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August 2023 Newsletter

A Note from the Director

Dear colleagues and friends,

I hope this message finds you all in good spirits and health as we venture into the Fall 2023 term. I wanted to take a moment to share some exciting opportunities happening at the Center for Healthy Aging.

The Center has been deep in proposal mode this summer, working on several grant submissions in collaboration with researchers from the University of Southern California. One proposal in particular, "Systemic drug candidate for multi-joint osteoarthritis and pain," has been awarded a \$452,568 grant from the USC Research and Innovation SBIR/STTR Planning Award program. This study will test the efficacy of an oral drug candidate for the

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Research Projects Agency for Health and the Department of Defense, Peer Reviewed Medical Research Program, Focused Program Award – have been submitted and are awaiting response.

You might recall from past newsletter issues that CHA submitted a Thematic Units of Excellence proposal based on brain health and related areas. While we did not receive funding for this particular proposal, I want to assure you that our dedication to advancing brain health research remains resolute. We are continuing to develop synergy programs that build on the core concepts of the TUNE proposal, fostering collaborative initiatives to advance brain aging research and education at CSU.

Amidst these developments, I want to emphasize our commitment to promoting the achievements and endeavors of our affiliate faculty and students. Through this newsletter, social media channels, and SOURCE announcements, we will continue to share their remarkable work and ways that community members can join in our healthy aging programming.

As always, thank you for being an integral part of CSU's Center for Healthy Aging.

Warmest Regards,



Nicole Ehrhart

Healthy Aging Blog

[Moving Through Parkinson's dances across Europe](#)

Lisa Morgan, Instructor, CSU Dance

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Aging News



Mind over age: How CSU studies of aging stereotypes are shifting the narrative

via *CSU SOURCE*

[read more >>](#)



3 unanswered questions about the newly approved Alzheimer's drug Leqembi

via *NBC News*

[read more >>](#)



Living near green spaces could add 2.5 years to your life, new research finds

via *Washington Post*

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News from the Center

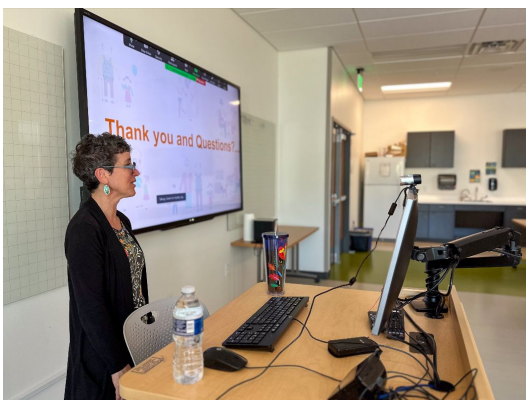
Cedarbrook Senior Living Visit



From left: Robert Mercer, Gloria Luong, Nicole Ehrhart, Erin Ottenbreit, Stephen Aichele, Mike Damone, and Susan Barlow.

Members of the executive team from Cedarbrook Senior Living, based in Troy, Michigan, visited CHA on July 26 to learn more about the Center's research and programming. CHA Director Nicole Ehrhart and Cedarbrook President Michael Damone first met in 2020 when Cedarbrook learned of the Center's COVID-19 longitudinal screening study in nursing facilities. Now, the two groups stay connected to share updates on aging research and current happenings in the skilled nursing facility industry. Gloria Luong and Stephen Aichele, two faculty members from CSU's Department of Human Development and Family Studies, joined in the visit on July 26.

Social Ties and the Lived Experience



Last month, the Center welcomed [Professor Karen Fingerman](#) from the University of Texas at Austin for her invited lecture "Social Ties and the Lived Experience: A Daily

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adults. She discussed both close ties (family, spouse, children, etc.) and weak ties (coworkers, neighbors, strangers, etc.) in everyday life, accompanied by insights from Fingerman's Daily Experiences and Well-Being Study.

Watch the recording below:



Recap: Summer Outreach





The Center has been busy with community outreach this summer:

- In June, CHA staff attended Colorado's [Ride to End Alzheimer's](#) event to connect the local community with current CSU research on cognitive aging. Assistant Professor of Health and Exercise Science [Neha Lodha](#) spoke at the Champions Dinner, where she shared about her [Alzheimer's Association-funded study](#) that promotes safe driving behaviors after neurodegenerative conditions.
- And, CHA hosted over 30 locals this summer at Tour Tuesdays! These attendees learned about CSU's history in aging research and programming and left knowing more about services available to older adults through campus.

Center Events

Save the Date!

The Center's Fall 2023 Healthy Aging Speaker Series will be held on **October 5 at 11 a.m.**, featuring [Somshuvra Mukhopadhyay](#), an associate professor of pharmacology & toxicology at the UT Austin College of Pharmacy. Mukhopadhyay's lecture will focus on a heavy metal, manganese, that causes a Parkinson's-like disorder in high doses.

Background: Most cases of Parkinson's disease are sporadic (not hereditary) and

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in particular, causes a PD-like disorder in high doses. It has been recognized since the 1850s that essential metal manganese induces these Parkinson-like motor deficits, but remarkably, the first hereditary disorder of manganese neurotoxicity (due to mutations in the *SLC30A10* gene) was only identified in 2012. Mukhopadhyay's presentation will focus on functional and mechanistic studies of SLC30A10 performed over the last decade that have transformed scientists' understanding of manganese homeostasis and its induced neuromotor disease. Understanding how this environmental agent is linked to long-term changes in the brain is highly relevant to understanding general mechanisms by which genetics and environment interact to promote neurological disease.

This event is co-sponsored by CSU's Department of Environmental and Radiological Health Sciences.

More details to come – register in advance [here](#).

Aspen Club in northern Colorado

13,700+ members strong, for residents 50+

The Center has partnered with UCHHealth's Aspen Club to present a series of lectures by our faculty and students during the later part of the fall semester. Find details below – registration info may vary depending on the location.

Age-related decline in bimanual dexterity: Looking beyond the role of motor functions

Wednesday, Nov. 1

11 a.m.-12 p.m.

Poudre Valley Hospital, Café F

Presenter: [Prakruti Patel](#)

The ability to use both hands simultaneously in skilled, bimanual tasks, such as tying shoe laces or buttoning a shirt, is crucial for independent living. Age-related decline in bimanual dexterity is well-known. Presented by Prakruti Patel, a postdoctoral researcher in CSU's Movement Neuroscience and Rehabilitation Laboratory, this talk will focus on whether decline in bimanual dexterity is related to motor functions, such as grip strength and force accuracy, and/or cognitive functions, such as attention and

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Save the date – registration will open in October!****Viral infections and Parkinson's disease: What are the risks?**

Thursday, Nov. 9

11 a.m.-12 p.m.

Fort Collins Senior Center

Presenter: [Ron Tjalkens](#)

Most cases of Parkinson's disease have no known origin. However, age, genetics and environmental factors all play a role in determining whether an individual will develop this neurodegenerative disorder. Historically, pandemics such as the 1918

Spanish Flu implicate viral infections as a potential risk factor for PD. Currently circulating viruses, including COVID-19, can negatively impact the brain. This has raised many questions about the potential long-term effects of such infections. Ron

Tjalkens, a professor of toxicology at CSU, will discuss how viral infections can impact brain function related to PD and will highlight why the immune system may be the balance point between protection and disease.

Register *now* by calling Fort Collins Senior Center at 970-221-6644 and refer to refer to activity #425444-01.

Sleep and circadian disruption impair cardiometabolic health

Friday, Dec. 8

9:30-10:30 a.m.

Loveland Library - Gertrude Scott room

Presenter: [Sophie Seward](#)

Sleep and circadian disruption is highly prevalent in the United States and is associated with heightened risk for Type 2 diabetes and cardiovascular disease.

Limited strategies or countermeasures exist to prevent the impact of sleep and circadian disruption on these health conditions. Sophie Seward, a third-year Ph.D. candidate in the CSU Sleep and Metabolism Laboratory, will guide us to understand how sleep and circadian disruption impair metabolism and whether improving timing of sleep and eating can improve health.

Save the date – registration will open in October!

Faculty News



Please consider joining the CSU Gerontology Club's team for this year's Walk to End Alzheimer's on Saturday, Sept. 23 at 9 a.m. All are welcome to join the club's team: students, grad students, faculty, staff, community members, family and friends. By joining the team, you can help to fundraise, attend the walk or both. The walk is held on campus, and the CSU Gerontology Club would love to make a strong showing of support.

[Click here to join!](#)



Do you work with undergraduate students? Please encourage students to consider declaring the Gerontology Interdisciplinary Minor (GIM). The introductory course, HDFFS 201 Perspectives in Gerontology, is offered on campus this fall and is a great first look into the field of aging. The Department of Human Development and Family

Questions about the minor? Contact Christine.Fruhauf@colostate.edu. Questions about HDFS 201? Contact Allyson.Brothers@colostate.edu.

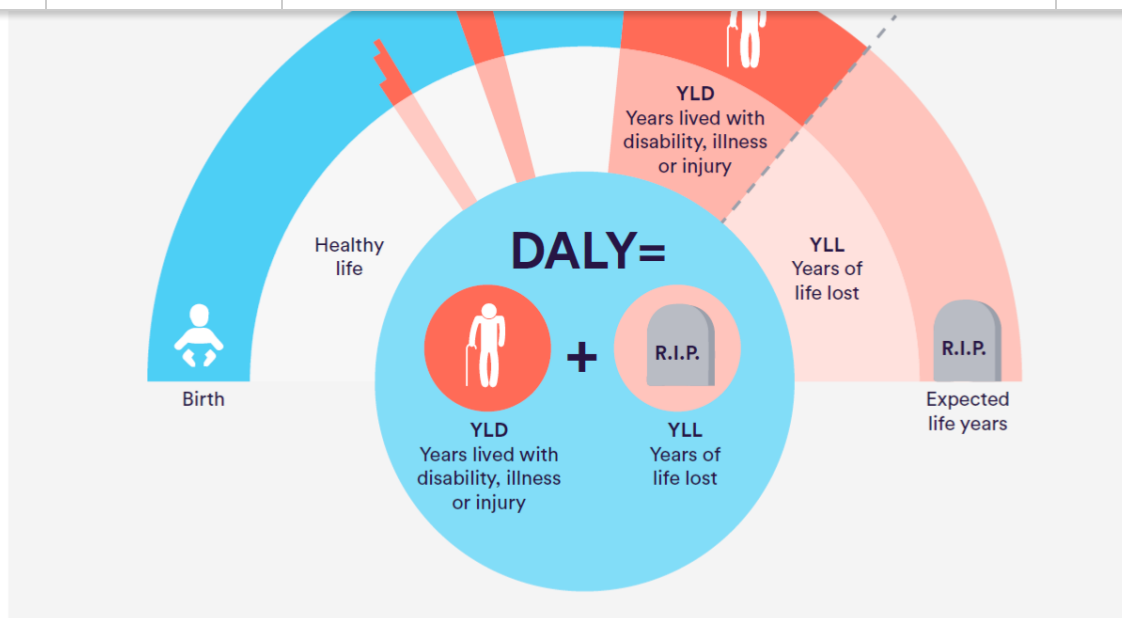
Publications



Assistant Professor David Rojas-Rueda, an environmental epidemiologist in the Department of Environmental and Radiological Health Sciences, has two open-access publications out this summer. The first, [published in *The Lancet Planetary Health*](#), describes the health effects of open streets programs in 15 Latin American cities. The paper defines "Open Streets" as programs converting at least 1 k.m. of urban streets into car-free spaces temporarily, allowing pedestrians, runners, skaters, and cyclists to access these areas freely and safely, thus encouraging recreational activities.

Rojas-Rueda's assessment finds that open streets initiatives could avert 363 premature deaths annually due to heightened physical activity, leading to an economic impact of \$194.1 million saved each year, along with a substantial reduction in DALYs, representing years lost due to ill-health, disability, or early death.

[The second assessment](#), published in *Environment International*, estimates the number of premature deaths that would be prevented by implementing four different native-plants policy scenarios in the city of Denver, Colorado. The assessment finds that if 30% of the study area were landscaped with [native plants](#), rather than turf grass and non-native plants, about 88 premature deaths could be prevented.

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DALYs = disability-adjusted life-year. Source: Public Health England (2015), [Nuffield Trust](#) (2022).

Research Studies Currently Enrolling

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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:

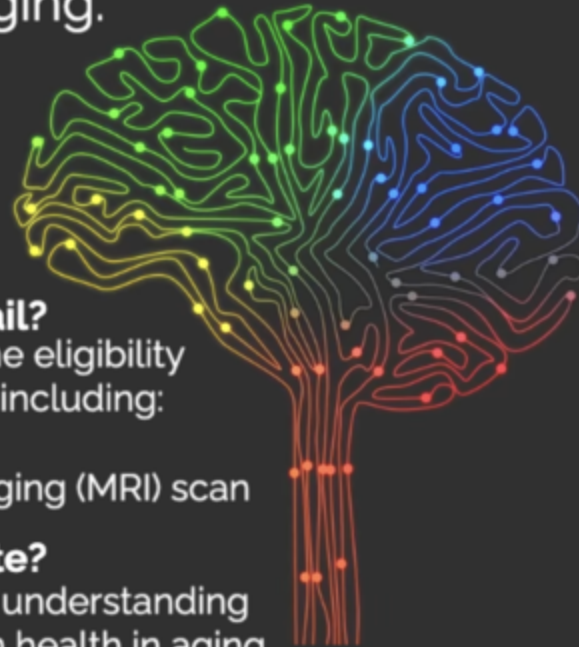
\$15 for completing an approx. 1-hour

\$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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**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!**

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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 AKC Canine Health Foundation](#) invites proposals investigating complex canine medical conditions, including degenerative processes and acute and chronic diseases. This RFP supports studies of disease prevention, promotion of health, novel diagnostics, innovative treatments, improved care, and the pathologic and molecular basis of disease. Clinical, experimental, and translational topics are invited, and may include longitudinal studies, comparative analyses, patient-focused outcome studies, complex data sets, and mechanistic investigations. **Application deadline: Sept. 7 at 11:59 p.m. ET.** Both Acorn (**\$20,000 maximum including 8% maximum indirect costs**) and Oak (**over \$20,000 including 8% maximum indirect costs**) proposals will be accepted for review.

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[Aging](#)." These early phase clinical trials will generate evidence supporting the validity of the NIH MBI Toolkit's guiding principles, as well as the necessary pilot data to design a subsequent clinical efficacy or effectiveness study (or pragmatic clinical trial) using music-based interventions in the context of brain disorders of aging, including but not limited to: Alzheimer's disease and related dementias, Parkinson's disease and stroke. **LOI due Sept. 20. Award amount: Up to \$450,000 in direct costs over the entire project, maximum project period of three years.**

Community Happenings



[The OLLI Fall 2023 catalog is here!](#)

Join The Osher Lifelong Learning Institute at CSU to gain access to program offerings, including art and design, global affairs, health and wellness, psychology and more. The Fall 2023 term will begin with classes on Monday, Sept. 18, through Friday, Dec. 16. Fall 2023 registration will open online at 8 a.m. on Wednesday, Aug. 23.

Stress-Busting for Caregivers

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The Larimer County Office on Aging is offering the Stress-Busting Program (SBP) for Family Caregivers™, an evidence-based program that provides support to family caregivers of persons with dementia or a chronic illness. It is proven to:

- Improve the quality of life of family caregivers who are providing care to an older loved one.
- Help caregivers manage their stress and cope better with their lives.

In the Stress-Busting Program for Family Caregivers™, caregivers will:

- Learn about stress and its effects
- Practice stress management techniques
- Develop problem-solving skills.

Who: Family caregivers of someone with dementia

What: Group meets for 90 minutes/ week for nine consecutive weeks

Where: Elderhaus at 6813 S. College Ave. Fort Collins, CO 80525

When: 9:30-11 a.m. Wednesdays Sept. 6-Nov. 1.

Registration is required. Please plan to attend all nine classes.

RSVP at the link below, or if you have questions, call 970-498-7758 or email aging@larimer.org.

RSVP

VoA Rainbow Respite



Rainbow Respite

SUPPORTING FAMILIES OF CHOICE

The Volunteers of America Caring Companion Program has launched the **Rainbow Respite Initiative** in Larimer County. This initiative serves older LGBTQ+ adults and their unpaid caregivers. VoA will match LGBTQ+ volunteers or strong allies, with caregivers in LGBTQ+ families living at home, to provide weekly respite (break) for the caregiver and a safe, social visit for the person being cared for, at no cost. Caregivers, participants, and volunteers self-select into Rainbow Respite, and volunteers receive specialized training prior to being matched.

Why do this?

- LGBTQ+ older adults become caregivers at a higher rate than the general population.
- LGBTQ+ older adults are five times less likely to seek medical or social support.
- Caregiving is hard enough without having to worry about how you or your loved one will be treated.

Want to volunteer? Want to sign up for services? Contact VoA Colorado at 970-658-3188 or email Diane at dcohn@voacolorado.org.



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***Fast-Forward* Movie Screening**

Sat., Sept. 9

American Legion Post 119
850 N. St. Vrain Ave., Estes Park,
CO
11:30 a.m.-1:30 p.m.

Join UCHHealth, the Estes Valley Library and others in a free showing of the PBS documentary *Fast-Forward* that shares a proactive look at the process of aging.

RSVP

Th., Sept. 10

High Country Beverage
4200 Ronald Reagan Blvd.,
Johnstown, CO
2-5 p.m.

Learn about the latest research on multiple sclerosis, migraines, dementia, Parkinson's disease and more at the Brain Health Center of the Rockies annual health fair. Participants can also receive health screenings and get info on fatigue, exercise, nutrition, music therapy, cognition, and physical therapy.

RSVP



Columbine Health Systems
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