

June 2023 Newsletter

A Note from the Director

Dear colleagues and friends,

If you have not yet visited the [Center for Healthy Aging](#) but are curious about the opportunities we provide, the summer term would be a perfect time to connect!

On Tuesdays from June 13–July 18, our staff will be hosting tours of CHA and sharing about CSU's age friendly research and programming ([registration required](#)). If you'd prefer a more informal hello *and* some country tunes, find our CHA table at CSU's free Lagoon Concert Series on June 28 at 6:30 p.m. featuring Ryan Chrys and The Rough Cuts. This and more at visit.colostate.edu.

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CSU on July 27 and presenting the lecture, "**Social Ties and the Lived Experience: A Daily Assessment.**" This presentation is co-sponsored with the Department of Human Development and Family Studies and includes a graduate student lunch discussion afterward.

We are honored to host Professor Fingerman, and we hope to see you on July 27 for her presentation about social and emotional processes across adulthood, health and well-being. If you have an expert, scientist or other thought leader in healthy aging you would like bring to CSU, please contact Hannah.Halusker@colostate.edu or Karyn.Hamilton@colostate.edu.

Do browse the rest of this newsletter for updates on faculty projects and events both at CSU and in the community.

Warmest Regards,



Nicole Ehrhart

Healthy Aging Blog

[Embracing diversity: Issues faced by LGBTQ older adults](#)

Hannah Halusker, Communications Lead, Center for Healthy Aging

Aging News

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How poverty and racism 'weather' the body, accelerating aging and disease

via *NPR*

[read more >>](#)



FDA approves drug to treat hot flashes and night sweats

via *NBC News*

[read more >>](#)



Depression and urban deprivation: unseen accelerators of biological aging

via *Neuroscience News*

[read more >>](#)

News from the Center

Companion Animals in Aging

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Last month was a busy one for the promotion of dogs as models for reversing aging. On May 21, CHA Director Nicole Ehrhart was featured on KOSI1011 No Copay Radio, where she shared the basic research about companion dogs as models for reversing aging. Listen to the replay [here](#).

The same week, Ehrhart traveled to Switzerland to participate in the Purina Institute's Companion Animal Nutrition Summit. This year's [CAN Summit](#) covered "comparative geroscience" or the study of aging in humans and pets. At the conference, Ehrhart presented her research on how companion animals are advancing longevity interventions via cellular hallmarks of aging.

Podcast Corner

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living healthy longer

decoding the science
of healthy aging



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living healthy longer Season 3 Update:

If you haven't tuned into the Center's podcast recently, here's where we left off:

- Nontuberculous infection with Drs. Alan Schenkel and Ed Chan
- From virus to virus with Dr. Greg Ebel
- Muscle strength and Alzheimer's risk with Dr. Shelby Osburn
- Balance fitness for longer healthspan with Dr. Ava Segal
- Racial and ethnic health disparities with Dr. Ronica Rooks

Stream the show today on [Apple](#), [Spotify](#), [Stitcher](#), [Google Podcasts](#), or [Amazon](#). Please do subscribe, rate, and leave a review — it helps us find more listeners!

[These episodes and more at:](#)



**Are you an older adult looking to improve quality of life and well-being through social connection and emotional support with a peer?
Are you a resident of Larimer County?**

The Aging Clinic of the Rockies' Senior Peer Counseling program may be for you! We provide a FREE (donation-based) service that connects older adults in Larimer County with paraprofessionals who are also older adults. Our program aims to improve well-being and companionship. Our peer counselors are often able to understand and connect with clients' experiences in unique and meaningful ways. Counselors receive training and supervision from the Psychology Department at Colorado State University. You and your counselor can work together to set goals, resolve issues, practice skills, and achieve objectives. Counseling sessions can take place in your home, over the phone, or virtually. To find out more about our services or to make an appointment, call 970-491-6795.



Center Events

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The Center for Healthy Aging is participating in Summertime at CSU!

Do you want to visit the Center for Healthy Aging? Have you been meaning to connect and learn more about our programs and services? Do you want to learn about CSU's Age Friendly University initiative? We have several opportunities for you to connect with CHA this summer:

Tour Tuesdays: CSU as an Age Friendly University

June 13

June 20

June 27

July 11

July 18

Each 11 a.m.-12 p.m.

[Register here.](#)

Lagoon Concert Series ft. Ryan Chrys and The Rough Cuts

Wednesday, June 28

6:30-8:30 p.m.

[More info here.](#)

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HEALTHY AGING SPEAKER SERIES

11 a.m. – 12 p.m.

JULY 27

Center for Healthy
Aging, 151 W. Lake St.
OR attend virtually

REGISTER:
col.st/g6lk8



Social Ties and the Lived Experience: A Daily Assessment

**KAREN FINGERMAN**

Director
Texas Aging & Longevity
Consortium, The University
of Texas at Austin

TOPICS FOR DISCUSSION

- How might social interactions improve older adults' health?
- Friendships, relationships and emotional well-being.
- Implications for healthy aging.



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HUMAN DEVELOPMENT
AND FAMILY STUDIES
COLORADO STATE UNIVERSITY

Social Ties and the Lived Experience: A Daily Assessment

Thurs., July 27

11 a.m.-12 p.m.

Center for Healthy Aging OR virtual

Karen Fingerman directs the Texas Aging & Longevity Consortium and is a professor and research director for the UT Austin Center on Aging and Population Sciences. In this lecture, Fingerman will discuss how social interactions (e.g., friendships and relationships) affect the health and emotional well-being of older adults. Fingerman has published over 175 journal articles, chapters and books addressing social and emotional aging. She directed the Family Exchanges Study, a longitudinal study of intergenerational relationships. She oversees the Daily Experiences and Well-being Study looking at older adults' social relationships, physical and cognitive functioning using sensory devices and ecologically valid assessments. She received the Distinguished Mentor Award from the BSS section of the Gerontological Society of America in 2020 and the Baltes Distinguished Research Award from the American Psychological Association in 2022.

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must [RSVP in advance](#).

The Healthy Aging Speaker Series showcases the latest in aging research. These once-per-semester lectures feature invited speakers from CSU and beyond who specialize in biological, cognitive, psychological, social, and behavioral factors of aging.

RSVP

Faculty News

Publications and Press



From the Moreno Lab — published in *Frontiers in Neuroscience*:

"Gliosis, misfolded protein aggregation, and neuronal loss in a guinea pig model of pulmonary tuberculosis."

DOI: [10.3389/fnins.2023.1157652](https://doi.org/10.3389/fnins.2023.1157652)

"Intranasally delivered mesenchymal stromal cells decrease glial inflammation early in prion disease."

DOI: [10.3389/fnins.2023.1158408](https://doi.org/10.3389/fnins.2023.1158408)

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Family Studies Stephen Aichele has [a new publication out in the *Journal of Intelligence*](#) that tests the association between age-related declines in fluid cognition and functional ability in a sample of middle-aged and older adults.

Another publication, "The Current and Retrospective Cognitive Reserve (2CR) Survey and its relationship with cognitive and mood measures," has been accepted by the *European Journal of Aging* and is in-press.



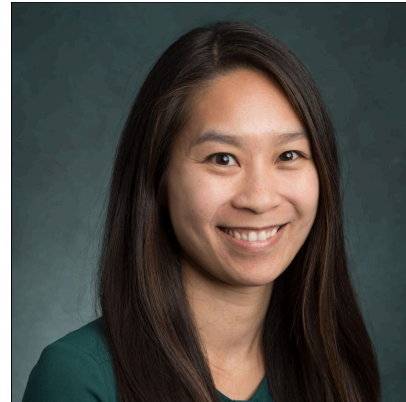
A team of CHA affiliates – including Director of the Nancy Richardson Design Center, Laura Malinin; Associate Professor of Communication Studies, Meara Faw; and Associate Director of the Center for Healthy Aging, Deana Davalos – has [a new publication in *Frontiers in Psychology*](#) that explores the performing arts as a non-pharmacological intervention for people with dementia and their care partners.



University Distinguished Professor Manfred Diehl was recently featured on the American Psychological Association's podcast, "Speaking of Psychology," where he discussed ageism and aging stereotypes. Check it out at: col.st/r9KsP

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The Gerontological Society of America's Behavioral and Social Sciences section has named Associate Professor of Human Development and Family Studies Gloria Luong a fellow. [Fellow status](#) represents, "the highest category of membership in the society and is an acknowledgment of [Luong's] outstanding and continuing work in the field of gerontology."



Research Studies Currently Enrolling

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Dementia Care Partners Experiences and Communication

Interested in
participating? Contact
our research team today!

Study PI: Meara Faw
Associate Professor,
Communication Studies
meara.faw@colostate.edu

Michelle Matter
michelle.matter@colostate.edu

Olivia Birg
olivia.birg@colostate.edu

What is this study about?

This study is about care partners' experiences providing care for a person with dementia.

Who can join this study?

Any person who is 18 years old or older, speaks English, and provides unpaid care for a friend or family member with dementia can participate in this study.

What will I be asked to do?

We will ask you to complete a one-time phone or video-call interview. The interview will last 30-60 minutes, and you will receive a \$15 e-gift card for your participation.



Photo by Ground Picture Shutterstock

**Help researchers by
sharing your
experiences!**

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NATURE AND AGING RESEARCH OPPORTUNITY

WE ARE RECRUITING INDIVIDUALS FOR A STUDY CALLED “AGING NATURALLY: UNDERSTANDING HOW SPENDING TIME IN NATURE AFFECTS OLDER ADULT’S EXECUTIVE FUNCTIONING AND HEART-RATE VARIABILITY” AT COLORADO STATE UNIVERSITY. THIS STUDY EXAMINES HOW SPENDING TIME IN DIFFERENT ENVIRONMENTS CAN AFFECT STRESS RESPONSES, PERFORMANCE ON COGNITIVE TASKS, AND MOOD. THE STUDY WILL OCCUR IN-PERSON ON CSU’S CAMPUS AND LAST APPROXIMATELY 2 HOURS. YOU WILL BE COMPENSATED \$40 FOR YOUR PARTICIPATION.

YOU MUST BE EITHER BETWEEN 18-35 OR OLDER THAN 55 TO PARTICIPATE IN THE STUDY, HAVE NORMAL OR CORRECTED-TO-NORMAL VISION, BE FLUENT IN ENGLISH, AND HAVE NO HISTORY OF COGNITIVE IMPAIRMENT, NEUROLOGICAL DISORDER (I.E. SEIZURE DISORDER), AND NO HISTORY OF HEART CONDITIONS OR MOTION SICKNESS.

PLEASE CONTACT MICKEY RICE (MICHAELA.RICE@COLOSTATE.EDU), OR SARA LOTEMPLIO (SARA.LOTEMPLIO@COLOSTATE.EDU) FOR MORE INFORMATION ABOUT THE STUDY.

At the BRAiN lab at CSU we carry out cutting-edge research on **healthy** brain aging supported by the National Institutes of Aging and the Alzheimer’s Association. Volunteer to help us combat dementia! If you are **male 51-55 or 71-80 years old** and willing to undergo 1-hour brain MRI, sign up by:

- Scanning the code or
- On our website: <https://col.st/nel9A>
- Call 970-631-2946
- Email: sammu@rams.colostate.edu
- We will contact you to check if you are eligible. You can earn **\$100** for completing the full study. Our studies are approved by CSU ethical committee.



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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

Funding Opportunities

[The Chan Zuckerberg Initiative](#) invites applications for challenge grants in the field of Deep Tissue Imaging. This RFA aims to advance innovative approaches to observing cells and subcellular processes at high-resolution in complex tissue and through skin and bone. **LOI due by July 11. No budget limit has been set** however any projects over \$2.5 million will receive extra scrutiny.

The National Institutes of Health-NIA invites applications for the funding opportunity, ["Measuring Financial Hardship Among People and Families Living with AD/ABRD,"](#) including vulnerability to scams, fraud, and financial errors, as well as the

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Community Happenings

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ALL AGES WELCOME!

CELEBRATION OF OLDER ADULTS

MUSIC FOOD
SILENT AUCTION

SATURDAY, JUNE 24TH

10:00AM to 1:00PM

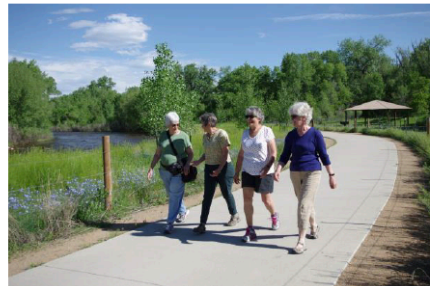
Fossil Creek Park

Lake Pavilion

5821 S. Lemay, Fort Collins

**Join us while we celebrate Larimer
County's amazing older adults!**

- Food
- Silent Auction
- Lakeside Photos
- Music by Lorna's Swingset
- Resources for Workers
- Medicare info experts
- Advance Directive resources
- PAFC's Tech Buddies -
Live tech assistance!



Info@PAFCLarimer.org

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Fort Collins Pride**

Sat., June 17
The Lincoln Center
7 p.m.

Join the Lincoln Center for its Pride
2023 event, featuring dance,
musicians, opera, theater and an
after party!

[Buy Tickets](#)



A LITTLE HELP

Little Talks: Physical Health Day

Wed., July 6
12 p.m.

Celebrate Physical Health Day by
reviewing topics surrounding
exercise and nutrition with A Little
Help.

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