

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)

May 2026 Newsletter

***Advancing the science of healthy aging—for
people, for animals, for life.***

A Note from the Director

Dear colleagues and friends,

Spring is a season of momentum, and this issue of our newsletter captures that energy beautifully. Across every section, you will find evidence of what happens when rigorous science moves closer to the people and communities it is meant to serve.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

issue offers compelling examples of exactly that. Our faculty affiliates continue to produce scholarship that shapes how we understand aging across the lifespan, with new publications spanning self-perceptions of aging, cognitive screening, and end-of-life decision-making. Each of these contributions advances not only the science, but the conversations our society needs to have.

I am also delighted to highlight the ongoing canine cognitive studies, which exemplify one of the most distinctive strengths of aging research at CSU: our ability to bridge veterinary and human medicine in ways that benefit both. Dogs and people share the challenge of cognitive decline in ways that are scientifically meaningful, and this ongoing work is generating insights with real translational potential.

On a more personal note, I want to celebrate our students and the Healthy Aging Club for their Intergenerational Game Night. It is a reminder that healthy aging is not only a scientific endeavor. It is a human one, built on connection, joy, and the simple power of being in community across generations.

Thank you, as always, for the creativity and commitment you bring to this work. I hope this issue leaves you energized for what is ahead.

Warmly,



Nicole Ehrhart, V.M.D., M.S., DACVS
Director, Columbine Health Systems Center for Healthy Aging

Aging News

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Aging and the brain

via *The SOURCE*

[read more >>](#)



'The happiest time of life is as you get older': can positive thinking help you age better?

via *The Guardian*

[read more >>](#)



Subcellular orchestration of microglial aging

via *Nature*

[read more >>](#)

Center Events

Center Events with the Aspen Club

The Center for Healthy Aging will be partnering with the [Aspen Club](#) to bring some free events for our community. All events do require registration by calling [970-495-8560](#). You can read more about these events on our [Event's Page](#).

- **Balance Screenings** will be hosted at the Center in [Room 1423](#) once a month from [1pm-4pm](#).
 - Wednesday, June 17, 2026
 - Wednesday, July 15, 2026

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

-
- **Navigating Senior Living: Care Options, Timing, and How to Choose Well** will be hosted at the Center in [Room 1418](#) on Thursday, June, 25th from 10am to 11:30 am. In this presentation, they will cover the 5 main types of senior living and how they differ. They will also discuss timing, estimated costs, questions you should ask, and how senior placement services can help you through the process at no cost to you. Registration required by calling Aspen Club's pre-recorded registration line: 970.495.8565
 - **Tinnitus: When your ears start their own performance** will be hosted at the Center in [Room 1418](#) on Friday, July, 31st from 10am to 11 am. The presentation will inform what tinnitus is, what causes it and how to manage it. There is a lot of misinformation about tinnitus, so they will talk about where to find good and reliable resources for you or anyone that you know to help live with tinnitus. Presented by Shanna Moshure, Doctor of Audiology. Registration required by calling Aspen Club's pre-recorded registration line: 970.495.8565
-

News from the Center

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Healthy Aging Club who hosted another great Intergenerational Game Night! People of all ages came out to support the club's event and have a wonderful time playing board games and getting to know new friends of all ages! This event highlights the importance of intergenerational relationships of all sort and showcases how similar we all are. After all - who doesn't love a good board game?



Podcast Corner

living healthy longer has all episodes available for streaming today on [Apple](#), [Spotify](#), or [Amazon](#). Please do subscribe, rate, and leave a review — it helps us find more listeners!



[Find *living healthy longer* wherever you like to listen](#)

Faculty News

Do you work with undergraduate students? Please encourage students to consider declaring the [Gerontology Interdisciplinary Minor \(GIM\)](#). The introductory course, HDFS 201 Perspectives in Gerontology, is offered on campus this Fall and is a great first look into the field of aging. We encourage students from ALL disciplines and majors! Students participate in a community-engaged learning project, hear from a wide variety of local and national guest speakers, and explore careers in aging. Questions about HDFS 201? Contact Allyson.Brothers@colostate.edu . Questions about the minor? Contact Christine.Fruhauf@colostate.edu .

New Faculty Affiliate Publications!

Manfred Diehl

Diehl, M., Wettstein, M., Spuling, S. M., & Wurm, S. (in press). Self-perceptions of aging and volunteering in later life: Examining longitudinal bidirectional associations in the German Ageing Survey (DEAS). *Psychology and Aging*. <https://doi.org/10.1037/pag0000999>.

Stephen Aichele

Tseng, H-Y., Aichele, S., Schilling, O., Wahl, H-W., & Diehl, M. (2026). Are health and negative affect decoupled in late adulthood? The moderating role of self-perceptions of aging. *Journal of Aging and Health*. <https://doi.org/10.1177/08982643261426726>

Deana Davalos

Rice M, Willoughby-Dudley KA, Lin M, Wang H, Davalos DB.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

psychological, and cognitive factors in high-risk older adults. *Journal of Alzheimer's Disease*. 2026;0(0). doi:[10.1177/13872877261424407](https://doi.org/10.1177/13872877261424407)

Silvia Sara Canetto

McIntosh, J.L., & Canetto, S.S. (2026). Women and men who ended their lives via Oregon's Death with Dignity Act and why: A sex by age analysis of 25 years of physician-assisted suicide patterns and motives. *Aging and Mental Health*. <https://doi.org/10.1080/13607863.2026.2635537>

Guida, C., Canetto, S.S., & Marini, M. (2025). Explicit and implicit beliefs about discrimination on the basis of sex. *Frontiers in Social Psychology*, 3. <https://doi.org/10.3389/frsps.2025.1593847>

We are pleased to welcome you to the 11th International Conference of the Evolutionary Demography Society, to be held at Colorado State University from **June 16–18, 2026**.

The [Evolutionary Demography Society](#) is a scientific organization dedicated to fostering conceptual integration across disciplines concerned with population processes, including human demography, population ecology, and evolutionary biology. Our aim is to advance understanding of how environmental, ecological, and evolutionary forces shape patterns of fertility, mortality, and aging in humans and across the tree of life.

The conference will take place in **Fort Collins, Colorado**. Registration and abstract submission is now open. Here are some key deadlines:

- Final registration deadline: **May 17th, 2026**

For more information, please visit: <https://evodemos11.weebly.com>

For questions, feel free to contact us: EvoDemoS11@gmail.com

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Dr. Lise Aubry,
President of the Evolutionary Demography Society

Community News



Partnership for Age-Friendly Communities would like to share the good news that Kristy Wygmans is the nonprofit's new Executive Director as of May 1st. Kristy has 10+ years of nonprofit leadership, grantmaking support and cross-sector collaboration. Welcome Kristy!

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Live Learning Webinar Series

Free live learning webinars from the Alzheimer's Association offer real-time conversation, information, education and resources on a variety of brain health, dementia and caregiving topics. Register for an upcoming virtual learning program today at <https://www.alz.org/help-support/resources/live-learning-webinars> or call our 24/7 Helpline at **800.272.3900**

Understanding Alzheimer's and Dementia

Thursday, April 16 | 5:00 pm - 6:00 pm MST

The 10 Warning Signs of Alzheimer's

Tuesday, April 21 | 2:00 pm - 3:00 pm MST

ALZ Talks: Scam-Smart Safety for Those Living With Alzheimer's

Thursday, April 30 | 12:00 pm - 1:00 pm MST

Managing Money: A Caregiver's Guide to Finances

Thursday, May 7 | 3:00 pm - 4:00 pm MST

Building Brain-Healthy Habits

Tuesday, May 12 | 5:00 pm - 6:00 pm MST

ALZ Talks: When Down Syndrome and Alzheimer's Intersect

Thursday, May 21 | 12:00 pm - 1:00 pm MST

The Empowered Caregiver: Communicating Effectively

Tuesday, June 2 | 5:00 pm - 6:00 pm MST

The Empowered Caregiver: Responding to Dementia-Related Behaviors

Tuesday, June 9 | 5:00 pm - 6:00 pm MST

Building Brain-Healthy Habits

Tuesday, June 23 | 5:00 pm - 6:00 pm MST





Neighbor to Neighbor Helping Older Homeowners Safely Match with Housemates for a Beneficial Living Arrangement

Neighbor to Neighbor (N2N), a local nonprofit providing a spectrum of housing stability services, is once again recruiting participants for its HomeShare Program in Larimer County. N2N's HomeShare Program is a free, safe, and convenient service designed to connect older homeowners with extra living space to an adult housemate seeking an affordable housing solution in the community. HomeShare goes beyond roommate matching by connecting compatible individuals and thoroughly vetting each applicant through background checks and interviews. Once accepted, potential matches are arranged based on their needs and interests.

HomeShare Benefits:

- Older homeowners with extra living space can secure additional income and/or household help
- Adult renters can achieve affordable housing in their community in exchange for assisting the homeowner
- Participants safely find companionship and create a mutually beneficial housing solution with someone in their community

When both parties agree on their match after meeting, an N2N coordinator helps draft a living agreement, which may include reduced rent in exchange for cooking, cleaning, shopping, or maintenance. Resources to support the match, like budgeting, identity protection, and city mediation services, are also discussed. Interested homeowners can learn more about the program and application process by visiting www.n2n.org/homeshare, calling (970) 372-2005, or emailing n2nhomeshare@n2n.org.



Colorado Falls Coalition

Every year, millions of Americans end up in emergency rooms due to falls—and many struggle to regain their previous quality of life afterward.

Until 2025, Colorado was one of the only states in the nation without an official falls coalition. Now, a new group is stepping up to change that.

Led by Dr. Thomas Johnson from the University of Colorado Anschutz Division of Geriatric Medicine, the newly-formed Colorado Falls Prevention Coalition is bringing together experts and community

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Resources.

We're looking for members to join the Colorado Falls Coalition subcommittees! If you're passionate about falls prevention in older adults, email Jodi Waterhouse at jodi.waterhouse@cuanschutz.edu to learn more about the Falls Coalition and how you can become involved!

Research Studies Currently Enrolling

[The Living Independently in Functional Environments \(LIFE\) Laboratory](#) at Colorado State University is examining how older adults prefer to learn new and advanced technology. Participation in this study is completely voluntary. Individuals who choose to participate will be compensated for their time with a \$25 Amazon gift card.

The purpose is to better understand which teaching methods are most effective for older adults when learning new technology, so that future programs and resources can better support older adults in their use of digital tools, especially for telehealth.

What's involved?

If you choose to take part, you will be asked to complete the following:

- An online brief survey AND
 - 1:1 interview
 - The question will focus on your experiences learning technology, what has helped you most, and what has been challenging.
- Participation will take approximately 45-60 minutes, and your

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

be kept private and confidential. There are no right or wrong answers—only your experiences and opinions.

Who can join?

You must meet all of the following requirements to participate in this research study:

- People aged 50 or older
- People who have basic access to a digital device (e.g., smartphone, tablet, or computer) with internet capability
- Living within the United States and able to communicate and understand English

You will not be eligible to participate if the following apply:

- Have a severe medical or psychological condition that would limit the ability to participate meaningfully

If you are interested or would like more information, please email laura124@colosate.edu or call 719-580-3452.

Subscribe

Past Issues

Translate ▼

SEEKING DEMENTIA CARE PARTNERS

Help us understand **your** experiences!
Participate on **your** schedule



ABOUT THE STUDY:



WHAT ARE WE STUDYING?

Researchers who evaluate communication processes are conducting a study on a letter-writing experience for people who care for someone with dementia. This is a non-invasive, random-assignment, voluntary study.



WHAT'S INVOLVED:

- 2 surveys
- 3 letter-writing sessions

*Additional instructions will be provided.
2-week study, participate on your schedule!*



WHY PARTICIPATE?

- Findings from this study will be used to improve programs and help others understand the caregiving experience!
- Earn an Amazon e-gift card ranging from \$5 to \$50 (depending on your chosen participation level).
- Reflect on and share your experiences.



WHO CAN JOIN:

- You are the primary caregiver for a person living with dementia
- Your care recipient has shown at least two symptoms of dementia in the last 3 years.
 - Symptoms may include: Memory loss that disrupts daily life, Challenges in planning or solving problems, Difficulty completing familiar tasks, Confusion with time or place, Trouble understanding visual images and spatial relationships, New problems with words in speaking or writing, Misplacing things and losing the ability to retrace steps, Decreased or poor judgment, Withdrawal from work or social activities, Changes in mood and personality
- You have regular contact with the person for whom you provide care.
- You currently live in the United States
- You are comfortable reading and speaking English.
- You are 18 years old or older.

Contact us with questions or to join the study!

caregivercommmlab@uconn.edu

Your contact information & identity will be kept confidential



**WRITE LETTERS
TAKE SURVEYS
EARN A GIFT CARD**

UConn
UNIVERSITY OF CONNECTICUT



COLORADO STATE
UNIVERSITY



CROWN
COLLEGE



SHENANDOAH
UNIVERSITY

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Are you a cancer survivor looking for exercise guidance?

CSU researchers would like to learn more about how virtual exercise programs can help to improve health in cancer survivors.



Open to people who:

- Are ages 18 and older
- Have been diagnosed with any type of cancer in past 5 years
- Completed primary treatment
- Exercising less than 150 minutes/week
- Speak/read English

Participants will:

- Complete 3 virtual fitness assessments
- Study questionnaires
- Wear a physical activity monitor for 1 week, at 3 time points
- Take part in one of two groups:
 - Meet 2x a week virtually for live, group-based exercise sessions
 - Watch recorded exercise sessions

This study will take place 100% remotely and all study activities will be completed online. Participants will be compensated for their time.

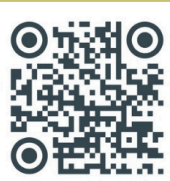
CSU IRB Protocol # 6002

Study Registration

- Scan the QR code
- Learn more about the study
- Register your interest



HEALTH AND EXERCISE SCIENCE
COLORADO STATE UNIVERSITY



Contact Information

Email: surgestudy@colostate.edu

Phone: (970) 491-4653



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

The ARC Study: Aging, Resilience, & Cognition

If you are age 50 or older, you may be eligible to participate in an online research study designed to understand risk factors for Alzheimer's disease and other types of dementia.



Are you eligible?

- Age 50+
- Can speak and read English
- Access to a computer or tablet
- Reliable internet connection

Study requirements

- Questionnaires about health, stress, & discrimination.
- Online cognitive testing
- 2 total hours of participation

Participant benefits

- \$20 Amazon e-gift card
- Brief summary of cognitive test results.

To enroll:



Go to bit.ly/ARCscreening
Or scan the QR code

Study Contact:

arcstudy.uccs@gmail.com
719-445-7270



University of Colorado
Colorado Springs

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Are you 65 or older?

PARTICIPATE IN A COMPENSATED ONLINE
SURVEY TO HELP UNDERSTAND SUICIDE

Qualifications:

- Be 65 or older
- Live in Colorado
- Access to the internet

Participation Involves:

- 30-minute survey
- Provide community and individual views of older-adults, suicide, masculinity, and life satisfaction
- Optional \$10 Amazon e-gift card

Help expand knowledge of older-adult male suicide and improve the design of suicide interventions.



For Questions Contact:

Amber.Winters@colostate.edu
Principal Investigator:
Silvia.Canetto@colostate.edu

To Participate:

Email Amber.Winters@colostate.edu

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Social Prescription for People with Parkinson's Disease

Who is conducting the study and what is this study about?

Researchers from the Occupational Therapy Department at Colorado State University are recruiting participants for a study to assess if occupational therapy led social prescription helps reduce loneliness for people with Parkinson's disease.

Who can join this study?

- Adults with a diagnosis of Parkinson's Disease
- Have participated in at least one exercise class or support group in the last year
- Score in the 'lonely' range on an assessment that will be administered by the research team

Why should I join this study?

To determine the potential benefits of occupational therapy led social prescription for people with Parkinson's disease.

Why will I be asked to do?

You will be asked to participate in a 6-month program that includes two 2-hour assessments, participation in your individualized social prescription, and monthly follow-ups with an occupational therapist or occupational therapy doctoral student.

Compensation

You will be paid \$20 for the total completion of each 2-hour assessment for a total of up to \$40

How do I join this study?

If you want to join this study, contact the PI listed below.

Please contact us for more information

Laura Swink (Principal Investigator)
 Assistant Professor, Department of Occupational Therapy
 Phone: 970-491-7915
 E-mail: Laura.swink@colostate.edu

This is an exciting opportunity to participate in individualized rehabilitation research designed to promote social activities and reduce loneliness for people with Parkinson Disease (PD). The study titled "Social Prescription for Loneliness in Community-based Group Exercise Classes for People with Parkinson Disease" is being led by Dr. Laura Swink through Colorado State University's Department of Occupational Therapy and is funded by the American Occupational Therapy Foundation. You may be eligible to participate if you are an adult, with a diagnosis of PD, have participated in an exercise class or support group in the last year, score in the lonely range on a screening assessment, are fluent in English, do not have a diagnosis of dementia, live in Colorado anywhere from Denver to Northern Colorado, and agree to a 6-month study (see flyer). You could receive two 2-hour in-person assessments, six free monthly 1-hour occupational therapy sessions over the phone focused on

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

rehabilitation research. If you are interested, or would like more information, please contact Dr. Laura Swink at 970-491-7915 or email laura.swink@colostate.edu



COME VOLUNTEER WITH RSVP!

BE THE DIFFERENCE IN YOUR COMMUNITY

BENEFITS

- Building a network of likeminded, service oriented people
- Ability to join events and participate in social gatherings
- Supplemental liability insurance while volunteering

HOW

- Signing up is easy, just contact the RSVP program manager at Volunteers of America
- RSVP volunteers must be 55 years or older, however the RSVP program can still help to place those who are under 55.

THE MISSION

The Retired Senior Volunteer Program (RSVP) works cohesively with Volunteers of America in Larimer County to connect our interested seniors with their skills and backgrounds, to the perfect volunteer opportunity for them.

OPPORTUNITY

- RSVP partners with over 50 community partners, agencies and organizations to bring diverse opportunities to our potential volunteers.
- Some of these include, Hearts and Horses, The Handyperson Program, Good Samaritan, the Senior Centers and many many more

CONTACT

- Bricee Bisgaard RSVP & Volunteer Program Manager
- Email: Bbisgaard@voacolorado.org
- Direct: 970-658-3881

LET'S FIND THE PERFECT VOLUNTEER OPPORTUNITY FOR YOU, TOGETHER!





Canine volunteers needed for two CSU studies on cognitive function in dogs

by Brooke Zarecki, CHA Student Ambassador

Advancements in modern medicine have allowed both humans and canines to live longer. However, a longer lifespan has led to a greater percentage of dogs suffering from cognitive decline. This creates an urgency to find treatments and has led CSU researchers in veterinary medicine to design experiments aimed at reducing the progression of cognitive dysfunction in dogs. Two ongoing trials studying canine cognitive dysfunction are in need of canine volunteers: BioRAD and the TRAC Study.

[Full details on SOURCE.](#)

Interested in helping further this research? Please contact Breonna Kusick or Bridgit Patten, clinical trials research associate, at csuneurotrials@colostate.edu or call (970) 297-4405.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Enrolling Now!

Paid Research Study

Play a series of digital games as part of a research study on brain health. Receive a \$40 gift card per session.



Apply Now

Scan the QR Code, or
Call 888-874-1847



Visit braincheck.com/study for more details and to apply.

BrainCheck

Now recruiting! The Center has launched its Healthy Aging Research Registry.

The registry is comprised of people who want to be contacted about studies on aging and age-related conditions. The information collected in the registry will be stored in a secure database and access to your contact information will be limited to Center for Healthy Aging leaders. CSU researchers who are performing studies that align with your interests will be given your contact information and may contact you to gauge your interest and eligibility in their study. You can then choose whether or not you would like to participate.

Interested?

Join the registry online.

Questions?

CHAResearchRegistry@colostate.edu
970-495-2528

Funding Opportunities

The NIH invited applicants for [Discovery of in vivo Chemical Probes for the Nervous System \(R01 Clinical Trial Not Allowed\)](#). The goal of the grant is to work on development of diagnostic tools using biomarkers. **First application deadline: June 5, 2026. Applications may encompass a project period of up to five years and there is no limit to budget requests.**

The NIA invites applications for [NIA Expanding Research in AD/ADRD \(ERA\) Postbaccalaureate Research Education Program](#) to support the development and implementation of research education programs for recent baccalaureates. **Direct costs of up to \$400,000 per year may be requested and the deadline for a proposal is May 27, 2026.**



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY

[view this email in your browser](#)

Columbine Health Systems Center For Healthy Aging
Colorado State University
151 West Lake Street, Suite 1400, Fort Collins, CO 80523

Sent by healthyaging@colostate.edu

This email was sent to <<[Email Address](#)>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Columbine Health Systems Center for Healthy Aging at CSU · 151 West Lake Street Suite 1400 · 8021 Campus Delivery · Fort Collins, CO 80523-8021 · USA