

February 2026 Newsletter

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

A Note from the Director

Dear colleagues and friends,

This issue of our newsletter offers a powerful snapshot of what healthy aging looks like in action at Colorado State University and beyond. Inside, you will find stories of discovery, collaboration, and community impact that reflect the depth and momentum of our collective work.

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partnerships and translational programs, these pages highlight how our Center brings ideas to life. They showcase what happens when diverse disciplines come together around a shared commitment to improving health, function, and quality of life across the lifespan.

At the Center for Healthy Aging, we believe that advancing longevity requires more than excellent science. It requires listening to communities, training the next generation, and building bridges between research and practice. This issue reflects that philosophy through initiatives such as Moving Through Parkinson's, new cross-campus collaborations, and growing opportunities for engagement.

I am especially proud of the way our affiliates, students, staff, and partners continue to lead with creativity, rigor, and purpose. Their work reminds us that healthy aging is not confined to any single field. It emerges at the intersection of biology, behavior, design, policy, veterinary medicine, and lived experience.

Our progress is grounded in generosity, curiosity, and a shared belief that science should serve people and communities. Whether you are mentoring students, launching new projects, contributing to outreach, or strengthening partnerships, you are helping shape a future in which longer lives are healthier, more connected, and more meaningful.

Thank you for being part of this vibrant and committed community. I hope this issue leaves you informed, inspired, and energized for the work ahead.

Warmly,



Nicole Ehrhart, V.M.D., M.S., DACVS

Director, Columbine Health Systems Center for Healthy Aging

Aging News

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*Manfred Diehl featured
in new e-book on
aging, psychology*

via *The SOURCE*

[read more >>](#)



*'Keeps your mind
alert': older Swedes
reap the benefits of
learning for pleasure*

via *The Guardian*

[read more >>](#)



*ER gets out of shape
with ageing*

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, February 18, 2026
 - Wednesday, March 18, 2026

Wednesday, May 20, 2020

News from the Center

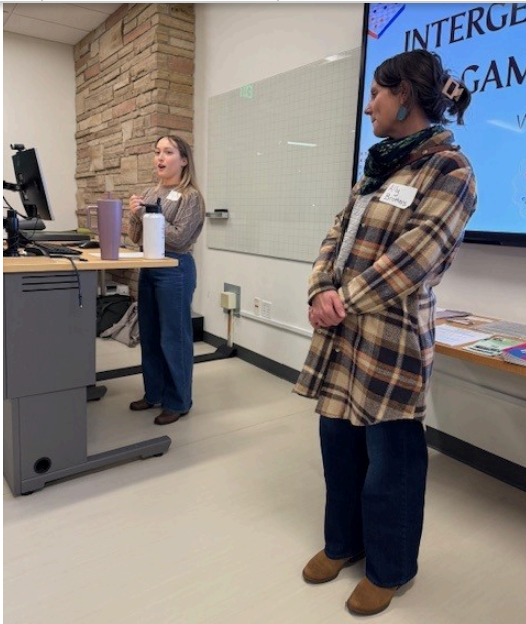


Congratulations to CSU's Healthy Aging Club who hosted a wildly successful Intergenerational Game Night last November here at the Center for Healthy Aging!

The event attracted a wide variety of community members and students of varying ages to play board games and foster community and connection. With a multitude of games (generously loaned by the PAFC Toy and Game Library and donated by the Larimer County Office on Aging provided, attendees were able to play different games with different groups and meet various members of the Healthy Aging Club. It was a night of laughter and smiles!

The club is looking forward to planning the next game night for this spring. Could you also add that the Larimer County Office on Aging generously donated 6 brand new board games to the club for future activities?



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Parking Update

Planning to come to the Center soon? Make sure you bring your license plate number!

The Health and Medical Center has implemented a new parking system to help alleviate parking concerns. We will now register license plate numbers for anyone attending the Center for classes or studies. Just bring your number to the suite front desk or to Ali to get it registered! The system updates automatically so there's no need to return to your car with a slip.

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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

New Faculty Affiliate Publications!

Grace Borlee and Niccole Nelson

Mehaffy C., Simpson E., Phan K., Nelson N.A., Birmingham D.J., Borlee G.I., (2025). Science across generations: establishing best practices for intergenerational learning in course-based undergraduate research experiences (CUREs). *Journal of Microbiology & Biology Education*, <https://doi.org/10.1128/jmbe.00215-25>

Stephen Aichele

Gerstorf, D., Aichele, S., Lindenberger, U., Rabbitt, P., & Ghisletta, P., (2025). Little to no evidence for historical improvements in verbal learning among older adults. *Psychology and Aging*, 40(6), 669-684. <https://doi.org/10.1037/pag0000904>

Ghisletta, P., Aichele, S., Gerstorf, D., Lindenberger, U., Carollo, A., (2025). Verbal Fluency Selectively Predicts Survival in Old and Very

[Subscribe](#)[Past Issues](#)[Translate ▼](#)DOI: <https://doi.org/10.1177/09307970241311923>**Neha Lodha**

Delmas S, Tiwari A, Poisson SN, Diehl M, Lodha N., (2025). Predicting cognitive status in stroke survivors from driving performance.

Diagnosis, Assessment, & Disease

Monitoring, <https://doi.org/10.1002/dad2.70183>



Optimizing Muscle Mass while Aging
Zoom Webinar
Tuesday, February 17
12:00-12:30 p.m. MST

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WEBINAR SERIES

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<https://col.st/55X9Y>

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EXTENSION

 FOOD SCIENCE AND
HUMAN NUTRITION
COLORADO STATE UNIVERSITY



[Register here](https://col.st/55X9Y)

News from Moving Through Parkinson's (MTP)

Moving Through Parkinson's is going strong! We're seeing increased participation and involvement, exciting new partnerships, and growing support for sharing our story with a wider audience.

This fall, we were fortunate to receive several invitations to collaborate and partner in research, expand our offerings at CHA, and respond to interest and requests for additional programming in

In response, we've just submitted two ambitious proposals.

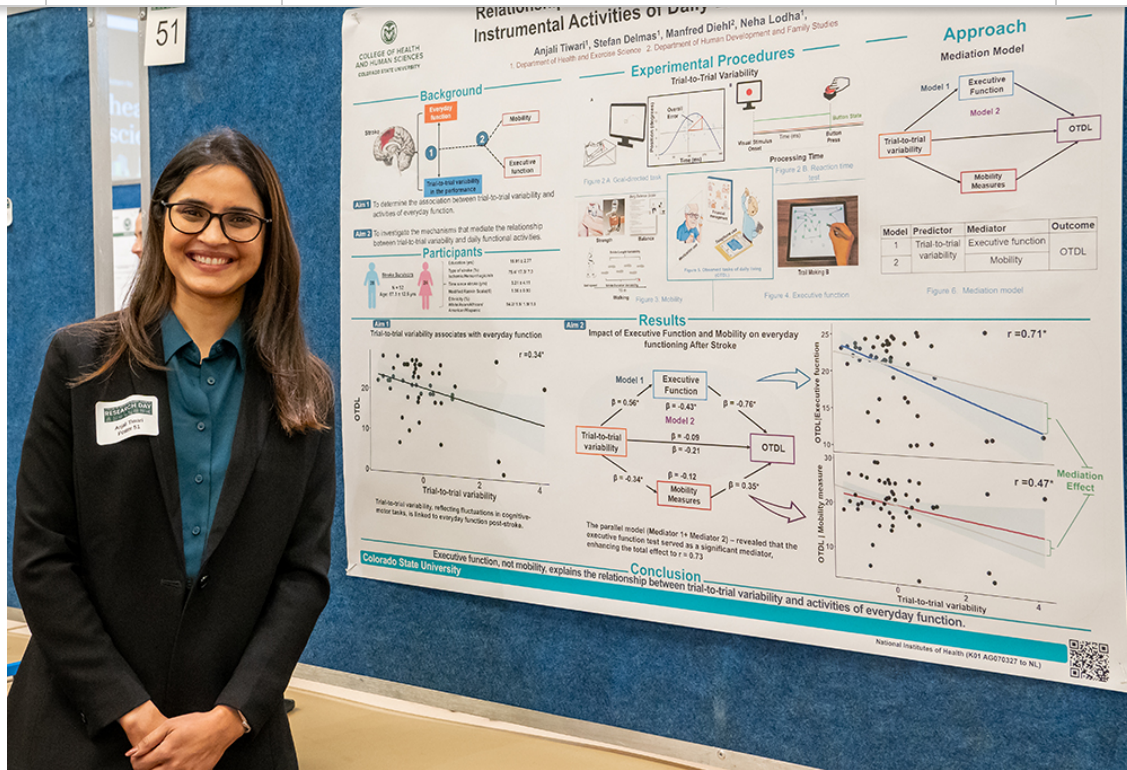
The first is to **The Parkinson's Foundation Community Grants**, requesting support to expand local programming and extend classes into rural communities. We also hope to develop a more robust, dynamic, and engaging online platform that better meets the needs and interests of our participants.

The second proposal is to the **NeuroArts Blueprint**, led by vocalist and artist Renée Fleming. In partnership with the CSU Music Therapy Program, we are seeking support for a mixed-methods research study exploring the effects of live and recorded music on participants' movement and lived experience in a dance class for individuals with Parkinson's disease. This work is inspired by our ongoing collaboration with the Music Therapy program, which places students in our classes for practicum experiences. The live, in-the-moment music is responsive to movement goals and abilities, deeply inspiring, and reinforces the intent of our sessions: that people belong in these spaces, can sense their movement challenges in new ways, and can celebrate community together.

Coming up later in February, in partnership with **CU Anschutz**, we will be applying for a **CCTSI Pilot Grant** to study how the Moving Through Parkinson's program and protocol affect the management of symptoms for individuals with Parkinson's disease, multiple sclerosis, and dementia—both in the moment and over time.

And last but not least, we are thrilled to share news of our upcoming **MTP film**. Here is a link to our [trailer](#), offering a sneak peek into the magic that happens in the room. We extend heartfelt thanks to our local supporters for making this possible, to our filmmaker **Charlie Theobald** for his vision and sensitivity in telling our story, and—most importantly—to the people who come to class, for their resilience, bravery, and commitment to one another and to their collective community.

[We invite you to stop by a class anytime and MOVE with us!](#)



Congratulations to Ph.D. student Anjali Tiwari for her recent award of a prestigious two-year predoctoral fellowship with the American Heart Association to conduct her work, “*Investigating behavioral fluctuation to predict vascular cognitive decline in subacute stroke survivors.*”. She works with Dr. Neha Lodha to measure cognitive and motor impairments with the goal to improve independence and quality of life for older adults and individuals with neurological conditions.

The Translational Neurological Lab at Colorado State University is offering a **free 8-week adaptive yoga and education program** for individuals with **brain injury** this Spring in Fort Collins.

Fort Collins Program:

- February 18th - Apr 16th, 2026
- Wednesday OR Thursdays 4–6 PM
- Once a week for 8 weeks

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Additionally, the lab is offering free brain injury screenings for anyone in the community.

Interested in the free programs, screenings, or receiving updates about future programs and research opportunities? Complete the [Interest Survey](https://redcap.link/TNL) (<https://redcap.link/TNL>) or contact the lab at TransNeuroLab@colostate.edu

CENTRE FOR AGEING STUDIES

SPECIAL SEMINAR SERIES

UNIVERSITY OF GHANA



TOPIC: A MASCULINITY-SCRIPT PERSPECTIVE ON OLDER ADULT MEN'S VULNERABILITY TO SUICIDE

PROF. SILVIA SARA CANETTO
DEPARTMENT OF PSYCHOLOGY
COLORADO STATE UNIVERSITY (CSU)

 **15 / 01 / 2026**
 **3:30 PM**
 **CFAS LECTURE ROOM (KOFI DRA BUILDING)**

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Studies, University of Ghana, Accra. The lecture was broadcasted live to University of Ghana's international partners.

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

Looking forward to welcoming many of you!

Dr. Lise Aubry,
President of the Evolutionary Demography Society

In the November 2025 [Gerontology News](#) issue, CHA faculty affiliate, Christine Fruhauf, is co-author on an article (featured on page 11). This article showcases work conducted in 2025 and led by the Academy for Gerontology in Higher Education.

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about CCA's free membership for undergraduate students.

Community News



Lunch and Learn Normal Aging v. Dementia

Thursday, March 5, 2026

Noon - 1:00 pm

Presented by:

Angel Hoffman, MA

Director of Community Engagement for
Northern Colorado

Alzheimer's Association, Colorado Chapter



Join us virtually and learn about normal aging vs. dementia, the latest in Alzheimer's research and the results from the recent U.S. Pointer study highlighting how lifestyle choices can help reduce risk for developing dementia. No cost.

Email info@pafclarimer.org for Zoom link

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Participate in the Virtual Dementia Tour®, an evidence based immersive experience that quickly builds empathy and understanding of what it may feel like to be living with dementia.

Take part in a guided sensory experience followed by expert led debriefing and discussion. Gain insights on successful care approaches and connection to local resources.

FREE COMMUNITY EVENT REGISTRATION REQUIRED

Capacity is limited. To register, call UCHealth Aspen Club.

970.495.8565

Aspen Club

A program of UCHealth.



Online registration: Scan the QR code, type "dementia" in the event search field, click your preferred 2-hour time and date option. uchealth.org/events

CompassionateCare Dementia Training

*Building confidence and connection
for greater success in dementia care*



www.cahec.org/dementiacaretraining

Dementia Tour



April 17 & 18

**Fri. 10-noon, or 2-4 p.m.,
or Sat. 10-noon**

**Alzheimer's Association
2685 Rocky Mtn. Way, Ste. 265
Loveland, CO**

uchealth

Presented by Centennial Area Health Education Center (CAHEC) Compassionate Care Dementia Training, in partnership with the Aspen Club. Financial support provided by UCHealth.



Accommodations provided by the Alzheimer's Association.

QUESTIONS CONTACT

Wendy Abbott
wendy@cahec.org Lynda
McCullough
lynda.mccullough@uchealth.org



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

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If 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.

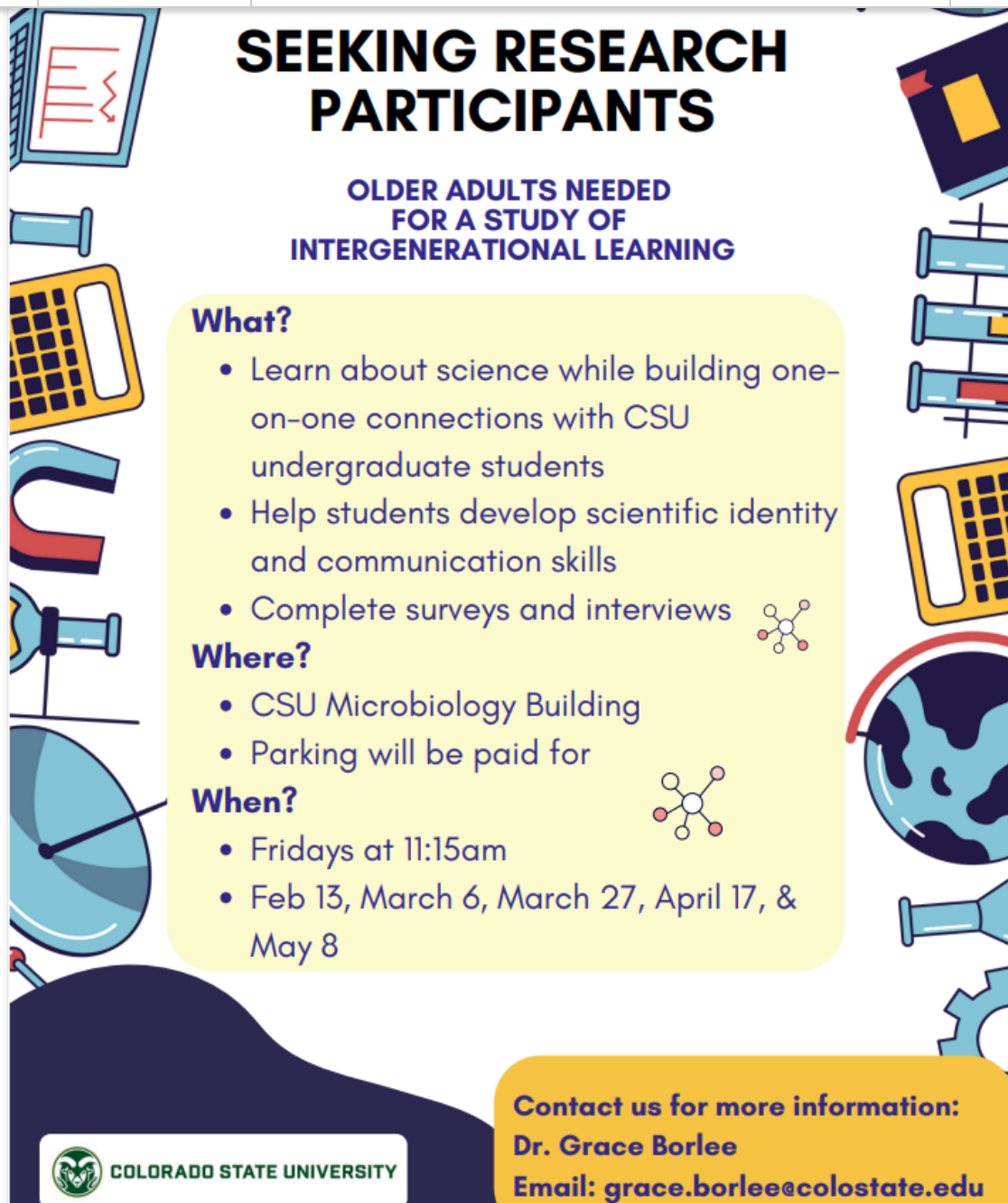
Led by Dr. Thomas Johnson from the University of Colorado Anschutz Division of Geriatric Medicine, the newly-formed Colorado Falls Prevention Coalition is bringing together experts and community

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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

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SEEKING RESEARCH PARTICIPANTS

OLDER ADULTS NEEDED FOR A STUDY OF INTERGENERATIONAL LEARNING

What?

- Learn about science while building one-on-one connections with CSU undergraduate students
- Help students develop scientific identity and communication skills
- Complete surveys and interviews

Where?

- CSU Microbiology Building
- Parking will be paid for

When?

- Fridays at 11:15am
- Feb 13, March 6, March 27, April 17, & May 8

Contact us for more information:
Dr. Grace Borlee
Email: grace.borlee@colostate.edu



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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

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 participation is completely voluntary. All information you share will 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.

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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**

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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



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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

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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

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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

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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.

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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 Association for Frontotemporal Degeneration invites letters of intent for the [2026 FTD Diagnostic Biomarkers Initiative Grants](#). The goal of the grant is to work on development of diagnostic tools using biomarkers. **Letter of intent deadline: March 5, 2026. Applications may encompass a project period of up to two years with a budget between \$250,000 and \$700,000.**

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.**



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Center for Healthy Aging
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Columbine Health Systems Center For Healthy Aging

Colorado State University

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