

# January 2023 Newsletter

## A Note from the Director

Dear colleagues and friends,

Welcome to 2023! As we enter a new calendar year, I wanted to use this opportunity to share with you some of the current events at the Center for Healthy Aging.

You might recall that the Center has created an **IN**terdisciplinary **RE**search into **A**ging **CH**allenges (IN-REACH) pilot grant program that will fund a total of \$150,000 for pilot research projects that involve inter/transdisciplinary approaches to societal, behavioral, environmental, and biologic aspects of healthy aging. Awardee notifications will be sent in mid-late January, and researchers will be able to begin their projects shortly thereafter.

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Thematic Units of Excellence proposal called, “**Overcoming Barriers in Brain Health(span)**,” based on CSU’s significant depth and breadth of expertise in many areas related to brain health. Should this TUNE be funded, the award will include funding for graduate student fellowships and transdisciplinary collaborative proposals, with key objectives being the creation of a well-developed training grant proposal (T-mechanism), a new interdisciplinary Ph.D. program and a larger multi-P.I. federal proposal.

We are also investigating ways to expand our certificate program and credentialing opportunities in 2023 to provide aging-related courses, credits, and capstone projects to students and community members interested in interdisciplinary aging studies. In line with our education track, we have tentative plans to engage the students of our affiliate faculty through a “Healthy Aging Ambassador” program and to continue our Age Friendly University efforts, now that incoming President Parsons has been identified.

In between these overarching goals, the Center will continue to promote the many activities, research studies, and other successes of our affiliate faculty and students through this newsletter, our podcast, social media and SOURCE announcements. Per usual, do not hesitate to reach out if there is an idea the Center can help with. Thank you for your continued engagement with CSU’s Center for Healthy Aging!

Warmest Regards,

*Nicole Ehrhart*

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## Healthy Aging Blog

[I Care For My Health, But I Don’t Care For My Health](#)

[Yoga Research Provides Promise for Stroke Survivors: A Q&A with Arlene Schmid](#)

[5 Reasons Why You Should Care About Aging, Regardless of How Old You Are](#)

*Grace Weintrob, Communication Studies*

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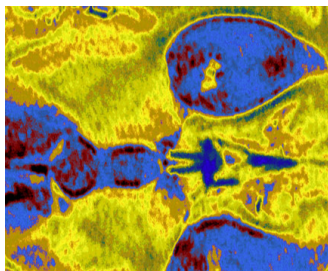
# Aging News



*Classifying aging as a disease could speed FDA drug approvals*

via *The Hill*

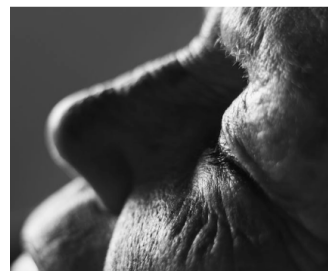
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*FDA approves new antibody to slow Alzheimer's disease, even as safety concerns linger*

via *Science*

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*The nose knows: Study suggests it may be wise to screen for smell loss to predict frailty and unhealthy aging*

via *ScienceDaily*

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## News from the Center

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The Center's Annual Report is published! Review our 2022 events, seminars, funding updates, new staff hires, and more at [col.st/i8Vuv](https://col.st/i8Vuv)

## Age-Friendly Healthcare



Kris Geerken, the program manager for [Changing the Narrative](#)'s Age-Friendly Healthcare program, and Gilliane Lee, an occupational therapist whose work raises

## Podcast Corner



### *living healthy longer* has wrapped up season 2!

In December, the show welcomed CSU dance instructor Lisa Morgan in "[Connecting Through Dance](#)" to describe the Moving Through Parkinson's program, a dance class for people living with Parkinson's disease.

Then, CHA Director Nicole Ehrhart and College of Health and Human Sciences Dean Lise Youngblade joined to discuss their trajectories and share [advice for young women in science](#) in a two-part podcast collaboration with CHHS' Health and Human Science Matters [podcast](#).

The [season finale episode](#), released on Jan. 9, revisits each guest from Season 2 of *living healthy longer* and what makes them most excited for the future of aging studies. Where is aging research going and what makes CHA affiliate faculty hopeful?

Stream the show today on [Apple](#), [Spotify](#), [Stitcher](#), [Google Podcasts](#), or [Amazon](#). Please do subscribe, rate, and leave a review — it helps us find more listeners!

[Find \*living healthy longer\* wherever you like to listen:](#)

## SENIOR PEER COUNSELING

**Are you an older adult looking to improve quality of life and well-being through social connection and emotional support with a peer?**

**Are you a resident of Larimer County?**

The Aging Clinic of the Rockies' Senior Peer Counseling program may be for you! We provide a FREE (donation-based) service that connects older adults in Larimer County with paraprofessionals who are also older adults. Our program aims to improve well-being and companionship. Our peer counselors are often able to understand and connect with clients' experiences in unique and meaningful ways. Counselors receive training and supervision from the Psychology Department at Colorado State University. You and your counselor can work together to set goals, resolve issues, practice skills, and achieve objectives. Counseling sessions can take place in your home, over the phone, or virtually. To find out more about our services or to make an appointment, call 970-491-6795.



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## Center Events

Stay tuned for an announcement about our next Healthy Aging Speaker Series lecture.

All Center events have been archived on our YouTube playlist and [our website](#). Continue to exercise and learn through the video archive:



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## Faculty News

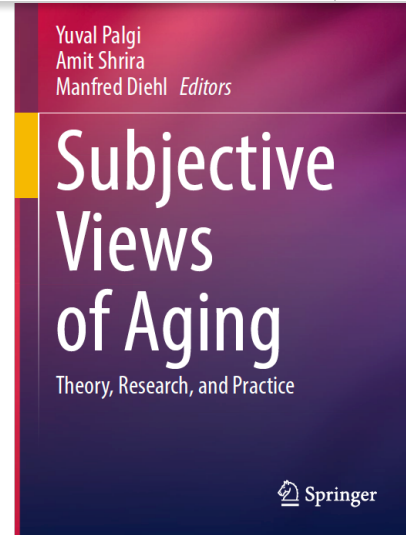
### Publications

## scientific reports

CHA affiliate faculty members [Julie Moreno](#), [Katriana Popichak](#), and [Mark Zabel](#) have [a new publication](#) out in *Nature Scientific Reports* that describes how a particular type of cell – adipose-derived mesenchymal stromal cells – can act as a therapeutic to decrease the early onset of inflammation in the brain that leads to neurodegeneration. Moreno's lab oversaw the publication, with graduate student Arielle Hay being first author.

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University Distinguished Professor [Manfred Diehl](#) of the Department of Human Development and Family Studies served as senior editor on a new textbook from *Springer Nature* titled, "Subjective Views of Aging: Theory, Research, and Practice." The book reviews the latest research on how individuals conceptualize and perceive the aging process through theoretical, empirical, and translational perspectives.



CHA Associate Director [Deana Davalos](#) and affiliates [Wendy Wood](#) and [Arlene Schmid](#) collaborated on a [study published in October 2022](#) in *Complementary Therapies in Medicine*. The study tested the feasibility and acceptability of two adaptive programs, horseback riding and gardening, for people with dementia and their care partners. The findings support [nature-based interventions](#) for slowing cognitive decline.

## Awards and Achievements



*From left: Sophie Seward, with colleagues Bayley Wade and Chris Patrick with their award certificates.*

### HES graduate students recognized for outstanding research

Chris Patrick, Sophie Seward, Bayley Wade, and Aly Cavalier – four graduate students in the Department of Health and Exercise Science – were recently awarded for their research efforts.

**Patrick**, a graduate student in Associate Professor Brett Fling's Sensorimotor Neuroimaging Laboratory, has worked to study how multiple sclerosis causes impairments, something that is still not definitive. Patrick was recognized with the "Excellence in Research and Scholarship" award, one of five awarded by the College of Health and Human Sciences. His research furthers the investigation of multiple sclerosis and the impact that it has on individuals.

As a graduate student in Assistant Professor Josiane Broussard's Sleep and Metabolism Laboratory, **Sophie Seward** seeks to understand the impact of sleep on the risk of disease in individuals. Seward was recognized with the "Undergraduate Choice Award" and was distinguished as a "Research Top Scholar" by a team of undergraduate scholars who judged the Grad Show. Seward studied the sleep habits of traditional shift workers, and her research will not only help this population better understand their risks, but also can be used in the future to better conceptualize viable solutions to combat the risk of disease.

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recognition signifies the impact of Wade's research, seeking to hone therapeutic interventions and reduce disease burden for those with type 1 diabetes, increasing their quality of life and providing an excellent groundwork for further research.

**Aly Cavalier**, a graduate student in Assistant Professor Tom LaRocca's Healthspan Biology Laboratory, has worked to study the aging process of the brain, seeking to protect the agency of older adults. Cavalier's research has resulted in the "Excellence in Research and Scholarship" award, one of five awarded by the College of Health and Human Sciences, as her research works to help individuals live longer, healthier lives.



### Highly Cited Researcher

Assistant professor in the Department of Environmental and Radiological Health Sciences, **David Rojas-Rueda**, was recognized as a "**Highly Cited Researcher**" by Clarivate in 2022. The title is an annual recognition of researchers who have demonstrated significant and broad influence, reflected in their publication of multiple highly cited papers over the last decade. These highly cited papers rank in the top 1% by citations for a field(s) and publication year in the *Web of Science*. **Four academics at CSU** were recognized in 2022.

## Announcements



Students in HDFS 201 took part in an intergenerational stress-busting activity during final exam week in December 2022. Two retired community members volunteered their time to join students and Associate Professor [Allyson Brothers](#) in Moby Arena to teach the basics of pickleball. Fun was had by all!



This spring, 33 IDEA 450 Design Thinking Collaborative students will construct their universally designed tiny house! The course will be held on Saturdays from 9 a.m.–4 p.m. at the Nancy Richardson Design Center.

To sign-up for a construction volunteer day, please visit the course website: [www.csutinyhouse.com](http://www.csutinyhouse.com). To show monetary support, visit the [student crowdfunding site](#). If you or someone you know is interested in purchasing the home, please email [maria.delgado@colostate.edu](mailto:maria.delgado@colostate.edu) to express interest.

Listen to CSU's history of building accessible tiny homes in [this podcast episode](#) with Assistant Professor [Maria Delgado](#).



**Advance your career and the future of dementia research.**

The [Alzheimer's Association® Interdisciplinary Summer Research Institute \(AA-ISRI\)](#) is an immersive, no-cost opportunity for early career researchers in psychosocial care and public health to further a career in dementia science and accelerate

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individual mentoring.

Applications are due **March 10, 2023**. Individuals from diverse backgrounds are encouraged to apply.

To learn more and submit an application, visit [alz.org/summerinstitute](https://alz.org/summerinstitute).

*This opportunity is supported by the National Institutes of Health under award #1R25AG069678-01.*



**TRANSLATIONAL TALKS**

**JANUARY'S TOPIC:**

**Agricultural research impacts:  
innovation, legislation and public policy**

**JOIN US JAN. 26**

 **COLORADO STATE UNIVERSITY**

**SPONSORED BY:** VICE PRESIDENT FOR RESEARCH | TRANSLATIONAL MEDICINE INSTITUTE

**You're invited!** Please join the Translational Medicine Institute for the next session of Translational Talks on **Thursday, Jan. 26, 4-6 p.m.**

Attendees will hear from Julie McClure, a Washington, D.C. lobbyist, and CSU researchers Ray Goodrich and Jennifer Martin as they discuss how agricultural biosecurity and innovations influence policy and legislation.

**When:** Thurs., Jan. 26, 4-6 p.m.

**Where:** [Translational Medicine Institute](#) Grand Events Hall (TMI 330) 2350 Gillette Drive, Fort Collins, CO and via Zoom

**Agenda:**

**4:00-4:20 PM – [Dr. Julie McClure](#)** *"Translating agricultural research and innovation to legislation, public policy, and impact"*

**4:20-4:40 PM – [Dr. Jennifer Martin](#)** *"A systems-based approach driving biosecurity innovations for meat safety, in an era of ASF"*

**4:40-5:00 PM – [Dr. Ray Goodrich](#)** *"A novel vaccine methodology to address emerging ag. biosecurity threats"*

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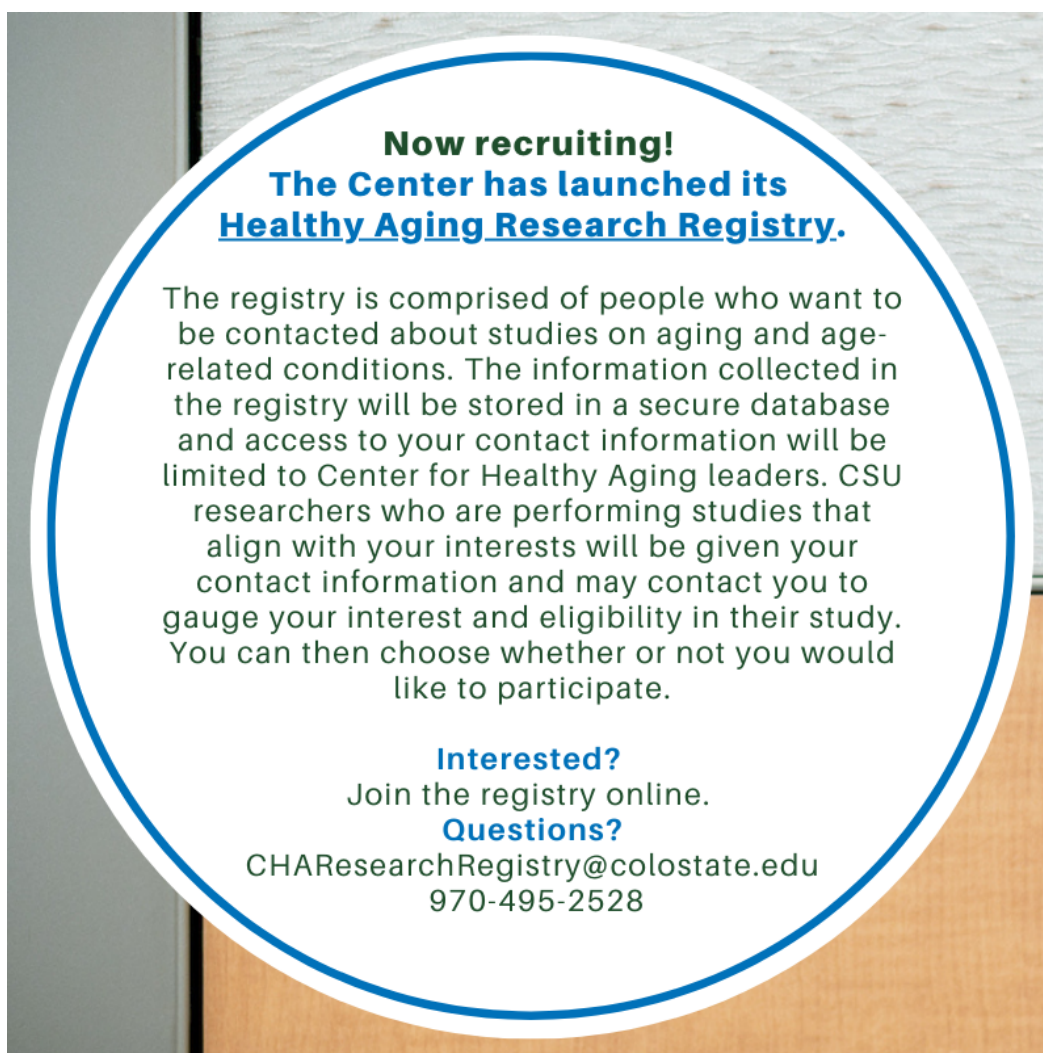
5:15-6:00 PM – Networking reception

Please [register for this session](#) through this link.

*Translational Talks are free and open to the public.*

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## 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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CSU's Internal Review Board (IRB) Approval #1799

Drs. Jaclyn Stephens and Arlene Schmid are conducting a study at Colorado State University to understand how group yoga and group exercise affects balance and other abilities, like memory, in individuals with acquired brain injuries, including stroke.



Research assessments will take place at Colorado State University (CSU). You will participate in an 8-week group yoga or group exercise program, at no cost, which will take place at the Center for Healthy Aging at CSU's Health and Medical Center.

Participants will be given an exercise mat, a chest strap that measures heart rate, and a smart watch.

**SCAN ME**

To learn more, scan this QR code or email Dr. Stephens' research team at [CSU-SCORELab@colostate.edu](mailto:CSU-SCORELab@colostate.edu)



# Neural Mechanisms and Associations of Psychomotor and Balance Performance in Adults with Type 1 Diabetes

## REQUEST FOR RESEARCH PARTICIPANTS

### Who is conducting this study and what is this study about?

This study is being designed and executed by the investigators of the Sensorimotor Neuroimaging Laboratory at Colorado State University. The purpose of this study is to better understand the effect of type 1 diabetes on brain structure, function and subsequent consequences on balance and psychomotor skills.

### Who can join?

You can participate in this study if you are between 20 and 60 years old, have a normal BMI (between 18.5 and 25), and are able to participate in daily living activities.

### Why should I join?

By serving as a participant, you may contribute new information that may benefit patients in the future.

### What will I be asked to do?

Participants in this study will complete questionnaires as well as several balance assessments utilizing the Smart Balance Master NeuroCom. Participants will also complete , the Purdue Pegboard, the Groove Pegboard, and the Digit Symbol Substitution Test.

### How do I join ?

If you are interested in participating in this study, please contact the study coordinator listed below.

For more information, please contact Bayley Wade  
Email: [bayley.wade@colostate.edu](mailto:bayley.wade@colostate.edu)



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# What is your biological age?

Comparing the health of your cells to your age in years

## REQUEST FOR RESEARCH PARTICIPANTS

### Who is conducting the study and what is it about?

Researchers from the Health and Exercise Science Department at Colorado State University are recruiting participants for a study to explore the relationships between cellular stress, expression of certain genes, and how we age.

### Who can join this study?

You can participate in this study if:

- 1) you are between the ages of **18-35** or **60-85** years, **AND**
- 2) you exercise less than or equal to 2 days per week (both age groups), **OR**
- 3) you are aged **60-85** and exercise 5 or more days per week, greater than or equal to 45 minutes per session.

### What will I be asked to do?

You will be asked to complete surveys about your health, complete cognitive and physical function tests, and provide a blood sample. The total time commitment is ~2 hours and you will be compensated \$50.

### Why should I join this study?

We will be measuring your biological age (the functional age of your cells rather than your age in years), and will provide you with that information. You will also be helping to advance research on healthy aging and exercise.

### How do I join this study?

If you want to join this study, please email the study coordinator at:

**[meghan.elizabeth.smith@colostate.edu](mailto:meghan.elizabeth.smith@colostate.edu)**

or the principal investigator, Dr. Tom LaRocca at **[tom.larocca@colostate.edu](mailto:tom.larocca@colostate.edu)**

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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**



## Funding Opportunities

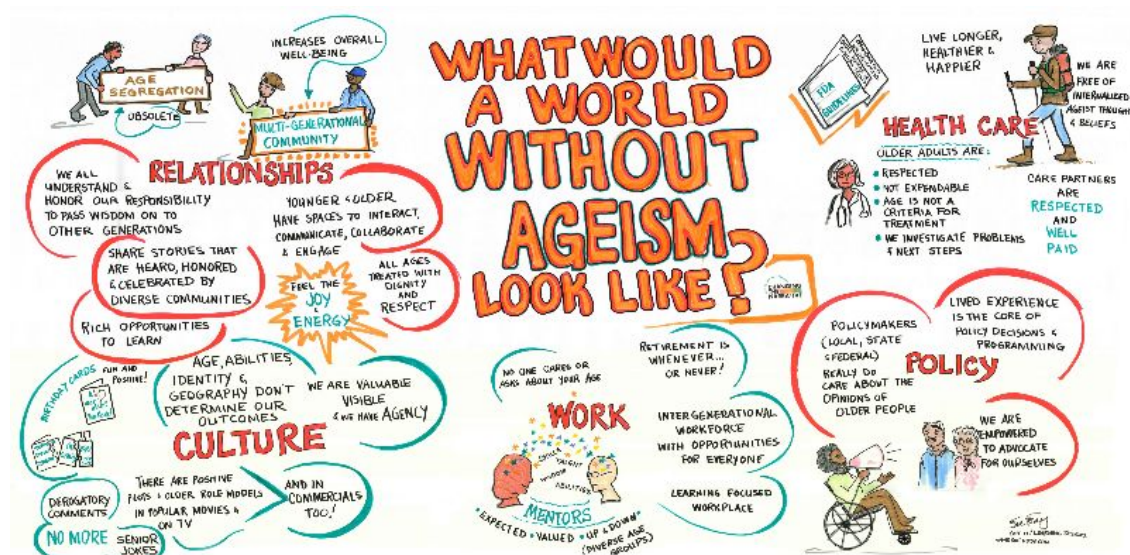
The National Institutes of Health invites applications to examine the molecular mechanisms and consequences of age-related alterations in interorgan communication. Elucidation of the mechanisms that modulate and coordinate organ interactions, and their changes with age, may provide new insights into multimorbidities. Additionally, such research may provide a broader understanding of the complexity and heterogeneity of aging. **Award amount: Up to \$400,000 starting April 2024. Application due June 1.**

The NIH also seeks applications that will advance translational research to better

prevention and treatment interventions. **Application due Feb. 22. Application budget: Unlimited; two-year funding period starting December 2023.**

The **NextFifty Initiative** has announced its [funding opportunities for 2023](#), including Flexible Support Funding, Sudden & Urgent Need Funding, and two opportunities related to advancing equity and innovation. Applications open in February, May, and June 2023.

## Community Happenings



In December, [Changing the Narrative CO](#) hosted a coffee chat to envision what a world without ageism would look like. The resulting graphic, above, shows some initiatives Changing the Narrative will champion in 2023.



The Health District of Larimer County's Advance Care Planning program will be moved to Larimer County Cooperative Extension starting on April 1, 2023.



**Fort Collins Winter Farmers  
Market**  
Every Saturday through April

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Library's community outreach  
department. Questions?  
Email Mindy Rickard at  
[mrickard@healthdistrict.org](mailto:mrickard@healthdistrict.org).

[Learn More](#)[Learn More](#)

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Colorado State University

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