



School of Medicine
UNIVERSITY OF COLORADO



COLORADO STATE UNIVERSITY

Fort Collins Branch Newsletter

January 2025

FCB Class Updates

Class of 2028: These students began the Renal and Urinary Systems course on Jan. 6, and this course runs through Jan. 31. They will have Traverse 3 from Feb. 3-7.

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

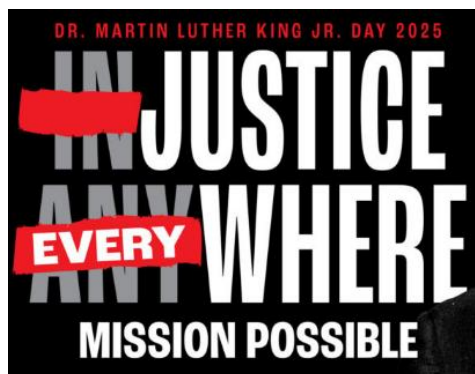
Class of 2026: The STEP 1 deadline for this group of students was Jan. 5. They will have Trail Immersion 1 from Jan. 6-17. They will have Alpine Basecamp from Jan. 20-31.

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.

MLK Jr. Day Activities at CSU

The CSU community will mark Dr. Martin Luther King, Jr. Day on Monday, Jan. 20 with a day of service, march and a community celebration at Lory Student Center. The theme of this year's celebration is entitled "Justice Everywhere: Mission Possible."

The march program begins at 1 p.m. at Washington Park (301 Maple St.). The march towards Lory Student Center will begin at 1:15 p.m. followed by the program at the LSC Grand Ballrooms at 2 p.m. The day of service will follow that. For details and additional community events, visit <https://lsc.colostate.edu/involvement/campus-activities/dr-martin-luther-king-jr-march-celebration/>.



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: Jan. 30, Feb. 19 and March 5. 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/>.



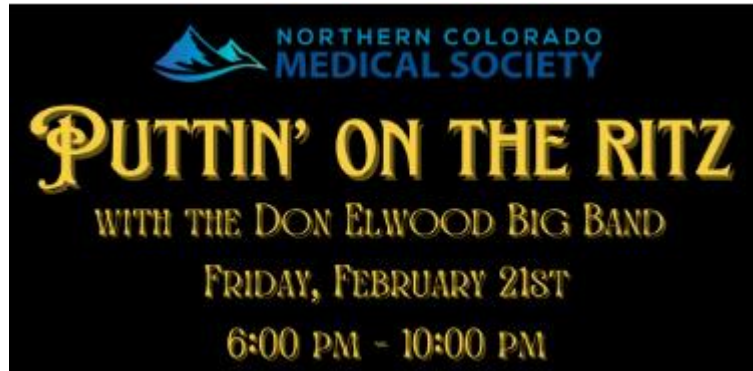
Winter Bike to Work (or Wherever) Day 2025

Save the date for Fort Collins' Annual Winter Bike to Work (or Wherever) Day on Friday, Feb. 14, 2025 from 7 a.m. to 9:30 a.m. for morning stations and 3:30-5:30 p.m. for afternoon stations. For details, visit

<https://www.fcgov.com/bicycling/bike-to-work-day>

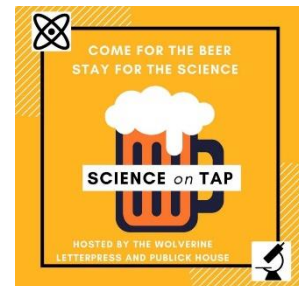
NoCo Medical Society Annual Meeting and Celebration

The Northern Colorado Medical Society invites you to their annual meeting on Friday, Feb. 21 from 6-10 p.m. at the Embassy Suites Loveland Hotel and Conference Center (4705 Clydesdale Parkway, Loveland). The theme of the evening is "Puttin' on the Ritz," and the event will include dinner, awards ceremony honoring Physician of the Year and two outstanding medical students who will receive the Legacy Scholarship, keynote speaker (TBD), and music by The Don Elwood Big Band. For details and to register, visit [NCMS Annual Meeting "Puttin' on the Ritz" | Northern Colorado Medical Society](#).



Science on Tap FoCo Street). Raise a glass, learn something new, and enjoy an evening of science and nostalgia. Visit Science on Tap FoCo's Facebook page for event information ([Science on Tap FoCo |](#)

Celebrate the 10th Anniversary of Science on Tap FoCo on January 28 at 6 p.m. at Wolverine Publick House (316 Willow [Facebook](#)) or here <https://www.wolverinefarm.org/event/science-on-tap-39/>.



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>.



26th Annual CVMBS Research Day

The 26th Annual CVMBS Research Day will be held on January 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 and talents, connect with other graduate students and faculty at CSU, and learn about other disciplines. For more information and a detailed schedule of Research Day, visit <https://vetmedbiosci.colostate.edu/research/research-day/>

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. Admission and skate rentals are free, and no reservations are needed. For details and schedule, visit <https://downtownfortcollins.org/skate-rink/>

Colorado Winter Festivals

Coloradoans love to celebrate winter. Upcoming festivals include the Winter X Games in Aspen from Jan. 23-25, Ouray Ice Festival from Jan. 23-25, Steamboat Springs Winter Carnival from Feb. 5-9, Estes Park Frozen Dead Guy Days from March 14-16, and various ice sculpting events include the International Snow Sculpting Championships in Breckenridge from Jan. 20-29. For details, visit [Colorado's Iconic Winter Events & Celebrations | Colorado.com](#).

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>



Fort Collins Foodie Walk

Recurring monthly on the third Friday of each month, Downtown Fort Collins invites you to explore the flavorful world of food and drink of Downtown from 5-8 p.m. This monthly self-guided walking tour celebrates the culinary culture and thriving foodie scene with interactive showcases, seasonal flavors and exciting taste experiences. This event is free. For details and participating locations, visit <https://downtownfortcollins.com/play/fort-collins-foodie-walk>.

First Friday Art Walk

Recurring monthly on the first Friday of each month, Downtown Fort Collins invites you to explore featured exhibits which are new each month. This is a self-guided tour from 6-9 p.m. for the art lover in everyone. It celebrates creativity, culture, and community in Downtown. From fine to funky, the Art Walk showcases a spectrum of artistic styles to entertain and engage amateurs and art aficionados of all ages, interests, and backgrounds. This event is free. For details and participating locations, visit <https://downtownfortcollins.com/play/first-friday-art-walk>.



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.

Campus Activities



CSU Home Athletics

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

Sat., Jan. 18, **Women's Basketball vs. New Mexico**, 1 p.m., Moby Arena

Tues., Jan. 21, **Women's Basketball vs. Boise State**, 6:30 p.m., Moby Arena

Wed., Jan. 22, **Men's Basketball vs. Boise State**, 6 p.m., Moby Arena

Sat., Jan. 25, **Women's Swimming vs. Colorado School of Mines**, 11 a.m., Moby Pool

Tues., Jan. 28, **Men's Basketball vs. Air Force**, 7 p.m., Moby Arena

Sat., Feb. 1, **Women's Basketball vs. Air Force**, 1 p.m., Moby Arena

Tues., Feb. 4, **Women's Basketball vs. New Mexico**, 8:30 p.m., Moby Arena

Sat., Feb. 8, **Men's Basketball vs. San Diego State**, 8 p.m., Moby Arena

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



CU Home Athletics

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

Sat., Jan. 11, **Women's Basketball vs. Kansas**, 1 p.m., CU Events Center

Sun., Jan. 12, **Men's Basketball vs. West Virginia**, 1 p.m., CU Events Center

Wed., Jan. 15, **Men's Basketball vs. Cincinnati**, 7 p.m., CU Events Center

Tues., Jan. 21, **Men's Basketball vs. BYU**, 9 p.m., CU Events Center

Sat., Jan. 25, **Women's Basketball vs. Kansas State**, 1 p.m., CU Events Center

Tues., Jan. 28, **Men's Basketball vs. Arizona State**, 7 p.m., CU Events Center

Sun., Feb. 2, **Women's Basketball vs. Texas Tech**, 2 p.m., CU Events Center

Wed., Feb. 5, **Women's Basketball vs. Arizona**, 7 p.m., CU Events Center

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

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/clinical-training/colorado-ahec-program-office)

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

*Does not apply to out of state rotations.

In the News

[CU School of Medicine Helps to Lead NIH Study of Down Syndrome From Birth to Adulthood](#) by Greg Glasgow

[CU School of Medicine Top Stories of 2024](#), by School of Medicine

[Advances in Deep Brain Stimulation May Reduce Parkinson's Disease Symptoms](#) by CU Anschutz Newsroom Guest Contributor

[A Year of Research Momentum and New Opportunities](#), by Megan Lane, CU Anschutz

[University of Colorado Anschutz Medical Campus-Led Team Receives Up to \\$46 Million to Develop Innovative Treatment to Cure Blindness](#) by Laura Kelley

[Vaccines and Values: When You're Having a Tough Conversation About Medicine, Don't Just Pile on Evidence – Listen to Someone's 'Moral Foundations'](#) by David Higgins, MD, MPH, MS, CU Anschutz

[CU Medical Students Promote Good Skin Health in a Great Public-Service Partnership](#) by Mark Harden

[The Art of Research: Kathleen Galvin](#), Interviewed by Christopher Outcalt, CSU Source

[How CSU communicates during an emergency](#) by Nik Olsen



Faculty Spotlight

Anuja J Riles, MD, MEd

Clinical: Pediatric Hospitalist

UC Health Medical Center of the Rockies and Poudre Valley Hospital

Dr. Anuja Riles was born and raised in the Bay Area, California. She attended UCLA for her undergraduate degrees in Biology and Education. From there, Dr. Riles went on to the University of Michigan Medical School, where she met her husband. Upon graduation, they moved to Boston where she earned a Master's in Education from the Harvard Graduate School of Education and completed her residency in pediatrics at Boston Children's Hospital. After a brief stint in San Francisco, Dr. Riles and her family moved to Colorado in 2017. Clinically, she is a pediatric hospitalist and is currently working in the UC Health System. She has served in many hospital-based leadership roles at hospital systems in Northern Colorado. In terms of medical education, Dr.

Riles has always had a strong interest in curriculum development and assessment and medical student mentorship. She currently serves as a FCB COMPASS guide, the director of One Health, and as the FCB Post-ASC Alpine/Summit Director. Dr. Riles is the proud mother of her two children. Her interests include running, playing tennis, skiing with her family, working hard to earn the title of "foodie", and rooting for the University of Michigan football team.

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 will be closed Monday, Jan. 20 for the MLK Jr. Day holiday.

