

July 2021 Newsletter

A Note from the Director

Dear colleagues and friends,

Welcome to the July issue of the Columbine Health Systems Center for Healthy Aging newsletter. I hope many of you are able to enjoy a little travel and that the warm summer days are helping to melt away the stress and uncertainty of the last 16 months.

We have been gradually returning to the office over these past few months and the Center is starting to feel like it used to, with clinical research activities beginning to pick up, study participant screening activities, and lots of planning for in-person events in the fall. We have been working through internal processes to transition the Center to become our own department within the Office of the Vice President for Research; this move will help to position the Center for much of our future growth plans as we develop our own course curricula, cost-centers, and eventually, our own degree programs.

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new staff announcements, blog posts, virtual seminars, and ongoing clinical aging studies that are currently recruiting participants — so please look through the entire newsletter for the latest.

Warmest Regards,

Nicole Ehrhart

Healthy Aging Blog

The Simple Act of Stretching

Bryan Adams-Colon, B.S. '21, Health and Exercise Science, CSU

Aging News



Not Everyone Is Worried About America's Falling Birthrates

via *NYT The Argument*

[read more >>](#)



Study suggests scientists may need to rethink which genes control aging

via *NIH*

[read more >>](#)



House of Representatives passes bill to protect older Americans in the workplace

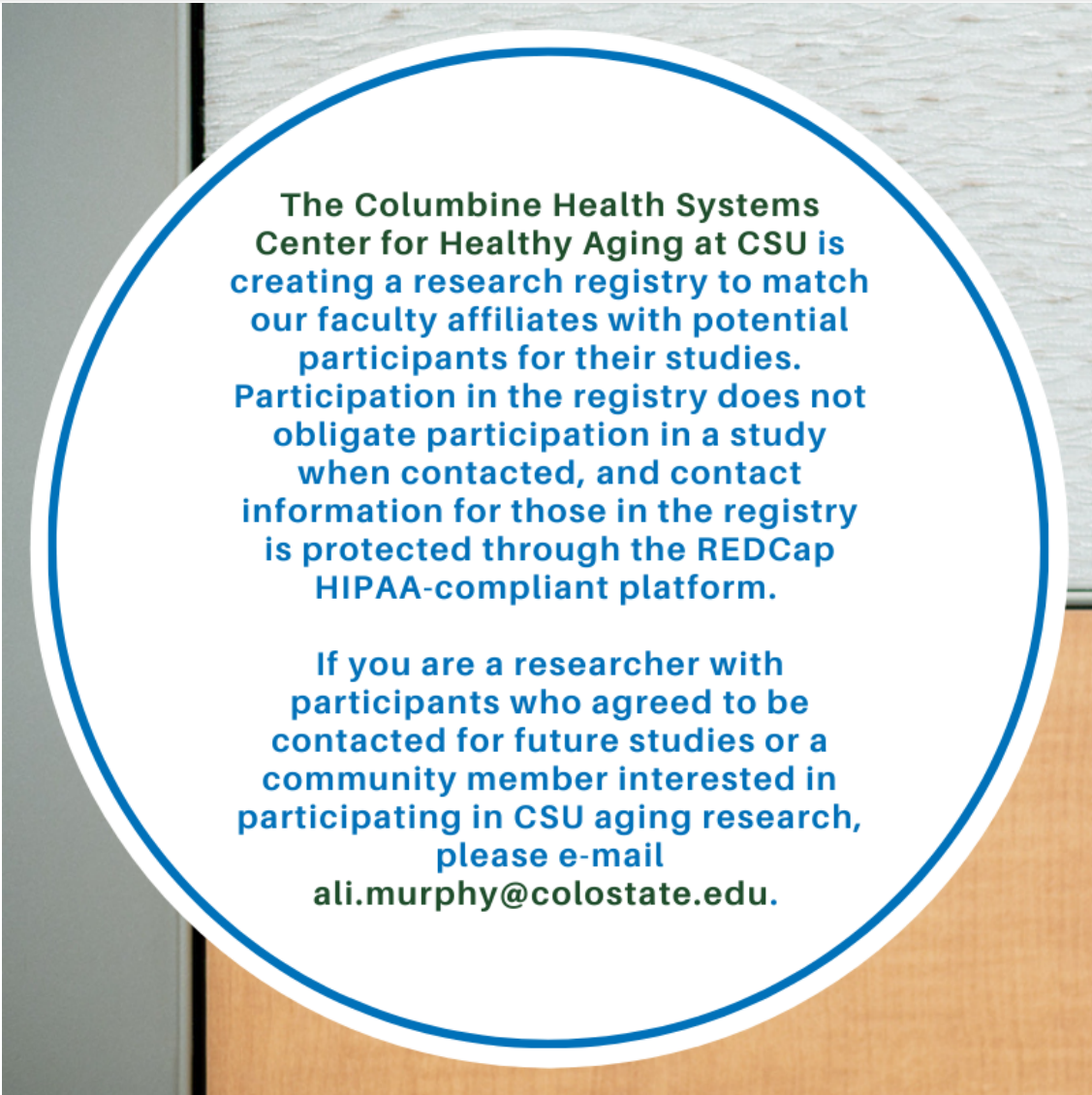
via *CNBC*

News from the Center

Welcome Grace!



Grace Weintrob, a junior Communication Studies student, joined the Center on June 8 as our new Digital Media Intern. Her minor in Stage, Sports, and Film Production provides a focus on digital media content production and communications. Behind the scenes, Grace will help manage the Center's social media, design promo materials, write blogs, and much more. When she isn't working, you can find Grace skating the streets of Fort Collins, playing disc golf, singing at the top of her lungs, or snuggled in bed happily napping. Welcome Grace!

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The Columbine Health Systems Center for Healthy Aging at CSU is creating a research registry to match our faculty affiliates with potential participants for their studies. Participation in the registry does not obligate participation in a study when contacted, and contact information for those in the registry is protected through the REDCap HIPAA-compliant platform.

If you are a researcher with participants who agreed to be contacted for future studies or a community member interested in participating in CSU aging research, please e-mail ali.murphy@colostate.edu.

Novel insights into anti-aging interventions

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SPEAKER SERIES

Novel insights into aging, anti-aging interventions, and age-related disease

Featuring
Devin Wahl
Postdoctoral Fellow
CSU Dept. of Health and Exercise Science
Columbine Health Systems Center for Healthy Aging

In last month's Healthy Aging Speaker Series seminar, Devin Wahl — a postdoctoral fellow in Dr. Tom LaRocca's Healthspan Biology Laboratory — reviewed caloric restriction as an anti-aging intervention and described how transcripts from non-coding repetitive elements in the genome may play a role in age-related disease. Watch the recording [here](#).

Podcast Corner



living healthy longer

decoding the science of healthy aging

On our June 14 episode of *living healthy longer*, we talked with Environmental and Radiological Health Sciences Professor [Susan Bailey](#) about her project with the NASA

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and what this means for aging on Earth and in orbit.

In our latest episode, Assistant Professor [Julie Moreno](#) — also from the Department of Environmental and Radiological Health Sciences — takes us through processes in the brain that lead to neurodegeneration, potential therapies her lab is studying to slow them down, and what the FDA approval of [Aduhelm](#) means for Alzheimer's disease.

Listen to *living healthy longer* 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:](#)



Aging Clinic of the Rockies

Caregiver mentorship program seeking mentees



The Caregiver mentorship program (CMP) matches newfound caregivers with experienced caregiver mentors to provide peer support and help developing skills related to stress reduction and self-care, responding to caregiving challenges, and tapping into community resources, among others. Having a caregiver mentor could benefit you and your care recipient! If you have recently begun caring for someone — a spouse, child, parent, or friend — or if you're an ongoing caregiver who would like additional support, please consider enrolling in the Caregiver Mentorship Program. Services will be provided remotely or in a safe, socially-distanced manner. For more information, contact **Ben Lotstein at: (970) 491-6795 or Ben.Lotstein@colostate.edu**.

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Aging Clinic of the Rockies at Colorado State University

addition to the Caregiver Mentorship Program, to address 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 green rectangular graphic with the text "HEALTHY AGING SPEAKER SERIES" in bold, light green, sans-serif capital letters.

HEALTHY AGING SPEAKER SERIES

Our next Healthy Aging Speaker Series event will be held on **Thursday, July 15 at 12 p.m.** Organizers from [Senior Access Points](#) — Sue Schneider (CSU Extension), Cheryl Noble (SAP Project Coordinator), and Allyson Brothers (CSU Human Development and Family Studies) — will present the results of their rural community assessment, which provides insights into the challenges and strengths of aging in place in rural areas and discusses ways forward to improve access and availability to aging-related resources.

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

Register

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Healthy Aging Fitness

be held on **Tuesday, July 20 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](#).

The Center is applying for University approval to host our July 20 class in a hybrid format: both in-person and online. You can continue to join virtually on Zoom from the comfort of your home, though we are working to provide an in-person option at CSU's campus in Fort Collins for those participants who prefer an in-person class. Please email hannah.halusker@colostate.edu for updates on the status of this approval process. Regardless, if you are interested in attending, please register below!

[Register](#)

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

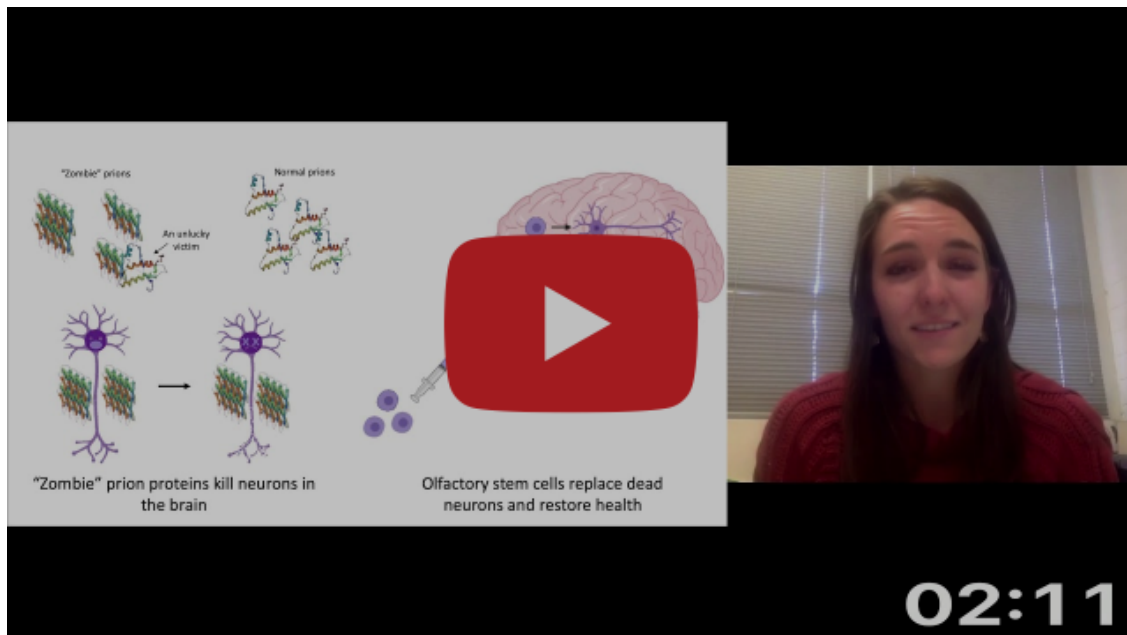


Faculty News

Student Achievements

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Assistant Professor Aga Burzynska's [BRAiN Lab](#) in the Department of Human Development and Family Studies — recently presented her research at the international conference, [Organization for Human Brain Mapping 2021](#), held virtually June 21–25. Her presentation described her work using machine learning to predict age from white matter MRI data. Hefner is an undergraduate student in the Biomedical Engineering and Chemical and Biological Engineering programs. Congrats Michelle!



Arielle Hay, a Ph.D. student in Assistant Professor Julie Moreno's lab, was selected as a [2021-22 OVPR Graduate Research Fellow](#) based on their 3-Minute Challenge presentation, "In Your Head, In Your Head, Zombie Proteins, Zombie Proteins."

Watch Hay's presentation to learn how they're using stem cell therapy to affect prions, or misfolded, infectious proteins in the brain that cause neurodegenerative disease.

In addition to receiving \$4,000 for travel and research expenses, Hay will engage in professional development workshops along with leadership and mentorship opportunities during the upcoming academic year. Congrats Arielle!

Grant to study effects of yoga for individuals with brain injury

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Professor [Arlene Schmid](#) (left) and Assistant Professor [Jaclyn Stephens](#) (right) of the Department of Occupational Therapy have received an internal grant from CSU to evaluate how yoga improves balance performance in adults with acquired brain injuries, including stroke. Participants will be asked to participate in research assessments before and after a free 8-week yoga program; these assessments include safe, non-invasive brain imaging to investigate potential physiological effects of a yoga intervention.

Schmid and Stephens received nearly \$7,000 from the College of Health and Human Sciences [Early Career Investigator Mini-Grant Program](#), along with an additional \$7,500 from the Molecular, Cellular, and Integrative Neuroscience Program's [Programs of Research and Scholarly Excellence](#) funding mechanism for human MRI pilot studies.

This study will be recruiting soon, so stay tuned! Email Jaclyn.Stephens@colostate.edu for more information.

Events

American Aging Association - 49th Annual Meeting
Metabolism of Aging
HYBRID event July 20 - 23, 2021



Monona Terrace, Madison, Wisconsin

Nathan Shock Centers * Epigenetics * Chromatin * Lipids * Systems Biology * Longevity Factors

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towards increasing the functional life span of humans, with goals being to slow the aging process and keep the public informed of cutting edge aging research. Register for AGE's July 20–23 conference [here](#).



Quality, Quantity and Timing: Regulating Healthspan and Lifespan With Diet

Wednesday, July 7 at 1 p.m. MT

Join [Dudley Lamming, Ph.D.](#) for a deep dive into his research involving how diets can affect metabolic health and longevity. Results from the Lamming Lab demonstrate that what, when, and how much we eat have significant effects on metabolic health, fitness, and lifespan, and suggest that daily fasting or reducing dietary BCAAs may be a translatable intervention with the potential to promote healthy aging.

Malignant Brain Aging: The Formidable Link to Neurodegeneration

Wednesday, July 28 at 1 p.m. MT

[Suzanne de la Monte, MD, MPH](#) will show how malignant aging and attendant neurodegeneration are likely mediated by fundamental defects in insulin's actions and aberrant cellular responses to insulin, mimicking the effects of diabetes mellitus. Since very similar processes drive malignant aging of other tissues, including skeletal muscle, it may be possible to develop universal strategies for the treatment and prevention of many aging-associated degenerative diseases.

For more info and to register, [visit this link](#).



american federation
for aging research

Therapy Dogs, Pets, and Healthy Aging: The Research Behind the Impact

Thursday, July 22 at 2 p.m. MT

Preliminary research demonstrates the benefits of therapy dogs for older adults. Research has also shown the benefits of canine-human interaction for people with dementia. This free, one-hour webinar will present the scientific evidence that dogs and other pets can have positive impact on older adults, including those with cognitive impairment. [Register here.](#)

The Dog Aging Project

Tuesday, July 27 at 2 p.m. MT

[The Dog Aging Project](#) is an innovative national study allowing researchers to identify the genetic and environmental factors that underlie healthy aging, so they can develop therapies that extend healthy lifespan for the entire family. Learn more about this fascinating area of research in this webinar. [Register here.](#)

Research Studies Currently Enrolling



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



looks at the experiences of older adults as they transition into senior housing. Are you or someone you know 50+ and preparing to move into any type of senior housing facility (independent, assisted living, skilled nursing)? Participants can earn up to \$300 for completing surveys at various time points over a 3-month period. Contact the Health, Emotion, and Aging Research Team (HEART) at **970-491-0871** or e-mail HEART@colostate.edu.

Funding Opportunities

The McKnight Brain Research Foundation and the American Federation for Aging Research are seeking proposals for the [McKnight Brain Research Foundation Innovator Awards in Cognitive Aging and Memory Loss](#) program. The grant is designed to build a cadre of outstanding research scientists across the United States to lead transformative research in the field of cognitive aging. One award will be made to support studies focusing on clinical translational research and another award toward understanding basic biological mechanisms underlying cognitive aging and age-related memory loss. LOI is due by July 15. Award amount: \$750,000 for 3 years.

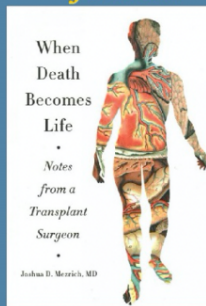
The [American Brain Foundation](#)'s 2022 Cure One, Cure Many Award is a new \$3-million research award created to improve the diagnosis of Lewy body dementia (LBD), the second most common cause of neurodegenerative dementia after Alzheimer's disease. ABF seeks applications aimed for discovery, validation, and acceleration of LBD-related biomarkers. Projects should specifically have the potential to identify one or more biomarkers that will support or confirm that Lewy body disease is the underlying cause of dementia at any stage. Pre-proposals due July 30.

The [Beckman Young Investigator Program](#) provides research support to the most promising young faculty members in the early stages of their academic careers in the chemical and life sciences, particularly to foster the invention of methods, instruments and materials that will open up new avenues of research in science. Projects proposed for the BYI program should be truly innovative, high-risk, and show promise for contributing to

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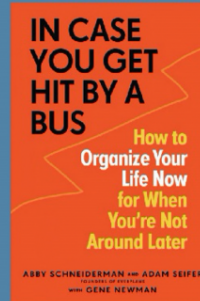
Community Happenings

JULY 21



“When Death Becomes Life: Notes from a Transplant Surgeon” by Joshua D. Mezrich

AUGUST 18



“In Case You Get Hit by a Bus: How to Organize your Life Now for When you are not Around Later” by Abby Schneiderman

BOOK CLUB & MORE *for Mortals*

3:00 - 4:30 PM, 3RD WEDNESDAY OF EACH MONTH

Join us in powerful, joyful and even humorous discussions about the end of life journey and how others have navigated this event. The group meets virtually. To register and receive the meeting link, please email Mindy Rickard, Project Coordinator, at mrickard@healthdistrict.org

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Health District

ADVANCE CARE PLANNING TEAM

Presenter: Mindy Rickard,
Larimer Advance Care Planning

For more information, see monthly calendar.
www.poudrelibraries.org, 221-6740

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WHERE THERE'S A WALK, THERE'S A WAY.

**WALK TO
END
ALZHEIMER'S**

alzheimer's  association[®]

The Larimer County Walk to End Alzheimer's will be Oct. 9, 2021 at Chapungu Sculpture Park. Sign up as a team captain, join a team, or register to walk as an individual [at this link](#).

Health District
OF NORTHERN LARIMER COUNTY

Home Helpers[®]
Home Care

What's Your Plan?

July 21, 10 a.m.

Join the Larimer Advance Care Planning Program for an informative session on how to make and discuss your wishes for medical care if you couldn't speak for yourself. This

Grand Opening

Home Helpers Home Care is locally owned and operated by Kate Ricke. In addition to hiring and training all

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are needed for a good plan. Contact the Fort Collins Senior Center at **970-221-6644** to register.

[More Info](#)

personalized client care plans to match the caregiver's skills and personality with the client's individual needs. If you or anyone you know needs the services of Home Helpers, or would be interested in becoming a caregiver, please call **970-776-4376** or e-mail kricke@homehelpershomecare.com

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