



Fort Collins Branch Newsletter

November 2022

FCB Class Updates

Class of 2026: This group of students completed the Gastrointestinal Course with the end-of-course exam on Oct. 28. They have their second Traverse Week Oct. 31-Nov. 4. They begin the Pulmonary and Cardiovascular Systems Course on Nov. 7, and this course will run through Dec. 16.

Class of 2025: These students are continuing in their Clinical Clerkship rotations.

Class of 2024: This group is continuing with their clinical clerkship experiences. They will begin Advanced Science Courses in early November.

Our Furry Friends

The Pets of Fort Collins Branch. Rachel Henderson (CUSOM at CSU Medical Student, Class of 2025) is creating an Animals of CUSOM NoCo listserv for our teaching and learning community so “we can get to know each other better by sharing our animals.” You can sign up for these weekly emails and share your pet here: <https://forms.gle/d1j5A1kuNHV5kQVw5>. Contact Rachel with questions: rachel.henderson@cuanschutz.edu.

Pet foster homes needed. CSU’s Inclusive Health Collaborative (IHC) Pet Foster program is seeking foster homes for pets of people escaping domestic violence, experiencing homelessness, or otherwise needing to temporarily leave their pets. Contact the Pet Foster program at ihcpetfoster@gmail.com. For more information about One Health’s Inclusive Health Collaborative, please visit <https://onehealth.colostate.edu/inclusive-health-collaborative/>.

Fort Collins Events:

Downtown Holiday Lighting Ceremony in Old Town Square, Fri., Nov. 4 from 5:30-7 p.m. with lights expected to be turned on at 6:30 p.m. The Downtown Holiday Lights will be illuminated through Valentine’s Day.
<https://www.fcgov.com/parks/downtown-holiday-lights>

CarolFest in Old Town Square, Dec. 2 from 6:30-8 p.m.
Choice City Singers acapella group will perform holiday music including sing-alongs.
<https://downtownfortcollins.com/event/carolfest/>

Santa Quest
Starting Nov. 18 and running through Dec. 18, families can join in on this downtown scavenger hunt with a chance of winning Downtown Fort Collins Gift Cards. For details, visit <https://downtownfortcollins.com/event/santas-quest/>



Bon Appétit Week in Downtown FoCo

Savor and sip some of the best culinary creations that Fort Collins' downtown restaurants have to offer during this week of menu specials, Nov. 11 through Nov. 20. Over 25 restaurants will be participating. For details and a list of restaurants and specials, please visit

<https://downtownfortcollins.com/event/bon-appetit-week/>

Uplift Concert & Fundraiser for Music Education

Returning for its third year on Sunday, November 13th, Uplift: FoCo will inspire community growth through exceptional local music, with all proceeds benefiting the new Uplift Scholarship. This scholarship provides mentors and funding directly to youth in order to expand their access to music. The event will feature the Uplift All-Stars house band, a handpicked group of Northern Colorado's best musicians who will be accompanied by unique Fort Collins songwriters and youth musicians. There will also be

a live painter, art show, silent auction and more. This event at the Aggie Theater starting at 6 p.m. is presented by Treeline Sound and KRFC 88.9 FM. <https://www.treelinesound.com/uplift-event>



Native American Heritage Events

CSU's Native American Culture Center has organized a series of events for Native American Heritage Month in November. A featured event is the **AISES (American Indian Science and Engineering Society) Powwow on Sat., Nov. 5 starting at 10 a.m. in the Lory Student Center Grand Ballroom** and will feature dancers, drum groups, food, vendors and social events. The CSU community is also invited to a preview of the powwow on Fri., Nov. 4 from 11a.m.-2 p.m. at the Lory Student Center Plaza.

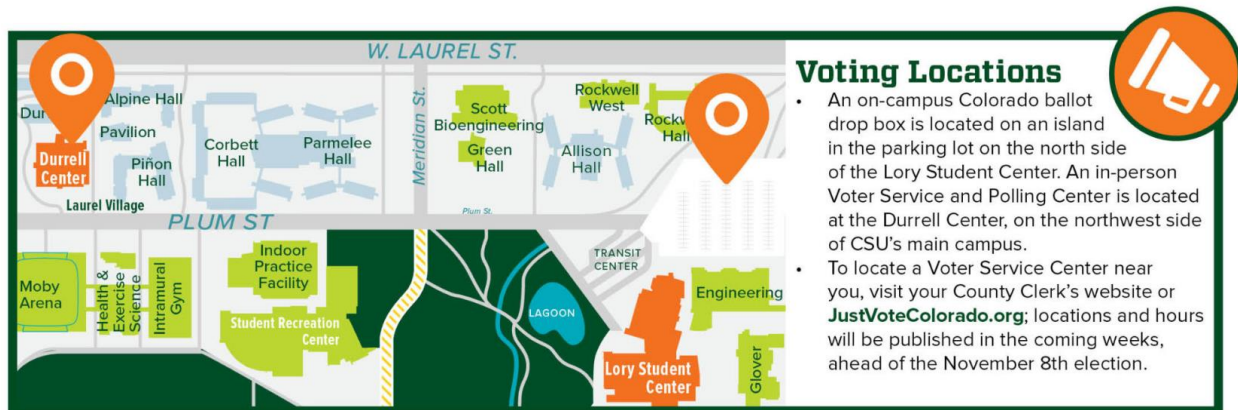
The **Native American Heritage Month Keynote address on Thurs., Nov. 10 at 6 p.m. at Lory Student Center Theater** will be given by actor **D'Pharaoh Woon-A-Tai** from *Reservation Dogs*, which will be screened at the event.

For details and a full schedule of the month's events, please visit <https://nacc.colostate.edu/> or <https://source.colostate.edu/aises-pow-wow-headlines-native-american-heritage-month-at-csu/>.

November 8 Election Information

“CSU issues guidance on voting, campus ballot boxes in advance of Nov. 8 Election” by CSU MarComm Staff

<https://source.colostate.edu/csu-issues-guidance-on-voting-campus-ballot-boxes-in-advance-of-nov-8-election/>



CSU Seminars

Fri., Nov. 4, 11 a.m.: Health and Exercise Science Seminar. “How does the brain ‘know’ it is Exercising? Overlapping Brain Circuits Govern Habitual Physical Activity and Stress.” CSU Location: Health and Exercise Science Teaching Facility. Event contact email: Jessica.Weisz@colostate.edu.

Thur., Nov. 10, 4 p.m.: Food Science and Human Nutrition Graduate Seminar Series. “Weighing in on Stress: Exploring the role of psychological factors in chronic disease among black women” by Tiffany Carson. Location: Gifford Building. Event contact email: sarah.johnson@colostate.edu.

Fri., Nov. 11, 11 a.m.: Health and Exercise Science Seminar. “Train with the Brain: Integrative Strategies to Optimize Performance and Reduce Sports Injury Risk.” Location: Health and Exercise Science Teaching Facility. Event Contact: Jessica.Weisz@colostate.edu.

Thur., Nov. 17, 4 p.m.: “Food Science and Human Nutrition Graduate Series: Omics Applications in the Evaluation of Dietary and Behavior Change Interventions” by Emily Hill. Location: Gifford Building. Event Contact: sarah.johnson@colostate.edu.

Graduate Student Council (GSC) Events

Wellness Wednesdays:

Nov. 16: Friendsgiving Cooking Class, 6-9 p.m., Gifford Building

Dec. 7: Donut Underestimate Us: GSC Does Finals, 9-11 p.m., LSC Room 308

For details, visit <https://gsc.colostate.edu/>.

What are Wellness Wednesdays?

GSC is committed to the health and well-being of graduate students at Colorado State University. Our Wellness Wednesday programming series focuses on ten Dimensions of Wellness (e.g., emotional, creative, financial, physical). Each month (on a Wednesday) of the academic year presents a new opportunity for you to build community and find a sense of belonging among your peers by engaging in a wellness-focused dialogue or activity.

GSC meetings are the first Tuesday of every month at 6 p.m. (MST). The meetings this fall will be hybrid, in the ASCSU Senate Chambers (LSC 204) and on Zoom. For details, please visit <https://gsc.colostate.edu/join-the-next-gsc-meeting/>.

Translational Talks – Save the Date

“Translational research is the engine that turns the knowledge created by biomedical scientists, social scientists, engineers, physicians, veterinarians, and innovators into the important solutions for human and veterinary patients.”

Save the date for the following Translational Talks presented by the Office of the Vice President for Research and the Translational Medicine Institute:

Thursday, December 8 – Chris Snow will speak on “Precision nanostructured biomaterials for the therapeutic delivery and in vivo imaging.”

Thursday, January 12 – Topic TBD

Thursday, January 26 – Topic TBD

Thursday, February 23 – Topic TBD

Translational Talks begin at 4 p.m. in the Translational Medicine Institute Grand Events Hall (TMI 330) at 2350 Gillette Drive. After the Talk, attendees are invited to attend a networking reception at 5 p.m. Contact Dr. Heather Pidcoke at h.pidcoke@colostate.edu with questions.



24th Annual CVMBS Research Day: Calling all Student Researchers

The 24th Annual CVMBS Research Day will be held on Saturday, Jan. 28, 2023, at the Lory Student Center. The annual symposium showcases cutting-edge student research and innovative research approaches. All members of the CVMBS community are encouraged to participate in this free event. Students conducting either translational, clinical or basic science studies from all CVMBS departments are encouraged to participate. Research abstracts are due via online submission. There will be an early deadline of Friday, Nov. 18 for people that want a guaranteed oral presentation. The final deadline for submission is by midnight on Dec. 2. For details or to connect to the submission portal, please visit <https://vetmedbiosci.colostate.edu/research/research-day/>.

CSU Center for Mindfulness

Mindful Mondays on Zoom, 12-12:45 p.m.

Nov. 7: Getting into Your Body

In this session, we will explore bringing awareness into the body, so you can get out of your mind and into the present moment more fully. Embodiment is a skill that anyone can develop and there is a power that comes from being more centered. Able to tune in to see how you are feeling at any given moment, you can make intentional decisions about what you need to do based on how you are feeling.

CSU Center
for Mindfulness

November 14: Sharpen Your Concentration

Learn how “micro meditation” can enhance your ability to focus over time, so you can stop inefficient multitasking and enjoy more productivity and stamina. Along with sharpened concentration comes the ability to direct your attention more effectively, so you can put it more fully towards whatever you are doing or not doing.

November 21: Stress Reduction With Mindfulness

Do you have things that bother you, but you can't do anything about them anyways? In actuality, you can do something about it, you can be present to yourself and your experience in a way that helps reduce the stressful impact and brings more clarity. In this session, you will learn an exercise and practice a skill for mindfully managing stress day to day.

Join these Mindful Monday Sessions using this Meeting Link: <https://us02web.zoom.us/j/81220116613>
Meeting ID: 812 2011 6613

For details on these events and other resources available by CSU's Center for Mindfulness, please visit <https://mindfulness.colostate.edu/>.

Campus Activities



CSU Home Athletics

Sat., Nov. 5, **Women's Swimming and Diving vs. Wyoming**, Noon, Fort Collins

Mon., Nov. 7, **Men's Basketball vs. Gardner-Webb**, Time TBA, Moby Arena

Tues., Nov. 8, **Women's Basketball vs. BYU**, 6:30 p.m., Moby Arena, Fort Collins

Thur., Nov. 10, **Volleyball vs. New Mexico**, 7 p.m., Moby Arena, Fort Collins

Fri., Nov. 11, **Women's Basketball vs. Montana**, Time TBA, Moby Arena, Fort Collins

Fri., Nov. 11, **Men's Basketball vs. Southeastern Louisiana**, Time TBA, Fort Collins

Sat., Nov. 12, **Volleyball vs. Air Force**, Noon, Moby Arena, Fort Collins

Sat., Nov. 12, **Rams Football vs. Wyoming**, 5 p.m., Canvas Stadium

Mon., Nov. 14, **Men's Basketball vs. Weber State**, 7 p.m., Moby Arena

Tues., Nov. 15, **Women's Basketball vs. Western Colorado**, 6:30 p.m., Moby Arena

Wed., Nov. 23-Fri., Nov. 25, **Volleyball, Mountain West Tournament @ CSU**, Schedule TBA

Fri., Nov. 25, **Ram Football vs. New Mexico**, 1:30 p.m., Canvas Stadium

Sat., Nov. 26, **Men's Basketball vs. Mississippi Valley State**, 2 p.m., Moby Arena

Wed., Nov. 30, **Men's Basketball vs. Loyola Marymount**, 7 p.m., Moby Arena

Sat., Dec. 3, **Women's Basketball vs. Western Michigan**, Noon, Moby Arena

Sat., Dec. 3, **Men's Basketball vs. Northern Colorado**, 2:30 p.m., Moby Arena

For details, ticket information, and a complete schedule of events, visit <https://csurams.com/>



CU Home Athletics

Fri., Nov. 4, **Soccer vs. Utah**, 3 p.m., Boulder

Sat., Nov. 5, **Buff Football vs. Oregon**, Time TBA, Boulder

Mon., Nov. 7, **Women's Basketball vs. New Mexico**, Noon, Boulder

Mon., Nov. 7, **Men's Basketball vs. UC Riverside**, 6:30 p.m., Boulder

Thur., Nov. 10, **Volleyball vs. Oregon**, 7 p.m., Boulder

Sat., Nov. 12, **Women's Basketball vs. Jackson State Preseason WNIT**, 2 p.m., Boulder

Sat., Nov. 12, **Volleyball vs. Oregon State**, 7 p.m. Boulder

Sat., Nov. 19, **Women's Basketball vs. Air Force**, 2 p.m., Boulder

Fri., Nov. 25, **Volleyball vs. Utah**, 3 p.m., Boulder

Sat., Nov. 26, **Buff Football vs. Utah**, Time TBA, Boulder

Sun., Nov. 27, **Men's Basketball vs. Yale**, 1 p.m., Boulder

Wed., Nov. 20, **Women's Basketball vs. Western Michigan**, 6 p.m., Boulder

For details, ticket information, and a complete schedule of events, visit <https://cubuffs.com/calendar>

CSU Rams Football

CSU home football schedule at Canvas Stadium:

Sat., Nov. 12 vs. Wyoming @ 5 p.m.

Fri., Nov. 25 vs. New Mexico @ 1:30 p.m.

For details, ticket information, and a complete schedule of events, visit <https://csurams.com/>



Music and the Arts at CSU

Fri., Nov. 4 through Sun. Nov. 13, A New Musical: Spring Awakening

presented by the School of Music, Theatre and Dance. This show, which features music by Duncan Sheik with Book/Lyrics by Steven Sater, is based on the play by Frank Wedekind and is directed by Noah Racey. For details, showtimes and tickets, please visit

<https://theatre.colostate.edu/events/spring-awakening-music-by-duncan-sheik-book-lyrics-by-steven-sater-3-2022-11-13/>

Wed., Nov. 2, Music in the Museum Series, Shows at 12 p.m. and 5:30 p.m., Gregory Allicar Museum of Art

Thurs., Nov. 3, Jazz Combos Concert, 7: 30 p.m., Griffin Concert Hall, UCA

Tues., Nov. 8, String Chamber Ensemble, 7:30 p.m., Organ Recital Hall, UCA

Wed., Nov. 9, Woodwind Chamber Ensemble, 7:30 p.m., Organ Recital Hall, UCA

Thurs., Nov. 10, New Music Ensemble Concert, 6 p.m., Griffin Concert Hall, UCA

Fri., Nov. 11, Guest Artist Concert: Evan Taucher (Guitar), 7:30 p.m., Organ Recital Hall, UCA

Fri., Nov. 11-Sat., Nov. 12, Fall Dance Concerts, 7:30 p.m. or 2 p.m., University Dance Theater, UCA

Tues., Nov. 29, University Symphony Orchestra Concert: Celestial Bodies, 7:30 p.m., Griffin Concert Hall, UCA

Sun., Dec. 4, Concert Orchestra Concert: Mozart Musicale, 3:30 p.m., Griffin Concert Hall, UCA

For details, please visit <https://music.colostate.edu/events/>. For ticket information, please visit <https://csuartstickets.universitytickets.com/>

In the News

“Colorado-educated Astronaut Kjell Lindgren posts incredible shots of Colorado from International Space Station” from CBS News Colorado

<https://www.cbsnews.com/colorado/news/colorado-educated-astronaut-kjell-lindgren-colorado-photos-international-space-station/>

“NSF funds \$2 million CSU project aimed at keeping air inside homes healthy” by Anne Manning

https://enr.source.colostate.edu/nsf-funds-2-million-csu-project-aimed-at-keeping-air-inside-homes-healthy/?utm_source=newsletter&utm_medium=email&utm_content=topStory&utm_campaign=m1017-22

“Clinic among the trees: Occupational therapy master’s students blossoms during fieldwork in Washington rainforest” by Bobby Mauro

<https://chhs.source.colostate.edu/clinic-among-the-trees-occupational-therapy-masters-student-blossoms-during-fieldwork-in-washington-rainforest/>

“Speakers discuss science, cinema, technologies that address mental wellness in challenging times” by Anne Manning

<https://source.colostate.edu/speakers-discuss-science-cinema-technologies-that-address-mental-wellness-in-challenging-times/>

“Social work Ph.D. student seeks to create a more empathetic model of mental health care” by Ben Leonard

<https://chhs.source.colostate.edu/social-work-ph-d-student-seeks-to-create-a-more-empathetic-model-of-mental-health-care/>

“Decades-Long Public Health Partnerships in Nepal Supported by University of Colorado Colleagues” by Rachel Sauer

<https://news.cuanschutz.edu/department-of-surgery/partnerships-in-nepal>

CUSOM Fort Collins Branch Faculty Spotlight



Rebecca Bade, M.D.

**Health Systems and Community Leadership Trail Director, Fort Collins Branch
Clinical: Northern Colorado Hospitalists**

Dr. Rebecca Bade is a Colorado native and grew up in Fort Collins. She did her undergraduate training at Colorado School of Mines before attending medical school in Baltimore at The Johns Hopkins University School of Medicine. She completed residency training in internal medicine at the University of Colorado and then was delighted to join the Northern Colorado Hospitalists team in her hometown. Dr. Bade’s professional interests include medical education and curriculum development, clinical reasoning, and hospital quality improvement. In her role as the Health Systems and Community Leadership Trail Director, she

hopes to equip students with tools to serve as exemplary leaders throughout the entirety of their medical careers. Outside of work, she loves to spend time with her husband and son, read, and enjoy the beautiful state of Colorado.

CUSOM – Fort Collins Branch

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Administrative Office Hours:

Monday – Friday, 8 a.m. – 4:30 p.m.

Upcoming Office Closures:

November 24-25 (Thanksgiving Holiday)

December 26 – January 2 (Winter Holiday/Admin Offices Closed)

