

February 2024 Newsletter

A Note from the Director

Dear colleagues and friends,

I hope this note finds you well as we navigate a busy beginning to 2024! I'm thrilled to share the latest updates from the Center for Healthy Aging.

First and foremost, I extend a warm welcome to [Nathan Larson](#), who joined the Center for Healthy Aging in mid-October 2023 as our newest bioarchivist. In this role, Nathan manages a large collection of SARS-CoV-2 samples and is creating a large data and sample inventory infrastructure to allow for biospecimens of various kinds to be shared with researchers around the world. This effort will broaden CSU's research impact both within and outside of CSU in the healthy aging and longevity research space. If you stop by

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You can also find below an announcement about the student artists who won the top place prizes at our recent [Art and Aging Exhibition](#)! We extend our gratitude to everyone who joined us on Jan. 23 to commemorate the remarkable work of these students. A special appreciation goes out to our CHA faculty affiliates and community volunteers who generously contributed their time to be interviewed for this project. We had over 70 attendees from both campus and northern Colorado who voted on their favorite healthy aging graphic art creations.

I would also like to invite you to our next civic engagement event on President's Day, Feb. 19, where a panel of opinion leaders from the CSU campus and the greater Colorado community will address a hotly debated topic saturating recent news media and public discussion: [Should there be age limits for politicians?](#) We have been diligently working to engage a broad audience for this event, which promises an insightful and engaging discussion on an important topic leading up to the 2024 election. [RSVP here for this free, hybrid event.](#) Please consider attending in-person or virtually! Light refreshments will be served for those attending in-person at the Lory Student Center.

These updates offer just a glimpse of the many exciting activities occurring at the Center. Please also take time to read [CSU's recent media package about healthy aging](#), which consists of several interesting pieces that cover aging research and programming at the University, as well as updates from our affiliates and community.

Your unwavering support remains the driving force propelling the Center for Healthy Aging forward. Thank you for being such an integral part of creating a future to bring more life to years and more years to life!

Warmest regards,



Nicole Ehrhart

Healthy Aging Blog

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[Rachel Washburn, CHA Student Ambassador](#)

Alcohol and medication: Safeguarding older adults' health

Brooke Zarecki, CHA Student Ambassador

Aging News



CSU veterinarians expand on key equine orthopedic research that could also benefit people

via *CSU SOURCE*

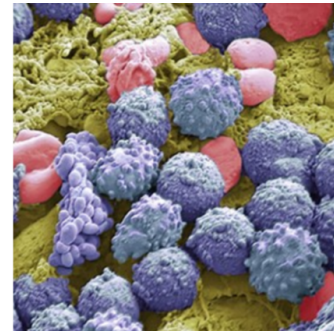
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A common marker of neurological diseases may play role in healthy brains

via *The National Institutes of Health*

[read more >>](#)



Obesity drugs have another superpower: taming inflammation

via *Nature*

[read more >>](#)

News from the Center

Meet the team: Nathan Larson



Nathan Larson joined the Columbine Health Systems Center for Healthy Aging in mid-October 2023 to work as the Center's bioarchivist. In this role Nathan manages a large collection of SARS-CoV-2 samples, sorting and organizing them to create a sharable research sample set that can be utilized by the extensive research efforts at CSU. Before starting this role, Nathan obtained his B.S. in Biological Science from Colorado State University with a concentration in Pre-Health studies. During undergrad he worked at CSU's Veterinary Diagnostic Laboratory as a Necropsy Hourly, working with pathologists in their diagnosis and study of diseases. Nathan is excited to use the skills he learned from schooling and work to aid him in his bioarchivist duties. Outside of work, Nathan enjoys many hobbies including (but certainly not limited to): skiing, hiking, mountain biking, singing, playing clarinet and upright bass, and spending time with his wife and pet cat.

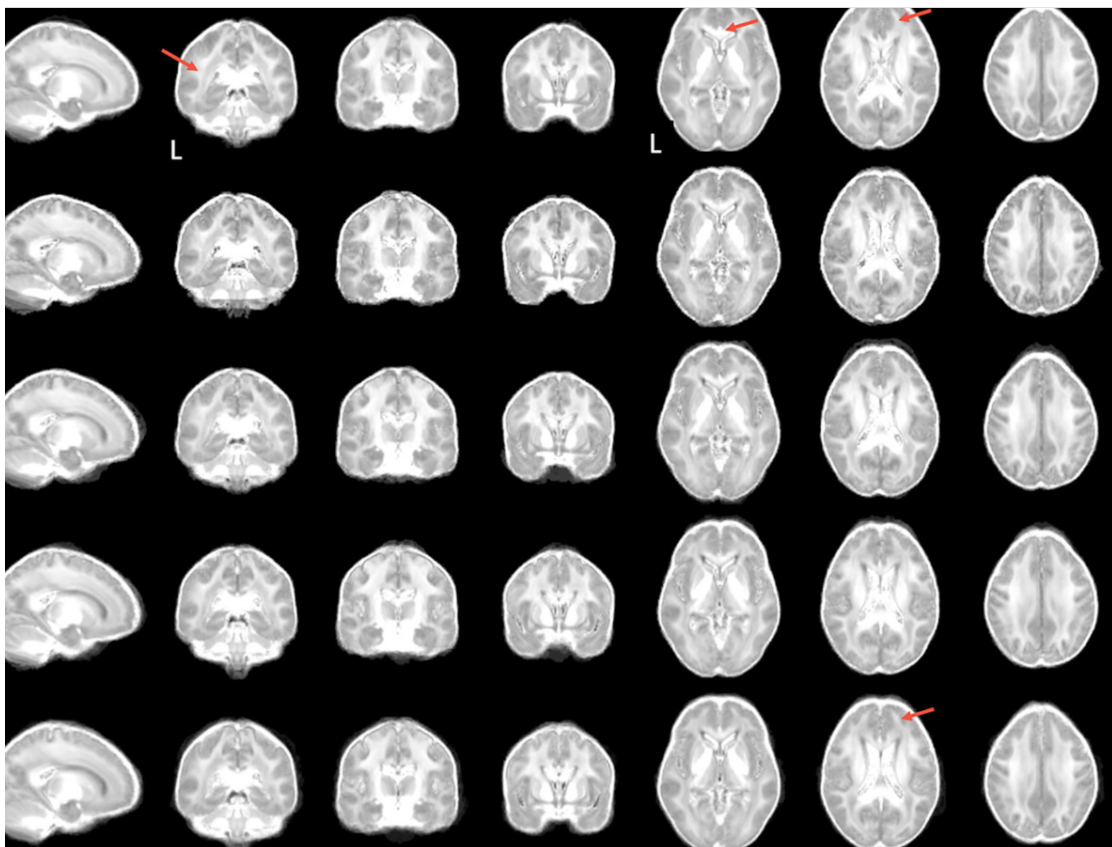
Look into Your Heart: Art and Aging Exhibition

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On Jan. 23, the Center hosted ***Look into Your Heart: An Art and Aging Exhibition***, featuring artwork by students in Assistant Professor [Roberto Muntoreanu](#)'s Fall 2023 Advanced Typography and Design class. These students created poster zines (short magazines that fold out into a poster) inspired by interviews with CHA researchers and local older adults and covering topics such as cognitive health, cardiovascular health, behavioral aging studies, advice for healthy aging, life trajectories, and personal experiences with the aging process. Students were able to exhibit their zines and the top three were purchased by the Center for permanent display:

- **1st place:** Ali Pierce, depicting Dr. Tom LaRocca's research (top left).
- **2nd place:** Grace Carter, depicting Lisa Morgan's Moving Through Parkinson's program (top right).
- **3rd place:** Peyton Anderson, depicting Dr. Christine Fruhauf's research (bottom left).
- **4th place:** Emma Sherrets, depicting Dr. Deana Davalos's research (bottom right).

This exhibition marked the second installment of the Center's Art and Aging collaboration with the [Department of Art and Art History](#), following its inaugural project in Fall 2021 with Assistant Professor [Aitor Lajarin-Encina's](#) Beginning Painting class.



As a land-grant institution, Colorado State University is dedicated to serving as a catalyst for interdisciplinary research and community outreach, so that people can live the healthiest and most productive lives possible.

[This special report from SOURCE](#) explores the work happening at CSU and provides insights into active aging.

Aspen Club Presentations

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During the Fall 2023 semester, CHA collaborated with [UCHealth's Aspen Club](#) to deliver a series of lectures featuring our faculty and students. These talks were held at UCHealth facilities across Fort Collins and Loveland and saw strong attendance from Aspen Club members.

Displayed above are snapshots from the lectures delivered by Ph.D. student [Sophie Seward](#) (top left and bottom) and Postdoctoral Researcher [Prakruti Patel](#) (top right).

Center Events

Should there be age limits for politicians?

SHOULD THERE BE AGE LIMITS FOR POLITICIANS?

Monday, Feb. 19 | 5:30-7 p.m.

Hybrid | Lory Student Center OR Zoom | RSVP required at col.st/SgfmR

Featuring perspectives by:

- Karrin Vasby Anderson**, Professor of Communication Studies
- Manfred Diehl**, University Distinguished Professor of Human Development and Family Studies
- Christine Fruhauf**, Professor of Human Development and Family Studies
- Lucas Brady Woods**, State Capital Reporter, KUNC
- Nick DeSalvo**, ASCSU President

Logos: Columbine Health Systems Center for Healthy Aging, CSU, YEAR OF DEMOCRACY

Monday, Feb. 19, 5:30-7 p.m.

Hybrid: Lory Student Center OR Zoom

How old is too old to run for elected office? Why does the United States have one of the oldest Congresses among industrialized nations? Is it time for younger representatives and fresh perspectives in government?

Amidst the ongoing discourse surrounding Presidents Biden and Trump and whether they are “too old” to run for president again, [CSU's Center for Healthy Aging](#) will host a panel discussion on President's Day, Feb. 19, to delve into this topic.

Featuring panelists with expertise in healthy aging, anti-ageism, political science and principles of democracy, this event will explore the extent to which age should influence your decision-making at the 2024 ballot box.

Featuring perspectives by:

- **[Karrin Anderson](#)**, moderator and Professor of Communication Studies. Anderson studies how communication is used to foster or impede the growth of healthy democratic culture.
- **[Manfred Diehl](#)**, University Distinguished Professor of Human Development and Family Studies. Diehl studies processes of adult development and aging, with a particular focus on how successful and healthy aging can be achieved.
- **[Christine Fruhauf](#)**, Professor of Human Development and Family Studies. Fruhauf studies grandparent-grandchild relationships, interventions supporting grandfamilies

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- [Lucas Brady Woods](#), State Capitol Reporter at KUNC. Woods covers all things politics: the legislature, governor, government agencies, elected officials, elections, and government policy.
- [Nick DeSalvo](#), ASCSU president and political science student. DeSalvo represents the interests of the CSU student body and advocates for students at the University and local levels.

Time and place

Though this event is free and open to the public, registration is required. [Sign up and submit your questions for the panelists.](#)

This is a hybrid event – participants can choose to attend virtually via Zoom or in-person at the [Lory Student Center](#), Never No Summer room, 5:30-7 p.m. on Monday, Feb. 19. Light refreshments will be provided.

Visitor parking is available in [lot 310](#), just north of Lory Student Center, accessed from W. Laurel St.

Unable to attend the discussion but still want to share your input? Organizers are gathering public opinions on the topic of age limits for politicians [at the registration link](#).

This event is sponsored by CSU's Thematic Year of Democracy and Civic Engagement.

[RSVP here](#)

Save the Date

Nature, Aging and Virtual Reality

May 15

4:30–6 p.m.

CSU Center for Healthy Aging

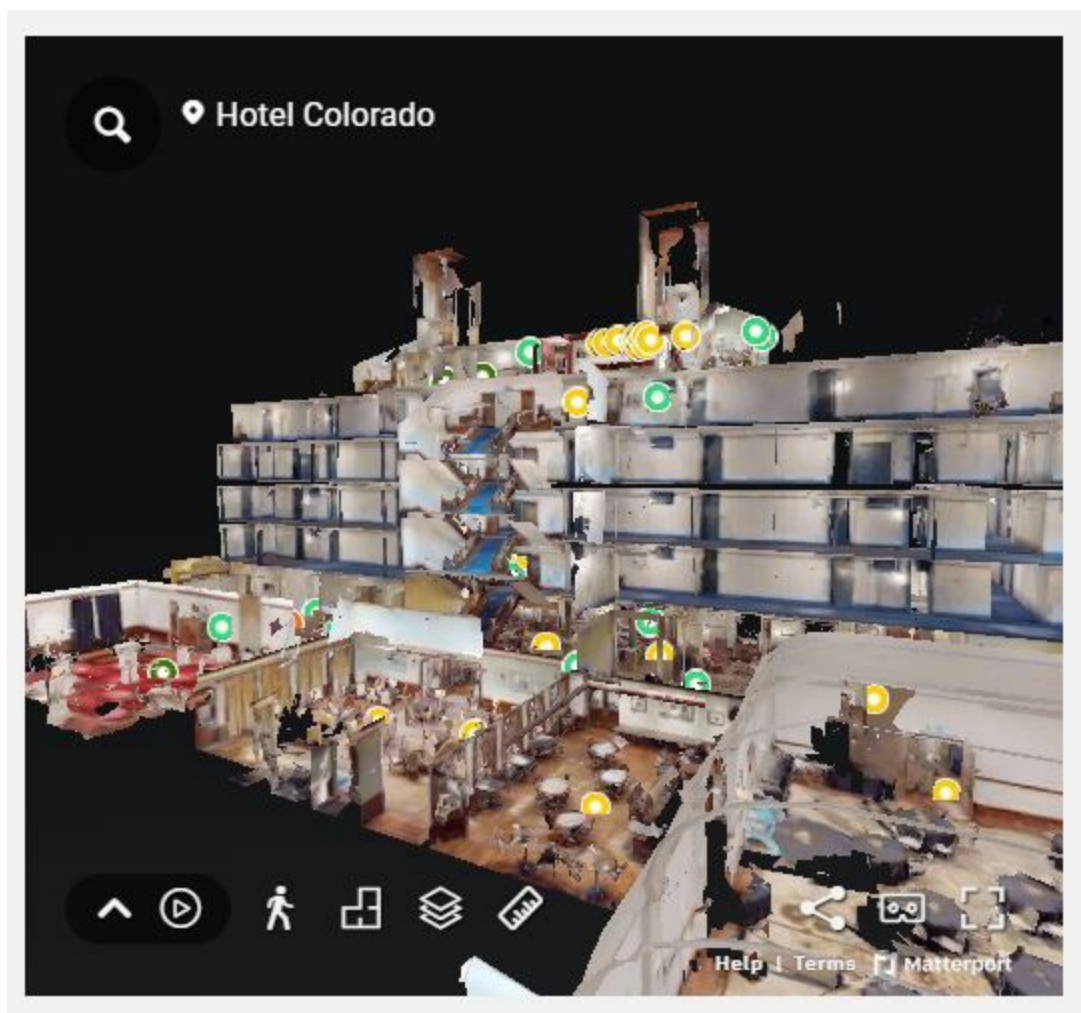


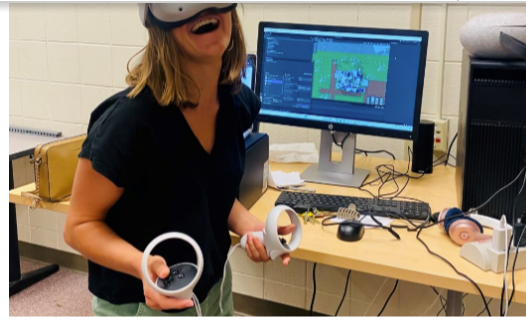
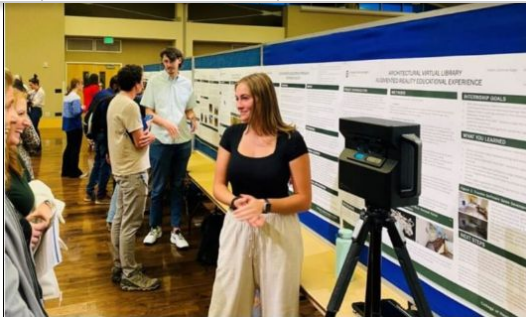
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strategy to promote cognitive performance, recovery from stress, and mood. This research collaboration is being led by LoTemplo, CHA Associate Director Deana Davalos, and Assistant Professor Francisco Ortega. For further detail about the project, [read this feature](#) over on SOURCE. The May 15 talk will be held in coordination with [Nature and Health Northern Colorado](#), a community networking group for anyone interested in nature and health relationships.

Faculty News

Awarded Grants



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Top: 3D showcase of Hotel Colorado, located in Glenwood Springs and constructed in 1893. Bottom left: Corrine Sage presents her research poster to Extension agents. Bottom right: Research Intern Amanda Spitzer navigates within the 3D virtual reality model of the Orman Adams Residence building in Pueblo, Colorado developed from the digital scan. Photo credit: Dr. Maria Delgado

A research team – comprising [Assistant Professor Maria Delgado](#) from the Design and Merchandising department, along with [Professor Christine Fruhauf](#), director of HDFS Extension and director of the Prevention Research Center, Healthy Aging Division – has been awarded a grant from the Department of Higher Education, History Colorado, in the amount of \$47,190 to enhance [Colorado State University's Architecture Virtual Library](#). The CSU-AVL serves as a freely accessible online platform aimed at promoting architecture education.

As part of the grant, the project will broaden its virtual architecture scans of historic properties within historically designated areas and underrepresented communities in Colorado's Main Street cities and statewide. These scans will incorporate augmented activities for virtual learning. The team plans to collaborate with K-12 educators across Colorado to co-create these experiences, and a portion of the activities developed will be exclusively dedicated to intergenerational engagement.



Human Development and Family Studies receives funding to celebrate Careers in Aging month

On Jan. 30, Christine Fruhauf, Ph.D., Hayley Hasburger, HDFS academic success coordinator, and Rachel Washburn, CHA student ambassador, received the 2024 Careers in Aging mini-grant from Gerontological Society of America's Academy for Gerontology in Higher Education.

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HUMAN DEVELOPMENT AND FAMILY STUDIES COLORADO STATE UNIVERSITY

undergraduate students will have the opportunity to learn about careers that support older adults. The event will take place on Tuesday, March 5 at 4:30 p.m. in BSB 459. Contact

Rachel.Washburn@colostate.edu for more details.

Publications and Popular Press



Market Days partnership harvests unique opportunities for gerontology students

HDFS Associate Professor Ally Brothers, Ph.D., and students from her class HDFS 201, Perspectives in Gerontology, were featured volunteering at Market Days for Older Adults on [CSU's SOURCE](#).



Market Days works with businesses at the Larimer County Farmers' Market to support older adults experiencing food insecurity in the Fort Collins/Larimer county community. Gerontology students assisted with a variety of tasks, including packing the food bags and crafting encouragement cards for program participants.



Interspecies Journey: A residency with unlikely partners

The Colorado State University Dance and Equine Sciences programs collaborated for a week in Fall 2023 on a residency with students and faculty in residence to explore intersections between dance/arts and work with horses to enhance each other's practices, learning, and research. The residency culminated in the presentation of *Interspecies Journey*, a dance theater work that merged live dance with film and narrative storytelling.

Hear firsthand accounts of the project on [SOURCE](#).

Economics of Aging



with Ray Miller
Department of Economics

To help adults age healthier, CSU economists say we need to distribute the wealth

Assistant Professor Ray Miller recently published the study, "[Health, Longevity, and Welfare Inequality of Older Americans](#)" in *The Review of Economics and Statistics*. Collaborating with Assistant Professor Neha Bairoliya from the University of Southern California's Marshall School of Business, they highlight growing inequalities in the well-being of older Americans.

The study suggests that health in later life is more significantly impacted by social determinants, including residential environment, education, and access to resources, rather than individual decisions alone. Miller emphasizes the importance of implementing policies that address disparities in both health and economic outcomes to foster shared prosperity for older adults in the future.

Cultural factors in older adult suicide



Silvia Sara Canetto, a professor of psychology, was recently featured in the AARP article, "[Why Older Men Are Killing Themselves at Alarming Rates](#)." According to a Center for Disease and Control report, men 85 and older have the highest rate of suicide of any age group. The report also found that firearm-related suicide is much more common in older men.

Canetto's research acknowledges that in the U.S.,

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“understandable,” and that suicide is considered a masculine act, especially involving firearms. She finds that these beliefs are more likely to be endorsed by white men, which is what contributes to the high mortality by suicide rate for this population. It is important to take these beliefs into consideration to understand why older men have the highest rate of suicide and how it can be prevented.

2024 Women in Science Symposium



2024 Women in Science Symposium

How Are We Going To Tackle Cancer?

March 6, 2024
March 7, 2024 K-12
Lory Student Center
9AM-4PM

For information



And to register

Volunteer to help



K-12 segments








Colorado State University



**Cancer impacts all of us...
How are we going to tackle it?**

Basic & Translational Research
Diagnosis to Palliative Care

-Join us for-

- Talks from experts in the field
- Panel discussion
- Interactive break out sessions
- Lunch provided
- Special K-12 segment
Experiential Booths!

The Women in Science (WiSCI) Network is hosting their 8th annual symposium on Wed., March 6, and Thurs., March 7.

Wednesday's events will focus on bringing diverse voices and perspectives to discuss “How are we going to tackle cancer?...As it impacts us all.”

On March 7, local 3rd and 7th graders will interact with STEAM booths developed and hosted by diverse science and art programs across CSU and Northern Colorado. For more information about the event and detailed agendas, [click here](#).

Registration will be open until Feb. 29, 2024:

RSVP here

Research Studies Currently Enrolling

The Future Brains Study Needs Volunteers!

Researchers in the Neurocognitive Measurement Lab at CSU are interested in studying cognitive engagement in healthy aging.

Who Can Participate?

Adults 18-80 years old,
fluent in English, with no
major hearing or vision
issues

What Does The Study Entail?

An online survey to determine eligibility

If qualified, an in person visit including:

- A series of cognitive tasks
- A magnetic resonance imaging (MRI) scan

Why Should You Participate?

- Contribute to research and understanding behind how to maintain brain health in aging
- Compensation:

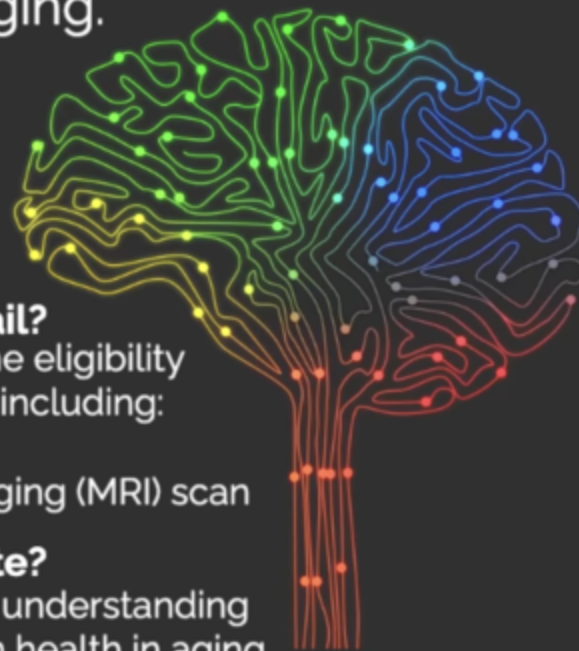
\$15 for completing an approx. 1-hour

\$25/hour for a 4-hour in-person visit (if qualified)

Contact Us!

(970) 491-6458 | nmlab@colostate.edu

Located in Fort Collins, Colorado



Colorado
State

**Studies Research**

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!**

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 United State Department of Agriculture invites applications for the funding opportunity, [Rural Health and Safety Education Competitive Grants Program](#). RHSE program proposals are expected to be community-based outreach education programs that provide individuals and families with: information as to the value of good health at any age; information to increase individual or family's motivation to take more responsibility for their own health; information regarding rural environmental health issues that directly impact human health; information about and access to health promotion and educational activities; and training for volunteers and health services providers concerning health promotion and health care services for individuals and families in cooperation with state, local, and community

The National Institutes of Health requests applicants for the [Stephen I. Katz Early Stage Investigator Research Project Grant](#). This mechanism will support an innovative project that represents a change in research direction for an early stage investigator and for which no preliminary data exist. The proposed project must be related to the programmatic interests of one or more of the participating NIH Institutes and Centers based on their scientific missions. **Application deadline: May 29. Application budgets are not limited but should reflect the actual needs of the proposed project.**

Community Happenings



Who will you depend on as you age?

Are you a single health care professional age 50 or older? Do you have anyone to depend on for help with advance care planning or health-related issues as you age? If not, you might consider joining forces with others in a Solo Ager network through the Larimer County Partnership for Age-Friendly Communities. This project creates mutual support networks in which members take each other to medical appointments, help each other with health-related decisions, act as emergency contacts, discover resources, and participate in advance care planning.

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HABIC
HUMAN-ANIMAL BOND
IN COLORADO

 **SCHOOL OF SOCIAL WORK**
COLORADO STATE UNIVERSITY

Feline Fluency: Lunch and Learn

Wed., March 6

12-1 p.m.

Virtual/Online

Join Human-Animal Bond in Colorado, part of CSU's School of Social Work, for a series of three engaging online conversations this spring. Delve into the subtleties of feline body language, vocalizations, and behaviors, as well as the importance of attentive listening to strengthen the bond between humans and their feline companions.

[RSVP here](#)



Divided Democracy: Polarization, Hate Speech, and the Future of America

Tues., March 19

4 p.m.

Lory Student Center Theatre

Democracy faces many challenges.

Our commitments to equality and free expression – fundamental to the democratic project itself – are being challenged and rethought along polarized ideological lines. Can we overcome our conflicts and restore faith in democracy?

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