



Newsletter | December 2020



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY

A NOTE FROM THE DIRECTOR

Dear Colleagues and Friends,

Happy Holidays from the Columbine Health Systems Center for Healthy Aging!

Our newsletter this month is complete with the latest healthy aging news, as well as lots of holiday additions, like our “Books to Read” section, which can make for great stocking stuffers for your loved ones this holiday season! Scroll to the end to find a long list of community happenings from our partners to support you this month, as well as some fitness and holiday events on page 3. We’ve also included CHA research updates on pages 2 and 4 to keep you up-to-speed on our COVID-19 projects and our latest grant-funded initiative: “A Translational and Comparative Approach to Identifying Risk for Cognitive Impairment with Advancing Age”.

As always, please let us know if you have any questions. I wish you health, peace, and restful time throughout this month’s holidays—if not spent with family and friends, then at least with the certainty of their love and affection until you can see them again.

Warmest Regards,
Nicole Ehrhart

Healthy Aging Blog
Aging News
COVID-19 Update

Events
Book Recommendations
Grants + Funding

Research Recruitment
COVID-19 Support
Community Happenings

[Does vitamin D affect your “biological age”?](#)

Meghan Smith, CSU Dept. of Health and Exercise Science

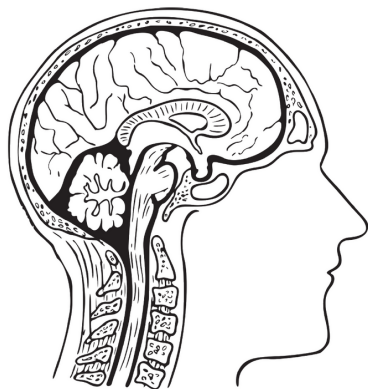
[Can You Exercise Too Much?](#)

Tara Grieshaber, B.A. '17
CU-Boulder Dept. of Integrative Physiology

[An Orange a Day Could Help Your Eyes](#)

Tara Grieshaber, B.A. '17
CU-Boulder Dept. of Integrative Physiology

Aging News



[Aging Basics: Mobility](#)

via CHA's Aging Basics series

Special thanks to Dr. Brian Tracy, our expert writer!



[FDA Approves First Drug For A Rapid Aging Disorder In Children](#)

via NPR



[Hyperbaric oxygen treatment: Clinical trial reverses two biological processes associated with aging in human cells](#)

via Science Daily

An update on CHA's COVID-19 projects

In May, the Center for Healthy Aging received a \$4.3 million grant from the State of Colorado to carry out the [Longitudinal COVID-19 Screening Study in Senior Care Facilities](#) to help mitigate the spread of COVID-19 in nursing facilities across Colorado. The research team, led by Drs. Nicole Ehrhart, Greg Ebel and Kristy Pabolonia, has since completed over 70,000 tests, and we are extending the study as the pandemic continues. Additionally, in partnership with the One Health Institute, CHA has been co-leading the [RESTART study](#) to minimize the risk of outbreaks at CSU while university staff and students pursued a return to



normal work this past summer. The ongoing study, funded by the Boettcher Foundation, has since found that only 2 out of 500+ samples were COVID-19+, indicating a very low level of exposure (<.2%) in CSU employees who were working on campus from March to August. This is much lower than the Larimer County rate at this time and speaks to the very high rule compliance in CSU staff regarding the university's COVID-19 policy. Researchers on the RESTART study are preparing manuscripts of their findings, to be published in 2021.

Healthy Aging Fitness

Thank you to all who attended our last Healthy Aging Fitness class in November! You can watch the recording [here](#).

We hope you'll join us for our next fitness class on Dec. 8 at 5 p.m. CSU student trainer Kenzie Cadwell will lead us in a full-body workout virtually via Zoom. Register at: col.st/CeCS2

Healthy Aging Fitness is an all-levels workout that teaches about the benefits of movement for improving healthspan and healthy aging. No equipment or prior experience needed.



TUESDAY, DEC. 8 | 5 P.M.

Healthy Aging Fitness

Join us for a **FREE** all-levels full body workout class!

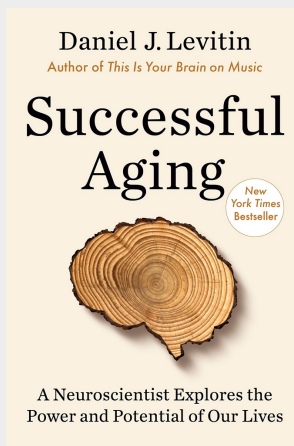
Virtually on Zoom
Register at: col.st/CeCS2

Led by CSU Rec Center student trainer Kenzie Cadwell

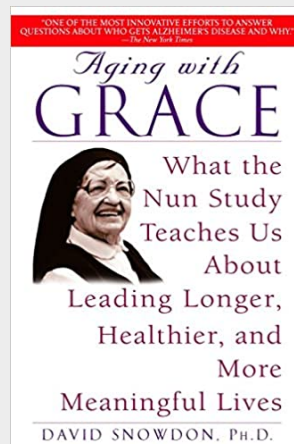
NO EQUIPMENT NEEDED

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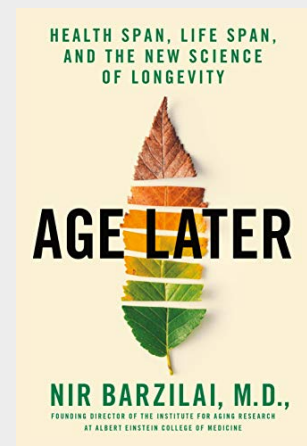
Books to Read



[Buy it here.](#)



[Buy it here.](#)



[Buy it here.](#)



[Sweaty Sweater Virtual 5K](#)

Wear your ugliest sweater and walk, jog, run, or race your own 5K anytime Dec. 1–12, on any course of your choosing (or treadmill) and submit your results. Registration \$30



Christmas Driving Lights Tour Sunday, Dec. 13 at 6 p.m.

Join the [Salza Real Estate Team](#) for a holiday lights tour in Loveland! Meet at 6 p.m. at Taft Gardens (1525 Gard Drive in Loveland, near the corner of N. Taft Ave and Gard Place)



New grant award: “A Translational and Comparative Approach to Identifying Risk for Cognitive Impairment with Advancing Age”

The Center for Healthy Aging has been awarded a \$200,000 grant from the [Catalyst for Innovative Partnerships \(CIP\) program](#) at CSU's Office of the Vice President for Research to study age-related cognitive decline in dogs as a model to inform cognitive decline and late-onset Alzheimer's disease (AD) in humans. Current approaches to studying these conditions primarily rely on transgenic mouse models, which do not closely mimic human disease and are thus a major barrier to discovery and translational research progress in human brain aging. However, canine cognitive decline (CCD) is characterized by progressive neurodegenerative changes—such as decreased brain volume, neuronal loss and damage, microglial and astrocyte dysfunction, and more—that *does* mimic the pathology and cognitive decline of human AD, poising the dog as a key model of human cognitive decline. Researchers on the study will recruit canine patients older than age 7 from CSU's Veterinary Teaching Hospital and conduct neurological exams to rule in (or out) age-related cognitive decline. Blood will then be collected from 6 dogs with CCD and 6 dogs without CCD and later analyzed using RNA profiling to detect molecular differences between groups. The study will continue for two years, and findings will be routinely shared. Ultimately, the project will develop a research pipeline—from cells to dogs to humans—that will accelerate translational aging research at Colorado State University and beyond.

Funding Opportunities

RRF Research Grant — [The Retirement Research Foundation \(RRF\)](#) is seeking proposals for research that identifies interventions, policies, and practices to improve the well-being of older adults and/or their caregivers. Preference is given to projects aimed at generating practical knowledge and guidance that can be used by advocates, policy-makers, providers, and the aging network. Submit a LOI by March 15, 2021 for the May 1, 2021 RFP deadline. Award amount: up to \$250,000.

ANRF Grant — [The Arthritis National Research Foundation \(ANRF\)](#) provides a variety of arthritis research grants for research scientists working on arthritis and related autoimmune diseases, including but not limited to osteoarthritis, rheumatoid arthritis, juvenile arthritis, lupus, psoriatic arthritis, gout, scleroderma, fibromyalgia, and ankylosing spondylitis. Preference is given to applications from newer M.D. and/or Ph.D. applicants in early stage career development: equivalent to assistant professor and without serving as PI on an NIH R01 award. Applications will be accepted beginning December 1, 2020 with a submission deadline of January 15, 2021. Award amount: up to \$100,000.

Alpha-Synuclein Imaging Prize — [The Michael J. Fox Foundation](#) is sponsoring a \$2 million prize to the first team that develops a viable selective alpha-synuclein PET tracer and agrees to make that tracer available broadly. *In vivo* imaging of alpha-synuclein pathology could be useful as a biomarker of the presence of Parkinson's Disease and disease progression and as a pharmacodynamic tool for drug development. There is no deadline for submissions. The award will be issued to the first contestant who submits compelling evidence of a viable selective tracer and agrees to its widespread use.



Research Studies Currently Enrolling

Effects of an Aronia Berry Dietary Supplement on Cardiovascular and Gastrointestinal Health

Men and postmenopausal women aged 45-75 are invited to participate in a study investigating an aronia berry dietary supplement on cardiovascular and gastrointestinal health. Participants will undergo measures of cardiovascular and gastrointestinal health and will receive up to \$300 compensation for their time. Aside from a screening visit, the study will consist of 6 visits over an 8-month period. To enroll in this study, [please complete this survey](#), or contact the Functional Foods & Human Health Lab via phone: **970-491-0464** or email: FunctionalFoodsLab@colostate.edu. More [here](#).


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](#), by e-mailing Karyn Hamilton at tracd@colostate.edu, or calling **970-491-3961**.

THRIVE Project

Support Services for Older Adults

virtual and telehealth settings

 <https://col.st/iUrmf>
 thriveproject@colostate.edu



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

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.

Community Happenings



The [Bohemian Foundation](#), based in Fort Collins, has an immediate need for volunteer tutors to support local students in remote learning. Tutors are needed for all age groups and subjects, but *especially for* high school students and subjects of math, science, and English. Virtual or in-person options are possible, and scheduling is flexible. Interested in tutoring? [Register here](#) or contact Sara Maranowicz, Community Programs Director of the Bohemian Foundation, with questions: sara@bohemianfoundation.org



SENIOR ACCESS POINTS
OF LARIMER COUNTY

Senior Access Points is your one-stop shop for aging-related resources in Larimer County. [Visit SAP's website](#) to connect to local info on health and wellness, home care, transportation, legal and financial help, and more.



[A Little Help](#) is looking for volunteers to decorate the homes of older adults in Northern Colorado for the holidays. This Service Saturday event will take place on Dec. 12 from 10 a.m.–12 p.m. [Sign up here](#) or contact Tanya Matthias with questions: tanya@alittlehelp.org



Volunteers of America®
COLORADO BRANCH

Volunteers of America Colorado Branch continues to provide services throughout Larimer County with special protocols in place to protect against COVID-19. [Smiling Spoon](#) has curbside and to-go meals offered in Fort Collins, Bellvue, Loveland, and Berthoud; the Grocery Shopping Program has room for more participants in Loveland; and the Handyman program is available to assist with indoor and outdoor projects. For more info: [970-472-9630](tel:970-472-9630) or larimer@voacolorado.org



The Health District's Advance Care Planning Program has two free, virtual events this month: 1) The Conversation Project on Dec. 8 from 9:30–11 a.m. will discuss medical and end-of-life wishes and how to start or continue your advance care planning journey. Call the Fort Collins Senior Center at [970-221-6644](tel:970-221-6644) to register. 2) The Book Club for Mortals will be held on Dec. 13 from 3–4:30 p.m. This is a monthly group that meets to discuss books related to how we live at the end of our lives. The December book is "[There Is No Good Card for This: What To Say and Do When Life Is Scary, Awful, and Unfair to People You Love](#)" by Dr. Kelsey Crowe and Emily McDowell. Email Mindy Rickard at mrickard@healthdistrict.org to register for Book Club for Mortals.

