



UNIVERSITY of
DENVER



KNOEBEL INSTITUTE
FOR HEALTHY AGING

September 2016 Newsletter

From the Director

Welcome to this third edition of the Knoebel Institute for Healthy Aging newsletter. We are so happy to have the opportunity to share with you some of the wonderful events that the Knoebel Institute for Healthy Aging (KIHA) has been participating in over the last few months. This Newsletter is dedicated to Lynn Taussig, MD, who has been instrumental in creating the vision for the implementation of the Knoebel Institute here on the DU campus. Dr. Taussig is an amazing visionary, and accomplished physician researcher, and I am personally immensely grateful for his leadership and continued instrumental input into KIHA.

Just a few weeks ago, we moved into our brand new home on the 5th floor of the Engineering and Computer Science building (ECS) and are very excited to share it with you at our grand opening, October 15, 2016. The program for this one day celebration can be found in the end of the Newsletter. We now have a website and face book page, and you are welcome to stroll in and see where we live in the ECS building on East Wesley Avenue.

Sincerely,

Lotta

Dr. Lotta Granholm
Executive Director
Knoebel Institute for Healthy Aging
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Our Vision and Mission

As part of the startup of the Knoebel Institute for Healthy Aging (KIHA), Executive Director Lotta Granholm and the Knoebel Institute Strategic Planning Group have been hard at work on a strategic plan. The group meets monthly. As a result of the collaborative brainstorming process, the group agreed on the following Vision and Mission statements for our Institute:

VISION: Quality in Life, Wellness, and Community

MISSION: The Institute creates and implements solutions for aging issues through multidisciplinary research, education and outreach. The Institute collaborates with other academic institutions, corporations, NGOs, government, philanthropic partners, healthcare providers, and policy makers to develop new solutions to complex problems involving aging. KIHA serves as an information clearinghouse for media on matters related to aging. KIHA educates and trains a diverse workforce to serve a rapidly aging population. KIHA promotes innovation, research and business development related to aging.

Who is Lynn M. Taussig, MD?

His medical accomplishments and impressive clinical pedigree started after completing his undergraduate degree at Harvard University. In spring of 1964, Lynn Taussig took his medical school acceptance at Washington University School of Medicine. After completing his residency in pediatrics, Dr. Taussig was fortunate to be able to complete his military service at the National Institutes of Health as a Clinical Associate with Paul A. di Sant'Agnes, a legend in the field of cystic fibrosis. This experience changed his career direction; he became very interested in clinical research



Lynn Taussig, MD



Lynn Taussig, MD as a boy

and discovered a passion for the lung and lung-related diseases. At this point, instead of following his original plan to go into private practice in pediatrics, Lynn decided to do a pediatric pulmonary fellowship at McGill University. This began his illustrious career in clinical research focusing on asthma in children, lung growth, and risk factors for the development of asthma. In 1974, Dr. Taussig took his first position at the University of Arizona to start a pediatric pulmonary division. The field of pediatric pulmonology was in its 'fetal stages' at this time. Dr. Taussig ultimately became Chair of the Department of Pediatrics and Director of the Steele Children's Research Center. During his time at the University of Arizona, he made many substantial and exceptional contributions to research in his field. In 1980, Lynn initiated a large epidemiologic study, the Tucson Children's Respiratory Study, that enrolled 1246 newborn babies

within the first 24 hours of life. This study is still ongoing 36 years later! The importance of this long-term study is still greatly apparent; some results arising from this study were published in the New England Journal of Medicine in 1995. This research paper has been cited over 3,255 times!

Continuing his illustrious career, Dr. Taussig was recruited as President and CEO of National Jewish Medical and Research Center (now National Jewish Health) in Denver, CO in 1993. During this time, Dr. Taussig continued to contribute greatly to the field of pediatric pulmonology. After more than 12 years at NJH, Dr. Taussig submitted his plans to retire. At that time, he was asked to come to the University of Denver as Special Advisor to the Provost for Life Sciences, to grow the area of life sciences at DU. Dr. Taussig said that he took 'two seconds to think about the offer.' On January 6, 2006, Dr. Taussig retired from NJH, and just 3 days later on January 9, he started his part-time position at DU. He said it has been an exceptional position with no budget or staff.



Dr Taussig with a patient

Dr. Taussig holds the title of Special Advisor to the Provost for Life Sciences at the University of Denver, yet he is much more than that title encompasses; he is a clinician, researcher, educator and entrepreneur. Lynn is accomplished, innovative, personable, genuine and impressive. These claims are all strongly supported by his amazing list of his accomplishments, awards and honors. I had the pleasure of interviewing Dr. Taussig for this issue of the KIHA Newsletter.

Dr. Taussig spent time learning about DU, what were the strengths and weaknesses, and what opportunities might exist to grow the sciences. A number of different scenarios were considered, but looking across campus, for Dr. Taussig everything kept pointing to the field of 'aging.' This was the 'opportunity to build something unique.' Thus, was born the Knoebel Institute for Healthy Aging (KIHA). (*Continued on page 3*)

Who is Lynn M. Taussig, MD, *continued*

The Institute has evolved into what it is today... an interdisciplinary and multidisciplinary center for research, education and outreach and to create and implement solutions for issues related to aging. In many ways, KIHA is starting to change the culture at DU and is opening the doors for many exciting opportunities for students and faculty. Dr. Taussig believes that the idea of 'lone rangers' and 'silos' in research and education has to die away, and that is what he believes is happening at DU with the aging initiative.

Dr. Taussig continues to help grow the Knoebel Institute for Healthy Aging through strategic planning within DU and collaborations with a number of clinical organizations to support research and education. (In addition, Dr. Taussig continues to publish in the field of pediatric pulmonology.)

Dr. Taussig has had many remarkable achievements and accomplishments in academics and administration; however, the 'long term potential for this [KIHA] has made it a very exciting job.' 'Being on an undergraduate campus has taught me a lot of things, things I never had to think about previously' and that has been rewarding for him. When asked about his vision for KIHA, Dr. Taussig said he would like to see 'the Institute continue to grow and flourish, and be recognized in the future as one of the premier multidisciplinary, and interdisciplinary programs in aging, doing research and growing the workforce, which relates to education.' Dr. Lynn Taussig serves as a special advisor for the Provost at DU and continues to work with the strategic planning group at KIHA.



Lynn Taussig, MD with his wife Lisa and family

By Nancy Lorenzon Ph.D., Professor, Department of Biology, DU.

Scientific Research Update

We are happy to report that we have moved into the stunning KIHA facilities in the Engineering and Computer Science building! Our group collaborates closely with other research groups on campus and in our building, including the groups of Kim Gorgens (Psychology), Brad Davidson and Kevin Shelburne (Engineering), Daniel Linseman and David Patterson (ERI/Biology), Leslie Hasche (GSSW), and Martin Margittai (Chemistry) among others. We have worked during the summer to generate baseline data for an interdisciplinary grant, to be submitted to Department of Defense in November. The research project is related to Concussion biomarkers, studying Division 1 athletes at DU. Our students are interdisciplinary, including Chemistry, Biology, and Engineering home departments.



From Left: Lotta Granholm, Hamman Belgasem, Briony Catlow, Daniel Paredes, Eric Hamlett

The Pioneer Symposium at DU

The Pioneer Symposium is an annual event, that is organized by the Advancement team at DU. To celebrate the 10th anniversary of this program, the DU planning committee of the Pioneer Symposium decided to expand the event into a series over the course of the school year to give more opportunities to explore important topics that represent the focus of DU research and teaching efforts. The event gives alumni, community members, and DU faculty and staff an opportunity to learn more about each other’s careers and research. This year, Franny Starkey and Corinne Lengsfeld planned the first in a series of events in the spirit and overall theme of Health and Aging, a topic that apparently was highly popular evidenced by the high attendance (240 participants!).

Dr. Granholm invited Dr. Harry Johns, who is the CEO and President of the National Alzheimer’s Association, to give the presidential address during the symposium. Under Mr. Johns’ leadership, the Alzheimer’s Association has built significant momentum for the cause through a number of innovative tactics: the first nationwide campaign to increase understanding and awareness about Alzheimer’s disease; an emphasis on accelerated progress through the promotion of clinical studies; a campaign to enhance early detection; advanced online information and tools to support individuals with the disease and their caregivers; focus on public policy and advocacy; and targeted high-impact research in detection, treatment and prevention of Alzheimer’s. He held a much appreciated speech during the luncheon, attended by more than 250 DU members and alumni, and was introduced by Chancellor Rebecca Chopp.



Above: Dr. Harry Johns speaks to the audience about Alzheimer’s disease at the Pioneer Symposium. Below: Audience listens to Dr. Johns.



Following this luncheon, many faculty presented their research and education on aging-related matters in parallel sessions, followed by a well-attended reception hosted by the DU Alumni. The picture shows Dr. Bradley Davidson (Engineering), presenting his research project on movement and gait problems with aging.



Right: Dr. Brad Davidson, Professor of Engineering at DU, explains the gait cycle to participants at the Pioneer Symposium

DU Pioneers walk for Alzheimer’s disease

DU Pioneer team walked in the Annual Walk for Alzheimer in City Park, September 17, 2016
 We had a 9 person strong team that walked that day, and our team raised more than \$900; we are happy with these results for the first time walk! We hope that everyone interested in Healthy Aging will walk with us next year. Denver hosted more than 10,000 walkers during a wonderful day in City Park.

The Walk to End Alzheimer’s is held annually in more than 600 communities nationwide, and this is the world’s largest event to raise awareness and funds for Alzheimer’s care, support and research. KIHA is proud to be part of this amazing opportunity, which will benefit so many families that have been struck by this terrible disease.



Start of Annual Walk for Alzheimer in City Park, Denver CO, September 17, 2016.



The DU Pioneers, from Left: Lotta Granholm, Mary Cullen, AJ Cullen, Briony Catlow, Carole Vickerman, Adaline Paredes, Hamman Belgasem, Daniel Paredes, Eric Hamlett.

Seniors in September

The KIHA staff and faculty recently attended an exciting event, “Seniors in September”, organized by the Denver Office on Aging. As described by this organization, The Denver Commission on Aging helps to make Denver the best community for older adults through outreach, communication and advocacy. The 3rd Annual Seniors in September, which occurred on Thursday September 15, presented excellent opportunities for the City and County of Denver’s Older Adults, along with adult children, caregivers and family members to learn about opportunities for benefits, services and engagement resources. City Services, local Nonprofit Organizations and For Profit companies were present and provided information and direct connections to opportunities. Dr. Granholm gave a presentation regarding KIHA Vision and strategic objectives, and many connections with area organizations were made by our members.



Audience at the Seniors in September event listen to Dr. Lotta Granholm speak about KIHA.

Clermont College of Creative Life Graduation

Clermont Park is a living facility in the vicinity of DU, who took the concept of life-long learning to a whole new level a couple of years ago (2014) with the launching of Clermont College of Creative Life. The school began in June 2014 as a way to present the Masterpiece Living program “Living It!” which focuses on experiencing and learning new things in all four of the Masterpiece Living successful aging components: Social, Intellectual, Physical and Spiritual. “We are constantly looking at ways to shift the social myths of aging and debunk ageism,” said Moriah Bernhardt, director of community life at Clermont Park. “One of the ways to do that is to actively engage and show people that we are life-long learners and educators at any age in life.” Dr. Granholm and Dr. Catlow recently attended this wonderful event and Dr. Granholm gave a short presentation about the programs available at KIHA. We value our continued and growing relationship with this thriving community.

KIHA Grand Opening: October 15, 2016

10:00–12:00 PM	Design Thinking Sessions (Movement disorders of Aging, Cognition and Aging, Intergenerational Programming, Longevity Workforce Development and Gerontechnology)
1:00–2:30 PM	Knoebel Institute for Healthy Aging Opening Program Begins
2:30 –5:00 PM	Open house and Tours
3:30 –5:00 PM	Cocktail Reception

Recent publications from KIHA affiliated DU faculty (June to September)

Håkansson K, Ledreux A, Daffner K, Terjestam Y, Bergman P, Carlsson R, Kivipelto M, Winblad B, Granholm A-Ch, Mohammed A. 2016. BDNF Responses in Healthy Older Persons to 35 minutes of Physical Exercise, Cognitive Training and Mindfulness: Associations with Working Memory Function. *Journal of Alzheimer’s Disease*, in Press.

Hamlett ED, Goetzl EJ, Ledreux A, Vasilevko V, Boger HA, LaRosa A, Clarke D, Carroll ST, Iragui MC, Fortea J, Mufson EJ, Sabbagh M, Mohammed AH, Hartley D, Doran E, Lott IT, and Granholm A-Ch. Neuronal exosomes reveal Alzheimer’s disease biomarkers in Down syndrome. *Alzheimer & Dementia* (in press).

Functional Role of BDNF Production from Unique Promoters in Aggression and Serotonin Signaling. Maynard KR, Hill JL, Calcaterra NE, Palko ME, Kardian A, Paredes D, Sukumar M, Adler BD, Jimenez DV, Schloesser RJ, Tessarollo L, Lu B, Martinowich K. *Neuro-psychopharmacology*. 2016 Jul;41(8):1943-55.

Fracture and Growth Are Competing Forces Determining the Fate of Conformers in Tau Fibril Populations. Meyer V, Holden MR, Weismiller HA, Eaton GR, Eaton SS, Margittai M. *J Biol Chem*. 2016 Jun 3;291(23):12271-81.

Spin Labeling and Characterization of Tau Fibrils Using Electron Paramagnetic Resonance (EPR). Meyer V, Margittai M. *Methods Mol Biol*. 2016;1345:185-99.

Evaluation of Novel EMG Biofeedback for Postural Correction During Computer Use. Gaffney BM, Maluf KS, Davidson BS. *Appl Psychophysiol Biofeedback*. 2016 Jun;41(2):181-9.

Multi-Joint Compensatory Effects of Unilateral Total Knee Arthroplasty During High-Demand Tasks. Gaffney BM, Harris MD, Davidson BS, Stevens-Lapsley JE, Christiansen CL, Shelburne KB. *Ann Biomed Eng*. 2016 Aug;44(8):2529-41.

Cannabis and adolescents: Exploring the substance misuse treatment provider experience in a climate of legalization. Sobesky M, Gorgens K. *Int J Drug Policy*. 2016 Jul;33:66-74.

Neuroprotection comparison of chlorogenic acid and its metabolites against mechanistically distinct cell death-inducing agents in cultured cerebellar granule neurons. Taram F, Winter AN, Linseman DA. *Brain Res*. 2016 Oct 1;1648(Pt A):69-80.

Differences Across Age Groups in Transgender and Gender Non-Conforming People’s Experiences of Health Care Discrimination, Harassment, and Victimization. Kattari SK, Hasche L. *J Aging Health*. 2016 Mar;28(2):285-306.

CONTACT US!

We would love to hear from you!
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