

April 2022 Newsletter

A Note from the Director

Dear CHSCHA colleagues and friends,

As spring weather begins to make an appearance here in the Front Range, the Center has continued to see increased activity, and it is exciting to see so much growth happening after the pandemic's lull.

Behind the scenes, we have several studies, grants, and initiatives that we are spearheading. One such effort is related to our [Longitudinal COVID-19 Surveillance Study](#) in Long Term Care Facilities and the large, unique archive of biological specimens generated from workers who have consented to have biospecimens saved from throughout the pandemic. This archive will advance our understanding of how infectious diseases

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specimens – which will aid future public health responses to emerging wellness threats to vulnerable populations – and also to gear up for future studies in comparative aging biomarker discovery.

Additionally, in the coming weeks, the Center will become the first engagement hub for the new [Colorado Longitudinal Study](#), which intends to build the world's most comprehensive longitudinal collection of biological specimens matched with detailed clinical and social determinants of health data. (Learn more in our [living healthy longer episode](#) with Chief Operating Officer, Meredith Guerrero.) We are honored and excited to be the launch site for COLS and will be sharing information on participant recruitment here shortly.

On a related topic, I'd like to bring our [research registry](#) to your attention. If you want to be more involved in the future of healthy aging, there is no better time to sign up. The research registry is open to anyone who would like to be contacted about participating in studies to promote healthy aging. Regardless of your current age, you can be part of the science that drives new understandings, discoveries, and interventions that lead to improved health and wellness in the second half of life.

One last note: You will not want to miss Dr. Christopher Bell's [April 20 lecture](#) in our Healthy Aging Speaker Series, all about cannabis (CBD and THC) and its effects on exercise performance. Cannabis studies are a unique and burgeoning area of research, so if you're at all curious about "the jazz cabbage," be sure to attend on April 20.

Please 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

[The History of Aging Research](#)

Grace Weintrob, Communication Studies

[Exercising an Aging Brain](#)

Addison Hobbs, B.S. '20, Cognitive and Behavioral Neuroscience

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Grace Weintrob, Communication Studies

Aging News



Yale researchers identify accelerated genetic aging in breast tissue adjacent to tumors

via News Medical Life Sciences

[read more >>](#)



Much of the cost of dementia care in aging Native American adults is due to hospitalization

via The Conversation

[read more >>](#)

Bloomberg

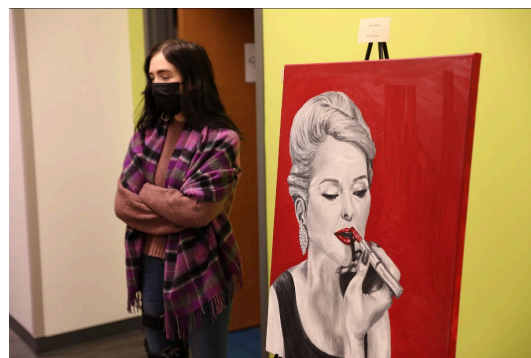
HEALTH CARE BRIEFING: Home Health Groups Look to Revive Agenda

via Bloomberg

[read more >>](#)

News from the Center

Art and Aging Winners

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Our attendees voted and the results are in. Congratulations to the winners from our recent Art and Aging Exhibition!

1st place: Ana Scott, *Radiant Wisdom* (top)

2nd place: Logan Honea, *Glass Half Full* (bottom left)

3rd place: Grace Thompson, *Classic Beauty* (bottom right)

These students received a certificate and a cash prize for their art, which will now hang on the walls of the Center for Healthy Aging permanently.

All 14 students put in an incredible effort last semester on this project. The Center looks forward to collaborating with the Department of Art and Art History on another rendition of Art and Aging in the future!

International Women's Day

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COLORADO STATE UNIVERSITY

Presented by Women and Philanthropy

GATHER

Conversations to Inspire

CHA Director Nicole Ehrhart was recognized in President McConnell's speech to the International Council of Small Business on International Women's Day. Ehrhart was acknowledged for her commitment "to ensuring that older individuals are respected, valued, welcomed, and supported."

McConnell noted that the Center's efforts to designate CSU as an Age-Friendly University are furthering CSU's commitment to foster an educational environment that benefits students of all ages.

Find President McConnell's full speech here: col.st/MGsY0

Podcast Corner

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living healthy longer

decoding the science
of healthy aging



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY



Since our last newsletter, we've released three podcast episodes:

"Trauma from Dogs to People" with Dr. [Kelly Hall](#), on the Veterinary Committee on Trauma ([VetCOT](#)) and how companion animals are teaching us about humans' capacity for healing into older age.

"Cancer and Aging" with Dr. [James DeGregori](#), on why cancer and aging share such similarities – and the Degregori lab's theory of [adaptive oncogenesis](#), which views cancer through the lens of evolution.

"Big Data and Health Inequities in Canine Studies" with Dr. [Audrey Ruple](#), on genetic similarities between dogs and humans, the underrepresentation of diverse groups in human and canine studies, and how big data is revolutionizing diagnoses in translational medicine.

Episodes drop every other Monday. Listen 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:](#)



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The Aging Clinic of the Rockies offers professional counseling services to address the 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.

Center Events

A dark gray rectangular graphic with a white border. Inside, the words "Mobility Yoga" are written in a bold, yellow, sans-serif font.

Mobility Yoga

This virtual offering, taught by certified yoga therapist Jennifer Atkins of [Adaptive Yoga Specialist, LLC](#), helps improve flexibility and functional movement throughout everyday life. No experience or equipment needed. Join us on **Thursday, April 7 at 10 a.m.** for our next class!

[Register](#)

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HEALTHY AGING SPEAKER SERIES

THE OR NOT TO CBD?

What's the difference between tetrahydrocannabinol and the Jazz Cabbage? Does cannabidiol give CB1 receptors a tickle, or a wallop? Will CBD convert your daily exercise into workouts worthy of an Olympian, or does marijuana make it so you just don't care how slow you go? None of these questions will be answered during this Healthy Aging Speaker Series lecture, but we might have a little fun trying. Presented on **April 20 at 11 a.m.** by Associate Professor [Christopher Bell](#) from the Department of Health and Exercise Science.

Visit our archive of Healthy Aging Speaker Series talks [here](#).

[Register](#)

Healthy Aging Fitness

Our next Healthy Aging Fitness class will be held on **Wednesday, April 20 at 5:30 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](#).

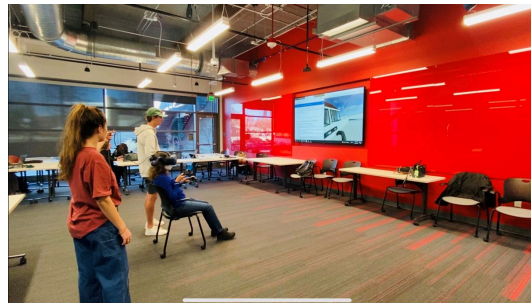
[Register](#)

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



Faculty News

Accessible Tiny House on Wheels



Students in the IDEA 450: Design Thinking Collaborative course are developing designs for an inclusive tiny house on wheels (THOW). In class, students have hosted eight virtual reality equipment training and 3D house tour sessions to collect older adult-centered feedback on their THOW designs. In these sessions, older adults have suggested alternative appliance placement to maximize transition spaces, opportunities to increase accessible storage, and more. The students are currently reviewing all older adult feedback to develop a finalized design.

Photo Description: Older adult virtually tours a THOW design and provides user-centered input.

Photo Credit: Assistant Professor, [Maria Delgado](#)

Publications and Grants

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Assistant Professor of Environmental and Radiological Health Sciences, [Julie Moreno](#), have received a Translational Methods Pilot Grant from the [Colorado Clinical and Translational Sciences Institute](#) to study Hartley guinea pigs as a translational model of spontaneous and progressive neurodegeneration.

Hamilton and Associate Professor of Psychology, [Benjamin Greenwood](#) (CU-Denver), have also secured a Colorado Pilot Grant from CCTSI to examine if the Hartley guinea pig model of musculoskeletal inflammation also mimics progressive cognitive decline observed in human aging.

Drs. [Kelly Santangelo](#) (MIP) and [Tom LaRocca](#) (HES) will also be involved in these projects.

The same team – Hamilton, Moreno, Santangelo, and LaRocca – also have a [new publication](#) out in the *Journals of Gerontology - Series A*, with Postdoctoral Researcher Devin Wahl as first author. The study demonstrates that non-transgenic guinea pig strains exhibit hallmarks of human brain aging and Alzheimer's disease.

Associate Director of CHA, [Deana Davalos](#), has a [new editorial](#) out in *Frontiers in Psychology* about the biological basis and therapeutics of behavioral and psychological symptoms of dementia. The article explores life span behaviors that may improve symptoms of dementia and discusses ways to better serve those with BPSD and their caregivers.

Davalos' graduate student, Michaela Rice, is also first author on a [publication](#) in the *Journal of Alzheimer's Disease* that reviews interventions for cognitive impairments associated with dementia-related disorders.



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of Health and Exercise Science has received a \$150,000 grant from the Alzheimer's Association to study how to prolong safe driving for people with Alzheimer's disease. [Read more on SOURCE.](#)

Lodha's Movement Neuroscience and Rehabilitation Lab is bringing back its mobility clinic on May 11 and 12 after its inaugural launch in 2021. Older adults in Larimer County, as well as individuals with cognitive impairment or stroke and their family members (above 65 years of age), can sign up to get an assessment 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. [More details and sign up here.](#)

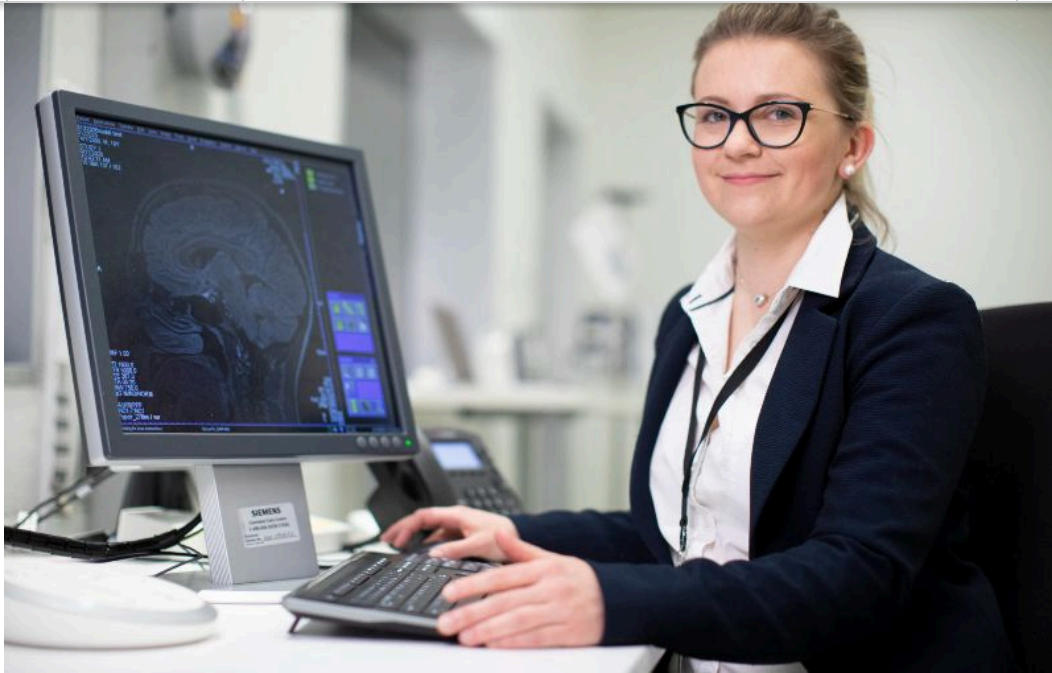
Gerontology Club

Last month, students in CSU's new [Gerontology Club](#) created St. Patrick's Day-themed activity cards for older adult residents at Lemay Avenue. Students in this club share a passion for making a difference in the lives of older adults by visiting care facilities and engaging residents in activities, conversation, and crafts. [Allyson Brothers](#), an assistant professor in the Department of Human Development and Family Studies, serves as the club's faculty advisor.

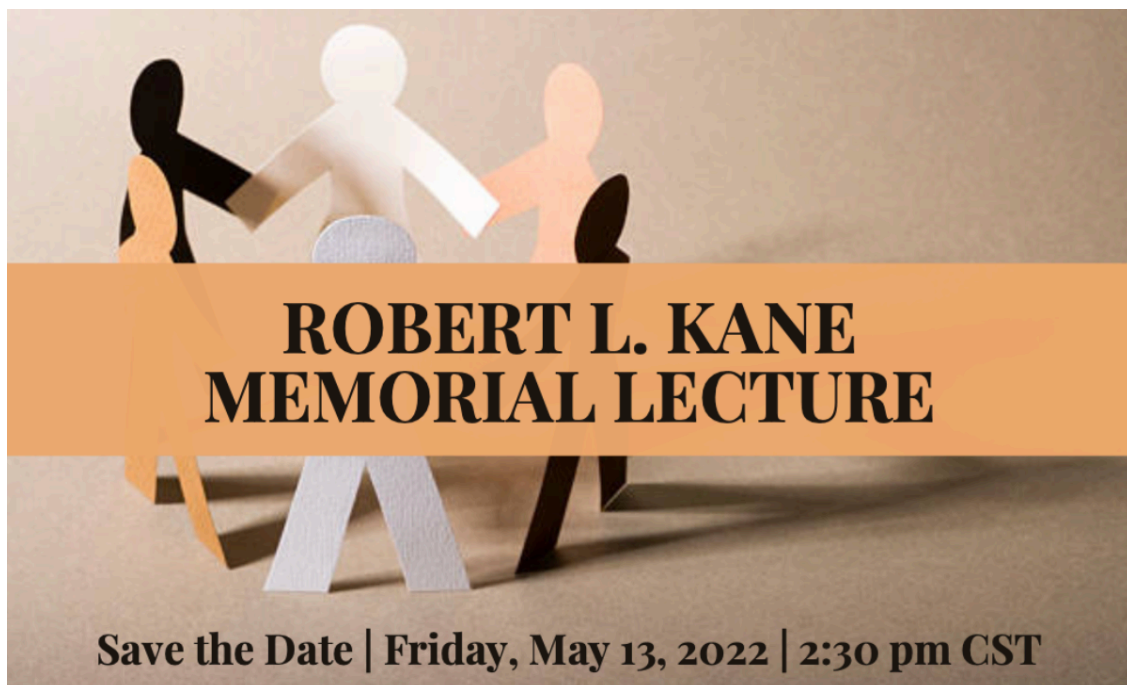
The next Gerontology Club meeting is on April 6 from 7-8 p.m. in Clark A102. Email csugerontologyclub@gmail.com for more information.



Events



Assistant Professor [Aga Burzynska](#) from the Department of Human Development and Family Studies participated in the virtual [Dance Science Symposium 2022](#), hosted by the University of Massachusetts Amherst. Burzynska's presentation, "The Dancing Brain: From Young Experts to Older Amateurs" presented data from two neuroimaging studies on dance. The first study aimed to identify brain structural, functional, and cognitive correlates of professional dance training in young adults (Burzynska *et al.*, 2015). The second study aimed to understand whether 6-month exercise and dance training in older adults may elicit white matter plasticity ([Burzynska *et al.*, 2017](#), [Mendez *et al.*, 2021](#)).



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Friday, May 13

3:30-5 p.m. MT

Presented by the University of Minnesota School of Public Health

Presenting keynote speaker Dr. Peggys Dilworth-Anderson, this presentation will provide a framework for integrating social justice, clinical research on dementia in America, and the care that is provided to diverse groups of older people and their families in America.

Dr. Dilworth-Anderson, a professor at Gillings School of Global Public Health, focuses her research on health disparities and Alzheimer's disease with an emphasis on building knowledge for the scientific and lay community to inform conducting culturally relevant research, and disseminating information about Alzheimer's disease and related disorders in medically underserved populations.

[Register](#)

2022 Women in Science Symposium

'Deprivation to Revival – Resiliency in Action'

April 21, 2022

9 AM to 2 PM MT

Virtual via Zoom

Save the date! Join a thriving inclusive community from Northern Colorado to engage in this virtual half-day event of listening, learning, sharing and networking with others interested in promoting inclusivity in science.

This symposium, WiSCI's 6th annual event, will feature 15 minute WISS Talks, '*Resiliency in Action*' including, *Balanced States of Being*, *The Art-Science Continuum*, *Cultivating Resiliency and Care Giving*. A segment designed especially for K-12 attendees will highlight *Resilience in Movement* led by CSU's Little Shop of Physics. Breakout groups will permit opportunity to ask questions of WISS Talk participants and foster conversation among the WiSCI community.

This symposium is free and open to the public.

[Register](#)

Research Studies Currently Enrolling



Researchers from the [Movement Neuroscience and Rehabilitation Laboratory](#) are recruiting participants for three studies relating to balance and walking in stroke patients and driving function in adults with cognitive impairment. Interested volunteers can [sign up to participate here](#) or email the MNR Lab at mnrlab@colostate.edu.



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.)

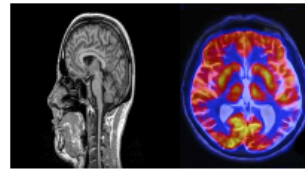


**HUMAN DEVELOPMENT
AND FAMILY STUDIES**
COLORADO STATE UNIVERSITY

Kat Thompson
Department of Human Development and Family Studies
(970) 491-5001
adaptresearch@colostate.edu

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research on healthy brain aging. Be a part of it!



If you are 18 or older and willing to undergo 1-hour brain MRI, contact us to check if you are eligible for one of the studies:

betty.grullon@colostate.edu 347-228-3010

Our studies are approved by CSU ethical committee and supported by the National Institutes of Health and the Alzheimer's Association.

Funding Opportunities

The [Foundation for Women's Wellness](#) is accepting applicants for its Research Awards, which target small, short-term studies with promise for improving medical care in leading women's health concerns, including cardiovascular disease, female cancers, the role of hormones in disease and stage-of-life health issues, like pregnancy and menopause, and diseases disproportionately affecting women. FWW also funds studies on sex differences where gender or sex has been under examined. Only one application per principal investigator. **Award amount: \$25,000. Application deadline: April 25.**

The [Robert Wood Johnson Foundation](#) seeks applicants for its Interdisciplinary Research Leaders program, a leadership opportunity for teams of researchers and community partners, including community organizers and advocates. These teams use the power of applied research to advance health and equity and help Americans to live longer, healthier lives. The focus of the 2022 IRL call for application is structural racism and health. The aim for the new IRL cohort, beginning in Nov. 2022, is to generate research useful for dismantling structural racism and improving health and health equity. **Award amount: \$25,000 per team member (three-person team) and a one-time grant of up to \$125,000. Application deadline: May 4.**

The [Gordon and Betty Moore Foundation](#) is accepting applicants for its Diagnostic

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vascular events (such as stroke and myocardial infarction), infections (such as sepsis and pneumonia), and cancer (such as lung and colorectal cancer). The initiative aims to reduce harm from erroneous or delayed diagnoses, reduce costs and redundancy in the diagnostic process, improve health outcomes, and save lives. **Award amount: \$250,000-\$500,000. Application deadline: May 16.**

Community Happenings



A new video from the [Partnership for Age-Friendly Communities](#) volunteer team and AARP describes how important it is to hire the experienced, older worker – with commentary from local economic development professionals, job training consultants, workforce engagement leaders, doctors, and more.

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Upcoming PAFC Lunch and Learn Events

April 22: Willow Tree Fitness - Explore functional fitness activities with Yvonne Hanning.

May 6: Ride NoCo: Connecting You & Northern Colorado - Transportation tools from the North Front Range Metropolitan Planning Organization.

[Register](#)



Advance Care Planning, the best gift you can give!

Wednesday, April 6

10-11 a.m.

Fort Collins Senior Center Auditorium

Learn how to have good conversations about your wishes for care and how to complete your documents. Important for everyone over the age of 18. (Class number 225405-01)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**1-2 p.m.****Fort Collins Senior Center Sand Lily Room**

For people who are curious about life: Death connects all of us and the Death Cafe is a good place to have a conversation in a comfortable space. This is not a grief or bereavement group, just thoughtful and respectful conversation. This event is limited to 15 attendees, you must register. (Class number 225406-01)

Please call the Fort Collins Senior Center to register for these programs at 970-221-6644.

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SPRING 2022

Retirement Series



The PPACG Area Agency on Aging & Ent Credit Union Retirement series provides soon-to-be retirees the knowledge and tools that they need to get a “jump start” on their future.

Available in Spring & Fall 2022

April 11 | 4:00 PM

Retire by Design

How do you choose to age and ultimately retire?

May 2 | 4:00 PM

Meaning and Purpose

Defining what you want in your retirement.

April 18 | 4:00 PM

Making the Golden Years Golden

Imagine your retirement and how much you should save.

May 9 | 4:00 PM

Estate Planning

Wills, living wills, medical and financial powers of attorney.

April 25 | 4:00 PM

Medicare 101

Basics of Medicare.

May 16 | 4:00 PM

Social Security 101

An overview of how Social Security works in retirement.

Classes are provided at no cost. Registration Required.

[PPACG.org/events](https://ppacg.org/events)

Register



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The [Larimer County Office on Aging](#) is seeking volunteer applicants for the Office on Aging Advisory Council.

The Council shall advise the Office on Aging of the Larimer County Department of Human Services and the Larimer County Board of Commissioners on the objectives and intent of the Older Americans Act of 1965, as amended, and other matters that pertain to plans for older persons in Larimer County.

For a list of responsibilities, qualifications, or to apply, [visit the Council's website here.](#)



A new educational offering from
the Alzheimer's Association:
**Managing Money: A Caregiver's
Guide to Finances**
Thursday, April 14
4-5:30 p.m.

[Register](#)



Service Saturdays
Fort Collins: Saturday, May 7
Berthoud & Loveland: Saturday, May
14

Service Saturday! brings groups of
volunteers together to complete
seasonal yard and home chores for
older adult households.

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