

December 2021 Newsletter

A Note from the Director

Happy holidays from the Columbine Health Systems Center for Healthy Aging staff!

Last week, I sat around the dinner table with my family and reflected on this past year that brought both challenges and triumphs as we all stumbled and navigated a "new normal." More than anything, this year I was deeply thankful for the opportunity to share in gratitude with those around me, knowing that this time last year, many families were cancelling their holiday plans, and the spirit of Fall was interrupted by absences at the dinner table and loved ones kept at long distances.

As we transition into a new year, I am continually grateful for the work of many scientists across the world, including those at the Center, who have forged the way in vaccine development and public health knowledge so that we all can gather safely in this special

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Below you will find our last list of offerings as we round out 2021: events both online and off, healthy aging news directly from Center faculty, and other studies and classes to get involved with our work. Please be safe, stay active, get vaccinated, and hold your loved ones close this year.

Warmest Regards,
Nicole Ehrhart

Healthy Aging Blog

[The Future of Food](#)

[An Algorithm for Immunological Age and Disease](#)

[Air Pollutants Could Accelerate Cellular Aging](#)

Grace Weintrob, Communication Studies

Aging News



Aging Basics: Social Relationships Across Adulthood

via CHA website



Study sheds light on the cellular machinery of aging

via Medical News Today

ScienceDaily
Your source for the latest research news

Poor sleep linked to feeling older and worse outlook on aging, which can impact health

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News from the Center

OT Fieldwork Training



OCCUPATIONAL THERAPY
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The Center for Healthy Aging has been working closely with CSU's Department of Occupational Therapy to develop a fieldwork experience that matches graduate students in OT with older adults in Larimer County to provide occupation-based services.

As a requirement for graduation, OT students must participate in these fieldwork training experiences to prepare them for careers as entry-level generalist practitioners by working with clients to assess their needs and improve their activities of daily living.

The Center is planning to launch our first OT fieldwork experience in Fall '22 by connecting OT students with residents from local housing authority properties. More details to come!

Faculty Recruitment

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WE'RE RECRUITING

new **affiliate faculty**,
community partners, and
stakeholders interested in
aging research



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healthyaging.colostate.edu

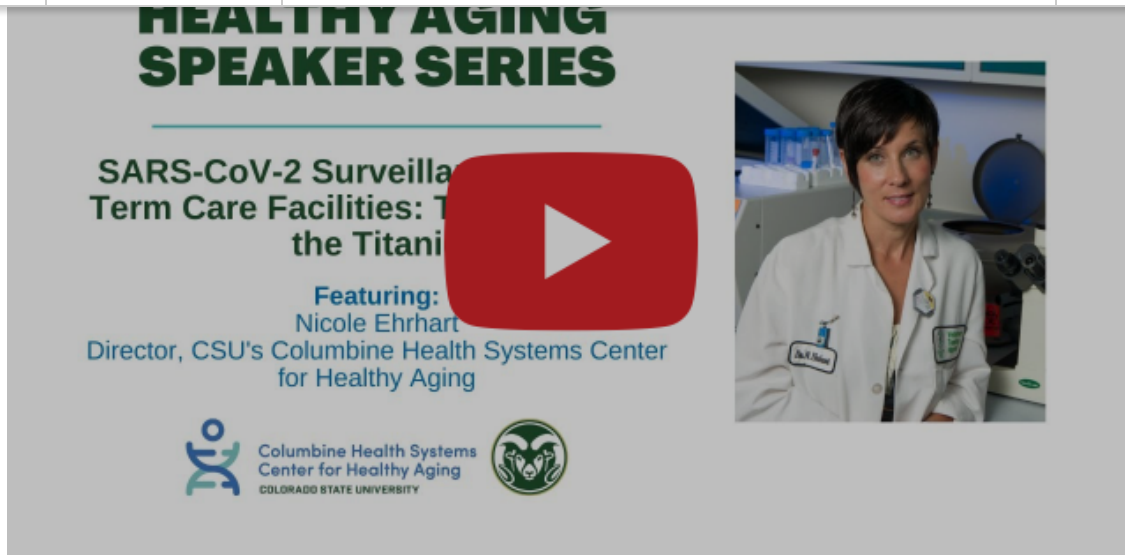


Final call! Our faculty recruitment effort will be ending on Dec. 28, 2021.

Faculty in any academic discipline who are currently engaged in research that relates to aging, or who wish to explore opportunities in aging research, are invited to review affiliate faculty opportunities and requirements [here](#). To apply to become an affiliate faculty member, [please complete this survey](#).

Questions? Email Nicole.Ehrhart@colostate.edu. Please do share this announcement with interested colleagues!

COVID-19 Surveillance in Long-Term Care Facilities

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In last month's Healthy Aging Speaker Series seminar, director of the Center, Nicole Ehrhart, introduced us to the Center's Longitudinal COVID-19 Screening Project, a transdisciplinary research effort that developed early detection and mitigation strategies to stop the spread of COVID-19 in skilled nursing facilities. Watch the recording [here](#).

Center Events

Healthy Aging Fitness

Our next Healthy Aging Fitness class will be held on **Tuesday, Dec. 7 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. Watch our past workouts [here](#).

[Register](#)

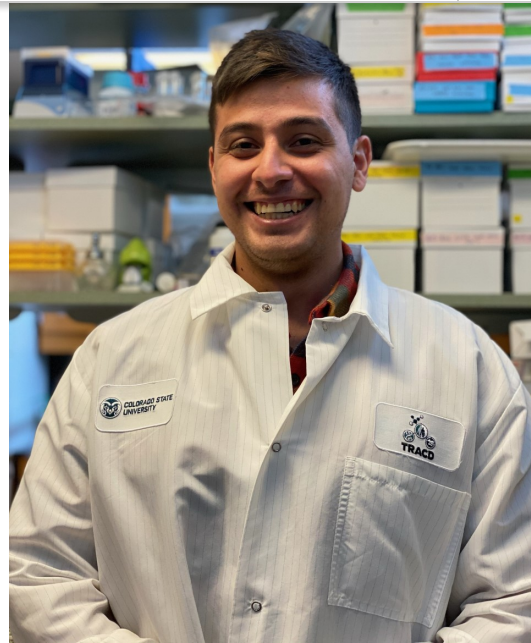


Faculty News

Publications and Awards



Cassandra Hatt, a Ph.D. candidate in Associate Professor Allison Bielak's [Healthy Cognitive Aging Lab](#), was recently published in *Geriatrics* for her article titled, "[Evaluating the Consistency of Subjective Activity Assessments and Their Relation to Cognition in Older Adults](#)." Hatt's research examined two types of self-reported activity assessments, one daily and one weekly, to see whether the assessments could predict cognitive performance.

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Two graduate students from Professor Karyn Hamilton's [Translational Research on Aging and Chronic Disease Laboratory](#) won awards at the recent [CSU Graduate Student Showcase](#), a conference designed for graduate students to present their research and connect with other graduate students and faculty at CSU.

Maureen Walsh (left) was recognized as an Honorable Mention winner for the "Great Minds in Research Award." Walsh's research focused on identifying mechanisms by which targeting two important transcription factors, called NRF1 and Nrf2, promote maintenance of the mitochondrial proteome.

Wenceslao Martinez (right) received a College of Health and Human Sciences "Excellence in Research and Scholarship Award." Martinez's presentation described an initial investigation into the effects of an experimental healthspan-extending intervention, called methionine restriction, on brain protein homeostasis.

Professor [Silvia Sara Canetto](#) from the Department of Psychology was elected to the Council of Representatives of the American Psychological Association. The APA is the largest scientific and professional organization of psychologists in the United States, with over 122,000 members, including scientists, educators, clinicians, consultants, and students. The Council of Representatives is the legislative body of APA. It has power and authority over the affairs and funds of the association.



Canetto also has a recent publication in the

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suicide theory, research, and prevention: Challenges and changes." Read [here](#).



Associate Professor Brett Fling in the Department of Health and Exercise Science was recently published in the journal *Sensors* in October. The paper, titled "[Discriminative Mobility Characteristics between Neurotypical Young, Middle-Aged, and Older Adults Using Wireless Inertial Sensors](#)," examined commonly performed aspects of mobility (walking, turning, sit-to-stand, and balance) and how those measures differed between young, middle, and older adults.

University Distinguished Professor Manfred Diehl from the Department of Human Development and Family Studies has two new publications out this month.

"[Awareness of Age-Related Change as a Behavioral Determinant of Survival Time in Very Old Age](#)," was published in *Frontiers in Psychology* in September. This study analyzed 1,863 interviews with participants, follow-up assessments, and death records, finding that subjective views of aging that emphasized loss and decline indicated an increased risk to survival, whereas VOA that emphasized gains and benefits that come with aging were predictive of longer survival in participants.



"[Gratitude and loneliness in daily life across the adult lifespan](#)" was published in November in *Current Psychology*. Generally, the study found that gratitude and loneliness were negatively associated, meaning that the more grateful a person was, the less lonely they felt in their lives, and vice versa. However, these findings varied by age and gender.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**DATA SCIENCE RESEARCH INSTITUTE PRESENTS:****MATT HEPBURN, M.D.**

Infectious Disease Specialist
Office of Science and Technology Policy
at the White House

Dr. Hepburn led Operation Warp Speed to hasten the delivery of COVID-19 vaccines, and is now focused on preparing for future pandemics.

Please join us via Zoom or in-person:

Friday, Dec. 10,
3:30 - 5:00 p.m. MT
Lory Student Center, Grand Ballroom D

Register at:

<https://bit.ly/MattHepburn>



**VICE PRESIDENT
FOR RESEARCH**
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[The Office of the Vice President for Research](#) and the [Data Science Research Institute](#) will host Matthew Hepburn, M.D. at the Lory Student Center Grand Ballroom D on **Friday, Dec. 10, 2021 from 3:30–5 p.m.**

This event will be live streamed via Zoom for those who wish to attend virtually. For those in-person, there will be an informal reception afterwards with snacks and refreshments.

Dr. Hepburn, who led Operation Warp Speed to deliver COVID-19 vaccines in 2020, will explain the American Pandemic Preparedness Plan and how innovations in data science can help to accomplish the ambitious goal of preventing future pandemics.

Here is a [TEDMED 2020 talk by Dr. Hepburn](#). Here is an [article](#) about Dr. Hepburn's move to the White House in October 2021.

Register

INNOVATING MINDS

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Join CSU's Women in Science Network for a conversation with 3 Women in Design as they share their insights to merging art and science in the creation of interactive and beautiful spaces with an eye on renewable energy and sustainability. All three speakers have woven careers combining the disciplines of research, master planning, and design development resulting in their own distinct voice of design.

[Register](#)

Green Labs: Where Research Sustainability Meets Safety

Feb. 8, 2022, 4:30–6 p.m.

[Zoom](#)

The [Research Safety Culture Program](#) at Colorado State University works collaboratively across the university to ensure productive, synergistic relationships within our research community to continuously improve our positive, proactive safety culture that is critical to and enhances CSU's world-renowned research. Join WiSCI on Feb. 8 to learn how you can become involved.

[Register](#)

Neuroimaging and Brain Aging Virtual Workshop

Dec. 15

11am–5:30pm E.T. / 8am–2:30pm PT

Virtual on Zoom

The objective of this workshop is to introduce the principles and applications of neuroimaging techniques for the study of brain aging. This workshop is aimed towards students, post-doctoral fellows, and faculty who are new to the field and who are interested in an orientation on neuroimaging and brain aging research.

Event presented by the NEW Brain Aging Center.

Research Studies Currently Enrolling



Sensorimotor Neuroimaging Laboratory:
Neural mechanisms and associations of psychomotor and balance abilities in Diabetes Type 1



Purpose of this study:
 To investigate the association of psychomotor abilities and balance performance in individuals with type 1 diabetes. Type 1 diabetic patients have been observed as experiencing poor balance, gait impairments and cognitive function. The cause of these debilitating symptoms is still unknown.

What will you be doing?

Session 1

NeuroCom Testing



This machine will run different motor and sensory activities to analyze balance and reaction abilities.

Purdue Pegboard



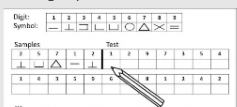
The individuals will be asked to place pegs on the platform with their right, then left, then both hands for time.

Grooved Pegboard



Subjects will place pegs in a row and down a column for time with their right and left hand.

Digit Symbol Substitution Test



The paper and pencil task will ask the participants to fill in correctly coded symbols.

Session 2

Neuroimaging:



Structural MRI, functional MRI, and diffuser tensor imaging data will be collected using the Colorado State University scanning center.

Any questions?
 Email Krystyna.Kolodziej@colostate.edu

Researchers from the [Sensorimotor Neuroimaging Lab](#) in the Department of Health and Exercise Science are recruiting participants with Type 1 diabetes to investigate the association between motor abilities and balance performance. [See here for more info](#) or email Krystna.Kolodziej@colostate.edu with questions.



Are you over 60? Have you used cannabis in the last year?

*You could participate in a research study at UCCS investigating cannabis use and health with aging among **adults age 60 or over**.*

You may be eligible to participate if you are:

- Age 60 or over
- Have used cannabis at least once in the last year
- Have internet access

This study is entirely online and involves:

- Part I: Online questionnaires (about 1 hour)
- Part II: Weekly brief survey and cognitive testing (about 3 hours total)
- Compensation for your time



If you are interested in getting more information or signing up to participate, please email mjcognitionstudy@gmail.com. Your participation is completely voluntary, and you can choose to be in the study or not and to stop at any time. This study is approved by the Institutional Review Board (IRB) at the University of Colorado Colorado Springs (UCCS).



AgingPLUS Study Seeking Research Participants Interested in Healthy Aging

The Adult Development and Aging Project (ADAPT) research team is currently looking for participants to be a part of a new clinical trial based on a recent successful pilot program.

Participants will receive monetary compensation for their time commitment to the study, up to \$280.

Am I a candidate?

- Between 45 -75 years old
- English-speaking (using primarily English in speaking, reading, and writing in your daily life)
- Currently not exercising on a regular basis
- Willing to be randomized to one or two educational groups
- Willing to complete all components of the study, including attending all four group educational sessions.
- Willing to commit to six months of observation – with gaps between observations.

(Information continued on the back.)



**HUMAN DEVELOPMENT
AND FAMILY STUDIES**
COLORADO STATE UNIVERSITY

Kat Thompson
Department of Human Development and Family Studies
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adaptresearch@colostate.edu

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University is recruiting volunteers to be part of our Health and Daily Experiences (HEADE) study. We are seeking adults (18-35 years old or 60+ years old) to participate. Participants will be asked to come to the CSU campus to complete questionnaires and lab tasks and will be compensated up to \$200 for completing the various study procedures. If you are interested in this opportunity, please contact HEART at 970-491-0871 or email heart@colostate.edu.



Funding Opportunities

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Research and Development of Brain Related Disorders. The objective of this RFP is to allow those working in these areas to apply for financial support of their programs. Proposal deadline: Dec. 31.

[Morris Animal Foundation](#) is now accepting proposals for studies focused on limb-sparing treatments for osteosarcoma in Saint Bernards and other giant-breed dogs. Competitive applicants will have a previous record of research and publication in canine oncology with evidence of access to sufficient populations of Saint Bernards and other giant-breed dogs diagnosed with appendicular osteosarcoma. Award amount: up to \$150,000. Application due Jan. 14, 2022.

[The Center for Retirement Research](#) sponsors the annual Steven H. Sandell Grant Program for scholars in the field of retirement or disability research and policy. Research focus areas include trends in disability and 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. The PI and the Co-PI(s) must be junior or non-tenured scholar(s) who are within 1-7 years of completing their Ph.D. or comparable professional certification. Award amount: up to \$45,000. Proposal deadline is Jan. 31, 2022.

Community Happenings

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Market Days! for Older Adults

Community Impact 2021

Total bags distributed
between May 22 -
October 23, 2021:

1,445

25% increase from 2020

65 Volunteers



363 hours

Number of Older
Adults Served



480*

Total Dollars to
Local Farmers



\$18,785

11 Community Partners

Larimer County Office on Aging
Grand Family Coalition
Meals on Wheels FC
Lago Vista Mobile Home Park
A Little Help

Housing Catalyst
Neighbor to Neighbor
Red Feather Lakes Library
Mason Place
FC Neighborhood Services
St. Luke's Medical Clinic

* An additional 46 children benefited from produce through Grand Family Coalition



Market Days! is a program of the Larimer County Farmers' Market

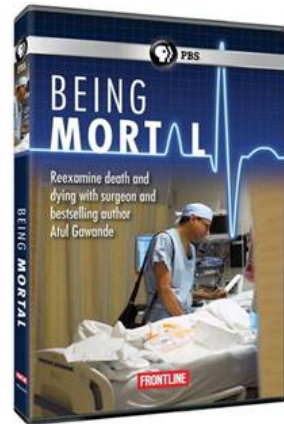
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OF LARIMER COUNTY****COLORADO STATE UNIVERSITY
EXTENSION**Senior Access Points of Larimer
County empowers older adults with
access to information for aging well.**970-498-7740****www.larimerseniors.org**Sponsored By
 **United
Healthcare****LITTLE TALKS**

A LITTLE HELP

Resources for Aging in Place

Join A Little Help Dec. 8–10 for their December Little Talk, a three-part, **lunch-hour** series that will present important technology and service resources for aging in place and helping families support their loved ones. Join for all or just some of the days.

Wednesday, Dec. 8: SafeSpace Builders will discuss its work helping homeowners with indoor and outdoor safety modifications. Routinify will discuss its telecare service called WellAssist™ that supports and monitors the daily health, safety and well-being of

**Being Mortal Film Screening & Discussion**

Jan. 26, 2022, 10–11:30 a.m.
Fort Collins Senior Center

The stories in *Being Mortal* show us the value of shared decision making in medicine at the end of life and illustrate the importance of thinking and planning ahead as we reflect on what matters most to us. Join the Larimer County Advance Care Planning team for this screening.

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Thursday, Dec. 9: Nymbl Science will discuss its programs for improving balance and reducing fall risk.

[Register Online](#)

Friday, Dec. 10: Learn more about SafeAna technology for monitoring wellness of older adults.

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