

August 2022 Newsletter

A Note from the Director

Dear colleagues and friends,

It's a busy news month here at the Center. One upcoming event I'd like to specifically highlight is our August 26 Healthy Aging Speaker: [Dr. Kylie Kavanagh](#) from **Wake Forest School of Medicine**. Dr. Kavanagh's talk, *Microbiome, Health, & Aging Using NHP Models*, is being co-sponsored with the Department of Health and Exercise Science's Fall 2022 Seminar Series, and it marks the first **in-person** guest lecturer in our Healthy Aging Speaker Series 2.0!

Beginning this semester, we are shifting from a virtual format to a series of special event lectures that highlight one of our four main [CHA research foci](#). We are partnering with our

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speaker will be available to meet with faculty, students, and other stakeholders while they are on campus. If you would like to meet with one of our upcoming speakers, please let us know by contacting Ali.Murphy@colostate.edu.

We hope to see you at Dr. Kavanagh's kickoff lecture for a presentation about human's closest living relatives (primates) and how they serve as useful models for biological aging and age-related conditions. If you have an expert, scientist, or other thought leader in healthy aging you would like bring to CSU, please contact Hannah.Halusker@colostate.edu or Karyn.Hamilton@colostate.edu.

In closing, as we head into the Fall '22 semester later this month, I wish our faculty and students a successful new academic year. Our Center is excitedly planning new events and funding opportunities for our affiliate faculty that we look forward to sharing with you soon, including the date and theme for our Fall Faculty Mixer: a social, networking, and educational event for faculty affiliates (*Spoiler Alert*: it will involve tacos!)

Please browse this newsletter for other events and updates, including several new faculty appointments, achievements, and publications – congratulations to our faculty and their teams!

Warmest Regards,

Nicole Ehrhart

Healthy Aging Blog

[The Consequential Costs of Medicare](#)

[Age and Media Representation](#)

[Disparities in Healthcare](#)

Grace Weintrob, Communication Studies

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Aging News

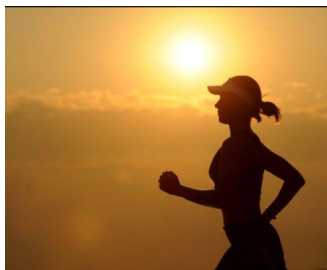


A well-designed workplace boosts the aging brain, says international CSU study

via [SOURCE](#)

[read more >>](#)

*Written by CHA intern,
Grace Weintrob!*



You Won't Live Longer by Diet or Exercise Alone, Study Says

via [NYT](#)

[read more >>](#)



How the anti-aging industry turns you into a customer for life

via [Vox](#)

[read more >>](#)

News from the Center

Progress, Potential, and Possibilities Podcast

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Director of the Center, Nicole Ehrhart, was a guest on the [Progress, Potential, and Possibilities](#) podcast, hosted by former biotech executive, Ira Pastor. Her episode covers innovative, translational lifespan and healthspan approaches to R&D, including stem cell therapy and regenerative medicine. Listen here!

Certificate Program



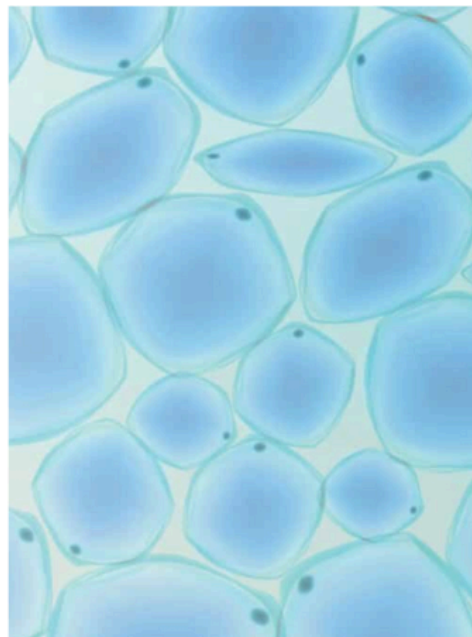
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This program is designed for community members, students, informal care providers of older adults, or anyone who is interested in aging topics. The certificate aims to build shared knowledge of the aging process: myths and misconceptions about aging, experiences of older people and caregivers, and common age-related diseases and conditions; and to engage participants in lifestyle practices that support healthy aging.

The program is customizable for each participant and is offered at little to no cost!

Interested participants can enroll via the sign up form at: col.st/pU6mT

Colorado Longitudinal Study (COLS)



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COLS is a biobank and health data collection effort designed to follow 1 million Coloradans over 10 years, investigating the link between biology, environment, and behavior to health outcomes and aging trajectories. Because it plans to connect the biological and the social over time, COLS will be a unique biobank unlike any other.

Be a part of advancing health today! Interested participants over the age of 35 can [register here](#). If eligible, participants can expect to attend an appointment at the

Center for Healthy Aging (45 mins-1 hour), where they will participate in a body measurements assessment and tests for gait and walking. Participants will also donate a blood sample and complete surveys about family health history, behavior, cognition, and lifestyle. Questions? Email info@colostudy.org.

Read more about COLS at colostudy.org or listen to the Center's [Oct. 2021 podcast](#) with Chief Operating Officer, Meredith Guerrero, for more information.

Podcast Corner



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

"The Bio-Aging Study" with [Dr. Tom LaRocca](#), an assistant professor in CSU's Department of Health and Exercise Science, tells us about a new study from his lab that is investigating repetitive elements in the genome as biomarkers for aging.

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Department of Occupational Therapy, share an update about a study that aims to build support for yoga therapy as a treatment for disability and chronic brain injury.

living healthy longer took a summer break for July-August, but listeners can still find it 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



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

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HEALTHY AGING SPEAKER SERIES

co-sponsored with the HES Fall 2022 Seminar Series

10-11 a.m.

AUG. 26

HES Teaching Facility,
Room 105

OR

Attend virtually at col.st/zbX5W

Microbiome, Health, & Aging Using NHP Models



KYLIE KAVANAGH

Associate Professor
Pathology and Comparative
Medicine, Wake Forest
School of Medicine

TOPICS FOR DISCUSSION

- Non-human primate models of aging and metabolic disease.
- Relationships between the microbiota and aging physiology.
- Age-related diseases and anti-aging interventions.



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY



HEALTH AND EXERCISE SCIENCE
COLORADO STATE UNIVERSITY

Microbiome, Health, & Aging Using NHP Models

Friday, Aug. 26

10-11 a.m.

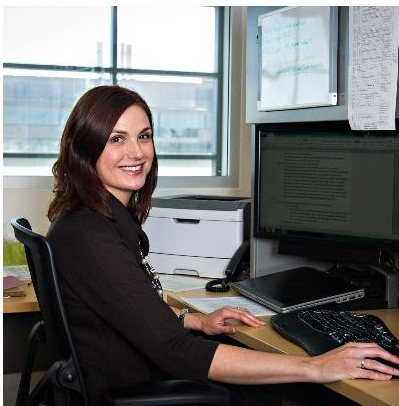
*** HES Teaching Facility, Room 105**

Aging is a multifactorial process characterized by changes in lifestyle, diet, nutrition, inflammation, and immune function, which together can alter both the composition and stability of the microbiota. Non-human primates are useful animal models for investigating such changes in biological aging, due to their place as human's closest living relatives in the evolutionary tree of life. This seminar – by Associate Professor of Pathology and Comparative Medicine, [Kylie Kavanagh](#), from Wake Forest School of Medicine – will address the relationships between the microbiota and aging physiology, as well as recent research from the Kavanagh Lab concerning the effects of aging, age-related diseases, and anti-aging interventions.

* OR attend virtually on Zoom | col.st/zbX5W | Meeting ID: 981 5382 8802

Faculty News

Publications and Awards



Director of the Healthy Cognitive Aging Lab, and an associate professor in the Department of Human Development and Family Studies, [Allison Bielak](#) was recently published in the journal [Gerontology](#).

The paper, "A Decade Later on How to 'Use It' So We Don't 'Lose It': An Update on the Unanswered Questions about the Influence of Activity Participation on Cognitive Performance in Older Age," reviews 10 years worth of literature on how activity engagement impacts cognition in adulthood.

[Gloria Luong](#), an associate professor in the Department of Human Development and Family Studies, has been elected to serve as Member-at-Large for Division 20 (Adult Development and Aging) of the American Psychological Association. She will serve a three-year term from 2022-2025.

The Adult Development and Aging division strives to advance the study of psychological development and change throughout the adult years. The Division produces the newsletter *Adult Development and Aging News* three times per year and has representation at the APA annual convention. Congrats Gloria!

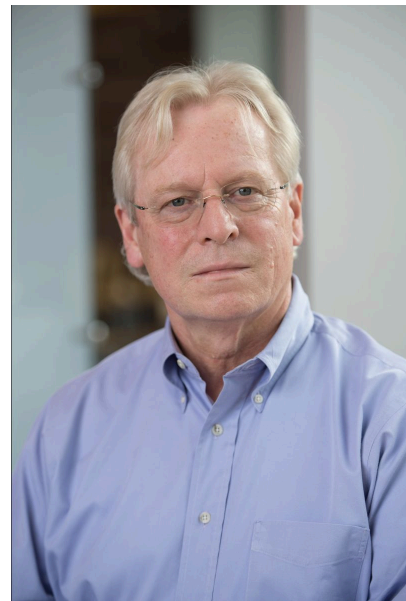


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Human Development and Family Studies has been elected to serve the Gerontological Society of America as the Vice Chair-Elect for the Academy for Gerontology in Higher Education. AGHE is GSA's education group of colleges and universities that offers education, training, curricular innovations, and research programs in the field of aging. As an officer, Fruhauf will be responsible for matters of leadership and strategic planning and will assume her new role on Jan. 1, 2023. Congratulations Christine!

The American Society on Aging published its summer 2022 journal on "Aging and the Climate Crisis," and it features an article by [Manfred Diehl](#), University Distinguished Professor in HDFFS.

["Reframing Aging and Climate Change"](#) helps create a new narrative for older adults in the climate crisis, recognizing the contributions they make and themselves as a "natural resource" and important "human capital" in curbing climate change.



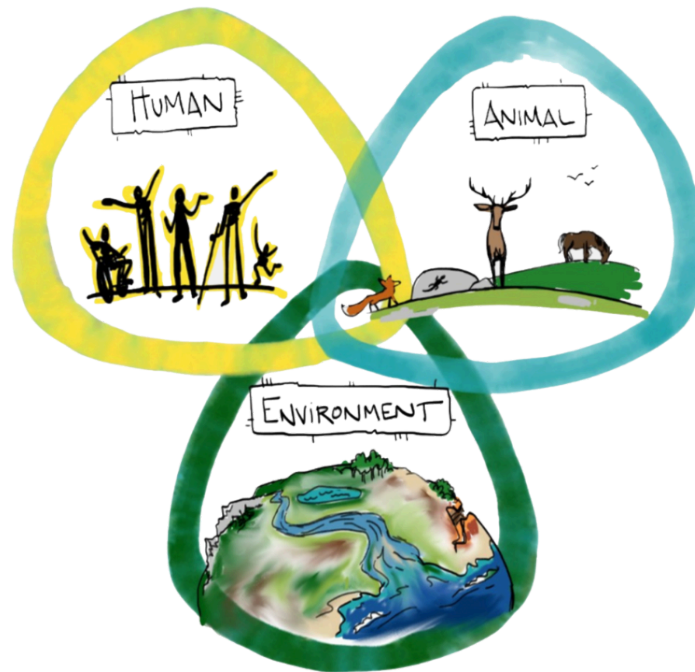
Events and Resources



[Colorado EnviroScreen](#), a new interactive online environmental justice tool, was launched by the Colorado Department of Public Health and Environment in June. The tool was developed in partnership with CSU's [Institute for the Built Environment](#), [Geospatial Centroid](#), and [Rojas Public Health Lab](#) – the latter of which is directed by Assistant Professor David Rojas Rueda, a Center for Healthy Aging affiliate faculty member.

EnviroScreen identifies the Colorado communities that have been most impacted by systematic barriers to health and wellness and the cumulative impact of environmental pollution. Age is one of the factors the CSU team included when developing the tool. Ultimately, EnviroScreen will help government officials and organizations distribute grants and prioritize enforcement and compliance initiatives under the Environmental Justice Act.

[Read the full story on SOURCE.](#)



CSU grad students: Register for the One Healthy City Seminar

The CSU One Health Institute is sponsoring a fall semester course (PBHL692A) with the City of Fort Collins. The One Healthy City Seminar will bring together interdisciplinary graduate and professional students with the goal of applying One Health knowledge to enhance our local community through the implementation of the 10-minute walk initiative. Also known as the 10-Minute Walk to a Park, the initiative refers to a grassroots parks-

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development of natural areas for the City of Fort Collins.

Interested students can read more on the [OHI website](#) and register for the course via [RAMweb](#).

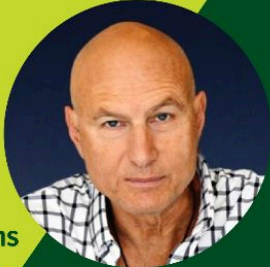
Colorado State University

Collaborations in Mental Wellness

Science, cinema and technology serving students, military and veterans

MONDAY, AUG. 29
4:30-7 p.m. | FREE w/registration

HILTON FORT COLLINS
425 W. Prospect Rd.
Fort Collins, Colo.



FREDERICK MARX
of the Veterans' Project
Documentary Film series

Hosted by
 **VICE PRESIDENT
FOR RESEARCH**
COLORADO STATE UNIVERSITY

Collaborations in Mental Wellness

Aug. 29, 4:30-7 p.m.

Hilton Fort Collins

Join filmmakers, CSU experts, and Defense Department officials for an evening discussion about mental wellness in challenging times. The session will feature Frederick Marx of the Veterans' Project documentary film series, a panel discussion, and technology solutions. Hosted by the Office of the Vice President for Research, the session begins the 2-day DARPA Forward conference at CSU on Aug. 30-31. Cognitive neuroscientist and Associate Director at the Center for Healthy Aging, [Deana Davalos](#), will be a panelist.

Register

Research Studies Currently Enrolling



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

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contact us to check if you are eligible for the ongoing study about healthy brain aging

Healthy Brain Aging



<https://col.st/nel9A>

SAMMU@RAMS.COLOSTATE.EDU
970-491-4859

*OUR STUDIES ARE APPROVED BY CSU
ETHICAL COMMITTEE AND SUPPORTED
BY THE NATIONAL INSTITUTE OF
HEALTH AND THE ALZHEIMER'S
ASSOCIATION.

The BRAiN Laboratory



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We want to learn more about
stopping diabetes.
We're hoping you can help.

Researchers at Colorado State University want to find ways to prevent type 2 diabetes. This research study is for teenagers who have family members with diabetes.

WOULD THE STUDY BE A GOOD FIT FOR MY TEEN?

This study might be a good fit for your teen if they are:

- Age 12-17
- Have family members with diabetes
- Sometimes seem depressed or stressed

WHAT WOULD HAPPEN IF MY TEEN TOOK PART IN THE STUDY?

If eligible, your teen would:

- Participate in a 6-week group program with other teens
- Come to Colorado State University for 2 follow-up visits after the program

Compensation is provided for teens who take part to thank them for their time.

There may be possible benefits to teens participating:

- Feeling happier and less stressed
- Learning mindfulness-based or cognitive-behavioral skills
- Learning knowledge about leading a healthier life
- Decreasing their risk of developing type 2 diabetes

To take part in this research study or for more information, please call or text

Natalia Sanchez at 970-286-5210 or email breathestudy@colostate.edu

The principal researcher for this study is Dr. Lauren Shomaker at Colorado State University, University of Colorado Denver, and Children's Hospital Colorado. This study also takes place at the Uniformed Services University and Children's National Hospital.

COMIRB Protocol # 20-2649
PI: Lauren Shomaker, PhD
v2, 10.22.2021
Mindfulness-Based Intervention for
Depression and Insulin Sensitivity in Adolescents



Aging Studies in Canines

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disease?

[The Neurology Clinical Trials Team](#) at the Colorado State University Veterinary Teaching Hospital is recruiting dogs for clinical trials looking at exactly those questions! The trials are designed to look for biochemical changes that occur in normal aging and in cases of canine cognitive dysfunction, a disease similar to Alzheimer's disease in people.

Participation Requirements:

- Be a generally healthy dog four years of age or older that weighs over 10 pounds.
- Be able to have exams at the CSU Veterinary Teaching Hospital in Fort Collins every three months with laboratory testing and behavioral testing.
- Must be able to undergo periodic general anesthesia.
- In the event that your pet reaches the end of his or her life, you would be asked to have the euthanasia performed at the VTH for postmortem sample collection. (You will be able to receive your pet's ashes back, and all costs would be covered by the study.)

All diagnostics are covered by the study, and participants receive additional credit applied to their VTH accounts.

Enrollment: If you are interested, [please click here](#) to take a quick pre-qualification survey, which will help us determine which study might be best for your dog! If your dog qualifies, a Neurology Clinical Trials team member will reach out to you.

Principal Investigators:

Stephanie McGrath, DVM, MS, Diplomate ACVIM (Neurology)

Julie Moreno, PhD

Research Coordinator: Breonna Kusick



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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.

Funding Opportunities

The Leducq Foundation has created the [International Networks of Excellence in Cardiovascular and Neurovascular Research Program](#) to promote internationally collaborative basic, translational, and clinical research in cardiovascular and neurovascular disease. The principal aim of this program is to foster outstanding and innovative scientific research by bringing together international teams of researchers with complementary expertise and resources to work together on a common thematic problem. The proposals should aim to generate new knowledge with the potential to advance the diagnosis, prevention, and treatment of cardiovascular and/or neurovascular disease. The two Network Coordinators must be from different continents. **Award amount: Up to \$8M over five years. LOI due Sept. 13.**

[The Sloan Research Fellowships](#) seek to stimulate fundamental research by early-career scientists and scholars of outstanding promise. Successful candidates for a Fellowship generally have a strong record of significant independent research accomplishments that demonstrate creativity and the potential to become future leaders in the scientific community. Nominated candidates are normally several years past the completion of their Ph.D. in order to accumulate a competitive record of independent, significant research. Candidates must hold a Ph.D. or equivalent degree in chemistry, computer science, economics, mathematics, molecular biology, neuroscience, ocean sciences, physics, or a related field. **Award amount: \$75,000 over two years. Nominate by Sept. 15.**

The [Eugene Washington PCORI Engagement Awards](#) support projects – not research studies – that encourage active, meaningful involvement of patients, caregivers, clinicians, and other healthcare stakeholders as integral members of the patient-centered outcomes research/comparative clinical effectiveness research (PCOR/CER) enterprise. **Award amount: Up to \$250,000. LOIs due Sept. 29.**

Community Happenings



Summary of current aging science R&D

The state of longevity:
Annual report 2021



LongevityTechnology publishes daily news and insights on the fast-growing longevity market: antiaging, biotech, research, investment, supplements, and rejuvenation therapies. Their 2021 annual report summarizes the state of aging science today: recent studies, breakthroughs, and investors in the field. Read it [online here](#).



38% of caregivers of persons with dementia are concerned about firearms in the home. Safe at Home is a free educational resource to help caregivers of persons with dementia maximize safety in the home.

[Learn More](#)



Partner Talk: Vivo
Aug. 17 at 12 p.m.
Virtual on Zoom

A Little Help's partner [Vivo](#) will share the latest scientific evidence on the optimal exercise to preserve cognition and improve strength and function and will engage participants in a short exercise class.

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