



## Fort Collins Branch Newsletter

December 2023

### FCB Class Updates

**Class of 2027:** These students began the Pulmonary and Cardiovascular Systems course on Nov. 6, and this course runs through Dec. 15. They will have Winter Break from Dec. 18-Dec. 29. They will also be off on Jan. 1.

**Class of 2026:** These students are continuing their clinical clerkships. They will have Winter Break from Dec. 25-Jan. 5.

**Class of 2025:** These students began USMLE 1 Prep on Nov. 27, and this runs through Dec. 22. They will have Winter Break from Dec. 25-Jan. 5.

### FCB Featured in CSU's *The Source*

The CUSOM @ CSU and the Class of 2025 were featured in an article in *The Source*, CSU's and CVMBS's news outlet. The article written by Rhea Maze can be viewed here: <https://cvmb.ssource.colostate.edu/inaugural-medical-school-class-blazes-new-trails/>



### Rams Against Hunger

Rams Against Hunger offers a variety of services that support students, faculty and staff experiencing food insecurity. "Recent data tells (us) that 3 in 10 students at CSU have experienced food insecurity." Rams

against Hunger operates from the Office of Student Leadership, Involvement and Community Engagement (SLiCE). Services include a food pantry, pocket pantries and in-person assistance with navigating federal aid eligibility. Additional resources are available through the Food Bank for Larimer County. For details, please visit

<https://lsc.colostate.edu/slice/community-engagement/rams-against-hunger/> Or to donate to the program, please visit

<https://advancing.colostate.edu/RAMSAGAINSTHUNGER>

### 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/>.

#### FCB Office Days for Dean Scott (aka Dean Scotty)

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. 13, Jan. 18, Feb. 21, and March 14. To make an appointment or to confirm his open office hours, students can email him at [maurice.scott@cuanschutz.edu](mailto: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/>.

## CSU Campus Rec Marks WeREC Grand Opening

In November, CSU Campus Recreation celebrated the grand opening of WeREC. This initiative aims to combat the national rise of toxic gym culture as well as problematic behaviors in gym environments. WeREC is an acronym that stands for Respect, Empower, and Care. For more information about Campus Recreation, WeREC, or Inclusive Rec, visit <https://csurec.colostate.edu/> or <https://csurec.colostate.edu/services/gym-timidation/>.



## Garden of Lights

The Garden of Lights at the Gardens on Spring Creek, one of Northern Colorado's favorite holiday traditions, runs Friday, Dec. 8 through Saturday, Dec. 23. 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 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 Thursday, Dec. 21 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. 2 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**, <https://denverzoo.org/events/zoolights/>

**Windsor Wonderland**, Sat., Dec. 2 from 4-8 p.m., Boardwalk Park, Windsor,

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

## Colorado's Hot Springs

Did you know that Colorado has more than 25 hot springs? Check out this comprehensive list for a soak this winter. <https://www.colorado.com/articles/colorado-hot-springs-quick-guide>

## 25<sup>th</sup> Annual CVMBS Research Day

The 25<sup>th</sup> Annual CVMBS Research Day will be held on January 26-27, 2024, at the Translational Medicine Institute (Jan. 26) and Lory Student Center (Jan. 27). 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. **Research abstracts for Research Day are due via online submission by Dec. 4 at 11:59 p.m.** For more information and a detailed schedule of Research Day, visit <https://vetmedbiosci.colostate.edu/research/research-day/>

## 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/>.



## 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>.



## Science on Tap FoCo

Join Science on Tap FoCo: Galleria of Science Discovery on Thursday, Dec. 7 at 6:30 p.m. at Prost (1510 S. College) for a discussion of the “amazing world of pigmented microbes.” These events feature student partnerships with older community members, “a novel strategy for student engagement.” Visit Science on Tap FoCo’s Facebook page for event information. ([Science on Tap FoCo | Facebook](#)).

## CSU Lectures, Seminars, and Other Campus Events

Sat., Dec. 2 from 10 a.m.-3 p.m. – **Make and Mend.** Attend this workshop at the Avenir Museum of Design and Merchandising if you want to learn how to mend your clothing, sew on a button or just need a larger space for a sewing project. These events are monthly and are free and open to the public on a drop-in basis. The event contact is Sarah Lillis ([sarah.lillis@colostate.edu](mailto:sarah.lillis@colostate.edu)).

Sun., Dec. 3 from 2-4 p.m. – **Winter Wool Workshop: Hand-Felted Ornaments.** In this workshop at the Richardson Design Center, participants can learn felting fabric art techniques in this beginner-friendly workshop led by Kelly Abbot-Gallagher, RDC Instructor and owner of Jukebox Quilts. You’ll create a festive holiday ornament using a dryer ball, dyed wool, felting needles, and a felting pad. There is a fee for the class and registration is required. For details, visit [Winter Wool Workshop: Hand-felted Ornaments - Nancy Richardson Design Center Store \(nbsstore.net\)](#).

Wed., Dec. 6 from 11:30 a.m.-12:30 p.m.– **Assessment and Learning Improvement Network: Equity in Assessment and Data Science.** “In today’s diverse and inclusive educational landscape, ensuring equity in assessment and data science is not only a moral imperative but also a key factor in driving meaningful learning outcomes.” The presenter of this Teams session is Dr. Nozipho Becker, Senior Research Analyst, Office of Inclusive Excellence. For details or to sign up, visit [Calendar - Bridge \(bridgeapp.com\)](#).

Mon., Dec. 11 from 4:15-6 p.m. – **Curtis Chin: Book Reading and Signing.** Curtis Chin is an award-winning filmmaker, screenwriter, and author. His new memoir *Everything I Learned, I Learned in a Chinese Restaurant*, was recently released to much critical acclaim. This event, organized by the CSU Department of Communication Studies, will be at the Wolverine Farm Publick House (316 Willow Street, Fort Collins). <https://www.wolverinefarm.org/event/film-and-book-reading/>.

Through Dec. 17 – **Shattering Perspectives: A Teaching Collection of African Ceramics Encore Exhibition.** This encore exhibition can be viewed at the Gregory Allcar Museum of Art at the University Center for the Arts through Dec. 17. For more information, visit <https://artmuseum.colostate.edu/events/shattering-perspectives-encore/>.

## Translational Talks

The focus of the Translational Talks is to highlight efforts in support of human and veterinary clinical research. “Translational research is the engine that turns the knowledge created by biomedical scientists, social scientists, engineers, physicians, veterinarians, and innovators into important solutions for human and veterinary patients. CSU has a team dedicated to supporting human and veterinary clinical researchers who are building tools to aid the translation of knowledge into solutions.” **The next Translational Talk is Thursday, December 14.** The 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](mailto:h.pidcoke@colostate.edu) with questions or visit <https://calendar.colostate.edu/vpr/>.



## Campus Activities



### CSU Home Athletics

Tues., Dec. 5, **Women's Basketball vs. High Point**, 6:30 p.m., Moby Arena

Wed., Dec. 6, **Men's Basketball vs. U of Denver**, 7 p.m., Moby Arena

Sat., Dec. 9, **Men's Basketball vs. Saint Mary's**, 4:30 p.m., Moby Arena

Sun., Dec. 17, **Men's Basketball vs. CSU-Pueblo**, 4 p.m., Moby Arena

Wed., Dec. 20, **Women's Basketball vs. Mississippi State**, 5:30 p.m., Moby Arena

Fri., Dec. 29, **Men's Basketball vs. Adams State**, 7 p.m., Moby Arena

Tues., Jan. 2, **Men's Basketball vs. New Mexico**, 8:30 p.m., Moby Arena

Sat., Jan. 6, **Women's Basketball vs. UNLV**, 1 p.m., Moby Arena

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



### CU Home Athletics

Tues., Dec. 5, **Women's Basketball vs. UT Arlington**, 11 a.m., Boulder

Fri., Dec. 15, **Men's Basketball vs. Northern Colorado**, 6 p.m., Boulder

Thurs., Dec. 21, **Women's Basketball vs. Northern Colorado**, Noon, Boulder

Thurs., Dec. 21, **Men's Basketball vs. Utah Tech**, 5 p.m., Boulder

Fri., Dec. 29, **Men's Basketball vs. Washington**, 7 p.m., Boulder

Sat., Dec. 30, **Women's Basketball vs. Utah**, 1 p.m., Boulder

Sun., Dec. 31, **Men's Basketball vs. Washington State**, Noon, Boulder

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

## Music and Theatre at CSU

Sat., Dec. 2 @ 7:30 p.m. – **All-Choral Holiday Concert**, Griffin Concert Hall, UCA

Sun., Dec. 3 @ 4 p.m. – **Concert Orchestra Concert: Under the Moonlight**, Organ Recital Hall, UCA

Thur., Dec. 7 @ 7:30 p.m. – **Symphonic Band Concert**, Griffin Concert Hall, UCA

Fri., Dec. 8 @ 7:30 p.m. – **Wind Symphony Concert**, Griffin Concert Hall, UCA

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

## 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. In addition to the housing offered through the Colorado Area Health Education Center (application process and information below), CSU offers SPUR housing in the Denver area. This housing offers apartment and dorm style units for short-term housing needs. The FCB administration has been in contact with the CSU SPUR team and is working on more details for possible utilization of their facilities for our branch students. More information to come as it is made available.

### 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 \(cuanschutz.edu\)](#)

[PowerPoint Presentation \(cuanschutz.edu\)](#)

\*Does not apply to out of state rotations.

## **In the News**

**“How a CSU scientist’s research into how viruses mutate could have big implications during the next pandemic”** by Allison Sylte

<https://natsci.source.colostate.edu/virus-replication-research-covid/>

**“Science for all: CSU ranks among top institutions for public science”** by Jayme DeLoss

<https://source.colostate.edu/why-is-public-science-important/>

**“How can we ‘Disagree Better?’ Governors share their lessons for healthier dialogue”** by Allison Sylte

[How do you keep political conversations civil? Here's advice from 2 governors \(colostate.edu\)](#)

**“Military Times ranks CSU among top college for veterans”** by Sarah Maronn

[Military Times ranks CSU among top colleges for veterans \(colostate.edu\)](#)

**“Hundreds of Clinics May Be Guilty of False or Misleading Claims in Ketamine Advertising”** by Laura Kelley

[Hundreds of Clinics May Be Guilty of False or Misleading Claims in Ketamine Advertising \(cuanschutz.edu\)](#)

**“Could a Blood Test Revolutionize Multiple Sclerosis Diagnosis?”** by Chris Casey

[Could a Blood Test Revolutionize Multiple Sclerosis Diagnosis? \(cuanschutz.edu\)](#)

**“Daylight and Depressions: A Look at Seasonal Affective Disorder”** by Mara Kalinoski

[Daylight & Depression: A Look at Seasonal Affective Disorder \(cuanschutz.edu\)](#)

**“What to Know About the 2023 Flu Season”** by Greg Glasgow

[What to Know About the 2023 Flu Season \(cuanschutz.edu\)](#)

**“Down Syndrome Associated with Serious Respiratory Complications”** by Guest Contributors

[Down Syndrome Associated With Serious Respiratory Complications \(cuanschutz.edu\)](#)



## FCB Faculty Spotlight

### Helen Dunnington, MD

OB/GYN Education Liaison

Assistant Professor, Obstetrics & Gynecology

Clinical: UHealth Women's Care Clinic at Peakview

Dr. Helen Dunnington attended medical school at the UTHealth McGovern Medical School in Houston and did residency at the UTHealth McGovern Medical School Memorial Hermann program. She began her practice at Baylor College of Medicine prior to moving to Colorado in 2020 and joining the UHealth Women's Services group in Northern Colorado.

## CUSOM – Fort Collins Branch

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Fort Collins, Colorado 80524

Administrative Office Hours:

Monday – Friday, 8 a.m. – 4:30 p.m.

CUSOM@CSU Offices CLOSED Dec. 25-29 and January 1.

The Admin Staff will be working primarily remotely during the weeks of Dec. 18 and Jan. 2, with minimal office staffing. Administrators will still be available by email during this time.

