

November 2025 Newsletter

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

A Note from the Director

Dear colleagues and friends,

This issue is dedicated to the outstanding Colorado State University faculty affiliates who advance the Center for Healthy Aging's mission university-wide. The Center's impact is thanks to you — the researchers, educators, and clinicians who see aging as a challenge that spans every discipline and an opportunity to create real impact through collaboration.

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offering seed funding for new ideas, connecting teams across departments and colleges, assisting with complex proposal development, and translating findings into programs that serve our communities. Whether your work focuses on molecular biology, movement science, behavioral health, design, or veterinary medicine, the CHA is here to help you amplify your work.

This past year, we've seen how that model pays off — with new NIH submissions, cross-college initiatives, and translational studies that make healthy aging a reality. Each success reflects our shared commitment to advancing research that improves lives, not in isolation, but together.

As we enter this season of gratitude, I want to thank you for your engagement, your curiosity, and your collaboration. You are what makes this Center thrive. I wish you and your loved ones a happy, restful Thanksgiving filled with connection and purpose.

Warmly,



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

Director, Columbine Health Systems Center for Healthy Aging

Aging News

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These scientists found Alzheimer's in their genes. Here's what they did next

via *NPR*

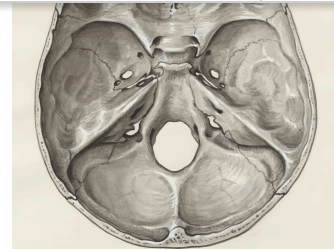
[read more >>](#)



Can bowhead whales with their 200-year lifespan help us to slow ageing?

via *The Guardian*

[read more >>](#)



Cerebrospinal fluid proteomic signatures in cognitively normal individuals identify distinct clusters linked to neurodegeneration

via *Nature*

[read more >>](#)

Center Events

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Hosted by Colorado State University
Healthy Aging Club

Wed. Nov. 12, 2025
5-7:00 pm

All ages are welcome for an
evening of games, food,
and great conversations!

Location

CSU Columbine Health Systems
Center for Healthy Aging
151 W Lake Street, Suite 1400
Fort Collins, CO 80523
Room 1418

Parking in lot next to building.
Room 1418 is on the ground level.

Please register:



<https://col.st/v0lh9>



Questions?
Please email Reece Abbott at
csugerontologyclub@gmail.com
or call/text at
970-999-2899



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](tel: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 [9am-12pm](#).
 - Wednesday, November 19, 2025
 - Wednesday, December 17, 2025
 - Wednesday, January 21, 2026 from [1pm - 4pm](#)
 - Wednesday, February 18, 2026 from [1pm - 4pm](#)
- **Am I ready for a Hip or Knee Replacement?** will be held in Room 1418 at the Center for Healthy Aging from 10-11:30 am on Wednesday, December 10, 2025. Dr. Michael McHugh will focus on arthritis in the hip and knee, symptoms, non-operative and operative treatment options. He will also touch on optimizing joint health and bone density.

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held in Room 1410 at the Center for Healthy Aging from 2-3:00 pm on Friday, January 9, 2026. We will discuss the physiology of weight loss. How our modern society has affected genetics and its impact on metabolism. Why these changes have limited the success of typical diets. We will discuss new concepts in weight loss and how they are being converted to therapies. New drug and surgery for weight loss.

Tech Skills for Older Adults

Fall 2025

Tech Skills for Older Adults will be returning this fall!

Stay tuned for more information!

ENROLL NOW

More info at:
col.st/18TgD

Fridays 9/26-12/15
10:30 a.m.-12:30 p.m.
CSU's Center for Healthy Aging
151 W. Lake St., Suite 1400, Fort Collins



News from the Center



Congratulations to Kate Williams for successfully completing her doctoral research on mechanosensitive extracellular vesicles (EVs) under the mentorship of Center for Healthy Aging Director, Nicole Ehrhart, and Associate Director and Professor, Karyn Hamilton. Her research ended up providing far-reaching implications for aging, muscle repair, and regenerative medicine.

Kate's work explored how mechanical forces influence the regenerative potential of EVs—tiny biological messengers naturally released by cells that carry molecular cargo such as microRNAs. Her research demonstrated that gentle, sustained mechanical strain can enhance the cargo and function of EVs, enabling them to more effectively stimulate muscle regeneration in aged tissue. This discovery opens the door to novel, cell-free therapeutic strategies that could one day restore muscle strength and resilience in older adults and individuals recovering from injury or surgery.

Kate's work also leveraged the unique comparative research

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animals can directly inform human health and aging interventions.

Kate's work was supported through a generous donation by the Jimmerson family. If you are interested in sponsoring research, contact [CSU Advancement](#).

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

New Faculty Affiliate Publications!

Manfred Diehl

Diehl, M., Tseng, H.-Y., Rebok, G. W., Li, K., Nehrkorn-Bailey, A. M., Rodriguez, D., Chen, D., & Roth, D. L. (2025). Testing the purported mechanisms of the AgingPLUS intervention: Effects on physical activity outcomes. *Psychology and Aging*, 40(4), 355-370.

<https://doi.org/10.1037/pag0000893>

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Katray, D., Northey, J. M., Pyfer, D. J., Bialak, A. A. M., Anstey, K. J., & Cherbuin, N. (2025). The combination of physical activity and cognitive games is associated with better cognitive performance and gray matter volume in older adults. *International Journal of Geriatric Psychiatry*, 40(7), 40:e70121. <https://doi.org/10.1002/gps.70121>

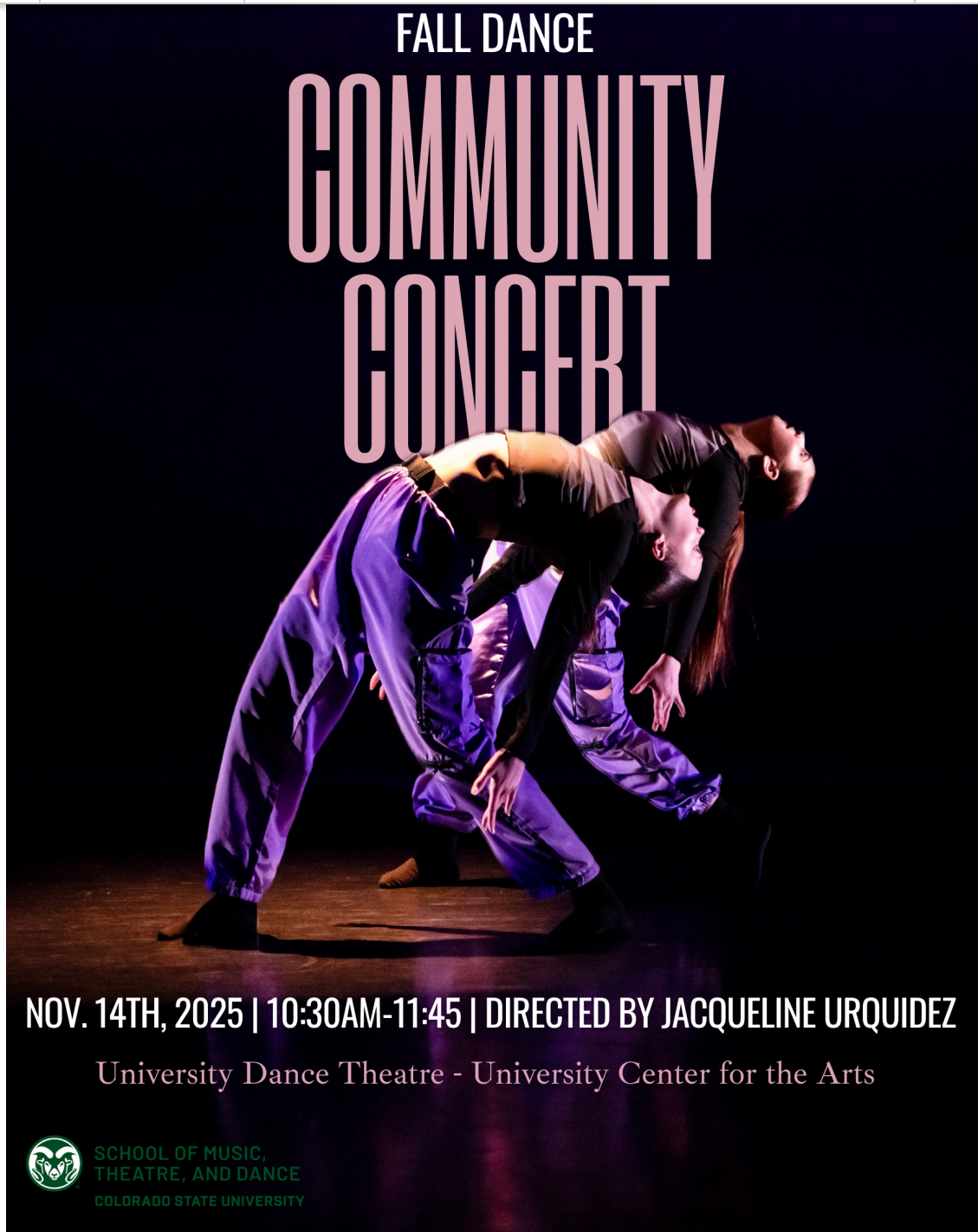
Tianjian Zhou

Zhou, T., Graham, J.E., Davalos-DeLosh, D., Maulik, A.K., Edelstein, J., Hoffman, A.L., Wang, H., & Davalos, D. (2025). Prediction tool for discharge disposition and 30-day readmission using electronic health records among patients hospitalized for traumatic brain injury. *Frontiers in Neurology*. <https://doi.org/10.3389/fneur.2025.1581176>

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FALL DANCE
COMMUNITY
CONCERT

NOV. 14TH, 2025 | 10:30AM-11:45 | DIRECTED BY JACQUELINE URQUIDEZ

University Dance Theatre - University Center for the Arts

 SCHOOL OF MUSIC,
THEATRE, AND DANCE
COLORADO STATE UNIVERSITY

Community News



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.



[Subscribe](#)[Past Issues](#)[Translate ▼](#)**November 2025**

Dementia Related Behaviors
Thursday, November 6, 1:00-2:00 p.m.
The Chilson Senior Center
700 E. 4th St. Loveland

The Warning Signs
Saturday, November 8, 10:00-11 a.m.
Mountain View Church
6253 W. 28th St. Greeley

Understanding Alzheimer's and Dementia
Monday, November 10, 2:00-3:00 p.m.
The Loveland Library (Aspen Club event)
300 N. Adams, Loveland

Dementia Related Behaviors
Thursday, November 13, 1:00-2:00 p.m.
Ft. Collins Senior Center
1200 Raintree Dr., Ft. Collins

Understanding Alzheimer's and Dementia
Friday, November 14, 1:00-2:00 p.m.
UCHealth Harmony Campus, (Aspen Club)
Bldg. A, 3rd Floor Conf. Rm., Ft. Collins

The Empowered Caregiver
Tuesday, November 18, 1:30-2:30 p.m.
CSU Office of Engagement
302 Main St. Sterling

Visit alz.org/CRF to explore additional education programs in your area.

 **ALZHEIMER'S[®]**
ASSOCIATION
Colorado Chapter

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Support Groups for Care Partners

caring for those living with dementia

Fort Collins SPECIAL Approach (virtual) | 1st, 3rd, 4th Wednesday | 10:00 - 11:30 am

Fort Collins (in person) | Every Thursday | 10:00 - 11:00 am
Elderhaus | 6813 S. College Ave., Ft. Collins

Loveland (hybrid) | 1st & 3rd Thursday | 2:00 - 3:30 pm
First Christian Church | 2000 N. Lincoln Ave., Loveland

Ft. Collins (in person) | 1st & 3rd Thursday | 1:00 - 2:30 pm
Congregation Har Shalom | 725 W. Drake Rd., Fort Collins

Fort Collins Men's Caregiver Support Group (in person) | 1st & 3rd Friday | 12:00 - 1:30 pm
Pathways Hospice | 305 Carpenter Rd., Fort Collins

Longmont (in person) | 2nd Tuesday | 12:00 - 1:30 pm
Longmont Senior Center | 910 Longs Peak Ave., Longmont

Loveland (in person) | 2nd & 4th Tuesday | 3:00 - 4:00 pm
Loveland Good Samaritan Village | 2101 S. Garfield Ave., Loveland

Estes Park (in person) | 2nd & 4th Tuesday | 9:30 - 10:45 am
Good Samaritan Village | 1901 Ptarmigan Trail., Estes Park

Fort Collins SPECIAL Approach (in person) | 2nd Wednesday | 10:00 - 11:30 am
Timberline Church | 2908 S. Timberline Rd., Fort Collins

Fort Collins (in person) | 2nd Saturday | 10:00 - 11:00 am
Spring Creek Office Park | 2001 S. Shields, Suite G, Ft. Collins

Sandwich Generation Caregiver Group (hybrid) | 4th Saturday | 10:00 - 11:30 am
A support group for those raising children and caring for an elder with dementia
Alzheimer's Harmony Library | 4616 S. Shields St., Fort Collins

ALZHEIMER'S  **ASSOCIATION®**

Research Studies Currently Enrolling

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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

**AmeriCorps**
Seniors

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.

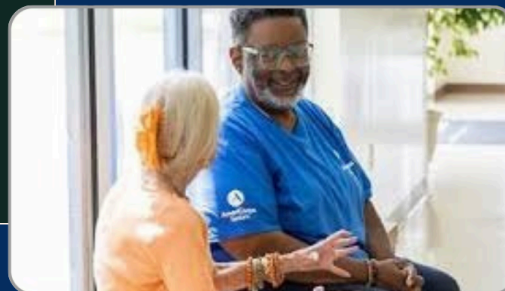
OPPORTUNITY

- 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!



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Activity Research Study

Are you a cancer survivor looking to maintain a physical activity routine?

The goal of this study is to examine the effects of a physical activity maintenance intervention on physical activity levels after completing a community-based exercise oncology program.

You may be eligible if:

- ✓ You have been diagnosed with any type of cancer.
- ✓ You have completed primary cancer treatment within the past 5 years.
- ✓ You are not currently exercising regularly.

3 Easy Steps to Participate



Step 1: Register your interest on the study website [here](#).

Step 2: Complete the eligibility screening questionnaire that will be sent to the email address that you registered with.

Step 3: If you are eligible, you will be contacted by the study coordinator with next steps.

Scan the QR
Code to Enroll



SPAACES

Sustaining Physical Activity After Cancer Exercise Sessions

CSU IRB Protocol #4973

For questions please reach out to: spacestudy@colostate.edu | (970) 491-4653

Associate Professor [Heather Leach](#) is actively recruiting for a research study titled SPAACES (Sustaining Physical Activity After Cancer Exercise Sessions), which aims to examine the effects of a physical activity maintenance program for cancer survivors. This study is conducted in collaboration with the Department of Health and Exercise Science's [Fit Cancer program](#), a virtual exercise program for cancer survivors.

The research will involve the following virtual components:

- Physical activity assessments
- Questionnaires

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Participants will be compensated for their time, and the cost of the Fit Cancer program will be waived for eligible study participants. Leach is seeking individuals who have completed primary treatment within the past five years and are currently not physically active. Those interested in participating can find more information and register their interest on the study website: [SPAACES Study Enrollment](#).



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 Coins for Alzheimer's Research Trust invites letters of intent for the [CART Grant](#). The goal of CART is to encourage exploratory and developmental AD research projects within the United States by providing support for the early and conceptual plans of those projects that may not yet be supported by extensive preliminary data, but have the potential to substantially advance biomedical research. **Letter of intent deadline: December 5, 2025. Applications may encompass a project period of up to two years with a combined budget for direct costs up to \$500,000.**



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY



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