

August 2021 Newsletter

A Note from the Director

Welcome to the August issue of the Columbine Health Systems Center for Healthy Aging newsletter!

News of note this month includes CSU's acceptance into the [Age-Friendly University Global Network](#): an endeavor, you might recall, that began earlier this year with a gap analysis of current age-friendly practices, programs, and policies in place at CSU. This designation aligns well with CSU's land grant mission to provide access to educational, scholarly, and outreach activities to [all individuals](#) representative of our diverse campus society, and I am excited to champion the AFU Principles here at CSU as we deepen and broaden age-inclusivity within our campus community. Find the full announcement [here](#).

I invite you to look through the below announcements for the latest in healthy aging news,

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Warmest Regards,
Nicole Ehrhart

Healthy Aging Blog

[The Psychology of Purpose in Life](#)

Wenceslao Martinez , Health and Exercise Science

Allie Alayan, Psychology

[The Power of Yoga](#)

Grace Weintrob, Communication Studies

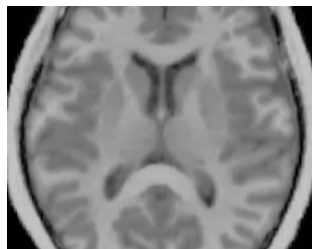
[Mind Over Matter](#)

Grace Weintrob, Communication Studies

Aging News



*New tool aims to
help long-term care
facilities decide*



*Aerobic exercise
boosts healthy brain*



*New insights into
the relationship
between how we*

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News from the Center

CSU named an Age-Friendly University by AFU Global Network



Colorado State University has become Colorado's first member of the [Age-Friendly University Global Network](#), an international group of colleges and universities that are committed to championing the needs of older adults in higher education.

This comes after a Spring 2021 gap analysis — spearheaded by the Center for Healthy Aging — found that CSU's overall age friendliness score is 73%, reflecting a

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Read the full announcement and what it means for CSU over on [SOURCE](#).

Support for those with movement disorders



Adaptive Yoga Specialist LLC

IS OFFERING A:

4-week yoga class for individuals with neurodegenerative disorders.

Are you looking for experienced support and proven practices to manage your symptoms more effectively?

You may be eligible for a free yoga class!

When: August 4, 11, 18, and 25 at 12:45-2:15 P.M.

Where: The Center for Healthy Aging at 151 W. Lake Street, Suite 1400

Register here:

adaptiveyogaspecialist.com/in-person-classes.html



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY



Expanding Resources for Older Adults Across Colorado

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HEALTHY AGING SPEAKER SERIES

Senior Access Points
Expanding Resources
Adults Across Colorado

Featuring:

Allyson Brothers, Assistant Professor
CSU Human Development and Family Studies



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY



In last month's Healthy Aging Speaker Series seminar, [Allyson Brothers](#) — an assistant professor in the Department of Human Development and Family Studies at CSU — discussed [Senior Access Points](#) and its plans for expansion and presented the results of SAP's rural community assessment conducted in 2019. Watch the recording [here](#).

Podcast Corner



In the month of July, *living healthy longer* featured dual episodes about the importance of friends, family, and social relationships as we age.

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Development and Family Studies about social isolation and loneliness, why being alone isn't exactly bad for you, why the quality of your friendships matters more than the quantity, and how daily routines and stressors change with age.

In Part 2, [Peggy Budai](#), a nurse practitioner with the Older Adult and Palliative Care programs at UCHHealth, tells us how she fought pandemic isolation with the invention of the "hug tunnel" that allowed residents in long-term care facilities to safely visit family members during COVID-19 lockdowns.

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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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.

Center Events

A dark green rectangular graphic with the text "HEALTHY AGING SPEAKER SERIES" in bold, light green, all-caps font.

HEALTHY AGING SPEAKER SERIES

Our next Healthy Aging Speaker Series event will be held on **Thursday, August 19 at 12 p.m.** Owner/Operator of Home Helpers Home Care, Kate Ricke, will present material intended to assist individuals, the community, and family members in Understanding Alzheimer's. Currently, over 6 million Americans are living with Alzheimer's. Join us to learn the warning signs of Alzheimer's disease and other dementias.

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

[Register](#)

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Healthy Aging Fitness

be held on **Tuesday, August 17 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](#).

Healthy Aging Fitness is now in a hybrid format. Join us virtually from the comfort of your home, OR meet us in-person at the Columbine Health Systems Center for Healthy Aging, located inside the CSU Health and Medical Center on the corner of Prospect Rd. and College Ave. Parking is free and can be found at the entrance off of W. Lake St.

Please register via Zoom whether attending at-home or in-person.

[Register](#)

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



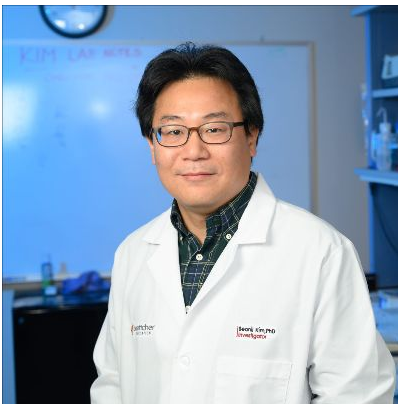
Faculty News

[Publications](#)

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and Family Studies), [Julia Sharp](#) (Associate Professor, Statistics), and [Aimee Fox](#) (Ph.D. graduate, Human Development and Family Studies) have a new publication in the *Journal of Family Theory and Review* titled, "[Family dynamics and the transition to end-of-life caregiving: A brief review and conceptual framework](#)." The study examines family caregiving in the context of the family system during the transition to end-of-life care.

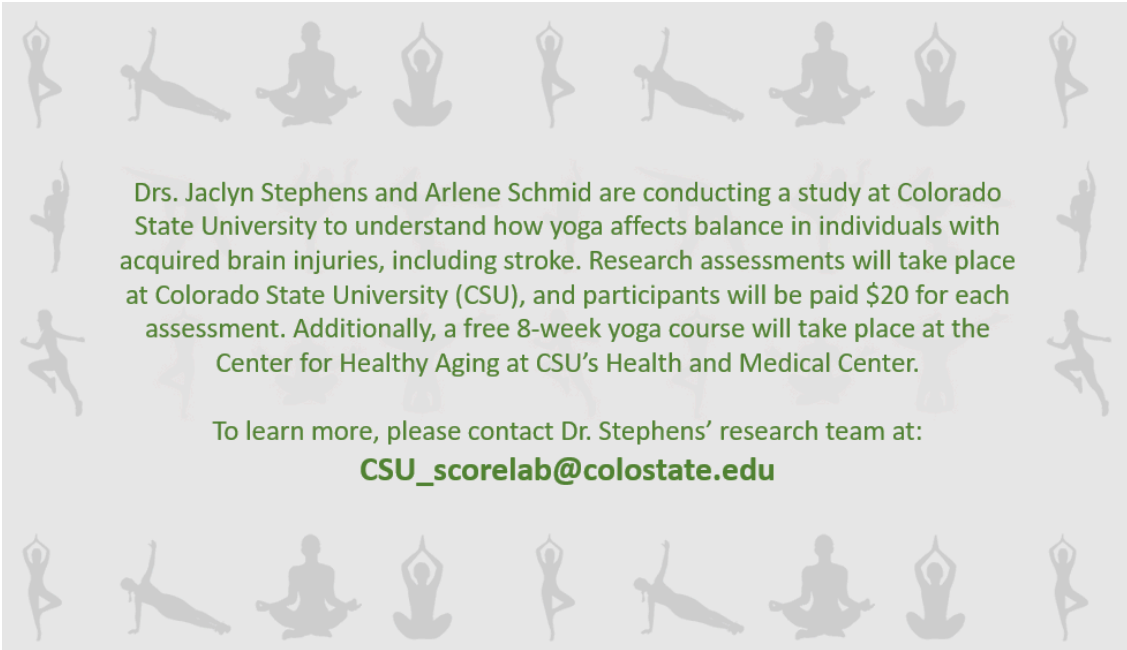
Mackenzi Pergolotti, an adjunct professor in the Department of Occupational Therapy, is part of a collaborative study recently published in the journal *Supportive Care in Cancer* that looks at cancer patients' experiences with fatigue and activities of daily living to examine how fatigue might create functional limitations. Read more at: "[Fatigue is independently associated with functional status limitations in older adults with gastrointestinal malignancies—results from the CARE registry](#)."



Assistant Professor [Seonil Kim](#) of the Department of Biomedical Sciences recently published in the *Journal of Biological Chemistry* about beta amyloid, the building block that makes up amyloid plaques in Alzheimer's disease. The study analyzed how nicotinic acetylcholine receptors interact with beta amyloid to create dysfunction in neuronal signaling and synapse firing in AD. Read more at: "[Selective coactivation of \$\alpha 7\$ - and \$\alpha 4\beta 2\$ -nicotinic acetylcholine receptors reverses beta-amyloid-induced synaptic dysfunction](#)."

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Research Studies Currently Enrolling



Drs. Jaclyn Stephens and Arlene Schmid are conducting a study at Colorado State University to understand how yoga affects balance in individuals with acquired brain injuries, including stroke. Research assessments will take place at Colorado State University (CSU), and participants will be paid \$20 for each assessment. Additionally, a free 8-week yoga course will take place at the Center for Healthy Aging at CSU's Health and Medical Center.

To learn more, please contact Dr. Stephens' research team at:

CSU_scorelab@colostate.edu

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Online Yoga and Health Education Research

Are you managing multiple chronic conditions?

Do you help someone who has more than 2 chronic health conditions?

We are looking for individuals to take part in an online yoga and health education research study.

Compensation will be provided for participation.

Inclusion Criteria

- 65+ years of age
 - Manage at least 2 chronic conditions
 - May experience symptoms of sadness or depression
- OR**
- Be willing partner (18+ years of age) of someone who is 65+ and 2 conditions

8 Week Study

Yoga and health education for older adults managing chronic conditions

Focus group options

Up to \$80 in gift cards

Free to participate

**100% online—
participate from home!**

Interested?

(303) 724-4438

movementandeducation@cuanschutz.edu



Division of General Internal Medicine
SCHOOL OF MEDICINE
UNIVERSITY OF COLORADO DENVER MEDICAL CENTER



Department of
**PARKS, RECREATION AND
TOURISM MANAGEMENT**
Recreational Therapy



COLLEGE OF HEALTH
AND HUMAN SCIENCES
COLORADO STATE UNIVERSITY

USC Chan Division
of Occupational Science
and Occupational Therapy



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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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.

The HEART Lab is also recruiting paid research participants to be part of our Health and Daily Experiences (HEADE) study. We are seeking adults (18-35 years old or 60+ years old) of European American or Latino/Hispanic descent to participate. Participants will be asked to come to the CSU campus to complete questionnaires and lab tasks. Participants will be compensated up to \$200 for completing various the study procedures. If you are interested in this opportunity, please contact HEART at **970-491-0871** or email HEART@colostate.edu.



Funding Opportunities

[The Warren Alpert Distinguished Scholars program](#) will support individual scientists of exceptional creativity who have an MD or PhD degree (or both) and are working in the field of neurosciences. These awards are given as a transitional post-doctoral award for recipients to enable their advance to a full-time faculty member at the Assistant Professor level or higher and/or to assist in the development of a laboratory program that would lead to independent funding. Nominees must have completed a minimum of three years of a post-doctoral fellowship by July 1, 2021 in the field of neurosciences and hold a post-

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[Office](#). Internal submission deadline: August 9. Award amount: \$200,000 annually for two years

[The International Networks of Excellence in Cardiovascular and Neurovascular Research Program](#) is seeking proposals aimed at generating new knowledge with the potential to advance the diagnosis, prevention, and treatment of cardiovascular and/or neurovascular disease. Applications must have both a North American and a European Coordinator. The North American Coordinator must be based geographically in North America, and the European Coordinator in Europe. LOI due by Sept. 7. Award amount: up to \$7.5 million over five years.

[The Sloan Research Fellowships](#) seek to stimulate fundamental research by early-career scientists and scholars of outstanding promise. Candidates must hold a Ph.D. or equivalent degree in chemistry, computer science, Earth system science, economics, mathematics, neuroscience, physics, or a related field. Nominations due Sept. 15. Award amount: \$75,000 over two years.

Community Happenings



Did you know that the Larimer County Office on Aging has people ready to take your call with questions about your care or the care of your love one? LCOA's purpose is to serve adults 60 and older, people with disabilities over 18, and their caregivers throughout Larimer County. The Aging and Disability Resources for Colorado (ADRC) is part of the Larimer County Office on Aging and the ADRC specialists can provide you with information and referrals for services, in addition to the following services:

- **Options Counseling:** one-on-one personalized decision-making assistance to help individuals and their families understand, access, and navigate the long-term service and support system.

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- **Chore Voucher Program:** for adults 60+ residing in Larimer County to help with the cost of labor for chores around the home. The Chore Voucher program is a self-directed reimbursement program that provides some financial assistance for older adults 60+ who need assistance with household chores.
- **In-Home Services Voucher Program** provides light housekeeping and personal care for adults 60+ living in Larimer County who need assistance in their home due to cognitive and/or physical limitations.
- **Application assistance** provided to help individuals complete and submit an application for Long Term Care Medicaid and/or Medicare Savings Programs benefits.

For questions or to find out more about these services, please call 970-498-7750.

Powerful Tools FOR Caregivers

In Person Classes

Location: Windsor Recreation Center
250 11th St., Windsor

September 8 - October 13, 2021
Wednesdays, 9am to 11am

Registration: Weld County AAA (970) 400-6117

This 6-week program focuses on caring for yourself while caring for someone else. Caregivers will learn strategies for changing their negative self-talk, communicating their needs, dealing with difficult emotions, and making decisions.

Online Classes via ZOOM

September 14 - October 19, 2021
Tuesdays, 2pm to 4pm

October 11– November 15, 2021
Mondays, 10am to 12pm

Registration: Dani DePas (970) 498-6341
Larimer County Office on Aging

Stress-Busting Program for Family Caregivers™



This 9-week program focuses on relaxation and coping strategies for yourself as caregivers. Caregivers meet for 90 minutes per week covering signs and sources of stress and practice a relaxation technique from art and aromatherapy to journaling and guided imagery.

In Person Class

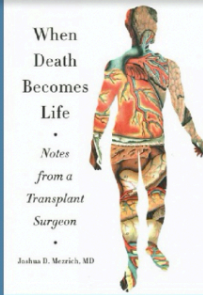
Location: Westbridge Building
1107 S. Lemay, Fort Collins

August 12– October 7

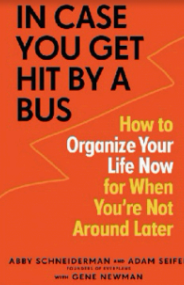
Thursdays, 1pm to 2:30pm

Registration: UCHHealth-Aspen Club (970) 495-8560



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



"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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ADVANCE CARE PLANNING TEAM

Presenter: Mindy Rickard,
Larimer Advance Care Planning

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



DIGNITY HOSPICE
EXCEPTIONAL CARE YOU CAN TRUST

Dignity Hospice of Colorado has opened a new location, now serving the Fort Collins, Loveland, and Greeley areas.

Dignity Hospice of Colorado

251 Boardwalk Drive, Suite B
Fort Collins, CO 80522
Phone: 970-893-8585
Fax: 888-339-4552

Dignity's original location serves the Denver-Boulder area and can be found at:

400 East 84th Avenue, W-202
Thornton, CO 80229
Phone: 720-222-3315
Fax: 303-366-9595

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EDUCATION PROGRAMS

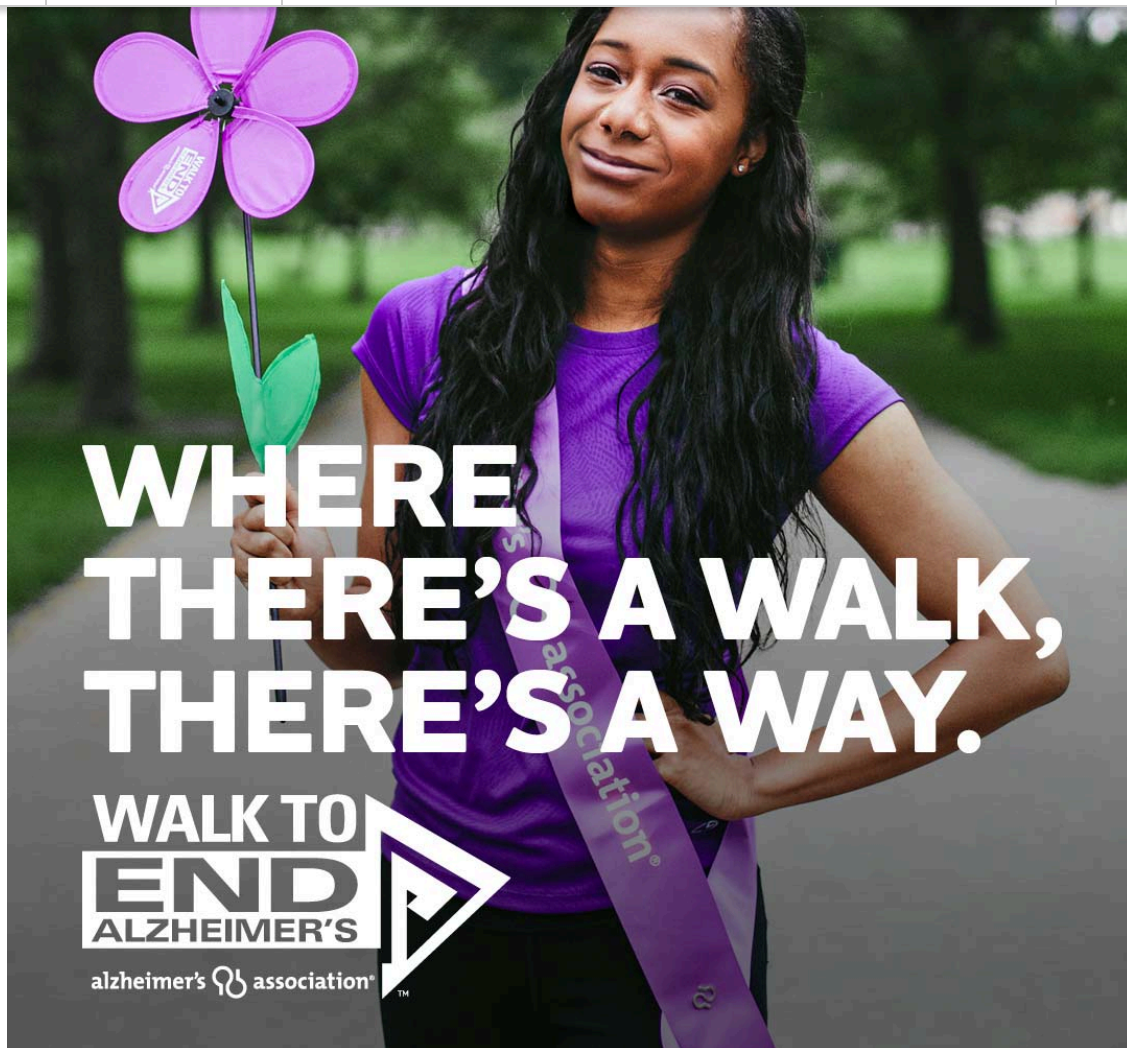
August 2021

Due to caution during COVID-19, these education programs are held in a VIRTUAL and INTERACTIVE format through an application on your computer, tablet, or smart phone called Zoom. A call-in option is also available for each class.

Alzheimer's Association educational programs are for family or friends who have a loved one with Alzheimer's disease or another form of dementia at any stage of the disease. The education programs are led by staff and volunteers who are screened, trained, and supervised by the Alzheimer's Association.

To register or for more information, please visit www.alz.org/crf or call the 24/7 Helpline at 1.800.272.3900. To take a class at your convenience, please visit training.alz.org

CLASS TOPIC	TIME	QUICK LINK
Legal and Financial Planning for Alzheimer's Disease <i>in partnership with the Colorado Springs Senior Center</i>	Wednesday, August 11 9:00 a.m.— 11:00 a.m.	https://bit.ly/Legal_11AUG
Dementia Conversations Driving, Doctor Visits, Legal & Financial Planning, <i>in partnership with the Tri-County Health Network</i>	Wednesday, August 18 9:00 a.m.— 10:30 a.m.	https://bit.ly/TCHNetworkCGS
Understanding Alzheimer's & Dementia <i>in partnership with the Colorado Northwestern Community College</i>	Tuesday, August 24 1:00 p.m.— 2:30 p.m.	https://bit.ly/UAD_24AUG
10 Warning Signs of Alzheimer's <i>in partnership with the Kappa Towers I</i>	Wednesday, August 25 11:30 a.m.— 12:30 p.m.	https://bit.ly/10SKT_aug_25
Healthy Living for Your Brain and Body: Tips from the Latest Research <i>in partnership with the Carbon Valley Regional Library</i>	Thursday, August 26 2:00 p.m.— 3:30 p.m.	http://bit.ly/HLBB_26AUG

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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](#).

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BREWS AND BLOOMS



THURSDAY, AUGUST 19 FROM 4-7PM

Join Rigden Farm Senior Living, CC's Flower Truck, The Larimer County Alzheimer's Association and Touching Hearts at Home for a fun kick-off event to raise money for the Larimer County Walk to End Alzheimer's. Enjoy live music, yard games, finger foods and beer donated by Odell Brewing Co. Stop by the flower bar, where you can create bouquets to take home or donate to a local memory care community. RSVP to Meghan Paul, mpaul@spectrumretirement.com.



FUNDRAISING EVENT FOR THE WALK TO END ALZHEIMER'S



2350 Limon Drive, Fort Collins, CO 80525 | 970-224-2700 | RigdenFarmSeniorLiving.com

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Death happens.

What to know and expect to have a kind and compassionate experience



Tips from experts on how to prepare yourself and loved ones for an unexpected death and what comes after.

Join us for a panel discussion featuring representatives from local first responders, Fort Collins Police Services, Office of the Larimer County Coroner/Medical Examiner, Goes Funeral Care & Crematory, Charter Healthcare of Fort Collins, Alzheimer's Association, and advance care planning professionals.

**Fort Collins Senior Center
Wednesday, Sept. 22, 10 a.m.**

Register with the Fort Collins Senior Center beginning Aug. 12 by calling **970-221-6644**. Questions? Contact Mindy Rickard, Health District of Northern Larimer County Advance Care Planning Program, mrickard@healthdistrict.org, 970-482-1909.



Market Days! for Older Adults
provides fresh, nutritious produce to older adults in need.



Hot Topics
August 11 at 12 p.m.
Virtual

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an older adult in Larimer County.

[Read More](#)

answer your questions about
COVID-19 vaccines and cover
topics, such as how to feel safe in
public after quarantine and how to
deal with anxiety.

[Register](#)

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