

November 2024 Newsletter

A Note from the Director

Dear colleagues and friends,

Welcome to the November/December issue of the Center for Healthy Aging's newsletter! As the year winds down, I find myself reflecting on all we've accomplished together in 2024. This has been a year of exciting progress, collaboration, and impactful work, and I am so grateful to each of you for your dedication to advancing healthy aging research and community engagement.

This issue is packed with updates and resources to help you stay connected and inspired as we move into the holiday season. Inside, you'll find highlights from our fall events, including the Embracing Aging event in Sterling and the successful launch of the Tech

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Looking ahead, I'm thrilled to share that CHA is gearing up for an exciting start to 2025. We're already planning the next round of our INterdisciplinary REsearch into Aging CHallenges (IN REACH) pilot funding program and preparing for more events designed to foster collaboration among faculty and students.

I encourage you to take a few minutes to explore this newsletter and discover upcoming opportunities, research highlights, and ways to stay involved with CHA. As always, your engagement is what makes this community so vibrant and impactful.

Thank you for being part of the CHA family. Wishing you a wonderful holiday season and a bright start to the new year!

Warmest regards,



Nicole Ehrhart

Healthy Aging Blog

[Improving dementia care: New training requirements under Colorado's Senate Bill 22-079](#)

Reece Abbott, Sociology

[Fueling the aging brain: How nutrition boosts cognitive health and memory](#)

Madison Pankey, Human Development and Family Studies

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Aging News



A new horizon in drug delivery: Q&A with Dan Lark

via CSU's SOURCE

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Understanding Neurodegenerative Disease with Prion Research

via TheScientist

[read more >>](#)



Diagnosis of Alzheimer's disease using plasma biomarkers adjusted to clinical probability

via Nature

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News from the Center

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Pictures from the recent *Embracing Aging* event held in Sterling, CO on October 11th. We were able to bring some great activities from CSU including a dance class with Moving Through Parkinsons, vision and OT screenings, & CarFit assessments.

Podcast Corner

living healthy longer is currently on hiatus. But you can listen to all seasons' episodes and stream today on [Apple](#), [Spotify](#), or [Amazon](#). Please do subscribe, rate, and leave a review — it helps us find more listeners!





PODCAST FEEDBACK FORM

1. Your response will help our host plan future episodes.

Center Events

Center Events with the Aspen Club

The Center for Healthy Aging will be partnering with the [Aspen Club](#) to bring some free events for our community. All events do require registration by calling [970-495-8560](tel:970-495-8560). You can read more about these events on our [Event's Page](#).

- **Balance Screenings** will be hosted at the Center in [Room 1423](#) once a month from [9am-12pm](#).
 - Wednesday, December 18, 2024
 - Wednesday, January 15, 2025
 - Wednesday, February 19, 2025
 - Wednesday, March 19, 2025
 - Wednesday, April 16, 2025
 - Wednesday, May 21, 2025

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Thursday, January 16, 2025 from 2:30-4pm at the Center for Healthy Aging, Room 1418. Taught by Joe Berkland, P.T., this class will explore balance, dizziness and vestibular disorders from a clinical perspective.

- **ABZ's of Sleep** will be hosted on Monday, January 27, 2025 from 2-3pm at the Center for Healthy Aging, Room 1418. Community Health R.N. Julie Knighton will share sleep management tips to help you identify and overcome age-related sleep problems, get a good night's rest and improve the quality of your waking life.
- **Medications, Supplements and Lifestyle** will be on Tuesday, February 25, 2025 from 2:30-3:30 pm in Room 1418 at the Center for Healthy Aging. Taught by UCHealth dietitian and health educator Deanna O'Connell and pharmacist Gina Harper, this class will teach participants how medications, supplements, and lifestyle habits affect personal health.

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Tech Skills for Older Adults

Spring 2025

Courses

- **2/7:** Texting with Smartphones
- **2/14:** Clipping Coupons on the King Soopers App
- **2/21:** Watching Videos on YouTube
- **2/28:** Important Phone Apps (e.g., Weather, Compass, Settings, Clock)
- **3/7:** Libby App: Reading Library eBooks & Audiobooks
- **4/4:** Smartphone Accessibility and Navigation
- **4/11:** Facebook Marketplace

ENROLL NOW



More info at:
col.st/i8TgD


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Fridays, 10:30 a.m.-12:30 p.m.
CSU's Center for Healthy Aging
151 W. Lake St., Suite 1400, Fort Collins

The Tech Skills for Older Adults class returns this Spring and will cover a large variety of skills for life, saving money, and entertainment. A current OLLI membership is required to register but one can be added to your cart when purchasing the course. See more details

[here.](#)

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HEALTHY AGING SPEAKER SERIES

12-1 p.m.

APRIL 17

Center for Healthy Aging
151 W. Lake St.
OR attend virtually

REGISTER:
col.st/han3e

The Dog Aging Project: Translational Discovery with 50,000 Companion Dogs

**KATE E. CREEVY****Professor**

Texas A&M University
Department of Small
Animal Clinical Sciences

Chief Veterinary Officer
The Dog Aging Project

TOPICS FOR DISCUSSION

- Genetic and environmental factors that influence healthy aging in U.S. companion dogs.
- The DAP's longitudinal study design and recently published findings.
- Steps for accessing DAP's Open Data.



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AND BIOMEDICAL SCIENCES
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Healthy Aging Speaker Series - Spring 2025

Our next Healthy Aging Speaker Series will be April 17th, 2025 with Kate E. Creevy, the Chief Veterinary Officer of the Dog Aging Project. You can register at col.st/han3e.

Faculty News



Congratulations to Dr. LaRocca on his newest R21 from the NIA: “A Novel Approach for Treating Neuroinflammation in Aging and Alzheimer’s Disease”.

New Publications by Stephen Aichele

Aichele, S. R. (2024). Cognitive reserve as residual variance in cognitive performance: Latent dimensionality, correlates, and dementia prediction. *Journal of the International Neuropsychological Society*, 1–9. <https://doi.org/10.1017/S1355617724000353>

Aichele, S., Payton, A., Robinson, A., Rabbitt, P. (2024). Occupation-related differences in cognitive aging: Comparative effects of job type, skill level, and education. *Intelligence*, Volume 107. <https://doi.org/10.1016/j.intell.2024.101877>

CHA's affiliate, Gloria Luong, has a Ph.D.

student, Lana Bernasek Kinnear, who has

received a student travel award to attend the

Gerontological Society of America conference in

Seattle this November. She will present findings

based on her Master's thesis investigating age

differences in the associations between

anticipatory appraisals of upcoming events and

stress reactivity. Congrats!



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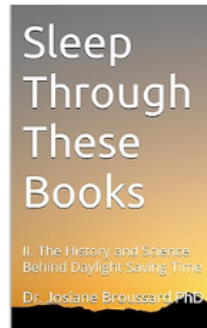
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Sleep Through These Books Series

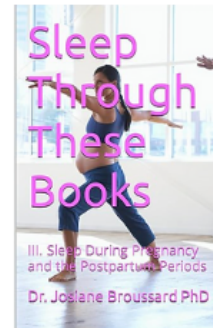
Vol I. Sleep and Circadian Basics



Vol II. The History and Science Behind Daylight Saving Time

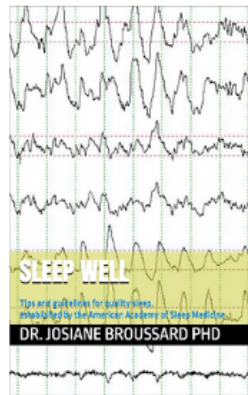


Vol III. Sleep During Pregnancy and the Postpartum Periods



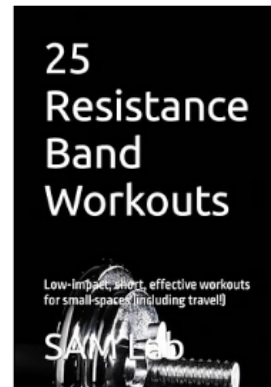
SLEEP WELL:

Tips and guidelines for quality sleep, established by the American Academy of Sleep Medicine



25 Resistance Band Workouts:

Low-impact, short, effective workouts for small spaces (including travel!)



Affiliate links may earn commissions at no extra cost to buyers. Opinions are our own.

"Sleep Through These Books," now available on Amazon!

Assistant Professor [Josiane Broussard](#)'s new e-book series offers valuable tips and insights for improving sleep, designed as accessible guides written at an 8th-grade science level. The series includes: [Vol I. Sleep and Circadian Basics](#), [Vol II. The History and Science Behind Daylight Saving Time](#), and [Vol III. Sleep During Pregnancy and the Postpartum Periods](#). Additionally, find practical advice with [SLEEP WELL: Tips and Guidelines for Quality Sleep](#) and [25 Resistance Band Workouts](#). Broussard's Sleep and Metabolism Lab is also developing a comprehensive sleep physiology textbook for use in university courses, TBA.

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Conversations to Remember

This nonprofit, dedicated to reducing loneliness among seniors, is looking for students to join its virtual visit program where you'll chat with residents of long-term care, assisted living, and memory care communities.

Why volunteer?

- Make a meaningful impact from the comfort of your home.
- Flexible scheduling with just one hour a week.
- Comprehensive training and ongoing support.

Details:

- Sessions last up to one hour.
- Commit for at least 16 weeks to build lasting friendships.
- Additional volunteer opportunities available in social media, call support, and outreach.

Interested? Learn more and sign up at conversationstoremember.org.

Research Studies Currently Enrolling

The Translational Neurological Lab at CSU Spur, directed by Drs. [Arlene Schmid](#) (Occupational Therapy), [Jaclyn Stephens](#) (Health and Exercise Science), and [Jen Weaver](#) (Occupational Therapy), is recruiting participants for an upcoming study. Researchers are seeking traumatic brain injury survivors, their caregivers, and health care providers from the Denver and Fort Collins areas.

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provide feedback through online surveys and hybrid focus groups. These modules will eventually be developed into an intervention to support daily living for TBI survivors and their caregivers.

Interested? Email Alec.Lynott@colostate.edu.

Additionally, the Translational Neurological Lab is pleased to introduce four interns from the CSU Career Center's SPARK program. They will assist with various projects in both the Translational Neurological Lab and the METEOR Lab this summer. Please join us in welcoming Cinthia Davila Ochoa, Diego Angeles Marquez, Kayla Titus, and Kyle Pham!

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Activity Research Study

Are you a cancer survivor looking to maintain a physical activity routine?

The goal of this study is to examine the effects of a physical activity maintenance intervention on physical activity levels after completing a community-based exercise oncology program.

You may be eligible if:

- ✓ You have been diagnosed with any type of cancer.
- ✓ You have completed primary cancer treatment within the past 5 years.
- ✓ You are not currently exercising regularly.

3 Easy Steps to Participate



Step 1: Register your interest on the study website [here](#).

Step 2: Complete the eligibility screening questionnaire that will be sent to the email address that you registered with.

Step 3: If you are eligible, you will be contacted by the study coordinator with next steps.

Scan the QR
Code to Enroll



SPAACES

Sustaining Physical Activity After Cancer Exercise Sessions

CSU IRB Protocol #4973

For questions please reach out to: spacestudy@colostate.edu | (970) 491-4653

Associate Professor [Heather Leach](#) is actively recruiting for a research study titled SPAACES (Sustaining Physical Activity After Cancer Exercise Sessions), which aims to examine the effects of a physical activity maintenance program for cancer survivors. This study is conducted in collaboration with the Department of Health and Exercise Science's [Fit Cancer program](#), a virtual exercise program for cancer survivors.

The research will involve the following virtual components:

- Physical activity assessments
- Questionnaires

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Participants will be compensated for their time, and the cost of the Fit Cancer program will be waived for eligible study participants. Leach is seeking individuals who have completed primary treatment within the past five years and are currently not physically active. Those interested in participating can find more information and register their interest on the study website: [SPAACES Study Enrollment](#).



Canine volunteers needed for two CSU studies on cognitive function in dogs

by Brooke Zarecki, CHA Student Ambassador

Advancements in modern medicine have allowed both humans and canines to live longer. However, a longer lifespan has led to a greater percentage of dogs suffering from cognitive decline. This creates an urgency to find treatments and has led CSU researchers in veterinary medicine to design experiments aimed at reducing the progression of cognitive dysfunction in dogs. Two ongoing trials studying canine cognitive dysfunction are in need of canine volunteers: BioRAD and the TRAC Study.

[Full details on SOURCE.](#)

Interested in helping further this research? Please contact Breonna Kusick or Bridgit Patten, clinical trials research associate, at csuneurotrials@colostate.edu or call (970) 297-4405.

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Enrolling Now!

Paid Research Study

Play a series of digital games as part of a research study on brain health. Receive a \$40 gift card per session.



Apply Now

Scan the QR Code, or
Call 888-874-1847



Visit braincheck.com/study for more details and to apply.

BrainCheck

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

Funding Opportunities

The National Institutes on Aging invites applications for the funding opportunity [Facilitating T1 Translational Aging Research: Preclinical and Early Phase Human Studies](#). This Notice of Funding Opportunity invites applications on T1 translational aging research which focus on advancing new therapeutics from preclinical stages to first-in-human trials for aging-related conditions, such as sarcopenia, heart failure with preserved ejection fraction and deficits such as immunosenescence. **Letter of Intent deadline: Jan. 15. Application budgets should reflect the actual needs of the proposed project, and should not exceed \$500,000 per year in direct costs.**

The National Institutes of Health invites applications for [Research Projects to Enhance Applicability of Mammalian Models for Translational Research](#). This program invites applications for projects to expand, improve, or transform the utility of mammalian cancer and tumor models for translational research. **Application deadline: Feb. 5. Application budgets are limited to \$499,000 direct costs per year.**

Community Happenings



Your Roadmap for Successful Aging: 10 Things to Have in Place for Aging

December 11th, 2024 | 1:00PM - 2:00PM | zoom only

The Knoebel Institute for Healthy Aging has teamed up with Cindy Koch from Aging at 5280 to provide this free series. Cindy, an aging expert, will be discussing a wide

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Tune in to learn, ask your questions, and get to know Cindy!

[Register](#)



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