

April 2021 Newsletter

A Note from the Director

Dear colleagues and friends,

Greetings from the Columbine Health Systems Center for Healthy Aging! It looks like the light at the end of the pandemic tunnel is visible in the distance. Many of you have asked when we will transition to in-person programs at the Center. We are continuing to follow CSU's campus pandemic policy closely and have been grateful for the thoughtful guidance we've received from our campus Pandemic Preparedness Team. While we anticipate that our programs and activities on campus will slowly begin to transition to in-person attendance by (hopefully) fall, I want to assure you that we will continue to offer virtual options wherever possible so that we can continue to reach a wide audience. It's been exciting to see people joining our virtual offerings from all over the state, country, and world. Please know that every attendee is important to us and we remain dedicated to engaging people both near and far who have an interest in healthy aging.

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26 at 12 p.m. This panel is the second in a series of three "Aging Across the Life Span" webinars that started with advice for young people ([20s/30s](#)) and will finish with advice for older adults aged 65+ in the fall. If you have ever wondered how to build habits in areas of diet, fitness, mental health, or well-being that will support your own healthy aging, this webinar is for you. Read below under "Center Events" for more info.

I'd also like to draw your attention to our next Healthy Aging Speaker Series event with Professor Karyn Hamilton on April 21 that will explain how physical activity can be paired with other healthspan-extending interventions to better promote health and successful aging.

In other news, I now have the honor to serve as President of the Colorado Coalition for Aging Research and Education. CoCARE is a network of Colorado academic programs focused on aging research, services, outreach, and education to promote healthy aging. CoCARE is emerging as a central voice to inform and facilitate collaborations, meaningful discussion, policy, programmatic synergies, and awareness of aging issues throughout the State of Colorado. I am continually inspired to see how my colleagues from many institutions are prioritizing the needs of an aging population, and I invite any colleague of CSU's Columbine Health Systems Center for Healthy Aging to reach out (Nicole.ehrhart@colostate.edu) with collaboration needs, program or policy ideas, and other issues for which CoCARE can help elevate among CO institutions of higher education. Read more about CoCARE on our [Resources webpage](#).

Please do browse this newsletter for a wealth of seminars, research studies, resources, and updates available to you from our affiliate faculty and partners. See you next month!

Warmest Regards,

Nicole Ehrhart

Healthy Aging Blog

The Benefits of Walking

Wenceslao Martinez, CSU Dept. of Health and Exercise Science

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Tom LaRocca, Ph.D., CSU Dept. of Health and Exercise Science

Brain Protection: State of the Evidence

Tom LaRocca, Ph.D., CSU Dept. of Health and Exercise Science

Aging News



*THRIVE Project:
CSU students
support older adults
isolated by the
pandemic*

via CSU's Source

[read more >>](#)



*How Living in Space
Will Change the
Way We Age*

via Allure

[read more >>](#)



*Ageism is a Global
Challenge: The
UN's Report on
Ageism*

via World Health
Organization

[read more >>](#)

News from the Center

Podcast Corner



Our March 22 episode of *living healthy longer* featured [Stuart Tobet](#) (Dept. of Biomedical Sciences, School of Biomedical Engineering) and a conversation about hormonal programming: cellular events that happen within sensitive periods of development that cause permanent changes in anatomy and physiology into adulthood.

Our next episode on April 5 will feature [Dean Lise Youngblade](#) of the College of Health and Human Sciences. We talk about the impact of early life experiences on our aging trajectories and discuss the history of aging research at CSU.

Listen to *living healthy longer* across platforms: [Apple](#), [Spotify](#), [Stitcher](#), [Google Podcasts](#), or [Amazon](#). Please do 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.**



The Aging Clinic of the Rockies offers other professional counseling services, in 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.

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THRIVE Project

Support Services for Older Adults

virtual and telehealth settings



- ▶ Technology assistance
- ▶ Exercise and wellness activities
- ▶ Respite care
- ▶ Animal-related activities
- ▶ Music-Connection
- ▶ Guided social support groups
- ▶ Care coordination
- ▶ Nutrition counseling

The THRIVE Project is FREE to Larimer County residents aged 60+ and is funded in part by the Larimer County Department of Human Services Office on Aging.



📞 970-427-8969 🌐 <https://col.st/iUrmf> ✉ thriveproject@colostate.edu

Center Events

Healthy Aging Fitness

Our next Healthy Aging Fitness class will be held on **Monday, April 19 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.

Revisit our March workout [at this link](#).

HEALTHY AGING SPEAKER SERIES

In our next Healthy Aging Speaker Series event, [Karyn Hamilton](#), a professor in the Dept. of Health and Exercise Science and associate director at the Center for Healthy Aging, will share findings from three sets of studies all built on the foundation that physical activity is a healthspan-extending activity. Hamilton's [Translational Research on Aging and Chronic Disease Laboratory](#) has a long-standing curiosity about whether or not combining other emerging healthspan-extending interventions with exercise leads to an even better approach for promoting health. One set of studies will be focused on the combination of metformin and exercise, another on SGLT2 inhibitors and exercise, and another on Nrf2 activators and exercise.

When: Wednesday, April 21 at 12 p.m.

Register

Aging in Your 40s and 50s

A PANEL DISCUSSION

After the popularity of last fall's event on young adult aging, we're bringing back our experts this time to answer your questions about aging in mid-life.

Join us on **Monday, April 26 at 12 p.m.** for this informative webinar!

Watch our last panel here: col.st/vT3s9

All questions surrounding diet, fitness, mental health, and general well-being are welcome. Submit your questions for our panelists by emailing healthyaging@colostate.edu.

Panelists include faculty members from

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[Luong](#) from the Department of Human Development and Family Studies, [Michelle Foster](#) from the Department of Food Science and Human Nutrition, and [Rick Perry](#) from the Department of Health and Exercise Science, who will answer questions about what middle-aged adults can do today to support healthy aging in the future.

[Register](#)

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



Faculty News

Publications

One of the best strategies for healthy brain aging is regular aerobic exercise. Commonly studied “anti-aging” compounds may mimic some effects of exercise on the brain, but novel approaches that target energy-sensing pathways similar to exercise probably will be more effective in this context. A new paper by the [Healthspan Biology Lab](#) in the Dept. of Health and Exercise Science (Devin Wahl, Aly Cavalier, and PI: Tom LaRocca) reviews evidence in support of this hypothesis by focusing on biological hallmarks of brain aging. [Read the publication here.](#)





The [Laboratory for Movement Neuroscience and Rehabilitation](#) is offering CSU faculty and staff (above 60 years of age) an opportunity to get assessments of your fall and driving crash risk using CDC-recommended and 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.

Cost: \$15/person

Appointments are required. Schedule by contacting the team [here](#) or calling 970-491-7663

Location: CSU [Human Performance Clinical Research Lab](#). Parking is free.

When: Thursday, May 6 | 9-4 p.m.

Friday, May 7 | 9-4 p.m.

Survey of resource access for older adults



SENIOR ACCESS POINTS
OF LARIMER COUNTY

Senior Access Points is a coalition of agencies that aims to direct older adults in Larimer County to services and resources for a variety of needs via their website,

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mobile-friendly, the SAP team is beginning a website redesign process. The new website will also offer a template that can be adapted to any region in Colorado so that other communities can access updated information and critical local resources.

[Read more about SAP's expansion to other counties in this article.](#)

The SAP team has developed a survey that will help in this website development process. The survey captures information about the primary issues that are leading older adults to look for resources, where they are seeking resources, and what information would be most useful on a resource site. The electronic survey can be accessed [here](#). For a paper copy, or if you have questions, please contact SeniorAccessPoints@gmail.com.

Undergraduate student to attend summer research program

Michelle Hefner, an undergraduate student in Biomedical Engineering/Chemical and Biological Engineering, was accepted into a highly competitive NIA-sponsored 6-week “[Pipelines in Quantitative Aging Research Summer Program](#)” at the NYU School of Public Health for summer 2021. Only 12 applicants were admitted this year. Hefner is a student in Assistant Professor Aga Burzynska's [BRAiN Lab](#) in the Dept. of Human Development and Family Studies. In the program, Hefner will receive instruction on quantitative and qualitative research methods, responsible conduct of research (RCR) training, and GRE-prep. She will also attend seminars and site visits across New York City on a variety of aging-related topics and research. Congrats Michelle!



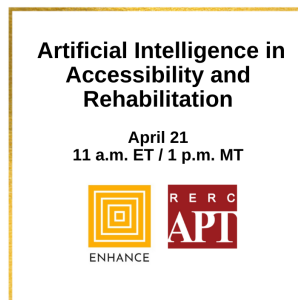
Events

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Human Development and Family Studies



From childhood on, people are exposed to negative stereotypes of older people and witness ageist treatment of older adults. In the next HDFFS Seminar Series event, Alison Chasteen, a professor in the Department of Psychology at the University of Toronto, will present **"Overlooked and Underestimated: Experiences and Reactions to Ageism against Older Adults,"** a talk that will describe how older adults are stereotyped and how those stereotypes result in ageism and feelings of stigma. [Email Zeynep Biringen](#) to receive the meeting link for this seminar, to be held **Friday, April 9 at 1:30 p.m.**



Society is on the cusp of major changes in the way people interact with systems and products due to the addition of artificial intelligence (AI) in consumer products. Early examples include automatic captioning, driver assistance systems, and voice assistants. While we are still learning how the general public interacts and benefits from AI, there are some early insights on how AI can help people in the accessibility and rehabilitation domains. This talk — by [Aaron Steinfeld](#), an associate research professor in the Robotics Institute at Carnegie Mellon University — will provide context on AI, examples of its use in these domains, and potential risks specific to these domains. [Register at this link](#) for the webinar, to be held on **April 21 at 1 p.m. MT.**

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The 2021 Women in Science Symposium, titled 'Inclusivity Builds A Better World', will be kicked off by a greeting from President Joyce McConnell and will feature 15-minute WISS Talks, poetry readings by CSU preeminent poets, a panel discussion on supporting inclusivity in science and a 'Sciku' workshop designed especially for K-12 attendees. For more info or to register, [visit here](#).

4th Annual Older Adult Mental Health Awareness Day Symposium | [May 6, 2021](#) | 8 a.m. – 3 p.m.

Public health practitioners, professionals in the aging network, mental health providers, health care professionals, and anyone interested in ensuring the mental health of older adults are invited to attend this free, virtual event on May 6, 2021.

The symposium is brought to you by NCOA, the U.S. Administration for Community Living, and the Substance Abuse and Mental Health Services Administration. Registration is free. [Visit here for more info](#).



This joint webinar series will cover fundamental principles, late-breaking research and novel discoveries in the field of aging science via live scientific lectures, including top science from leading researchers around the world, and "Technology & Methods"

Sessions in this webinar series are FREE to attend. Webinar dates vary. For more info and to register, [visit this link](#).

Research Studies Currently Enrolling



The [BRAiN Lab](#) research team is currently looking for participants to be part of new research to understand mechanisms of healthy brain aging, specifically how cognitive function relates to white matter health using innovative brain imaging methods. Participants must be:

- 18-45 years-old
- Fluent in English
- No history of dementia, multiple sclerosis, stroke, or other major neurological disorder
- No current use of pace markers or other metal implants in your body (for MRI safety purposes)

Time commitment is two hours: a one-hour meeting to fill out a packet of questionnaires and complete computer tasks and an additional hour to conduct the MRI scan. For more info, contact Principal Investigator Aga Burzynska or BRAiN Lab Ph.D. student Andrea Mendez. **Email:** aga.burza@colostate.edu or andrea.mendez@colostate.edu

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**Your care,
their safety!**

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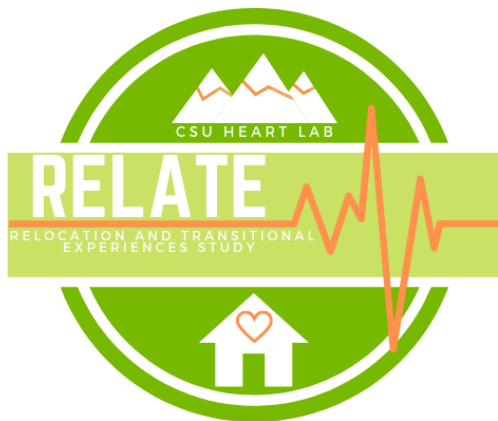
**Free resource for
families and caregivers**

.....

**Safety with Driving
Safety with Firearms
Home Safety**



Researchers at the University of Colorado School of Medicine looking for caregivers to participate in an internet-based research study that examines safety practices for people with dementia and their caregivers. Participants will complete two online questionnaires and a 30-minute interview. Participants will receive \$50 in compensation for their participation. For more info, [visit this link](#).



The Relocation and Transitional Experiences (RELATE) Study at CSU 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.

AgingPLUS is a new research program at CSU aimed at helping adults grow older in healthier ways. Participants will attend four educational classes to explore strategies for successful aging and complete three sets of psychosocial and physical assessments over a 10-month period. To learn about participating in the AgingPLUS study, please contact the ADAPT team at **970-491-5001** or e-mail adaptresearch@colostate.edu.



Funding Opportunities

The [Whitehall Foundation](#) is interested in basic research in neurobiology, defined as follows: Invertebrate and vertebrate (excluding clinical) neurobiology, specifically investigations of neural mechanisms involved in sensory, motor, and other complex functions of the whole organism as these relate to behavior. The overall goal should be to better understand behavioral output or brain mechanisms of behavior. The Grants-in-Aid program is designed for researchers at the assistant professor level who experience difficulty in competing for research funds because they have not yet become firmly established. Grants-in-Aid can also be made to senior scientists. Letter of intent deadline is April 15, 2021. Award amount: \$30,000 for one year.

[The NextFifty Initiative](#) exists to fund projects, ideas, technology, and innovations that improve the lives and capacities of those who are aging in Colorado and across the nation. NextFifty's General Funding – 2021, July Cycle competition is now accepting applications on topics including, but not limited to: transportation, housing, health and wellness, social programs, caregiver support, workforce, technology, research, and the arts. The internal submission deadline is Friday, April 30, 2021. Award amount: up to \$500,000. [Visit this link to apply.](#)

The [Paul Marks Prize for Cancer Research](#) recognizes a new generation of leaders in cancer research who are making significant contributions to the understanding of cancer or are improving the treatment of the disease through basic or clinical research. The prize is intended to encourage young investigators who have a unique opportunity to help shape the future of cancer research. Nominees must be age 50 or younger on the date of the submission deadline, May 7, 2021. Award amount: \$50,000.

Community Happenings

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First Regular Session | 73rd General Assembly

Colorado General Assembly

Last month, SB21-176, the "Protecting Opportunities And Workers' Rights Act," was introduced in the State Senate and is currently under consideration by the Senate Judiciary Committee. The bill intends to strengthen workplace age discrimination laws. Read more at: <https://leg.colorado.gov/bills/sb21-176>

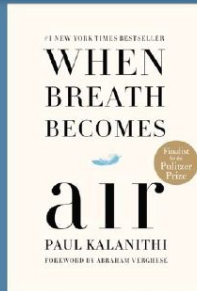
April 16th is National Health Care Decisions Day which exists to inspire, educate and empower individuals about the importance of Advance Care Planning for everyone over the age of 18!

More than ever people of all ages are using this time to reflect on their life values, what kind of treatment they would want in a medical crisis or serious illness. Who would they want to speak for them if the time came that they couldn't speak for themselves? The Larimer Advance Care Planning Program through the Health District of Northern Larimer County is a no-cost service available to help with the following:

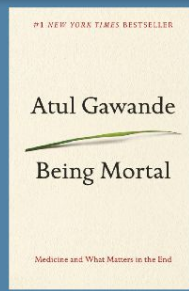
- Sharing your values and wishes with your loved ones and how to have those good conversations.
- Selecting a health-care agent and understanding life-sustaining treatments, who is the best person to be your advocate?
- Choosing treatment options you would want or not want should you be diagnosed with a serious or life limiting illness?
- Putting your plan in writing and sharing it with your family and medical providers, for those 18 years and above. We help with Medical Durable Power of Attorney, Living Will and can answer questions about CPR Directives and the Colorado Medical Order for Scope of Treatment (MOST).

We also offer complimentary services to aid in reviewing and updating your preferences and documents, notary services and distributing your advance care plan to local health agencies so they are available when they are needed.

Call 970-482-1909 or email mrickard@healthdistrict.org to schedule a no-cost appointment or visit the website at www.larimeradvancecare.org for more information.

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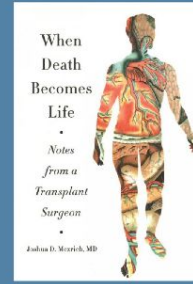
"When Breath Becomes Air"
by Paul Kalanithi



"Being Mortal"
by Dr. Atul Gawande



"It's OK That You're Not OK"
by Megan Devine



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

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 Team

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

Mother's Day Plant Fundraiser

All proceeds go to the Alzheimer's Association

Hosted by Senior Helpers Northern Colorado
with the support of the Plantorium Greenhouse

Order by Monday, May 5 at 5 pm

emily@seniorhelpers.com or 970-658-8228

Pick up on Fri. May 7th from 8 am to 4 pm

at Senior Helpers, 3101 Kintzley Ct, Unit J in Laporte

Level 1

8" Econo Pot
\$10

Level 2

10" Hanging Basket
\$25

Level 3

15" Planter
\$50



Senior Helpers of Northern Colorado is hosting a fundraising event for the Alzheimer's Association: Colorado Chapter! Join in the fight against Alzheimer's by purchasing a Mother's Day plant. Senior Helpers is partnering with the Plantorium in Laporte to bring you 8" econo pot plants, 10" hanging plants, and 15" planters. If you are interested in ordering, please email emily@seniorhelpers.com or give Senior Helpers a call at 970-658-8228 by May 5 for pickup on May 7.

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Gather your friends, family, neighbors, church group, book club, cohorts at work, any pod of 8 or less and sign up for A Little Help's Spring Clean-up Kindness Days in April and May.

Volunteers –

You will be doing outdoor yard work and chores. We will coordinate with you over email and by phone to get your pod to the home or homes you will be helping.



Sign-up Online alittlehelp.org/kindness

- Friday, April 23rd
- Saturday, April 24th
- Friday, May 7th
- Saturday, May 8th

Please note: Teams should come to the homes with your own tools, rakes, bags, spades, gloves, etc.

Teams should have a main contact as well as a 'team name' so we can easily identify who goes with what teams when assigning homes for you to help.

POSTVENTION: RESPONDING TO A SUICIDE CRISIS

An elevated overview on suicide postvention for clinicians, crisis workers and first responders offering support to suicide loss survivors.

Participants will:

- Increase awareness of common reactions from adults, teens and children following suicide loss.
- Increase their comfort supporting suicide loss survivors.
- Gain practical tools for talking with and supporting suicide loss survivors.
- Know how suicides are responded to in Larimer County and the available national and local resources for loss survivors.
- Learn best practices for dealing with suicidality in loss survivors

Schedule a Training Today

This training is offered at no cost to our community.

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The Alzheimer's Association will host several educational classes in April. Visit the schedule below to register for topics such as effective communication strategies, legal and financial planning for Alzheimer's disease, and research updates on AD and dementia.

[Register](#)

SUICIDE PREVENTION
of Larimer County

Older adults are the age group with the second highest rates of suicide. The Alliance for Suicide Prevention offers a full certification course for suicide prevention. Question, Persuade, Refer (QPR) is a 60–90-minute, evidence-based training that holds the same weight as a CPR certification and offers 1.5 CEUs. See linked flyer below. To schedule a **FREE** training contact Training Coordinator, Savanna Phelan-Jones at infosuicideprevent@gmail.com.

QPR Certification



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY



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