



Fort Collins Branch Newsletter

October 2022

FCB Class Updates

Class of 2026: This group of students started the course on Hematologic and Lymphatic Systems on Sept. 12 and completed this end-of-course exam on Sept. 30. They started the Gastrointestinal Course on Oct. 3 and will have this end-of-course exam on Oct. 28.

Class of 2025: These students started their Clinical Clerkship rotations on Sept. 19.

Class of 2024: This group is continuing with their clinical clerkship experiences. They have completed three Shelf exams with two more to go before the end of their clerkships. They will begin Advanced Science Courses in early November.



One Health Events

Human-Animal Translational Science: A Research Symposium:

CSU’s One Health Institute and Center for Healthy Aging will be hosting this event at the Translational Medicine Institute Event Hall on **Wed., Oct. 12 from 11 a.m.-3 p.m.** The event will include a Keynote Presentation by Stephanie McGrath and Julie Moreno entitled “Wiggly Worms and Furry Friends: The Search for Healthy

Aging.” The keynote will be followed by research presentations and a poster session. Presentations by students and postdoc researchers will “highlight translational science using natural animal models to improve both human and animal health and healthy aging trajectories.” See registration link below.

One Health Day: Join the CSU One Health Institute for their annual celebration of One Health Day on **Thur., Nov. 3 from 4-7 p.m. at Canvas Stadium Club.** All are welcome to join the event which will include a special

Fort Collins Events:

20th Artwear Fashion Show, Fri., Oct. 7, 7:30 p.m., The Lincoln Center Performance Hall. The ArtWear Biennial is dedicated to highlighting wearable art. For details and tickets, please visit <https://www.lctix.com/artwear-2022>

Ballet, Beer & Strawberry Fields at the Bas Blue

The Canyon Concert Ballet opens their Beer and Ballet season with these performances at the Bas Blue Theatre, **Oct. 7-9.** For details, please visit <https://lctix.com/ccb-ballet-beer-strawberry-fields-2022>

First Friday Jazz at Avo’s

Enjoy jazz at Avogadro’s Number (605 S. Mason) on the first Friday of every month, presented by the Northern Colorado Traditional Jazz Society. For ticket information and a full list of Avogadro’s other shows, please visit <https://www.avogadros.com/>

keynote address followed by flash talks from campus One Health researchers and a casual reception. See registration link below.

Distinguished Lecture: The Office of the Vice President for Research is presenting this event, a lecture by Dylan George, Ph.D., on **Wed., Oct. 19 at 4 p.m. at CSU Canvas Stadium Club**. Dr. George is the Director of Operations for the Center for Forecasting and Outbreak Analytics (CFA) at the U.S. Centers for Disease Control and Prevention. Dr. George, who received his Ph.D. from CSU, served on the Biden-Harris Transition Team working on National Security policy for COVID19 response and on the Agency Review Team for the U.S. Department of Health and Human Services.

Registration for Translational Science Symposium:

https://forms.office.com/pages/responsepage.aspx?id=Aoi1r3r_sUurITZ_8uz8i-GTChNC0d1ItRaNbDMOnGpUQ0c2VUU4U1VGQkZSU1hWMUtUNE1JU0IIOC4u

Registration for One Health Day:

https://docs.google.com/forms/d/e/1FAIpQLSfp3ud_MzkSJGTv56fbSkubcvQEV-8w1v_YxYwLRBRPQyPZFQ/viewform

For details on these One Health events, please contact One Health Communications Coordinator, Teya Kvasnicka, teya.kvasnicka@colostate.edu.

The Symposium for Inclusive Excellence @CSU

This Symposium, which runs Oct. 17-21 and is organized and facilitated by the Office of Inclusive Excellence(OIE), builds community where the diversity of people, perspectives, and ideas are affirmed and celebrated. Highlighted events include the following:

Keynote: Champion of Change, Haben Girma: Monday, October 17, 11 a.m. – noon (Zoom)

Haben Girma is the first Deafblind graduate of Harvard Law School. She is an author, an advocate for human rights, and a champion for disability accessibility. Haben believes disability is an opportunity for innovation, and she teaches organizations the importance of choosing inclusion. The New York Times,

Oprah Magazine, and TODAY Show featured her memoir, Haben: The Deafblind Woman Who Conquered Harvard Law.

Opening Reception. Monday, October 17, 5 – 6 p.m. (Behavioral Science Building 131 Breezeway)

This is the first-ever opening night reception. Mingle with CSU guests while enjoying appetizers.

Documentary Screening: *I Didn't See You There*, Monday, October 17, 6 – 8 p.m. (Behavioral Science Building 131)

In partnership with *CSU's Thematic Year* and the *ACT Film Festival*, the OIE is hosting a special screening of the award-winning documentary film *I Didn't See You There*. The film



program will begin at 6 p.m. Following the screening, a panel of experts will lead a discussion on accessibility and disability themes shown in the film with local pertinence.

Keynote: Champion of Change Schuyler Bailar via Zoom, Thursday, October 20, 11 a.m. – noon

Schuyler Bailar is the first transgender athlete to compete in any sport on an NCAA Division 1 men's team. By 15, he was among the nation's top 20 swimmers in the breaststroke in his age group. By 17, Bailar set a national age-group record. Then he swam for Harvard University, on the winningest Harvard team in 50 years.

Additional events, details and registration information, provided by the Symposium for Inclusive Excellence Planning Committee, can be found at <https://inclusiveexcellence.colostate.edu/symposium/>. In-person activities will be at the Behavioral Science Building at 410 W. Pitkin.

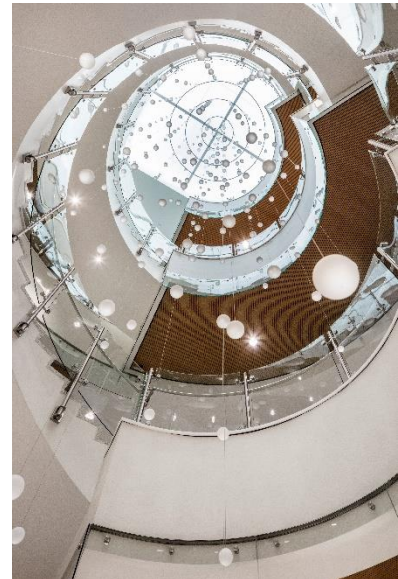
Mental Health and Well-Being Resources @CSU

Counseling Services – A small portion of your student fees helps pay for a wide range of mental health support resources, including crisis services, groups, workshops, and **brief** individual therapy. If you would like to meet with a counselor, your first step is to come to Counseling Services on the 3rd floor of the CSU Health and Medical Center during drop-in hours: Mondays: 9 a.m. – 3:30 p.m.; Tuesdays: 10 a.m. – 3:30 p.m.; Wednesdays: 9 a.m. – 3:30 p.m.; Thursdays: 9 a.m. – 3:30 p.m.; and Fridays: 9 a.m. – 3:30 p.m. For details, please visit <https://health.colostate.edu/mhwb-resources/>.

Mindfully Managing Stress Workshops – Are you feeling overwhelmed? Need to get a handle on your stress? These 4-session workshops will cover 10 mindfulness practices to support your well-being. Mindfulness is a way to train ourselves to be in the present moment with awareness, acceptance, and self-compassion. Practicing mindfulness can help us cope with difficult experiences, cultivate meaning, and boost positive emotions. This series will delve into mind-body techniques which can strengthen our skills for dealing with life. Time to practice these new skills will also be included. Attending all 4 sessions is encouraged. Registration is required; space is limited. Upcoming workshops will run Oct. 6-27 on Thursdays from 2-3:30 p.m. and Oct. 26-Nov. 16 on Wednesdays from 3:45-5:15 p.m. For details or to register, visit <https://health.colostate.edu/groups-and-workshops/>.

YOU@CSU – The purpose of YOU@CSU portal is to connect students with campus resources and other online educational tools to increase student success. Students can find personalized tips and tools for everything from your mental and physical health, to friendships and finding balance. <https://you.colostate.edu/>

SilverCloud Health– Self-guided online programs based on Cognitive Behavioral Therapy to help you enhance well-being, manage anxiety and depression, improve your sleep, boost your body image, and more. <https://health.colostate.edu/silvercloud/>



Mindfulness Apps: Unwinding Anxiety, Insight Timer, Headspace, StopBreatheThink, Smiling Mind, The Shine App, Liberate Meditation, and Calm are apps that offer many ways to practice and learn about mindfulness to enhance well-being.

Nod app – Strengthen your connections –A free app that offers ideas for strengthening social ties, using evidence-based practices. It is designed to help mitigate feelings of loneliness and provide tools for students to practice creating connections, especially in this virtual time. <https://health.colostate.edu/nod/>

CSU Health Network, Crisis Coverage: Crisis intervention services are available by stopping by Counseling Services on the 3rd floor of the CSU Health and Medical Building or by calling 970-491-6053 during business hours. They can provide an immediate assessment of the situation and, when necessary, facilitate a mental health hospitalization. After-Hours Crisis Intervention is available on evenings, weekends, and holidays by calling the CSU Health Network On-Call Counselor at 970-491-6053.

Telehealth Options for Students: CU’s Student and Resident Mental Health services are available to students anywhere in the state of Colorado. To schedule an appointment, call 303-724-4716 and leave a message for a return call or email SMHservice@ucdenver.edu. In addition, HealthiestYou is affordable mental health care available to all students. It’s free for students on the CU Anschutz Student Health Insurance Plan. Visit <https://go.healthiestyou.com/student/> to create an account and access care (need insurance card).

Financial Wellness Education – The Canvas Financial Wellness online modules will boost your financial know-how and help you learn to manage your money in college and beyond. Topics include understanding student loan debt, using credit cards responsibly, sticking to a budget, and more. <https://health.colostate.edu/financial-management/>.

Graduate Student Council (GSC) Events

Wellness Wednesdays:

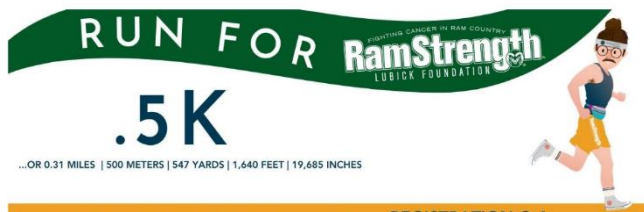
Oct. 26: Board Game Night, 5-8 p.m., Location TBA

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/>.

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/>.



.5K Run For RamStrength @ New Belgium

This run, which is .5K (or .31 miles), is a fundraiser for RamStrength Lubick Foundation, which has the mission of “Fighting Cancer in Ram Country.” The event, sponsored by Waypoint Real Estate, is

Thursday, Oct. 6 at New Belgium. Registration is at 4 p.m. that day with the race following at 5:30 p.m. This family-friendly event will have face painting, Kona ice, prizes, games and more. Adult tickets are \$15. For more information, please visit <https://www.ramstrength.org/2022-waypoint-5k/>.

Bow Wow Film Festival

Come to the Lyric’s Outdoor Theater on Thursday, Oct. 13 for this event featuring “short films for the love of dogs.” All proceeds benefit animal welfare nonprofit Project V.E.T.S., which has the mission of “healing the planet one animal at a time.” For details and ticket information, please visit <https://lyriccinema.com/movie/bowwow-film-festival>.



The Upside Down Prom

The Aggie Theater is putting on **The Upside Down Prom: The Ultimate 80s Halloween Party** on Fri., Oct. 28 at 8 p.m. Fort Collins will transform into Hawkins, IN, for the Aggie’s inaugural Upside Down Prom. The event will feature Colorado bands covering songs from *Stranger Things* and 80s hits,

costume contest and “retro spooky DJ dance party.” Costumes are strongly encouraged. Tickets are on sale now. For details and ticket information, please visit <https://www.z2ent.com/events/detail/the-upside-down-prom-448544>

NoCo Pumpkin Patches and Farms

Adam’s Apple Orchard and Country Store, 42135 Weld County Road 43, Ault.

<https://adamsapplecolorado.com/>

The Bartels Farm, 3424 E. Douglas Road, Fort Collins. <https://www.thebartelpumpkinpatch.com/>

Jack Lantern’s Corn Maze and Pumpkin Patch, 2318 S. County Road 5, Fort Collins.

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

Osborn Farm, 1230 S. Boise Avenue, Loveland. <http://www.osbornfarm.com/>

Something from the Farm, 8020 S. Timberline Road, Fort Collins.

<http://www.somethingfromthefarm.com/index.html>

Lory Student Center Events

Thur., Oct. 6, **Disability Awareness Month Keynote** featuring Carson Tueller, speaker, presenter and personal development coach. Workshop at noon and speaking event at 5 p.m.

Mon., Oct 10 and Tues., Oct, 11: **Indigenous Peoples Day and National Coming Out Day Tabling Event**. Join the Pride Resource Center, the Native American Cultural Center, KCSU, and RamEvents on the LSC Plaza to celebrate and raise awareness for Indigenous Peoples Day and National Coming Out day. There will be music, a photo opportunity and free food from 10 a.m.-2 p.m. in the LSC Plaza on both days.

Mon., Oct. 10: **Indigenous Peoples Day Keynote** featuring Beth Wright. This event will highlight the importance of the Indian Child Welfare Act and its relation to tribal sovereignty. Wright will share her personal experience and road to practicing tribal federal law. The keynote will be at 6 p.m. in LSC Longs Peak. Event Collaborators: Native American Cultural Center

Mon., Oct. 17 and Tues., Oct. 18: **Salsa Nights**. Join the Black/African American Cultural Center, El Centro, the Pride Resource Center, and RamEvents for two evenings of Salsa dance instruction and education from Lak'ech Dance Academy. The events are from 6-8 p.m. both nights in the LSC Theater.

Thur., Oct. 20: **Creative Writing Reading Series**, 7:30 p.m., LSC Longs Peak Room. Featured Authors will include Mitchell S. Jackson and Lacy M. Johnson. Jackson is the winner of the 2021 Pulitzer Prize in Feature Writing and the 2021 National Magazine Award in Feature Writing. Johnson is the author of *The Reckoning*, named a National Book Critics Circle Award Finalist in Criticism and one of the best books of 2018 by several publications. <https://english.colostate.edu/cwrs/>

For further details of LSC events, please visit <https://lsc.colostate.edu/ramevents/calendar/>.



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/>.

Campus Activities



CSU Home Athletics

Thur., Oct. 6, **Volleyball vs. Nevada**, 7 p.m., Moby Arena, Fort Collins
Sat., Oct. 8, **Volleyball vs. San Jose State**, 1 p.m., Moby Arena, Fort Collins
Sat., Oct. 15, **Ram Football vs. Utah State**, 5 p.m., Canvas Stadium

Thur., Oct. 20, **Women's Soccer vs. San Jose State**, 3 p.m., Fort Collins
Sat., Oct. 22, **Ram Football vs. Hawaii**, 2 p.m., Canvas Stadium
Sun., Oct. 23, **Women's Soccer vs. Fresno State**, 1 p.m., Fort Collins
Thur., Oct. 27, **Women's Soccer vs. Wyoming**, 3 p.m., Fort Collins
Thur., Oct. 27, **Volleyball vs. San Diego State**, 7 p.m., Moby Arena, Fort Collins
Fri., Oct. 28, **Men's Basketball vs. Metro State (Exhibition)**, Details TBA
Sat., Oct. 29, **Volleyball vs. Fresno State**, 1 p.m., Moby Arena
Tues., Nov. 1, **Women's Basketball vs. Colorado Christian (Exhibition)**, 6:30 p.m., Moby Arena
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
For details, ticket information, and a complete schedule of events, visit <https://csurams.com/>



CU Home Athletics

Fri., Oct. 7, **Volleyball vs. Stanford**, 7 p.m., Boulder
Sun., Oct. 9, **Volleyball vs. California**, Noon, Boulder
Sun., Oct. 9, **Soccer vs. Oregon**, 1 p.m., Boulder
Fri., Oct. 14, **Volleyball vs. Washington State**, 5 p.m., Boulder

Sat., Oct. 15, **Buff Football vs. California**, Time TBA, Boulder
Sun., Oct. 16, **Volleyball vs. Washington**, Noon, Boulder
Thur., Oct. 20, **Soccer vs. UCLA**, 3 p.m., Boulder
Sun., Oct. 23, **Soccer vs. USC**, Noon, Boulder
Fri., Oct. 28, **Volleyball vs. UCLA**, 6 p.m., Boulder
Sat., Oct. 29, **Buff Football vs. Arizona State**, Time TBA, Boulder
Sun., Oct. 30, **Volleyball vs. USC**, Noon, Boulder
Sun., Oct. 30, **Men's Basketball vs. Nebraska**, 4 p.m., Boulder
Fri., Nov. 4, **Soccer vs. Utah**, 3 p.m., Boulder
Sat., Nov. 5, **Buff Football vs. Oregon**, Time TBA, Boulder
For details, ticket information, and a complete schedule of events, visit <https://cubuffs.com/calendar>

CSU Homecoming & Family Weekend, October 13-15

Schedule at a Glance

Homecoming & Family Weekend Kickoff, Thursday, Oct. 13, 4-6 p.m.

Festival on the Oval, Friday, Oct. 14, 3-6 p.m.

Friday Night Lights (Bonfire, Fireworks, Lighting of the A), Friday, Oct. 14, 6 p.m.

Homecoming 5K Race, Saturday, Oct. 15, 8 a.m. start time

Coors Light Ram Walk Tailgate & Smith Alumni Center Open to All, Saturday, Oct. 15, 1 p.m.

Colorado State vs. Utah State, Homecoming & Family Weekend Football Game, Saturday, Oct. 15, 5 p.m.

For full details, please visit <https://homecoming.colostate.edu/>

CSU Rams Football

CSU home football schedule at Canvas Stadium:

Sat., Oct. 15 vs. Utah State @ 5 p.m. (Homecoming Game)

Sat., Oct. 22 vs. Hawaii, Time TBA

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

Thurs., Oct. 13, Symphonic Band Concert: Sea Songs, 7:30 p.m., Griffin Concert Hall, UCA

Fri., Oct. 14, Foothills Pops Band presents Band Favorites, 7 p.m., Griffin Concert Hall, UCA

Sun., Oct. 16, Concert Orchestra: Three Other B's, 4 p.m., Organ Recital Hall, UCA.

Wed., Oct. 19, Sinfonia Concert: Classical Speaking, 7:30 p.m., Griffin Concert Hall, UCA

Thurs., Oct. 20, Classical Convergence: Rachel Lee Priday (Violin) and Bryan Wallick (Piano), 7:30 p.m., Organ Recital Hall, UCA

Fri., Oct. 21 @ 7:30 p.m. and Sun., Oct. 23 @ 2:30 p.m., Opera Scenes Presented by the Ralph Opera Program, Studio Theatre, UCA

Fri., Oct. 21, Guest Artist Concert: Brazil Trio, 7:30 p.m., Organ Recital Hall, UCA

Wed., Oct. 26, Fall Choral Showcase, 7:30 p.m., Griffin Concert Hall, UCA

Mon., Oct. 31, Halloween Organ Extravaganza, Shows at 6 p.m., 8 p.m. and 10 p.m., Organ Recital Hall, UCA

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

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

<https://csuartstickets.universitytickets.com/>

In the News

“Custom-built mobile VR science lab takes innovative learning experiences statewide” by Griffin Moores

<https://engagement.source.colostate.edu/custom-built-mobile-vr-science-lab-takes-innovative-learning-experiences-statewide/>

“Clinicians Can Take Basic Steps to Address Microaggressions from Patients” by Rachel Sauer

<https://news.cuanschutz.edu/medicine/address-microaggressions-from-patients>

“New Research Highlights Potential for Improvement in Communication with Patients with Intellectual Disabilities” by Rachel Sauer

<https://news.cuanschutz.edu/medicine/communicating-with-patients-with-intellectual-disabilities>

“CU School of Medicine a Site for Major Diabetes Medication Trial” by Greg Glasgow

<https://news.cuanschutz.edu/medicine/cu-a-site-for-diabetes-medication-trial>

CUSOM Fort Collins Branch Staff Spotlight



Jennifer Smith, MBA

Program Director, Fort Collins Branch Campus

Ms. Smith was born and raised in Tampa, Florida and attended college at Saint Leo University where she obtained her undergraduate degree in psychology and master’s in business administration. She has spent the last 30 years in the medical operations arena and worked with many amazing clinicians along the way. She is excited to take the experience and knowledge she has gained in the medical community and apply it to her role as program director for the new Fort Collins Branch. Having been in hospitals and medical clinics for 30 years, she hopes to bring a different perspective to the students on medical operations and how they intersect in care delivery. She and her husband have been married for 30 years and have been blessed to see

different parts of the world in their younger years while he was in the Army. She likes to brag about their three children, Christian, Kaylyn and Devin, and RAVE about their three grandchildren, Savana, Brixxyn and Will. In her spare time, she enjoys cooking, reading and constantly planning fun trips and adventures with her grandkids.

CUSOM Fort Collins Branch Faculty Spotlight



Brad Stern, MD

CO-Director of COMPASS Program

**Senior Clinical Instructor, Department of Obstetrics and Gynecology, CUSOM
Clinical: Women's Clinic of Northern Colorado**

Dr. Stern was raised in Memphis, TN. In 1997, he graduated from the University of Tennessee Health Sciences Center and went on to complete his residency in 2001. He is certified by the American Board of Obstetrics and Gynecology and is a Fellow of the American College of Obstetricians and Gynecologists. He worked as an OB/GYN physician for eight years after his residency and then moved to Fort Collins, where he was able to take advantage of all of the things that Colorado has to offer. Dr. Stern believes in providing comprehensive women's health care that involves patients as the key decision makers in their healthcare choices. He enjoys the diversity of care that he is able to provide women during their lives. During his free time, he enjoys spending time with his family and doing lots of outdoor activities.

CUSOM – Fort Collins Branch

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Fort Collins, Colorado 80524

Administrative Office Hours:

Monday – Friday, 8 a.m. – 4:30 p.m.

Upcoming Office Closures:

November 24-25 (Thanksgiving Holiday)

