

February 2022 Newsletter

A Note from the Director

Greetings from the Columbine Healthy Systems Center for Healthy Aging staff and faculty!

It's been a busy start to the spring semester, and the Center has been buzzing with activity! I believe you will find this newsletter full of healthy aging news and event announcements, but I wanted to highlight a few right up front.

We are very excited to welcome 28 new CSU faculty affiliate members to the Center. Our recent faculty recruitment drive was a huge success, adding representation from three additional colleges and six more departments to our esteemed ranks. We now have 85 faculty with research interests in healthy aging who are Center faculty affiliates. To celebrate, we will be hosting a faculty mixer on Feb. 24 so that all 85 of our faculty can meet-and-greet. This event will feature TED-style talks in our core research areas,

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[Speaker Series](#) to learn more about cutting-edge aging research from our affiliates.

We are also excited to announce our Feb. 16 [Art and Aging Exhibition](#), a first of its kind showcase at the Center. Students from [Assistant Professor Aitor Lajarin-Encina](#)'s Fall 2021 Beginning Painting class created art to address the issue of ageism and to combat aging stereotypes. This inaugural event is open to the public, so please plan to join. Attendees will interact with the student artists to understand what inspired their work and will vote on their favorite paintings. The winning pieces will be permanently displayed in the Columbine Health Systems Center for Healthy Aging. More details about the exhibition below!

Finally, I'd like to direct your attention to our [Feb. 17 Healthy Aging Speaker Series event](#) with Assistant Professor [Stephen Aichele](#), which is sure to be a fascinating conversation about cognition and depression in later life. Please browse this newsletter for an abundance of other healthy aging events and updates this month. As always, wishing you the best!

Warmest Regards,
Nicole Ehrhart

Healthy Aging Blog

[The Common Change that Affects Eyesight with Age](#)

[Aging Around the World](#)

Grace Weintrob, Communication Studies

Aging News

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*Can you think
yourself young?*

via *The Guardian*

featuring HDFS Assistant
Professor Allyson
Brothers

[read more >>](#)



*CSU researcher
getting to the root of
Alzheimer's*

via *The Alzheimer's
Association*

featuring HDFS Assistant
Professor Aga Burzynska

[read more >>](#)



National Institute
on Aging

*Next steps for the
biology of health
disparities*

via *the National
Institute on Aging*

[read more >>](#)

News from the Center

Welcome New Faculty Affiliates

[David Rojas-Rueda](#)

Assistant Professor, Environmental and Radiological Health Sciences

[Maria Delgado](#)

Assistant Professor, Design and Merchandising

[Lindsey Wilhelm](#)

Assistant Professor, Music Therapy

[James Graham](#)

Professor, Occupational Therapy

[Adela Chen](#)

Associate Professor, Computer Information Systems

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Assistant Professor, Economics

[Harry Turtle](#)

Professor, Finance and Real Estate

[Tianyang Wang](#)

Associate Professor, Finance and Real Estate

[Katriana Popichak](#)

Assistant Professor, Microbiology, Immunology and Pathology

[Elizabeth Ryan](#)

Associate Professor, Environmental and Radiological Health Sciences

[Gregory Ebel](#)

Professor, Microbiology, Immunology and Pathology

[Tawfik Aboellail](#)

Associate Professor, Microbiology, Immunology and Pathology

[Marcela Henao-Tamayo](#)

Associate Professor, Microbiology, Immunology and Pathology

[Thomas Kuhn](#)

Adjunct Professor, Biochemistry and Molecular Biology

[Jen Currin-McCulloch](#)

Assistant Professor, Social Work

[Stephen Aichele](#)

Assistant Professor, Human Development and Family Studies

[Meara Faw](#)

Associate Professor, Communication Studies

[Kirk McGilvray](#)

Assistant Professor, Mechanical Engineering

[Kelly Hall](#)

Associate Professor, Clinical Sciences

[Brian Scansen](#)

Associate Professor, Clinical Sciences

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Associate Professor, Microbiology, Immunology and Pathology

[Lubna Tahtamouni](#)

Visiting Professor, Biochemistry and Molecular Biology

[Jeffrey Wilusz](#)

Professor, Microbiology, Immunology and Pathology

[Diane Ordway](#)

Associate Professor, Microbiology, Immunology and Pathology

[Laurie Goodrich](#)

Professor, Clinical Sciences

[Lise Aubry](#)

Associate Professor, Fish, Wildlife, and Conservation Biology

[Tony Maciejewski](#)

Professor, Electrical and Computer Engineering

Art and Aging Exhibition



In Fall 2021, the Center collaborated with students from ART 260: Beginning Painting on a project to unpack ageism. Students were asked to create paintings that show what "healthy aging" means to them.

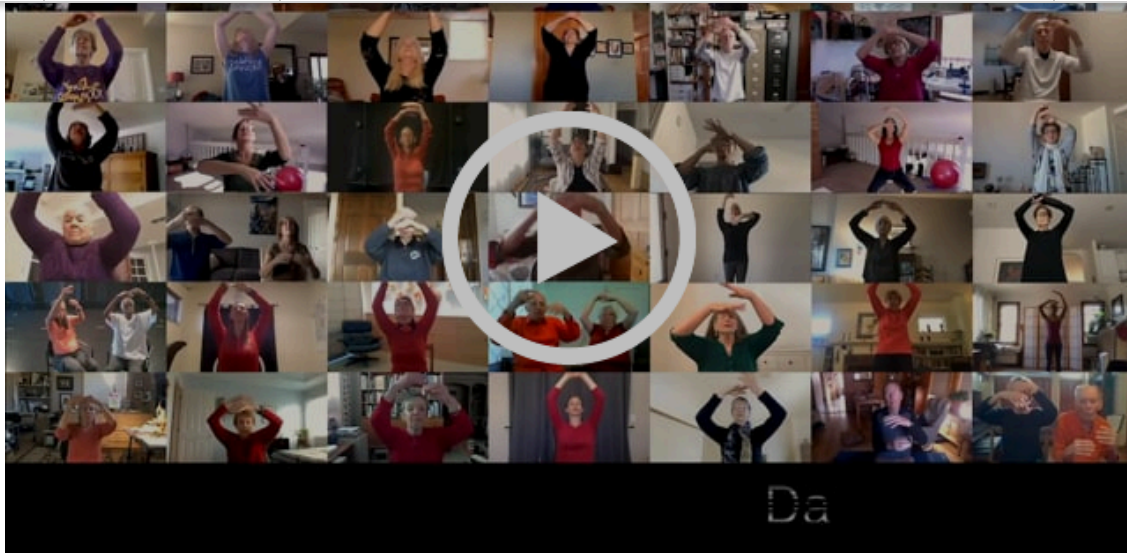
The Center is very excited to display these paintings in an art exhibition happening on **Wednesday, Feb. 16 from 4–6 p.m. at the Center.** [Read here for more details.](#)

Hear directly from the artists, then vote on your favorite painting! The top two paintings will be purchased by the Center for permanent display.

This event is open to the public. Light refreshments will be served. Parking is available in the Health and Medical Center lot or across W. Lake St. in the lot beside the South College Ave. Parking Garage (CSU lot #575).

Photo: "The Queen Bee" by Gabby Kennedy

Dancing Through Parkinson's

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In March 2020, all Dance for Parkinson's groups across Colorado, including Fort Collins' own [Moving Through Parkinson's](#), were forced into the virtual space like so many during the pandemic. This short film, *Five Lives*, is a movement compilation inspired by a poem, featuring dozens of people living with Parkinson's disease. Presented by 3rd Law Dance/Theater.

Making plans this weekend? Visit the [Body Speak concert](#) happening at CSU's University Dance Theatre at the University Center for the Arts on Feb. 4 or 5 at 7:30 p.m. Some Moving Through Parkinson's participants will be dancing and telling their stories!



The Center has broken into the LinkedIn space! The goal of this page is to share research conducted by you, create new connections with outside researchers and industries, and engage in discussions on aging research.

To make this page a success, we need your help. [If you have a LinkedIn profile, please follow our page.](#) Some of your research may be featured here. This content would help to elevate your own personal LinkedIn profiles as well.

If you have any questions or content suggestions, please email our digital media intern, Grace Weintrob, at gwein@colostate.edu.



Our lobby is getting a refresh! For the first two weeks in March, CSU Facilities will be reworking the layout of our lobby to better cater to the reception needs of the Center for Healthy Aging and the Kendall Reagan Nutrition Center. The remodel should be complete by March 10. Questions? Contact Ali.Murphy@colostate.edu.

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



Season 2 of *living healthy longer* has launched!

On Jan. 24, we featured a conversation with [Assistant Professor Jen Currin-McCulloch](#) about strategies for meaning-making at end of life: How do we pursue hope when time becomes more precious?

Our next episode drops on Feb. 7 featuring guest [Maria Delgado](#), an assistant professor in the Department of Design and Merchandising. Delgado tells us about aging in place and how small remodels in our homes can prepare us for easier, more functional living into older age.

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:](#)



Aging Clinic of the Rockies

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**Aging Clinic
of the Rockies**
at Colorado State University

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, March 3 at 10 a.m.** for our next class!

[Register](#)

Healthy Aging Fitness

Our next Healthy Aging Fitness class will be held on **Monday, Feb. 14 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](#).

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HEALTHY AGING SPEAKER SERIES

Cognition & Depression in Later Life: Leveraging advanced statistical methods to understand temporal dynamics and risk/protective factors

In our next Healthy Aging Speaker Series event on **Thursday, Feb. 17 at 12 p.m.**, [Stephen Aichele](#) — an assistant professor in Human Development and Family Studies — will highlight the results of two recent studies in a sample of middle-aged and older European adults. The first study looks at associations between memory performance and depressive symptoms, and the second uses a machine learning approach to compare the importance of 56 risk/protective factors for depression.

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

Register

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



Faculty News

Seeking Volunteers for Tiny Home Feedback



Students at Colorado State University are seeking older adult volunteers (55+) to provide user feedback on their accessible housing design class project. If interested, please contact the course's instructor, Assistant Professor Maria Delgado, at maria.delgado@colostate.edu to learn more.

[Click here to read](#) about the students' last tiny home project, completed in Spring 2021.

Publications and Grants



Maureen Walsh, a Ph.D. student in [Karyn Hamilton's TRACD Lab](#), has received a research grant from the Rocky Mountain chapter of the American College of Sports Medicine. The grant titled, "Evaluating skeletal muscle **A**dvanced **G**lycoxidation **E**nd-products following treatment with a Nrf2 activator in a model of **age**-related musculoskeletal decline" will fund Walsh's research on a transcription factor, called Nrf2, that is involved in regulating muscle protein homeostasis. Targeting Nrf2 appears to be a safe and potentially effective approach for slowing musculoskeletal decline in Hartley guinea pigs, which could later translate to humans.

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Assistant Professors [Dan Lark](#) and [Tom LaRocca](#) from the Department of Health and Exercise Science recently published a paper in the *Journals of Gerontological Sciences – Series A* titled, "[Expression of Exosome Biogenesis Genes is Differentially Altered by Aging in the Mouse and in the Human Brain During Alzheimer's Disease](#)." The study aims to expand on the basic biology of aging and may also improve the design and implementation of future exosome-based, anti-aging therapies.

The Tsunoda Lab, directed by [Professor Susan Tsunoda](#) in the Department of Biomedical Sciences, has a new publication out in *PLoS ONE* titled, "[Age-related changes in Kv4/Shal and Kv1/Shaker expression in Drosophila and a role for reactive oxygen species](#)." The study explores age-related changes in ion channel expression and function, which are thought to impact signaling in the nervous system and may be a contributing factor to the progressive loss of motor and cognitive function.



The Toxicology, Cancer Biology and Nutrition Laboratory, directed by Associate Professor [Elizabeth Ryan](#) in the Department of Environmental and Radiological Health Sciences, has two new publications. The first in *The Journal of Immunology*, titled "[Comprehensive Immune Profiling Reveals CD56⁺ Monocytes and CD31⁺ Endothelial Cells Are Increased in Severe COVID-19 Disease](#)," investigated how various components of the immune system are affected by COVID-19 infection. The second publication in the *International Journal of Environmental Research and Public Health*, titled "[Quality of Life \(QoL\) Is Reduced in Those with](#)

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[Adults from Northern Colorado](#)," used a survey to assess how long-term quality of life is affected in COVID-19 survivors.

[Prakruti Patel](#), a postdoctoral fellow in Dr. Neha Lodha's [Movement Neuroscience and Rehabilitation Laboratory](#), has received a post-doctoral training grant from American Heart Association to study falls in older adults and those with stroke.



Results from the Health and Exercise Science outreach program, Fit Cancer, were [recently published](#) in the *Translational Journal of the American College of Sports Medicine*, featuring CHA affiliate faculty members [Heather Leach](#) and [Mackenzi Pergolotti](#). The study supported the development of standards for community-based supervised exercise programs by evaluating the Fit Cancer program using 11 recommended standards.

The **F**itness **T**herapy for Cancer Program is a supportive group-based exercise program designed for cancer survivors at any phase of the cancer journey. The virtual version of the program is accepting adult cancer survivors at any stage of treatment, and is open for enrollment! [More info here](#).

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Applications are now open for the [Alzheimer's Association Interdisciplinary Summer Research Institute](#). This is a no-cost opportunity for early career researchers in psychosocial care & public health to launch a career in dementia science and accelerate breakthroughs in the field. Applications due on March 11, 2022.

INNOVATING MINDS

Green Labs: Where Research Sustainability Meets Safety

Feb. 8, 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 the Women in Science Network on Feb. 8 to learn how you can become involved.

[Register](#)

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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.

Research Studies Currently Enrolling



Researchers from the [Movement Neuroscience and Rehabilitation Laboratory](#) are seeking volunteers for their B-Fast and Come Drive studies. B-Fast aims to identify

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cognitive performance to identify behavioral markers of decline in driving function in individuals with stroke and mild cognitive impairment. Interested volunteers can email the MNR Lab at mnrmlab@colostate.edu.



March is Colorectal Cancer Awareness month, and researchers at Colorado State University and the University of Colorado Cancer Center are seeking individuals diagnosed with colorectal cancer to participate in a virtual physical activity study. There is no cost for participating. To see if you are eligible, or to find out more, [click here](#) or contact patplab@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.)

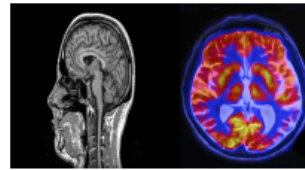


**HUMAN DEVELOPMENT
AND FAMILY STUDIES**
COLORADO STATE UNIVERSITY

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 Alzheimer's Association International Research Grant Program is currently accepting applications with a letter of intent deadline of Feb. 21 at 5 p.m. ET. [Visit this website](#) to view research grants eligibility and fellowship opportunities for the June 2022 program.

The [PhRMA Foundation](#) has established the Value Assessment Challenge Awards to help promote leadership and innovative approaches to determining value in health care.

The Health Equity Challenge Award asks how methods or processes can be employed to inform clinical and/or economic evaluations to capture important differences in experiences, preferences, and health outcomes of diverse populations. **The Patient-Centered Outcomes Challenge Award** seeks potential solutions for more rapidly prioritizing and closing evidence gaps to measure treatment effects on patient-centered outcomes and impacts. Award amount: up to \$50,000. Application deadline: March 1.

Cambia Health Foundation is seeking applicants for the [Sojourns® Scholar Leadership Program](#), which seeks to support outstanding physician, nurse, social work, physician assistant, chaplaincy, psychology, pharmacy and other emerging leaders by investing in their professional development. Sojourns Scholars receive funding to conduct an innovative and impactful project in the field of palliative care and develop a leadership

Community Happenings



[How to ward off Alzheimer's Disease?](#)

by Shelby Beckley

Extension Agent, Weld County

Visit [Live Smart Colorado](#) for helpful blogs on this topic and others. Managed by CSU's Office of Extension and Engagement.



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dementia.

[Register](#)


Powerful Tools for Caregivers

6 Week Program

Family caregivers will learn 35 tools to: avoid burnout, lessen stress, stop negative self-talk, strengthen communication, convey needs, and deal with difficult emotions.

Date**Class****Location****2/07- 3/21**Mondays
10am-12pm**Powerful Tools for Caregivers**

Offered by Larimer County Office on Aging and the Weld County Area Agency on Aging.

Windsor Rec Center

250 11th St, Windsor, CO 80550

3/02- 4/06Wednesdays
1:30-3:30pm**Powerful Tools for Caregivers**

Offered by Larimer County Office on Aging.

Pathways Hospice

305 Carpenter Rd, Fort Collins, CO 80525

3/16- 5/04Wednesdays
1-3pm**Powerful Tools for Caregivers**

Offered by Larimer County Office on Aging and Volunteers of America. *For LGBTQ caregivers, or those caring for LGBTQ individuals.

Virtual Format Only*4/5- 5/10**Tuesdays
2-4pm**Powerful Tools for Caregivers**

Offered by Larimer County Office on Aging.

Alzheimer's Association

415 Peterson St. Fort Collins, CO 80524

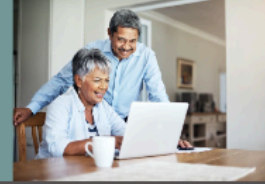
**Classes are subject to change.*[Register](#)

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Virtual Long-Term Care Family Meeting



Thursday, March 17th
from 5:30- 6:30pm



Join us for a conversation with Dani DePas and Brittany Goldman from the Larimer County Caregiver Support Program around caregiver consultations, resources, classes offered and vouchers available.



Please use QR code or join us via Zoom at
<https://larimer-org.zoom.us/j/93967498539>

Virtual Long-Term Care Family Meeting

Thursday, March 17 at 5:30 p.m.

[Virtual on Zoom](#)

Hosted by The Larimer County Office on Aging and the Northern Colorado Culture Change Coalition. Each meeting will explore an educational topic related to long-term care to empower families with information and to help navigate the complex long-term care system.

Questions? Contact Amber Franzel at afranzel@larimer.org or 970-498-7754. For additional meeting dates, [visit here](#).

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The Health District's Advance Care Planning Coordinator Mindy Rickard facilitates. Cost is free, but registration is required. Space is limited. Classes are held at the Fort Collins Senior Center. Register by calling 970-221-6644.

Being Mortal Film Screening & Discussion

Wed., Jan. 26, 10-11:30 a.m.

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.

Death Café

Wed., Feb. 9, 1-2 p.m.

For people who are curious about life: Death connects all of us and the Death Café is a good place to have a conversation in a comfortable space. This is not a grief or bereavement group, just a thoughtful and respectful conversation.

Why Do We Have Funerals?

Tues., Feb. 22, 10-11:30 a.m.

Discuss topics like what a "good" funeral might be like. How can funerals be meaningful and personal? What are some of the most unusual funeral practices? Why is it important to plan your funeral ahead of time?

When Nobody Wants Your Stuff ... What Do They Want?

Tues., March 22, 10-11:30 a.m.

How to leave a written legacy, writing and sharing thoughts of the past, present, and future for generations to come.

Best Gift You Can Give ... Advance Care Planning!

Wed., April 6, 10-11:30 a.m.

Learn how to have good conversations about your wishes for end-of-life care and how to complete your documents. Important for everyone over the age of 18.

.....

ACP's Rickard also hosts a monthly Book Club for Mortals through the Poudre River Public Library to discuss end-of-life themes. Meetings are virtual. To register, email mrickard@healthdistrict.org. For more information on upcoming books, go to poudrelibraries.org/events.

Life in 20 Lessons: What a Funeral Guy Discovered About Life, From Death *by Chris Meyer*

Wed., Jan. 19, 3-4:30 p.m.

The Year of Magical Thinking *by Joan Didion*

Wed., Feb. 16, 3-4:30 p.m.

Stiff: The Curious Lives of Human Cadavers *by Mary Roach*

Wed., March 16, 3-4:30 p.m.

LarimerSeniors.org

Our new website is now **LIVE!**



**SENIOR ACCESS POINTS
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



Do you have more space than you need or are you looking for place to live? Are you feeling isolated? Do you need extra income or to find someplace with reasonable rent? If you answered yes to any of these questions, you might want to look into HomeShare, a program by Neighbor-to-Neighbor and

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HomeShare is a simple concept in which two or more people benefit from sharing a home together. Home Seekers and Home Providers can also make agreements for services around the home in exchange for rent. The screening process focuses on safety and security, alongside finding the most compatible match possible.

To learn more or to apply, [visit here](#).

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