!

Items of note this month start with a recap of our May Healthy Aging Speaker Series seminar where we hosted Dr. Nina Silverstein and Celeste Beaulieu from UMass Boston to share the outcome of our CSU campus-wide age inclusivity climate survey. Earlier this spring we asked all faculty, staff and students to participate in this detailed survey instrument to better understand the climate and culture of age-inclusivity on our campus. I invite you to [watch the recording](#) to preview our preliminary results, gathered from survey responses from more than 2,900 members of the CSU community. Some key takeaways from this effort are:

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employed immediately and some will take more infrastructure and intention to change.

- There were significant discrepancies between the experiences of faculty, staff, and students within certain categories of age friendliness.
- Perceived accessibility of age-friendly resources and practices by campus community members differed from the perceptions of administrators working within those resource or practice areas.

A more comprehensive report on our campus age friendly climate survey will be available later this summer. Moving forward, we are planning to partner with the Office of the President to create strategic working groups and focus panels to address gaps that were revealed by the analysis and to build a road map for intentional programming and policy to promote age inclusivity and diversity at CSU. If you are interested in participating in our working or focus groups, please contact me at Nicole.Ehrhart@colostate.edu.

Additionally, if you have ever reached out to the Center asking to participate in our research studies, or if you are a faculty member looking for research participants — we have exciting news! This month, the Center is launching a registry of potential research participants through a platform called REDCap. This registry will be available to Center-affiliated faculty to match them with local community members who have already agreed to participate in research and are waiting to be contacted when a study aligns with their interests. Email Ali.Murphy@colostate.edu for more information on the Columbine Health Systems Center for Healthy Aging Research Registry.

Please do browse the rest of this newsletter for a great assortment of events, seminars, and research studies to join into this month.

Warmest Regards,

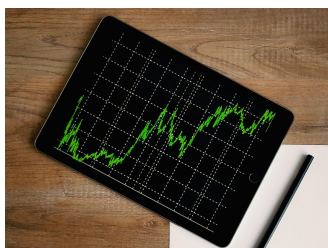
Nicole Ehrhart

Healthy Aging Blog

[Visiting Nature for Nature's Sake](#)

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Aging News



*Loss of Resilience
Computes Aging
and Absolute Limits
of Human Lifespan*

via *GEN*

[read more >>](#)



*What Are The Long-
Term
Consequences Of
Our Aging
Population? It's All
Guesswork*

via *Forbes*

[read more >>](#)



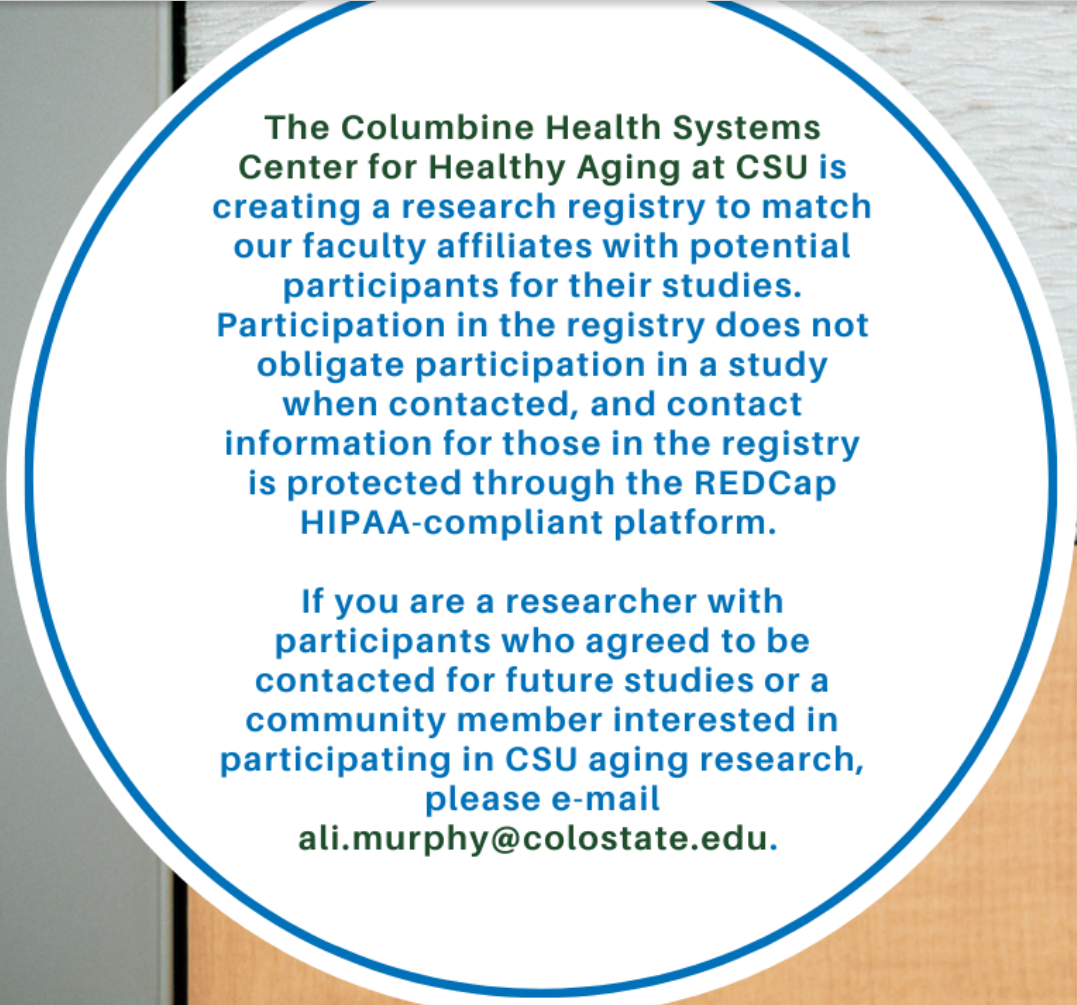
*Specific diet,
lifestyle
interventions may
reverse epigenetic
aging in healthy
adult males*

via *News-Medical.net*

[read more >>](#)

News from the Center

Research Registry

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The Columbine Health Systems Center for Healthy Aging at CSU is creating a research registry to match our faculty affiliates with potential participants for their studies. Participation in the registry does not obligate participation in a study when contacted, and contact information for those in the registry is protected through the REDCap HIPAA-compliant platform.

If you are a researcher with participants who agreed to be contacted for future studies or a community member interested in participating in CSU aging research, please e-mail ali.murphy@colostate.edu.

Age Friendliness in Higher Education Today

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Last month, Professor Nina Silverstein and Ph.D. candidate Celeste Beaulieu from UMass Boston joined our Healthy Aging Speaker Series to present preliminary findings from CSU's gap analysis of age-friendliness and inclusivity within the campus community. Watch the recording to learn more about the Age Friendly University movement and the state of age-friendliness at CSU today.

Now Streaming



Fast-Forward: An Award-Winning Documentary That Helps You Change Your Life

FAST-FORWARD follows four millennials and their parents as they travel through time to meet their future selves. Wearing an MIT-produced “aging empathy suit” and working with professional make-up artists, they grapple with the realizations, conversations and mindset required to age successfully. Ultimately, the families learn they have more control over how they age than they thought. Stream it today on the PBS Video app.

Podcast Corner

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living healthy longer

decoding the science
of healthy aging



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Center for Healthy Aging
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We recognized Stroke Awareness Month on our May 17 episode of *living healthy longer* by talking to Assistant Professor [Neha Lodha](#) in CSU's Department of Health and Exercise Science. Lodha's research focuses on rehab interventions for individuals who have experienced stroke. In the episode, we cover the different types of strokes, ways to recognize when a stroke is happening, and ways to prevent stroke in the future.

Our latest episode, released yesterday, features Assistant Professor [Tara Cepen Robins](#) from the University of Colorado-Colorado Springs and a conversation about the microbiome and aging. We get into the microbiome's role in chronic inflammation and discuss how exposure to pathogens as a child can shape your immune system for the rest of life.

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!

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



Aging Clinic of the Rockies

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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.



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

Center Events

HEALTHY AGING SPEAKER SERIES

Our next Healthy Aging Speaker Series event will feature Devin Wahl, a second-year postdoctoral fellow in Dr. Thomas LaRocca's [Healthspan Biology Laboratory](#) in the Columbine Health Systems Center for Healthy Aging and Department of Health and Exercise Science. Wahl will discuss recent research from the HBL suggesting that transcripts from non-coding repetitive elements in the genome are associated with aging and may play a role in age-related disease. He will also briefly describe two pre-clinical models

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dementias. **When: June 10 at 12 p.m.**

[Register](#)

Healthy Aging Fitness

Our next Healthy Aging Fitness class will be held on **Tuesday, June 22 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 May workout [at this link](#).

[Register](#)

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



Faculty News

Publications, Grants, and Awards

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by [Associate Professor Brian Tracy](#) of the Department of Health and Exercise Science — has received a \$90,000 subcontract award from the NIH for the collaborative project, "[Cannabis use among older adults: Potential risks and benefits to an aging population.](#)" Professor [Angela Bryan](#) of CU-Boulder is the PI on the main NIH grant. The goal of the project is to better understand the effects of legal market cannabis in adults aged 60 and over for pain, trouble sleeping, or depression/anxiety. Tracy's subaward will investigate the effects of edible cannabis use on neurocognition and motor control both acutely and over time among older adults.



[Professor Susan Tsunoda](#) of the Department of Biomedical Sciences has received an R03 award from the National Institute on Aging titled, "Kv4 Channels as a Target of Aging and Beta-Amyloid." The project focuses on the voltage-dependent potassium channel, K_v4 , to investigate whether there is a decline in K_v4 channels with normal aging, whether the accumulation of reactive oxygen species (ROS) that arise with both normal aging and $A\beta42$ expression lead to progressive loss of K_v4 , and whether loss of K_v4 channels contributes to signs of early aging and a shortened lifespan.

$A\beta42$ is an amino acid chain that is a precursor to the amyloid plaques found in Alzheimer's disease; it is also thought to be associated with mild cognitive impairment, vascular dementia, and other cognitive disorders. Multiple studies have found that $A\beta42$ induces a decline in K_v4 channels that contributes to downstream cognitive and motor pathologies.

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Last month, the Buckner Foundation announced the names of six leading Colorado researchers, including Colorado State University's Julie Moreno, as the newest recipients of grant funding through the [Webb-Waring Biomedical Research Awards Program](#). Each researcher receives \$235,000 in grant funding to support up to three years of biomedical research. Moreno will use this award to continue her research on Creutzfeldt-Jakob Disease, which falls under the umbrella of prion diseases, rare and fatal brain disorders that occur in both humans and animals, like deer and elk, which can contract Chronic Wasting Disease. [Read more on SOURCE](#).



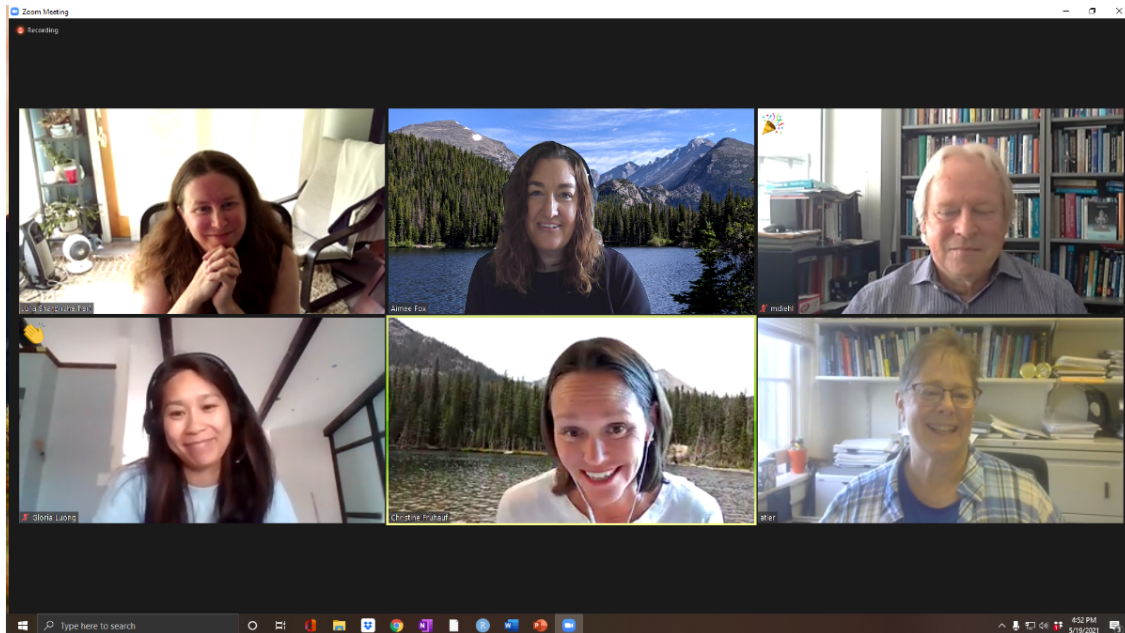
["The Psychology of Later Life: A Contextual Perspective,"](#) a book written by [University Distinguished Professor Manfred Diehl](#) of the Department of Human Development and Family Studies and co-author Hans-Werner Wahl, has been selected as a recipient of the 2021 Richard Kalish Innovative Publication Book Award from The Gerontological Society of America. The Richard Kalish Innovative Publication Award recognizes insightful and innovative publications on aging and life course development in the behavioral and social science.

Professor Silvia Sara Canetto of the Department of Psychology has a new publication out in *Social Psychiatry and Psychiatric Epidemiology*. ["Caregiving as suicide-prevention: an ecological 20-country study of the association between men's family carework, unemployment, and suicide,"](#) finds that men who are more engaged in family carework experience lower suicide mortality. This points to the suicide-protective potential of men's family carework and is consistent with evidence that where gender equality is greater, men's and women's well-being, health, and longevity are greater.



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["Women and suicidal behaviour: New directions in theory, research, and prevention,"](#) explores the evidence as to why women have higher rates of suicidal ideation and behaviour and lower rates of suicide mortality than men.



Aimee Fox (top center), a doctoral student in the [Applied Developmental Science program](#) in the Department of Human Development and Family Studies, successfully defended her Ph.D. dissertation last month! Fox's dissertation, "Family Caregiving, Family Dynamics, and Preparedness for the Transition to End-of-Life Care," explored how family caregivers perceive their preparedness for end-of-life caregiving and how family relationships, interactions, and communication between the caregiver, care receiver, and other family members were associated with feelings of preparedness.

She was advised by Professor Christine Fruhauf (HDFS; bottom center) and Associate Professor Julia Sharp (Statistics; top left). This fall, Fox will be joining the [Center on Aging at Kansas State University](#) as an Assistant Professor in Gerontology. Congrats, Dr. Fox!

Events

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Driving Crash and Fall Risk Screening

Friday and Saturday, June 11–12

9–4 p.m.

CSU Human Performance Clinical Research Lab

Call to schedule appointment: (970) 491-7663



\$15

After the success of May's inaugural mobility clinic from [CSU's Laboratory for Movement Neuroscience and Rehabilitation](#), the research team is back again with two new dates for upcoming mobility clinics, this time for local adults in and outside of CSU.

The MNR Lab, located in the Department of Health and Exercise Science, is offering older adults in Larimer County, as well as individuals with stroke and their family members (above 65 years of age) an opportunity to get assessments of your fall and driving crash risk using 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.

Screenings will be held on Friday, June 11 and Saturday, June 12 from 9-4 p.m. each day.

Screenings costs \$15 per person and will take place in-person at the [CSU Human Performance Clinical Research Lab](#) located at 910 Moby Dr., Fort Collins, CO 80521. 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.

INNOVATING MINDS

CSU Campus Landscapes in Three Acts

Dr. Fred Haberecht, University Planner, CSU

June 8, 2021

4:30–6 p.m. Zoom

Register: <https://womeninscienceci.colostate.edu/im-campus-landscapes/>

Dr. Haberecht will share his path over 20 years in CSU's landscape development. How areas were designed to best suit microclimates across campus, create respites for the mind and eye, and pay tribute to the history of this land grant institution.



Experimental Muscle Mechanics in Aging and Disease

Wednesday, June 2 at 1 p.m. MT

The focus of this webinar is on the mechanisms underlying muscle impairment associated with aging and age-related diseases. This research evaluates the regulation of muscle contraction at the motor protein, single muscle fiber, and whole muscle levels using *in vitro*, *in situ* and *in vivo* methods in experimental and clinical settings. Presented by [Rizwan Qaisar, PhD](#), Engineering Sales & Assistant Professor, College of Medicine, University of Sharjah.

Aging and Bone Health

Tuesday, June 22 at 1 p.m. MT

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as she discusses the potential therapeutic approaches to age-related bone loss. Wu will review the pathophysiology of bone loss with aging, in particular the imbalance between bone formation by osteoblasts and bone resorption by osteoclasts. She will discuss stem cell sources of osteoblasts, anabolic signaling pathways, and targeting inflammation and senescence.

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

Research Studies Currently Enrolling

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How Does Inflammation Affect the Aging Brain?

Research Study Investigates Aging, Memory and Immune Function

Participation involves two research visits over the course of two years. Compensation provided.

Procedures Include:

- Memory and thinking tests
- Health history questionnaires
- Blood sample
- Spinal fluid sample
- MRI of brain
- SARS-CoV-2 antibody test (results provided)

You may qualify if you are:

- 60 years or older
- In good general health
- Have NOT been diagnosed with a memory disorder

Please contact Neurology Research Partners at 303-724-4644 or NeurologyResearchPartners@ucdenver.edu to learn more.

PI: Dr. Brianne M Bettcher, PhD 18-2607
www.cumemoryresearch.org

The University of Colorado Anschutz Medical Campus is looking for interested adults 60+ to participate in a research study examining how inflammation influences memory and thinking. Data gathered from this study will be used to better understand how inflammation may impact brain health and aging outcomes.



Alzheimer's and
Cognition Center

UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS

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Have You Had a Concussion in the Past 5 Years?

ImTAB

PI: Bettcher 19-1423

Research Study Investigates Concussion and Brain Health in Older Adults 65+

Research Goals:

Investigate how structural changes in the brain correlate to cognitive decline

Collect and analyze fluid biomarkers for the detection of inflammation and Alzheimer's disease-related risk factors

Examine the relationship between concussion and the aging process

Participants will receive:

- Snacks and refreshments
- Medical screening; neurological exam
- Optional review of cognitive assessment scores with investigator after completion of 1 year follow-up visit

<https://www.coloradoagingbrain.org/imtab/>

Location

- This study involves 2 research visits: a baseline and a one year follow-up visit at the University of Colorado Anschutz Medical Campus.

You may qualify if you:

- Are 65 years or older
- Had a concussion within the past 5 years
- Talked with a Doctor about your concussion
- Have not been diagnosed with a memory disorder

If you are interested, contact Neurology Research Partners today!

NeurologyResearchPartners@ucdenver.edu

303-724-4644



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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

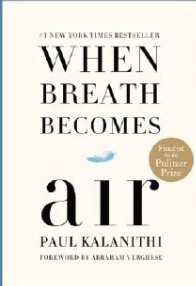
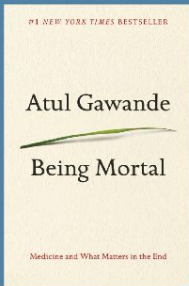
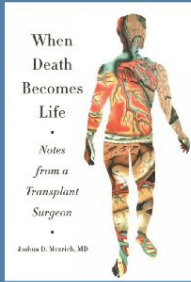
[The National Institute for Health Care Management \(NIHCM\) Foundation](#) supports innovative investigator-initiated research with high potential to inform improvements to the U.S. health care system. Projects must advance the existing knowledge base in the areas of health care financing, delivery, management and/or policy. LOI is due June 30, 2021 at 5 p.m. ET. Award amount: up to \$68,000.

[The Progeria Research Foundation](#) awards grants to applicants who seek to conduct research to find the cause, treatment, or cure for Hutchinson-Gilford Progeria Syndrome (Progeria, or HGPS). PRF's research focus is highly translational. Topics must fall within the following research priorities: Projects that are likely to lead to clinical treatment trials within 5 years, development of gene- and cell-based therapies to treat Progeria or assessment of natural history of disease that may be important to developing outcome measures in treatment trials (preclinical or clinical). LOI is due by July 1. Award amount: \$75,000/year for 1-2 years.

[The Edward Mallinckrodt, Jr. Foundation](#) supports early stage investigators engaged in basic biomedical research that has the potential to significantly advance the understanding, diagnosis, or treatment of disease. Applicants should be in the first to fourth year of their tenure track faculty position and not have current R01 funding. This is a limited submission: please apply through the Research Acceleration Office. Annual submission deadline is August 1. Award amount: up to \$180,000 over 3 years.

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Community Happenings

MARCH 17	APRIL 21 / MAY 19	JUNE 16	JULY 21
 When Breath Becomes Air PAUL KALANITHI FOREWORD BY ABRAHAM VERGHESE	 Atul Gawande Being Mortal 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 Are 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



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www.poudrelibraries.org, 221-6740

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Brain Health Talks

Part 1 Wednesday, June 9th 6:00-7:00 pm

Dementia Conversations with Brenda Gurung, CDP, EMBA student, and Tips for Meaningful Living with Dr. Rebecca Chopp

Part 2 Wednesday, June 16th 6:00-7:00 pm

Financial Security and Cognitive Health with Dr. Eric Chess, DU Knoebel Institute for Healthy Aging

Part 3 Wednesday, June 23rd 6:00-7:00 pm

An Overview of Diagnostics, Genetics, Symptoms, Mechanisms of the Disease, and Clinical Research in Alzheimer's Disease with Dr. Jack Klapper, Mile High Research Center

Part 4 Wednesday, June 30th 6:00-7:00 pm

Ask the Expert: A Night of Questions and Answers with Dr. Jack Klapper, Mile High Research Center

[REGISTER](#)

Register to join each part of the series.

[Click image to register.](#)

alzheimer's 
association®

And remember, the Alzheimer's Association offers weekly support groups for family members or friends of those with Alzheimer's or another form of dementia. [Browse the schedule here.](#)

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alzheimer's association

ALZHEIMER'S & OTHER DEMENTIA

Join us for this free, virtual caregiver series for veterans who serve as caregivers, caregivers of veterans, and those who serve veterans in the community.

Register online at <http://bit.ly/VA-CG-SeriesZOOM> or call 800-272-3900

**WEEK ONE: June 15th from 1:00 to 2:30 pm****The Ten Warning Signs of Alzheimer's**

Jim Collins, Retired US Army, Alzheimer's Association Community Educator

Navigating VA Eligibility

Brian Oney, State of Colorado Military & Veterans Affairs, Veteran Services Officer (VSO)

**WEEK TWO: June 22nd from 1:00 to 2:30 pm****Effective Communication Strategies**

Shaire Chavez, Alzheimer's Association Community Educator

VA Caregiver Support Program: General Program Overview

Sarah Mellon, LCSW & Kellie McMaster, LCSW, VA Caregiver Support Program

**WEEK THREE: June 29th from 1:00 to 2:30 pm****Understanding and Responding to Dementia Related Behaviors**

Brenda Gurung, Alzheimer's Association Community Educator

VA Caregiver Support Program: Comprehensive Program Overview

Sarah Mellon, LCSW & Kellie McMaster, LCSW, VA Caregiver Support Program

**WEEK FOUR: July 6th from 1:00 to 2:30 pm****Healthy Living for Your Brain and Body**

Wendy Abbott, Alzheimer's Association Community Educator

Tele-Geriatrics for Veterans

Stephanie Hartz, LCSW, BCD, VA Medical Center

**WEEK FIVE: July 13th from 1:00 to 2:30 pm****Legal and Financial Planning**

Richard Selinger, J.D., LL.M, Alzheimer's Association Community Educator

Click image to register.



Market Days! for Older Adults, a program of Larimer County Farmers' Market and CSU Extension, works to address food insecurity. The program delivers bags of fresh produce from the farmers' market to homebound older adults. A fundraising campaign is underway to grow Market Days! so more residents in need can be served. Just \$15 will buy a bag of fresh produce. [Watch this video](#) for an overview of Market Days! and [make your donation here](#).

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**Race and Change Across
Cultures and Generations: A
Hopeful Narrative for Our Times**

June 10, 4–5:30 p.m.

Join Changing the Narrative CO and the Denver Public Library for an evening exploring race relations in the U.S. from a variety of cultural and generational perspectives as Dr. Kitty Oliver blends stories, music, and research in a thought-provoking, entertaining virtual program that appeals across generations.

Register



A Little Talk: Hot Topics

June 16, 12 p.m.

A Little Help's June Talk will be a collection of **Hot Topics** to kick off the heat of summer. Join to learn about setting boundaries, summer safety tips, summer driving safety, and a COVID-19 vaccine update.

Register



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