



Newsletter | January 2021



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY

A NOTE FROM THE DIRECTOR

Dear Colleagues and Friends,

Welcome to the New Year!

As we usher in 2021, I am immensely inspired by the ingenuity of the scientific community and the resilience of a broader global population who have weathered the maelstrom of the pandemic for the past ten months. We are now watching as the first COVID-19 vaccines are distributed to our most vulnerable populations. This is certainly a moment for celebration. I am reminded that the near-miraculous speed with which a vaccine for SARS-CoV-2 was developed is the result of a transdisciplinary collaboration involving millions of members of the scientific world — scientists who reached across nations, cultures, and oceans to focus all of their collective expertise on one of the largest immediate threats to humankind in our lifetimes. This is clear evidence of the power of transdisciplinary research — a central pillar of our Center's mission and vision. To honor this moment, our next Healthy Aging Speaker Series event with Faculty Emeritus Dr. Bob Ellis will discuss how vaccination affects public health and behaviors moving forward. We hope you'll join us on Jan. 21 for this timely presentation.

We are especially excited about our plans to expand our regional and national reach in 2021. As part of that vision, we are thrilled to announce the launch of a podcast from the Center titled *living healthy longer*. This show is dedicated to conversations with scientists about aging research breakthroughs, with community leaders who have led successful healthy aging programs and evidence-based outreach, and exploring the latest news headlines about healthy aging. You can find information on page 4 on how to listen and subscribe. The podcast's first episode will launch on Monday, January 11.

We invite you to scan the rest of this newsletter for late breaking healthy aging news, blogs, webinars, and clinical trials. Wishing you all a sense of renewed hope and health in this new year.

Warmest Regards,
Nicole Ehrhart

Healthy Aging Blog
Aging News
Podcast

Events
Research Participation
Funding

Support Services
Community Happenings
Webinars

[A Gut Feeling: A Link between Bacteria and Alzheimer's Disease](#)

Meghan Jeske, CSU Dept. of Health and Exercise Science

[Exercise Can Improve Brain Function, Researchers Say](#)

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

[Eat Greens to Boost Your Brain Health](#)

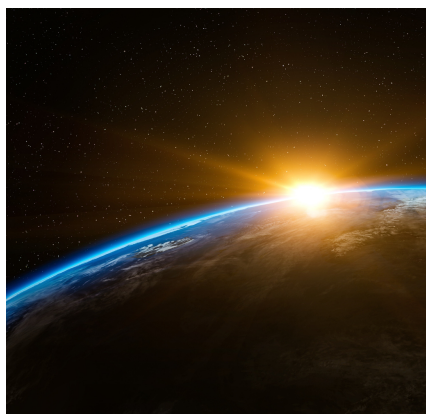
Elizabeth Wilhoite, B.A. '18
CU-Boulder Dept. of Psychology

Aging News



[Reversal of biological clock restores vision in old mice](#)

via *Nature*



[To study aging, scientists are looking to outer space](#)

via *National Geographic*



[New insights from study of people age 90 and above](#)

via *60 Minutes*

Longevity Roadmap docu-series, available Jan. 13-20



Dr. Mark Hyman of the Cleveland Clinic Center for Functional Medicine and a thirteen-time *New York Times* best-selling author will be hosting "The Longevity Roadmap" docu-series beginning January 13. This free webinar series will "dig deep into why our healthspans are so poor, the root causes of chronic disease, and exactly what you can do to improve your healthspan and *Become Young at Any Age*. Discover how things like environmental toxins, poor immune health, ultra-processed diet, gut dysfunction, and much much more can sabotage our healthspan and what we can do to reclaim our vitality..."

Each episode ranges from 30 to 50 minutes. To register or explore topics discussed in the series, [visit this link](#).

Healthy Aging Fitness

TUESDAY, JAN. 19 | 5 P.M.

Healthy Aging Fitness

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

Virtually on Zoom
Register at: col.st/41eUO

Led by Health Promotion student Jantzen Tetrault

NO EQUIPMENT NEEDED



Our next Healthy Aging Fitness class will be held on Tuesday, Jan. 19 at 5 p.m. These classes have been well received by our attendees, and we're excited to continue offering all-levels workouts that teach about the benefits of movement for improving healthspan and healthy aging. No equipment or prior experience needed.

Jantzen Tetrault, a Health Promotion student at CSU, will be hosting Healthy Aging Fitness beginning in January until April. Welcome Jantzen!

Register at: col.st/41eUO

Healthy Aging Speaker Series

With the authorization of the Pfizer COVID-19 vaccine and more vaccines on the horizon comes the hope that the coronavirus pandemic will be contained in 2021. This talk — by Director Emeritus of Biosafety at CSU, [Bob Ellis](#) — will discuss the vaccine's effect on herd immunity and how the public's behaviors might change in response to widespread vaccination.

When: Thursday, Jan. 21 at 12 p.m.

Register at: col.st/QBUwA

HEALTHY AGING SPEAKER SERIES



Featuring:

Bob Ellis
Director Emeritus of Biosafety at
Colorado State University

Shifting Perceptions Around
COVID-19: Effects of
Vaccination

Thursday, January 21
12 P.M. MT
Virtually on Zoom

Register at: col.st/QBUwA



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY

COVID-19 Expert Panel Series

Tuesday, Jan. 12 | 9:30 AM MT

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

Free Zoom Webinar

Register at: col.st/wLnqN



COVID-19 Expert Panel Q&A

Our next COVID-19 Expert Panel Q&A will be held on Tuesday, Jan. 12 at 9:30 a.m. 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.

Register in advance [here](#). E-mail ali.murphy@colostate.edu with any questions you have for our panelists!

Introducing: *living healthy longer*, a podcast from the Center for Healthy Aging



We are very excited to announce that the Center has broken into the podcasting world with our very own podcast, *living healthy longer*! On this show, we will cover the latest in the biological, cognitive, psychological, social, and behavioral aspects of getting older—from research happening at Colorado State University, to interventions and community programs supporting our ever-growing, aging population, to news headlines that challenge what we thought we knew about aging.

Listen to our trailer now on [Apple](#), [Spotify](#), or wherever you get your podcasts, and subscribe now to receive the first episode on **Monday, January 11!** Episodes will release every other Monday. We hope you'll join us as we break down what science says about living a longer, healthier life.

Research Studies Currently Enrolling

Physical activity and cancer studies



The Physical Activity for Treatment and Prevention Lab in CSU's Dept. of Health and Exercise Science is currently seeking: 1) individuals diagnosed with cancer in the last five years who are interested in learning more about their physical activity and sleep habits. Participation involves a one-time study visit that can be conducted face-to-face or virtually, and wearing an activity monitoring device for one week. Compensation will be provided; and 2) colorectal cancer survivors to participate in a virtual physical activity intervention to improve quality of life. There is no cost for participating. For more information on these two studies, contact patplab@colostate.edu or 970-491-4653.

Gentle movement and chronic pain intervention

Researchers from CSU's College of Health and Human Sciences are seeking research participants to enroll in an 8-week study that employs gentle movement and education to treat chronic pain. This unique online intervention is for pairs of people — spouses, partners, parent/adult child, friends, or neighbors — who both experience chronic pain and help each other to manage their pain. Participants will receive education about gentle movement to address chronic pain, led by trained professionals. Up to \$100 will be provided for participation. For more information, [visit here](#) or email movementANDeducation@colostate.edu.



Funding Opportunities

UCCC Funding Opportunity in Aging and Cancer — The [University of Colorado Cancer Center](#) is interested in promoting the development of collaborative research initiatives among Cancer Center members in the area of Aging and Cancer. Projects will be awarded for 1 year only, and recipients will be expected to submit competitive national grant proposals within 6 months following the completion of this scope of work. Email an electronic copy of your application to Jason Quinn (jason.quinn@cuanschutz.edu) by 5 p.m. January 22, 2021. Award amount: \$40–\$50,000. See the attached RFP for more info.

The Aging and Cancer working group is comprised of faculty from CU-Anschutz, CU-Boulder, and CSU. Membership is available to all faculty who have a demonstrated track record in cancer research or patient care and is required in order to submit under this RFA. Submit a voluntary application for membership [here](#).

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](tel:9704916795) or Ben.Lotstein@colostate.edu.

THRIVE Project

Support Services for Older Adults

virtual and telehealth settings

 <https://col.st/iUrmf>
 thriveproject@colostate.edu
 970-427-8969



- ▶ 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.



The Power of Proactive Planning
Wednesday, Jan. 20 at 12 p.m.
Virtual

Join A Little Help for their next Little Talk. Topics will focus around legal documents folks should have in place as they grow older: wills and trusts, medical directives, and Power of Attorney, among others. An expert panel will be available to answer questions, featuring Mindy Rickard, Project Coordinator for Larimer Advance Care Planning at the Health District of Northern Larimer County. [Register here.](#)



Spring registration for courses offered by The Osher Lifelong Learning Institute (OLLI) at CSU has opened! [Visit the spring catalog here](#) to register for classes ranging from art and design, health and wellness, history, natural science, and more. OLLI is a membership-based program committed to fostering lifelong learning and enriching lives for adults aged 50+.



The Death Café
Thursday, Jan. 7 at 10 a.m.
Virtual

Death connects all of us, and this virtual Death Café offered through the Fort Collins Senior Center is a good place to have a conversation in a comfortable space. This is not a grief or bereavement group, just thoughtful and respectful conversation. The cafe will be facilitated by the Larimer Advance Care Planning Program of the Health District of Northern Larimer County. Call [970-221-6655](tel:970-221-6655) to register.

Webinar: Reaching Socially Isolated People Living with Dementia



Persons with dementia faced social isolation (even before COVID-19) through a combination of social and demographic factors. This webinar will discuss what we know about these people, the precarity of their lives and describe experimental outreach and engagement techniques and programs. The webinar will include a description of a collaborative care coordination model used in Virginia to help individuals living with dementia. In particular, the focus will be on reaching individuals living alone, the challenges reaching them, and the challenges experienced by people living alone with dementia.

When: Wednesday, Jan. 13, 1–2 p.m.
[Register at this link.](#)

