



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY

AUGUST 2020 NEWSLETTER

A NOTE FROM THE DIRECTOR

Dear Colleagues and Friends,

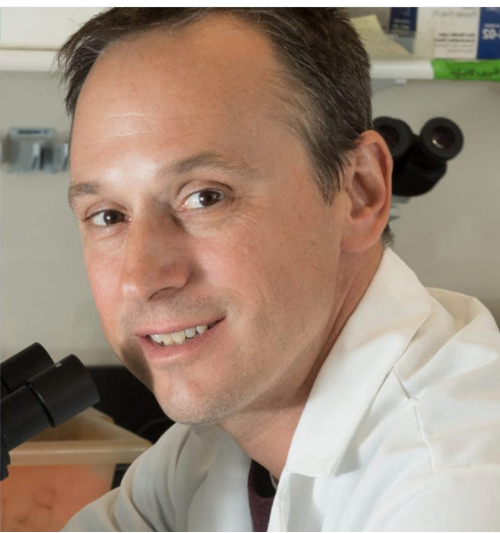
Greetings to you from CSU's Columbine Health Systems Center for Healthy Aging! As we approach the start of the fall semester, we have a number of announcements and activities to share with you via this August newsletter. We are very excited to welcome Hannah Halusker to our team. Hannah joined us on July 1 as our new Communications and Outreach Coordinator, and one of her first tasks was to develop our social media platforms. Thus, we are now on Facebook and Twitter! Please like and follow the Columbine Health Systems Center for Healthy Aging via the handle [@CSUHealthyAging](#). Each of these channels are now packed full of information about the latest healthy aging news, research and event announcements, covering national news, CSU campus news and community happenings.

As the University campus prepares to welcome students and faculty back for the fall semester, we are also re-opening the Center with some important safety policies in place. Activities at the Center will primarily be restricted to classes and research programs so that we can comply with the University-wide policies for occupancy and support priority activities. Our primary goal is to maintain a clean, safe environment. Our team will be coordinating with researchers, faculty and study participants to ensure that the various groups using the space are able to maintain appropriate distancing, PPE, capacity recommendations and disinfecting protocols. Please reach out to Ali.Murphy@colostate.edu if you would like to use Center's classrooms and facilities. Please note that during these next few months, our staff, like all University personnel, will be alternating time in the office with remote working from home.

There are a few upcoming events to mention. Our third webinar in the [COVID-19 Expert Panel Series](#) will be held on Tuesday, Aug. 4. As the pandemic continues to unfold and information evolves, the community is seeking the "mind bank" of our panel of experts from various scientific disciplines to understand how to apply and interpret best practices to keep older adults in our community safe while still providing critical services and social opportunities. Our [Healthy Aging Speaker Series](#) will also continue virtually on Aug. 27 with Dr. Aga Burzynska's work on "Lifestyle Modifiers of Brain Aging". Find more information about these offerings below. We hope you will continue to join us and spread the word about these informative science updates.

I hope this newsletter provides helpful information for you. Please continue to reach out with questions, suggestions and updates regarding future topics you would like us to cover. In the meantime, stay safe and take care of one another.

Warmest Regards,
Nicole Ehrhart



CSU team finds dozens of asymptomatic nursing home workers infected with coronavirus

[Click here to read more.](#)

Aging News

The Center for Healthy Aging is leading the state of Colorado's COVID-19 surveillance project in skilled nursing facilities after a pilot project revealed that a high percentage of asymptomatic workers in nursing facilities were testing positive for COVID-19, and were therefore unknowingly spreading COVID-19 to residents and other workers. Governor Polis has awarded CHSCHA a \$4.3 million grant to perform COVID-19 surveillance testing on 45,000 workers and nursing home residents in 25 nursing facilities across the state. Results of the testing are being continually shared with the Colorado Department of Public Health and Environment and have been noted by the Centers for Disease Control and shared with investigators in Washington, D.C. This round of the project will continue until Sept. 30.

[5 Ways the COVID Crisis Has Created an Ageism Crisis](#)

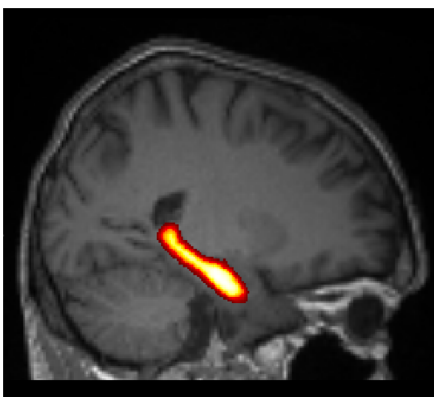
Manfred Diehl, Ph.D., CSU Dept. of Human Development and Family Studies

[Resilience](#)

Karyn Hamilton, Ph.D., CSU Dept. of Health and Exercise Science

[Nutrition Tips to Support Healthy Aging](#)

CSU Kendall Reagan Nutrition Center



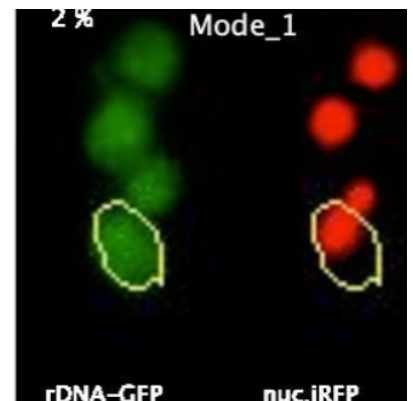
[CSU study links physical stress on the job with brain and memory decline in older age](#)

via CSU's Source



[Why those most at risk of COVID-19 are least likely to respond to a vaccine](#)

via National Geographic



[Key Mechanisms Behind Aging Process Unraveled](#)

via GEN

COVID-19 Expert Panel Q&A Webinars

Join the Center, Senior Access Points, and CSU Extension for our third webinar in the COVID-19 Expert Panel Series. These informative sessions are open to the public, our community partners, and service providers to answer all of your COVID-19-related questions. Panelists include CSU faculty experts in gerontology, infectious disease, biosafety, mental health, food safety and geriatric medicine.

Watch our last panel [here](#).

Register in advance [here](#) for the Aug. 4 webinar.

E-mail ali.murphy@colostate.edu with any questions you have for our panelists!

COVID-19 Expert Panel Series

Tuesday, Aug. 4 | 2 PM MDT

Submit questions for the panel to ali.murphy@colostate.edu.

Free Zoom Webinar

Register at: <https://col.st/ff6ac>



Virtual Healthy Aging Speaker Series

We have continued to have an amazing turnout at our virtual Speaker Series! Our next talk will feature Aga Burzynska speaking on "Lifestyle Modifiers of Brain Aging" on Aug. 27 at noon. We look forward to the event and hope you can join us! You can find information about attending this event by e-mailing ali.murphy@colostate.edu.



HEALTHY AGING SPEAKER SERIES

Featuring:
Agnieszka Burzynska, Ph.D.

"Lifestyle Modifiers of Brain Aging"

Thursday, Aug. 27
12 P.M. MDT

Virtually on Zoom
Meeting ID: 969 3297 2782

Contact ali.murphy@colostate.edu for password or questions!



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Talk with a Doc! Denver Public Libraries and the CU Anschutz Multidisciplinary Center on Aging invite you to their summer health and wellness series. Sessions are virtual and registration is required at the links below.

Friday, August 7, 2 p.m. | [Nutrition For Healthy Aging](#)

Thursday, August 20, 2 p.m. | [Preventing Falls As We Age](#)



FIND US ON SOCIAL!

@CSUHealthyAging



Meet Our New Staff!

We are excited to welcome Hannah Halusker to our team! As the Communications and Outreach Coordinator, Hannah develops multi-media communications and plans outreach events to help amplify the research and programming offered by the Center for Healthy Aging. She comes to the Center from South Carolina, where she received her B.S. in Genetics (2017) and M.A. in Communication, Technology and Society (2020) from Clemson University. At Clemson, Hannah served as a science writer in the College of Science and then as the director for a science and arts festival in nearby Greenville, S.C. She is thrilled to bring her passions for science communication and engagement to her role here at the Center. When she isn't working, you can find Hannah running, biking, reading, doing yoga, or hiking one of the many trails near her new home in Fort Collins. Welcome, Hannah!



Research Studies Currently Enrolling

Knee Osteoarthritis Study

Researchers from CSU's Department of Health and Exercise Science are recruiting adults to participate in a study that investigates solutions to muscle and joint pain in arthritis. [More information can be found here](#) or by e-mailing karyn.hamilton@colostate.edu.

MY-SKILLS Online Intervention for Chronic Pain

Drs. Arlene Schmid and Christine Fruhauf from the departments of Occupational Therapy and Human Development and Family Studies respectively are researching the effects of gentle movement and education for pairs of people who experience chronic pain. Participants will be enrolled in 16 online sessions: two sessions per week for 8 weeks. Email study coordinator Barbara Gibson at movementANDeducation@colostate.edu for more information.



Resources during COVID-19

Social Support for Seniors and Caregivers with Aging Clinic of the Rockies



Social Outreach Program

Helping older adults in Larimer County stay social and connected during times of social distancing. Virtual group sessions held once a week for 8 weeks: addressing topics such as using technology to stay connected, sharing ideas about staying healthy and social during a pandemic, and creating new relationships through the group. See more information here!

[970-235-0083](tel:970-235-0083)

Senior Peer Counseling

Although there are many positive aspects of aging, there can also be common difficulties including sadness, worry, loneliness, physical illness and disability, cognitive decline, and grief and loss. Peer counseling can often improve the quality of life and well-being of older adults through social connection, emotional support, and companionship. Senior peer counselors are warm, respectful, and kind, men and women over the age of 60, who trained and supervised by mental health professionals.

[970-491-6795](tel:970-491-6795)

Caregiver Individual Therapy—offered via phone and video

Caregiving can be a rewarding but stressful experience, with many caregivers benefiting from the support of counseling services. Topics generally include coping skills, education, connecting to community resources, help making decisions, addressing self-care, and finding support.

[970-235-0083](tel:970-235-0083)

<https://psychology.colostate.edu/acor/>

Coming soon!

Aging Clinic of the Rockies has received a grant in the amount of \$61,700 from [National Community Care Corps](#) to establish a family caregiver mentorship program to support novice caregivers by pairing them with experienced caregivers who are trained as peer counselors. This new model will help Northern Colorado family caregivers and older adults as the programming is developed in the coming months.



CSU Alumni Day-In: Mediterranean Diet

Wednesday, Aug. 26

12-1 p.m. MDT

Virtual presentation on Zoom

[Join CSU Extension for an introduction to the Mediterranean diet!](#) Extension Agent Laura Griffin will take you through the basics of the diet and its health benefits.



Yoga in the Park

Wednesdays through Aug. 26

5:30–6:30 p.m.

Spring Park: 2100 Matthews St., Fort Collins

[Sun Breath Yoga invites you to an all-levels yoga class](#), outdoors and physically distanced! Register for \$15 and bring your props.



Funding Opportunities

2021 CCTSI Pilot Grants — The Colorado Clinical and Translational Sciences Institute (CCTSI) is proud to announce the 2021 Request for Applications (RFA) for two pilot grant programs: **Colorado Pilot Program** and the **Child and Maternal Health Pilot Program**. These programs will provide approximately \$700,000 in 2021 awards for pilot research to investigators from CCTSI-Affiliated Institutions. Applicants must be CCTSI members at time of application – [registration is free, quick and easy](#).

Mandatory intent to apply by: September 8 by 5 p.m. MDT

Application due: October 1 by 5 p.m. MDT

Start of award: May 2021

[Colorado "CO-Pilot" Program](#)

CO-Pilot grants support any type of clinical and translational research. Awards up to \$30,000 in Mentored, Junior and Early-Stage Investigator Diversity Award categories, and \$60,000 in the CSU/CU Collaboration Award category.

[Child and Maternal Health "CMH-Pilot" Program](#)

CMH-Pilot grants for clinical and translational research focused on Child and Maternal Health. Awards up to \$30,000 in Mentored and Junior Faculty Award categories.

2021 CCTSI Pilot Program Contact: Debra Szuster | (720) 848-4327 | debra.szuster@cuanschutz.edu

2020 Lasker Clinical Research Scholars Program — The National Institutes of Health, in partnership with the Lasker Foundation, is pleased to announce this opportunity for 8 to 10 years of funding for clinical researchers. This unique program provides Scholars with 5 to 7 years of support as an independent principal investigator in the NIH Intramural Research Program (IRP), followed by 3 years of continued financial support, either at the NIH or at an outside medical center/research institution.

Candidates must have a clinical doctoral degree (MD, MD/PhD, DO, DDS, DMD, RN/PhD or equivalent) and a professional license to practice in the United States. The program is intended for investigators at the early stages of their independent careers. Candidates generally will have completed or will be completing a post-residency clinical fellowship and will have demonstrated significant patient-oriented research experience to qualify for a tenure-track level appointment.

Learn more at <http://www.nih.gov/science/laskerscholar/>. The application deadline is **August 28, 2020**. Questions can be directed to Dr. Charles Dearolf, Director of Intramural Program Development and Support, at LaskerScholar@nih.gov. DHHS and NIH are Equal Opportunity Employers.