

May 2025 Newsletter

A Note from the Director

Dear colleagues and friends,

As summer approaches, I find myself reflecting with immense pride on the incredible momentum and growing impact of the Columbine Health Systems Center for Healthy Aging.

This year has been a powerful affirmation of our mission: to advance cutting-edge science that enhances healthspan and transforms how we understand and approach aging. Our faculty and affiliates continue to lead pioneering research in areas ranging from cognitive resilience and physical function to translational models of aging and longevity therapeutics. Their work is not only shaping the scientific discourse but also informing real-world solutions for aging individuals—both human and canine.

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honor of representing our Center at major scientific meetings across North America—sharing our work in keynote presentations focused on the intersection of veterinary medicine, aging biology, and regenerative medicine. These invitations speak not only to the strength of our individual programs, but to the growing influence of our Center as a leader in aging research.

We were also thrilled to host Dr. Katee Creevy from the Dog Aging Project, whose visit catalyzed new collaborative opportunities and reminded us of the unique power of cross-species research to accelerate discovery.

As we look to the months ahead, I remain energized by the innovation, collaboration, and dedication that define our team. Thank you to our faculty, students, staff, and supporters for your continued passion and commitment to improving lives through science.

Wishing you all a wonderful and restorative summer.

Warmest regards,



Nicole Ehrhart

Aging News



into cell function, gene expression

via CSU's SOURCE

[read more >>](#)

'shatter the limits' on ageing

via *The Guardian*

[read more >>](#)

*inter-individual
heterogeneity during
infection and
vaccination*

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](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, May 21, 2025
 - Wednesday, June 18, 2025
 - Wednesday, July 16, 2025
 - Wednesday, August 20, 2025
- **Mind Over Matter: Healthy Bowels, Healthy Bladder** will be a 3-part series held in Room 1418 at the Center for Healthy Aging from 10am-12pm on Tuesday, April 22th, May 6th, and May 20th.

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take control of bladder and bowel leakage problems.

- **Cultivating Connection** will be Monday, June 2nd from 1:30-3 in Room 1418 at the Center for Healthy Aging. It will share tools to help you build deeper connections and foster a change in our social culture. This class will foster an atmosphere where everyone feels valued and respected and we invite you to participate and share your own ideas and experiences about connection in this class.
- **Aiming High as Conscious Elders: The Difference Between Growing Whole and Growing Old** will be held in Room 1418 from 1:30-3pm on Tuesday, August 5th. We all know the challenges of aging. But most of us are unaware of the opportunities for growth, fulfillment, service and strengthening our legacy that can be ours in our later chapters. With Ron Pevny, author of “Conscious Living, Conscious Aging: Claiming the Gifts of Elderhood,” we will explore purpose and meaning, the power of our beliefs about aging, the necessity for Community, the urgent need for our elder gifts in today’s world, and various practices that can help us release the past and choose to aim high as we move forward into a new life chapter of wholeness – into a conscious elderhood.

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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


Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY


OLLI
COLORADO STATE UNIVERSITY



**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

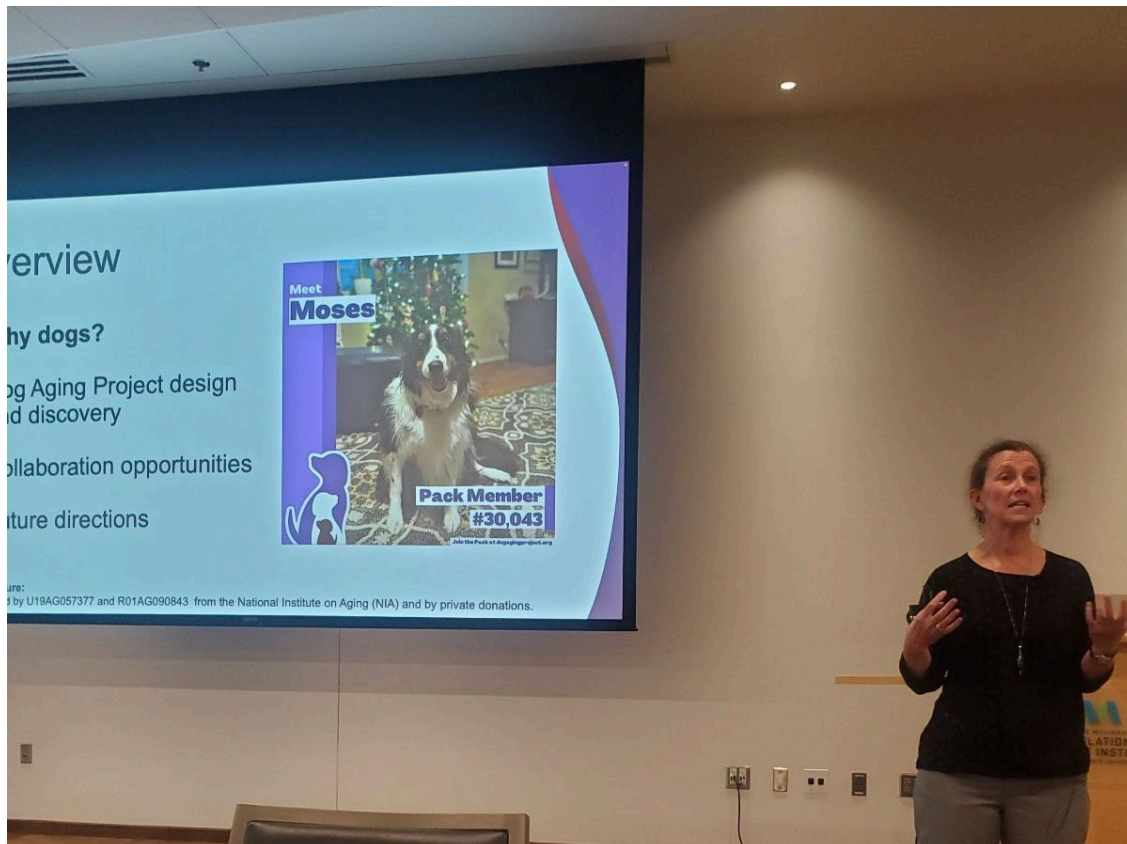
News from the Center

Post-Event Highlight

Colorado State University for an engaging talk on what our beloved pet dogs can teach us about human aging. Dr. Creevy, a Professor at Texas A&M's College of Veterinary Medicine & Biomedical Sciences and Chief Veterinary Officer of the Dog Aging Project, specializes in longitudinal studies of canine aging and small animal infectious disease.

During her visit to Fort Collins, Dr. Creevy connected with CSU researchers who share her research interests and opened the way for some potential research collaborations. Her visit culminated in a compelling lecture at the Translational Medicine Institute titled *The Dog Aging Project: Translational Discovery with 50,000 Companion Dogs*. In it, she delved into the goals of the Dog Aging Project and how its data could shape the future of translational medicine.

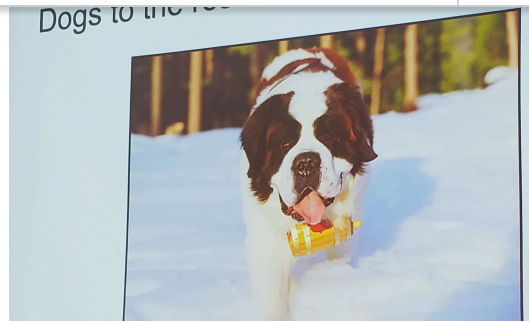
Missed the talk? Don't worry — the recording will be available soon! Stay tuned!





Dog Aging Project

Longer, healthier lives. Together.



Engagements Abound

This year has been nothing short of extraordinary for our director, Dr. Nicole Ehrhart, as she's taken the stage at major professional medical conferences across North America.

In January, she kicked off the year in Orlando at the Veterinary Meeting and Expo, where she participated in several high-profile panels and talks, including:

- *Geroprotective Agents in Dogs and Longevity: What's Coming in Veterinary Medicine*
- *COVID-19 in Nursing Homes: How Veterinary Medicine Helped Turn the Titanic*
- *Next Gen Regenerative Medicine*
- *Lumps, Bumps, and Biopsy: A Practical Approach to the Cancer Patient*

In March, she brought her insights to the Western Veterinary Conference in Las Vegas, delivering her thought-provoking talk, *Great Danes and Granddads: How Man's Best Friend is Helping Us Turn Back the Clock*.

April and May saw Dr. Ehrhart in two prestigious keynote roles: first at the Veterinary Society of Surgical Oncology conference in Banff, and then at the American College of Veterinary Sports Medicine and Rehabilitation's virtual conference. There, she presented *Great Danes*,

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reputation in the intersection of veterinary medicine and aging science

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:](#)

PODCAST FEEDBACK FORM

1. Your response will help our host plan future episodes.

Faculty News

New Faculty Affiliate Publications!

Ray Miller

An, T., Chin, S., Miller, R. (2025). Growing old in rural America:

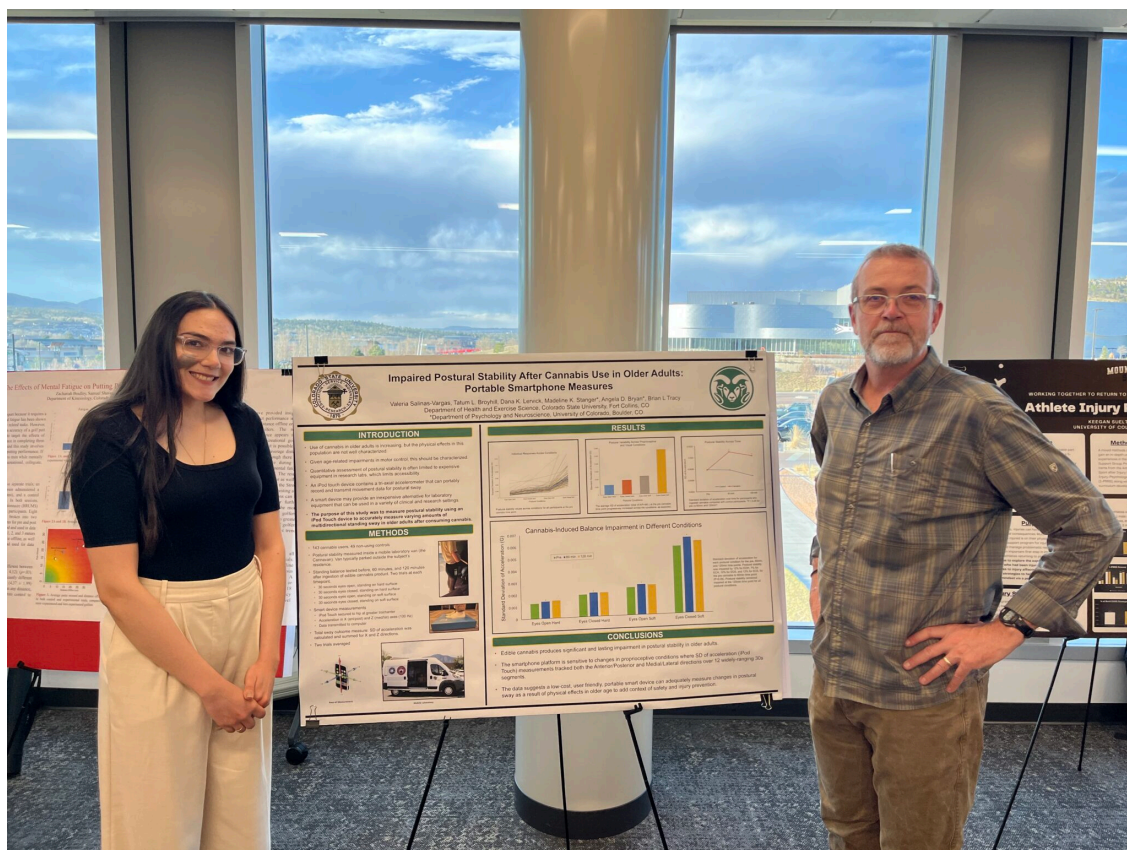
Economics of Aging. <https://doi.org/10.1016/j.jeoa.2023.100300>

Stephen Aichele

Gerstorff, D., Aichele, S., Lindenberger, U., Rabbitt, P., & Ghisletta, P. (In Press). Little to no evidence for historical improvements in verbal learning among older adults. *Psychology and Aging*.

Ghisletta, P., Aichele, S., Gerstorff, D., Carollo, A., & Lindenberger, U. (2025). Verbal fluency predicts survival across 18 years in the Berlin Aging Study. *Psychological Science*.

<https://doi.org/10.1177/09567976241311923>



Congratulations to Brian Tracy's Neuromuscular Functional Laboratory student, Valeria Salinas-Vargas, for winning College Honors at the Celebrate Undergraduate Research & Creativity (CURC) Showcase!

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Research Studies Currently Enrolling

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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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Volunteers needed for a research study



ARE YOU RESPONSIBLE FOR **LOOKING AFTER A FRIEND OR FAMILY MEMBER WITH DEMENTIA?**



WHO ARE WE

The Department of Psychology is conducting research aimed at identifying methods to help people learn about Alzheimer's Disease, dementia, and care. We hope to discover how to best support people who are helping a relative or friend who is living with Alzheimer's Disease or a Related Dementia.

REQUIREMENTS

- 🕒 Be a caretaker for a family or friend with dementia
- 🗣️ Read and speak English
- 📍 Participate online or in-person in Winton Scott Hall at Texas Christian University.
- 👴 Be 18 years old or older.

WHAT WILL YOU DO?

You will learn about the symptoms and treatment of dementia in a session that lasts approximately 2.5 hours. your choice (e.g. In a follow-up session that will last approximately 1 hour, you will answer questions about dementia, and you will complete surveys about your experience.

COMPENSATION

You will be awarded a \$70 gift card to a business of Amazon, Target, Walmart, Kroger) for completing both sessions.

INTERESTED?

Please use the QR code below to complete a screening survey,



or you can contact the dementia knowledge research team at the Memory and Aging Laboratory at memorylab@tcu.edu or 817-257-4295 for details.

Texas Christian University

TCU does not discriminate based upon any protected status. Please see <http://www.tcu.edu/notice-of-nondiscrimination.asp>

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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

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 Department of Defense invites applications for the funding opportunity [FY25 Alzheimer's Research Program \(AZRP\): Transforming Care, Transforming Diagnosis, Transforming Research](#). These three awards aims to look at Alzheimer's and improve what we know about it, how we diagnose it, and how we care for those with it. **Pre-proposal deadline: June 12th, 2025. Budget depends on award chosen, ranging from \$1 million to \$1.9 million.**

The American Music Therapy Association invites applications for the [2025 Arthur Flagler Fultz Award Application](#). This NOFO is designed to encourage new and innovative approaches to music therapy treatments as well as fund research looking at the benefits of music therapy. **Application deadline: May 31st. Grants award between \$2000 and \$20,000.**

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Center for Healthy Aging
COLORADO STATE UNIVERSITY



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