



Fort Collins Branch Newsletter

December 2024

FCB Class Updates

Class of 2028: These students began the Pulmonary and Cardiovascular Systems course on Nov. 4, and this course runs through Dec. 20. They will begin the Renal and Urinary Systems course on Jan. 6.

Class of 2027: These students are continuing their clinical clerkships. They will be on campus every Wednesday for didactics.

Class of 2026: These students completed Advanced Science Courses in November. They will have USMLE Prep time through Dec. 20. The STEP 1 deadline for this group of students is Jan. 5, 2025. They will have Trail Immersion 1 and Alpine/Summit Base Camp in January.

Class of 2025: This class is currently in the Alpine phase, including Acting Internships and other electives, for the rest of their curriculum. They are currently in residency interview season.

26th Annual CVMBS Research Day

The 26th Annual CVMBS Research Day is Jan. 25, 2025, at the Lory Student Center. Research Day is a showcase of cutting-edge research projects and approaches from members of the College of Veterinary Medicine and Biomedical Sciences community. The symposium is an opportunity for students, faculty, and staff to present their work, connect with other graduate students and faculty at CSU, and learn about other disciplines. For details, visit <https://vetmedbiosci.colostate.edu/research/research-day/>

Elective Requests

Students, if there is an elective at Anschutz that you are interested in doing and would like to consider doing something comparable in Northern Colorado or have a new elective proposal, please submit a request using the [Elective Request Form](#). The Alpine/Summit Director (Dr. Riles) and Assistant Dean (Dr. Reimer) will explore opportunities/requests. This applies to both Plains and Alpine/Summit electives.

Highlighted Events:

CU Anschutz Events

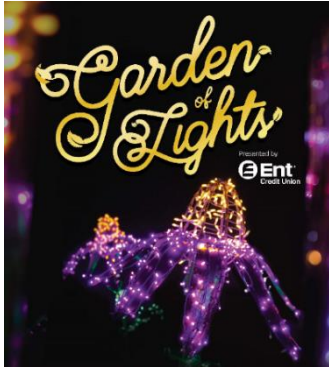
Access the schedule for AMC events, including Grand Rounds, Lectures, Seminars, Workshops, & OSL events, at <https://calendar.cuanschutz.edu/calendar/upcoming/>.

Dean Visits

Dr. Maurice Scott, Assistant Dean of Student Affairs, will be in-person at the FCB on the following days and will be available to meet with students: Dec. 4, Jan. 30, and Feb. 19. To make an appointment or to confirm office hours, students can email him at maurice.scott@cuanschutz.edu.

Winter Farmer's Market

On select Saturdays throughout the winter months, over 90 local producers will have food and handmade goods available for purchase. The market runs from 10 a.m. -2 p.m. at Foothills Mall. For details and complete schedule, visit <https://focomarket.org/>.



Garden of Lights

The Garden of Lights at the Gardens on Spring Creek, one of Northern Colorado's favorite holiday traditions, runs Thursday, Dec. 5 through Sunday, Dec. 29 on select nights. The event features a half-mile loop filled with glowing grapevines, towering flowerbeds, dancing color blossoms, and other imaginative displays made of hundreds of thousands of glittering lights. Refreshments will be available for purchase, and the event will also feature visits by Santa and festive live entertainment on select nights. For details, dates and to purchase tickets, please visit <https://www.fcgov.com/gardens/garden-of-lights>.

Old Town Square Skate Rink

The Old Town Square Skate Rink is now open for free skating on Fridays from 4-7 p.m., Saturdays from Noon-6 p.m., and Sundays from Noon-5 p.m., with extended hours starting Monday, Dec. 23 through early January. Admission and skate rentals are free, and no reservations are needed. For details and schedule, visit <https://downtownfortcollins.org/skate-rink/>

Festive December Events

Winter Wonderlights at Chapungu Sculpture Park at Centerra in Loveland,

<https://visitloveland.com/featured-events/>

Colorado Youth Outdoors Winter Wonderland, Fort Collins (drive-through light display),

<https://www.coloradoyo.org/winter-wonderland-2020/>

Denver Parade of Lights, Sat., Dec. 7 starting at 6 p.m., [Denver's Parade of Lights Weekend | VISIT DENVER](#)

Denver Christkindlmarket, Through Dec. 23, Denver Civic Center Park,

<https://www.christkindlmarketdenver.com/>

Denver Holiday Lights and Sights Tour, <https://www.denverfreewalkingtours.com/holidaylightstour>

Denver Zoo Lights, [Zoo Lights - Denver Zoo](#)

Windsor Wonderland, Sat., Dec. 7 from 4-8 p.m., Boardwalk Park, Windsor,

<https://www.recreationliveshere.com/227/Windsor-Wonderland>



Sweaty Sweater Race

Fort Collins' Sweaty Sweater Race is Saturday, Dec. 14 at Foothills Mall. This event is for all runners and walkers of all skill levels...walk with friends, run for an award, or prance towards the finish line for beer and hot chocolate. Don't forget to wear your ugliest sweater. The 5K Run/Walk begins at 9 a.m. The Kids' 1-mile is at 10 a.m. Proceeds benefit Adopt-A-Family in the local community. For details and registration information, visit [Sweaty Sweater Race | Front Range Freeze](#).

Colorado's Hot Springs

Did you know that Colorado has 30+ hot springs? Check out this comprehensive list for a soak this winter.

<https://www.colorado.com/articles/colorado-hot-springs-quick-guide>

Campus Activities



CSU Home Athletics

Wed., Dec. 4, **Men's Basketball vs. LMU**, 7 p.m., Moby Arena

Sun., Dec. 8, **Women's Basketball vs. Gonzaga**, 1 p.m., Moby Arena

Mon., Dec. 16, **Women's Basketball vs. UTEP**, 6:30 p.m., Moby Arena

Tues., Dec. 17, **Men's Basketball vs. Radford**, 7 p.m., Moby Arena

Sat., Dec. 28, **Men's Basketball vs. New Mexico**, 2 p.m., Moby Arena

Wed., Jan. 1, **Women's Basketball vs. San Diego State**, 1 p.m., Moby Arena

Sat., Jan. 4, **Women's Basketball vs. San Jose State**, Time TBA, Moby Arena

Tues., Jan. 7, **Men's Basketball vs. Fresno State**, 7 p.m., Moby Arena

Sat., Jan. 11, **Men's Basketball vs. UNLV**, 2 p.m., Moby Arena

For more information, visit <https://csurams.com/>.



CU Home Athletics

Mon., Dec. 2, **Men's Basketball vs. Pacific**, 7 p.m., CU Events Center

Tues., Dec. 3, **Women's Basketball vs. Tennessee Tech**, 11 a.m., CU Events Center

Sat., Dec. 7, **Women's Basketball vs. Southern Utah**, 1 p.m., CU Events Center

Sat., Dec. 7, **Men's Basketball vs. Colorado State**, 6 p.m., CU Events Center

Tues., Dec. 10, **Women's Basketball vs. Denver**, 7 p.m., CU Events Center

Fri., Dec. 13, **Men's Basketball vs. South Dakota State**, 7 p.m., CU Events Center

Sat., Dec. 21, **Men's Basketball vs. Bellarmine**, 1 p.m., CU Events Center

Sat., Dec. 21, **Women's Basketball vs. West Virginia**, 6 p.m., CU Events Center

Mon. Dec. 30, **Men's Basketball vs. Iowa State**, 7 p.m., CU Events Center

Wed., Jan. 8, **Women's Basketball vs. UCF**, 7 p.m., CU Events Center

For more information or to purchase tickets, visit <https://cubuffs.com/>.

Music, Theatre & Art at CSU

Tues., Dec. 3 @ 7:30 p.m. – **All-Choral Holiday Concert**, First United Methodist Church

Wed., Dec. 4 @ 7:30 p.m. – **Concert Orchestra Concert: Reflections at Candlelight**, Organ Recital Hall, UCA

Thurs., Dec. 5 @ 7:30 p.m. – **Symphonic Band Concert: Time and Place**, Griffin Recital Hall, UCA

Fri., Dec. 6 @ 7:30 p.m. – **Wind Symphony Concert: Latin American Chronicles**, Griffin Concert Hall, UCA

Through Dec. 14 – **Art of the Rocky Mountain Homelands of the Arapaho and Cheyenne Nations**, Gregory Aliicar Museum of Art, UCA <https://artmuseum.colostate.edu/>

For more information and tickets, visit <https://theatre.colostate.edu/> or <https://music.colostate.edu/events/>.

Other CSU Events

Tues., Dec. 3 @ 6 p.m. – **Agent of Happiness: Film Screening and Discussion.** This event presented by the CSU Communications Department and the CSU ACT Human Rights Film Festival will be at the Lyric Cinema (1209 N. College). For more information and tickets, visit <https://www.lyriccinema.com/movie/agent-of-happiness>.

Sat., Dec. 7 from 10 a.m.-Noon – **Family Day at the Gregory Allcar Museum of Art**, University Center for the Arts. Family Day is a free drop-in program featuring art activities inspired by current exhibitions. The activities are designed for children ages 5-12. Families can also explore the galleries. For details, visit <https://artmuseum.colostate.edu/events/family-day-15/>.

Fri., Dec. 6 @ 11 a.m. – **Health and Exercise Science Seminar: Understanding Fatigue in Health and After COVID-19.** The discussion held in the Health and Exercise Science Teaching Facility Room 105 and Virtually will feature Dr. Agostina Casamento, Postdoctoral Research Fellow in the Dept. of Biomedical Engineering at Johns Hopkins University. For details, visit <https://calendar.colostate.edu/chhs/?trumbaEmbed=view%3Devent%26eventid%3D177946998>

Medical Resources for FCB Students

CU SOM @ CSU Students have access to all services at the CSU Health Network. Students can utilize the CSU Health Network to schedule primary care, immunizations, mental health services, and more using their personal insurance.

- CSU Health Network (medical appointments, immunizations, lab, etc.) appointments can be scheduled here: <https://health.colostate.edu/make-an-appointment/>
- CSU Health Network Counseling Services are deeply committed to creating a welcoming, supportive space in which you can truly be seen and valued in your entirety. For those whose experiences of marginalization and oppression add extra layers to your distress, you and all your identities are welcome here.
 - Go to <https://health.colostate.edu/mhwb-resources/> - Make A Counseling Appointment. Video will explain how to enter Counseling Services. Initial assessment has to be completed during drop-in hours. CSU Counseling Services offer both in-person and online counseling resources.
 - Students can also call 970-491-6053 to speak to a crisis counselor.
 - SilverCloud Health provides self-guided online programs based on Cognitive Behavioral Therapy.

Don't forget! CU Student Health & Mental Health resources are still available:

- Student & Resident Mental Health Center: Students can call 303-724-4716 to make an appointment.
- Telus – free, confidential, 24/7 access to mental health counseling and wellness resources for CU Anschutz students. Students can talk, text, or video chat using the Telus app.

Housing for Students Completing Denver Metro Area Electives & Acting Internships

FCB students have several options for housing while doing electives and active internships in the Denver Metro Area. Here are the options offered by the Colorado Area Health Education Center (application process and information below).

Housing Application COAHEC (Colorado Area Health Education Center)

Option #1 – COAHEC Arranged Housing

AHEC regional housing coordinator will provide housing as close to the rotation as possible. Majority of arranged housing occurs in host homes. Host homes are completely vetted and inspected.



Host homes provide: 24/7 access to the home; private bedroom with lock; private or shared bathroom; kitchen access; available parking; non-smoking environment; working smoke and carbon dioxide detectors; and a fire escape plan.

How to apply:

Step 1: Complete the following form **60 days** ahead of your rotation. The FCB Admin Team will submit the request to AHEC and provide confirmation of the rotation.

<https://app.smartsheet.com/b/form/fb02b143056a408c925976ecb681927a>

Step 2: You will receive the information directly from AHEC about your housing request. Follow the personalized link to request or decline the housing.

Option #2 – COAHEC Student Found Housing

The student is responsible for securing housing and payment for their housing during their rotation and must submit for reimbursement at the end of their rotation. Note, students must request student-found housing before the start of their rotation. Lodging with your immediate family (parents and siblings) is not eligible for reimbursement.

How to apply:

Step 1: Complete the following form **60 days** ahead of your rotation. The FCB Admin Team will submit the request to AHEC and provide confirmation of the rotation.

<https://app.smartsheet.com/b/form/fb02b143056a408c925976ecb681927a>

Step 2: You will receive the information directly from AHEC about your housing request.

For more information visit:

[Clinical Training | Colorado AHEC Program Office \(cuanschutz.edu\)](https://cuanschutz.edu)

[PowerPoint Presentation \(cuanschutz.edu\)](https://cuanschutz.edu)

*Does not apply to out of state rotations.

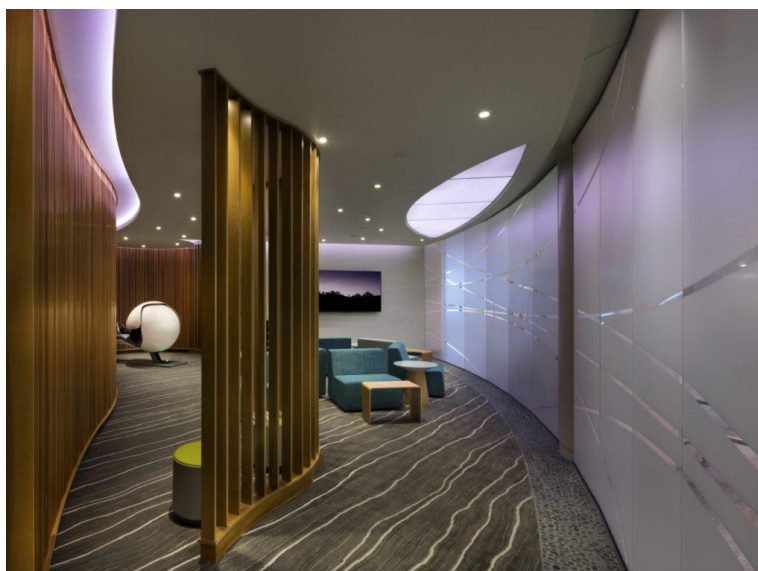
Colorado Medical Society Well-Being Resource

The Colorado Medical Society (CMS) with the Colorado Physician Health Program offers this program, Doc2Doc Wellbeing Consulting, for any Colorado physician or medical student. The program includes three free, one-hour, confidential, peer well-being consultation sessions. Physicians or medical students can call the 24/7 line, **(720) 810-9131**, which is answered by a Masters-Level Licensed Clinician, to discuss any concern including burnout, stress or situational issues. If more support is necessary, your peer wellbeing consultant will assist you in finding additional help. For details, visit <https://www.cms.org/doc2doc>.



Still Point Reflection Space in Health and Medical Center

The Still Point Reflection Space, which includes a Relaxation (Nap) Pod, is a nourishing, inclusive environment for CSU faculty, staff and students from all backgrounds and cultures. This is a space that can be used to prioritize your well-being and self-care. It's a place to relax, pray, meditate, and reflect. Located on the first floor of the CSU Health and Medical Center, the Still Point Reflection Space is open during CSU Health Network business hours. For details, guidelines for use, and sign up, visit



<https://health.colostate.edu/still-point-reflection-space/>.

In the News

[‘A Place to Dream’: CU Anschutz Continues on its Record-Breaking Course](#) by Debra Melani

[CU Students in ‘White Coats for Black Lives’ Organization Host Annual Die-In Demonstration](#) by Tayler Shaw

[Assessing Growing Injury Threats From Climate Change and How Medicine Should Respond](#) by Mark Harden

[Transforming Patient Care: Study Finds Bedside Interdisciplinary Rounds Boost Satisfaction For Patients and Providers](#) by Laura Kelley

[Welcoming new leadership to CSU’s Veterinary Health System](#) by Brooke Garcia

[A revolutionary program for first-generation students](#) by Amy Parsons, CSU President

Student & Faculty Research

Are you engaged in research or scholarship at the CUSOM at CSU via a conference presentation or poster, publication, or grant award? Please help us keep track of student and faculty work! In particular, we'd like to showcase student research on the website. Students and faculty can log scholarly contributions via this link at any time: <https://app.smartsheet.com/b/form/60ad3e42628a49b1b8613b1bb7f400ff>. Valerie Lewis (Valerie.Lewis@colostate.edu) is happy to answer questions or provide more information. Thank you!



Faculty Spotlight

Christie Reimer, MD

Assistant Dean, Fort Collins Regional Medical Campus

Associate Professor, Department of Medicine, CUSOM

Clinical: Snow Mesa Internal Medicine, UCHealth Medical Group

Dr. Christie Reimer grew up in South Dakota where she graduated from Augustana College and the University of South Dakota School of Medicine. She completed her residency and was a chief resident at the University of Kansas School of Medicine – Wichita and finished a fellowship in primary care faculty development at Michigan State University. She was on faculty and worked in graduate medical education at KU and then the University of Iowa Carver College of Medicine before moving to Colorado in 2008. She has been actively involved in leadership at UCHealth and in

the American College of Physicians, and thus values participation of physicians (and students) in leadership roles in our communities on behalf of our patients. She is an ambulatory general internal medicine physician, providing primary care for adults at the UCHealth Snow Mesa Internal Medicine clinic in Fort Collins. She enjoys interacting with students in the classroom and clinical settings and hopes to role model excellence in patient-centered care and promote individualized career exploration and wellbeing for medical students. Her free time is spent with her two children and partner, and she loves good company, good food, good music, and sunshine.

CUSOM – Fort Collins Branch

Email: cvmb_som@colostate.edu

Admin phone: 970-492-4204

151 West Lake Street, Fourth Floor

Fort Collins, Colorado 80524

Administrative Office Hours:

Monday – Friday, 8 a.m. – 4:30 p.m.

CUSOM@CSU Offices CLOSED Dec. 23-27 and January 1.

The Admin Staff will be working primarily remotely during the week of Dec. 30-Jan. 3, with minimal office staffing. Administrators will still be available by email during this time.

