



Newsletter | November 2020



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY

A NOTE FROM THE DIRECTOR

Dear Colleagues and Friends,

Hello again from the Columbine Health Systems Center for Healthy Aging! As we head into November and the 2020 holiday season, we wanted to bring you another round of healthy aging news and blogs: diet and nutrition advice, physical activity recommendations for brain health (from Dr. Aga Burzynska's lab), new findings on a positive outlook and memory, chemical exposures and aging, and how cellular stress responses are involved in Alzheimer's disease (from Dr. Julie Moreno's lab).

I also encourage you to check out a new event offering from the Center: Healthy Aging Fitness, which is set to occur on Nov. 10 at 5 p.m. As a community-engaged Center, we hope to provide programming that supports healthy aging trajectories for residents in Fort Collins and beyond, and this virtual event is the first in what we hope will be an informative series about the benefits of movement for increasing healthspan. If ever you have an idea for an event that you'd like to see the Center host, please send us an email at healthyaging@colostate.edu. I invite you to explore the rest of this newsletter for the many student achievements, events, and research studies happening this month.

Although the upcoming holiday season might look different this year, I sincerely hope you are able to enjoy time with family and give thanks for the things we hold dear to us, whether big or small. I am reminded of the fact that a pandemic and all its consequences is still very limited. It cannot destroy love, it cannot limit friendship or erase our memories, it cannot suppress discovery, it cannot conquer the spirit, and it cannot shatter hope. I am sincerely grateful for your continued support, friendship and engagement as we grow the breadth, depth and impact of our work at the Center.

Warmest Regards,
Nicole Ehrhart

Healthy Aging Blog
Aging News
Publications

CHA Events
Student Achievements
Research Recruitment

COVID-19 Support
Events
Resources

[Artificial Exercise: The Potential Power of a Protein](#)

Gabbie McWilliams, CSU Dept. of Biology

[Can Vitamin D Supplements Improve Your Physical Health?](#)

Alec McCranie, Leah Rotenbakh, and Mehdi Ahmadien
CU-Boulder Dept. of Integrative Physiology

[The Best Diet for Your Heart?](#)

Isaac Everitt, B.A. '17
CU-Boulder Dept. of Integrative Physiology

Aging News



[Is sitting always bad for older adults? A new study says maybe not](#)

via CSU's *Source*, as seen on Psychology Today, Science Daily, The Charlotte Observer, Sacramento Bee, Medscape by WedMD, and more!

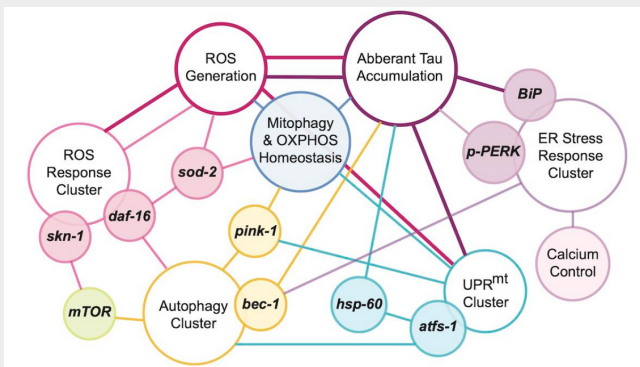
[Positive Outlook Predicts Less Memory Decline](#)

via Association for Psychological Science

[Exposure to man-made chemicals influences genes controlling aging, immune system and metabolism](#)

via *The Conversation*

Network Simulations Reveal Molecular Signatures of Vulnerability to Age-Dependent Stress and Tau Accumulation



A [new study](#) from Dr. Julie Moreno, the late Dr. William Hanneman, and former postdoctoral associate Timothy Hoffman in the Dept. of Environmental and Radiological Health Sciences used simulation methods to theoretically quantify an array of cellular stress responses and signaling molecules involved in Alzheimer's disease. Published in *Frontiers: Molecular Biosciences*, the simulation experiments aid in elucidating neurodegenerative triggers in the onset of AD for different genetic conditions. In the long-term, this work aims to provide more detailed diagnostic and prognostic tools and preventative measures for AD development and progression.

Healthy Aging Fitness

TUESDAY, NOV. 10 | 5 P.M.

Healthy Aging Fitness

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

Virtually on Zoom
Register at: col.st/xSmz5

Led by CSU Rec Center student trainer Noah Beck

NO EQUIPMENT NEEDED



We are excited to announce the first event in a new series from the Center! Healthy Aging Fitness is an all-levels workout class that teaches about the benefits of movement for improving healthspan and healthy aging. No matter where you're at in your fitness journey, you're invited to attend! No equipment or prior experience needed.

On Nov. 10 at 5 p.m., CSU student trainer Noah Beck will lead us in a full-body workout virtually via Zoom.

Register at: col.st/xSmz5

Healthy Aging Speaker Series

Our next talk in the Healthy Aging Speaker Series will feature [Marta Castelhana](#), the director of the [Cornell Veterinary Biobank](#) at Cornell University. Castelhana will discuss the power of biobanking for advancing biomedical research.

When: Thursday, Nov. 19 at noon!

Register in advance [here](#). Catch up on Mindy Rickard's October presentation on advance care planning [here](#).

HEALTHY AGING SPEAKER SERIES



Featuring:
Marta Castelhana
Director, Cornell Veterinary Biobank

Banking on a New Understanding

Thursday, Nov. 19
12 P.M. MT
Virtually on Zoom

Register at: col.st/rrcd8



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Science on Tap: COVID Q&A

We are collaborating with Science on Tap FoCo to host our next COVID-19 Expert Panel Q&A! 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!



Monday, Nov. 30
4-5 p.m.

Graduate student shares research in Venezuela, Alzheimer's Association



Doctoral student Andrea Méndez Colmenares in Dr. Aga Burzynska's [BRAiN Laboratory](#) in the Dept. of Human Development and Family Studies' recently held a [livestream for the Alzheimer's Association](#) in Venezuela, Zulia State, where she discussed how physical activity influences brain structure: from basic brain anatomy to what types of exercises are recommended for better brain health. More than 330 people attended and interacted with the event, the majority of which were older adults and their families.

Next week, Colmenares will be presenting at [AAIC Neuroscience Next](#), a virtual conference for students and early career investigators hosted by the U.S. Alzheimer's Association. Colmenares' presentation will cover the effects of an aerobic exercise intervention in healthy older adults and evidence using a new white matter metric. The talk will be available for free [here](#) after Nov. 9th. Way to go, Andrea!

Research Studies Currently Enrolling

Effects of Wild Blueberries on Blood Pressure and Vascular Health in Middle-Aged/Older Men

Men aged 45-70 years with elevated blood pressure or hypertension are invited to participate in a study investigating the effects of wild blueberries on cardiovascular health. Participants will undergo measures of cardiovascular health and will receive up to \$200 compensation for their time. Aside from a screening visit, the study will consist of 4 visits over a 12-week 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 info [here](#).

MY-SKILLS Online Intervention for Chronic Pain

Researchers from Occupational Therapy and Human Development and Family Studies 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 or [visit this link](#) for more information.

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](#).

AgingPLUS

AgingPLUS is a new research program at CSU aimed at helping adults grow older in healthier ways. Participants will attend four educational classes to explore strategies for successful aging and complete three sets of psychosocial and physical assessments over a 10-month period. To learn about participating in the AgingPLUS study, please contact the ADAPT team at **970-491-5001** or e-mail adaptresearch@colostate.edu.

THRIVE Project: COVID-19 Support Services for Older Adults

The Columbine Health Systems Center for Healthy is now offering virtual and telehealth services to address the needs of older adults affected by COVID-19. After an initial needs/wants interview, participants will be enrolled in an 8-week program that exposes them to key services listed below. At the end of the program, participants will work with a care coordinator to select a customized "menu" of services to continue participating in via video modules and physically-distanced interventions. For more information, call 970-235-0083 or email thriveproject@colostate.edu, or visit [this link](#).

- ▶ **Technology assistance** to navigate mainstream video conferencing tools, get support for personal technology devices, and learn about community programs offering free technology and Wi-Fi
- ▶ **Guided social support groups** that address issues related to healthy aging, isolation, mental health, and caregiving. Games (e.g. Bingo) and shared virtual tours (e.g. Monterrey Aquarium) are also provided for social engagement.
- ▶ **Respite care**, performed by CSU students, to provide virtual/phone respite to family caregivers
- ▶ **Care coordination**, performed by Social Work and Psychology students, to assess needs and well-being, teach coping skills, and create future plans of care
- ▶ **Nutrition counseling**, performed by registered dietitian nutritionists, to address eating challenges or provide cooking and food safety tutorials
- ▶ **Music-Connection** led by CSU Music Therapy students using your favorite music. Resources can identify how music can be used at home to improve quality of life.
- ▶ **Exercise and wellness activities**, led by Health and Exercise Science students, including a variety of activities to promote flexibility, balance, toning, core stability, strength, cardiovascular endurance, and more
- ▶ **Animal-related activities**, offered by the Human-Animal Bond in Colorado (HABIC) program, to provide animal-related content in letters, photo stories, videos, and virtual animal therapy visits designed to increase well-being and address feelings of loneliness and isolation

WiSCInetwork

Join CSU's Women in Science Network for their upcoming events!

INNOVATING MINDS

Virtual Library Innovations
Tuesday, Dec. 1
4–5:30 p.m. on Zoom

Join WiSCI and leaders from Library and Digital Sciences for a conversation about the evolving digital world: How to use new technologies appropriately and effectively; how augmented and virtual reality can be embraced to innovate research, teaching and learning; and how sharing your research data can be beneficial to your career. Register [here](#).



Save the Date!

5th Annual Women in Science Symposium
April 22, 2021
9 a.m.–1 p.m. virtually
Theme: Inclusivity Builds a Better World



AGING MASTERED

Aging Mastered expert mini-classes

Aging Mastered is a new online platform featuring master classes from health and wellness experts to address a variety of symptoms and conditions that affect healthy aging. If you would like to contribute your expertise to one of Aging Mastered's mini-classes, visit [this link](#) for more info.

Aging in Your 20s and 30s

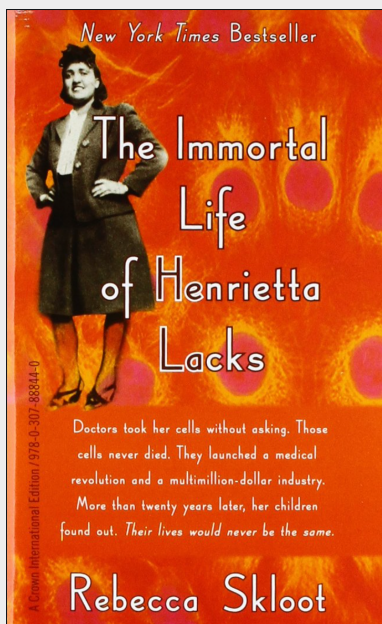
A PANEL DISCUSSION

October 16, 2020



Our Aging in Your 20s and 30s Panel Discussion was a hit! Thank you to our panelists, Drs. Allyson Brothers, Gloria Luong, Michelle Foster, and Rick Perry, for all of their informative insights on diet, exercise, sleep, stress management, and more! [You can watch the panel here](#), and look out in the future for more programming like this from the Center!

Events



Murray Honors Visiting Lecture Series

Nov. 10 at 4 p.m.

Virtual on YouTube

The College of Natural Sciences and the University Honors Program are hosting a virtual book talk with alumna Rebecca Skloot on her book, "[The Immortal Life of Henrietta Lacks](#)". The Immortal Life tells the story of a young black woman who died of cervical cancer in 1951. She left behind the first immortal line of cells, known as HeLa, which were collected without her knowledge or consent and used for many scientific advancements. The Immortal Life raises questions about race, class, and bioethics in America. More info about this event [here](#).

