

February 2025 Newsletter

A Note from the Director

Dear colleagues and friends,

As we step forward into wintery February, I am excited to share another edition of our Center for Healthy Aging newsletter, filled with insightful research, upcoming events, and opportunities to engage with our growing community. At the Center, we are passionate about exploring new ways to promote longevity, healthspan, and well-being through science, education, and community outreach.

This month, our featured articles highlight groundbreaking research on cognitive health and aging, including a CSU-led study identifying key contributors to cognitive decline and new insights into how omega-3s may support healthy aging. We also share updates on

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Beyond research, we are thrilled to offer a variety of events designed to empower individuals in their own aging journeys. From stress management and self-compassion classes for caregivers to balance screenings and hypertension control programs, we invite you to take advantage of these resources and engage with our expert faculty and community partners. Our ongoing webinars and faculty-led discussions provide valuable insights into intergenerational connections, advance care planning, and digital equity for older adults.

As always, we remain committed to fostering collaboration across disciplines and communities. Whether you're a researcher, a clinician, a student, or someone simply interested in aging well, I encourage you to explore the opportunities available at the Center for Healthy Aging. Join us for a class, participate in a study, or tune into our *Living Healthy Longer* podcast to stay informed on the latest in aging science.

Aging is a lifelong process—one that we all share. Together, we can continue to advance knowledge, inspire action, and build a future where everyone has the opportunity to live healthier, longer lives. Thank you for being part of our journey.

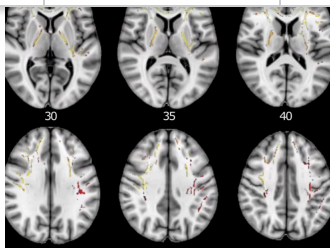
Warmest regards,



Nicole Ehrhart

Aging News



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New study identifies a key component to cognitive decline

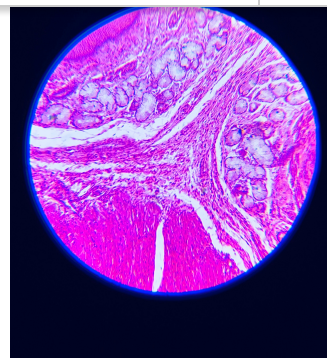
via CSU's SOURCE

[read more >>](#)

process, 'healthspan' trial finds

via *The Guardian*

[read more >>](#)



A chimeric peptide promotes immune surveillance of senescent cells in injury, fibrosis, tumorigenesis and aging

via *Nature*

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Center Events

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HEALTHY AGING SPEAKER SERIES

12–1 p.m.

APRIL 17Translational Medicine
Institute*OR attend virtually***REGISTER:**
col.st/han3e

The Dog Aging Project: Translational Discovery with 50,000 Companion Dogs

**KATE E. CREEVY****Professor**Texas A&M University
Department of Small
Animal Clinical Sciences**Chief Veterinary Officer**
The Dog Aging Project

TOPICS FOR DISCUSSION

- Genetic and environmental factors that influence healthy aging in U.S. companion dogs.
- The DAP's longitudinal study design and recently published findings.
- Steps for accessing DAP's Open Data.

**Columbine Health Systems**
Center for Healthy Aging
COLORADO STATE UNIVERSITY**COLORADO STATE**
UNIVERSITY[Register](#)

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](#).

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1423 ONCE a month from 9am-12pm.

- Wednesday, February 19, 2025
- Wednesday, March 19, 2025
- Wednesday, April 16, 2025
- Wednesday, May 21, 2025
- **Medications, Supplements and Lifestyle** will be on Tuesday, February 25, 2025 from 2:30-3:30 pm in Room 1418 at the Center for Healthy Aging. Taught by UCHHealth dietitian and health educator Deanna O'Connell and pharmacist Gina Harper, this class will teach participants how medications, supplements, and lifestyle habits affect personal health.
- **Stress Management & Mindful Self-Compassion for the Caregiver in You** will be a weekly class on Friday, March 14th, 21th, and 28th from 10am-12pm in Room 1418 at the Center for Healthy Aging. This 3-part series can help those who have devoted so much of their time and energy to care for others learn stress management tools, learn self-compassion, and overcome isolation.
- **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. This course is designed to give women the tools they need to take control of bladder and bowel leakage problems.
- **Health Coaches for Hypertension Control** is a weekly course held on Mondays from May 19th until July 21st (skipping Memorial Day) from 10-11:30am in Center for Healthy Aging's room 1423. These nine weekly classes will help participants with goal-setting, self-monitoring, and education on lifestyle factors to improve blood pressure. Throughout each 90-min. session, a trained facilitator will guide this small group through topics including nutrition, physical activity, healthy sleep habits, stress management, and more.

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Tech Skills for Older Adults

Spring 2025

Courses

- **2/7:** Texting with Smartphones
- **2/14:** Clipping Coupons on the King Soopers App
- **2/21:** Watching Videos on YouTube
- **2/28:** Important Phone Apps (e.g., Weather, Compass, Settings, Clock)
- **3/7:** Libby App: Reading Library eBooks & Audiobooks
- **4/4:** Smartphone Accessibility and Navigation
- **4/11:** Facebook Marketplace

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More info at:
col.st/18TgD


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

The Tech Skills for Older Adults class returns this Spring and will cover a large variety of skills for life, saving money, and entertainment. A current OLLI membership is required to register but one can be added to your cart when purchasing the course. See more details [here](#).

News from the Center

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.

Post-Event Highlight

USC Gerontology Careers in Aging Information Session

On February 12, 2025, the Columbine Health Systems Center for Healthy Aging had the pleasure of hosting the USC Gerontology Careers in Aging Information Session in our conference room. This event, led by Steven Stumph, MA, provided attendees with valuable insights into career paths in gerontology and the diverse academic

Davis School of Gerontology.

During the session, participants had the opportunity to speak with an admissions counselor about USC's 11 Master's programs, two PhDs, and Graduate Certificate options, all dedicated to the study of aging. Attendees learned about the interdisciplinary nature of gerontology, encompassing biology, psychology, sociology, and policy, as well as the various career opportunities available to graduates in fields such as healthcare, government, business, law, and nonprofit work.

USC Leonard Davis is the oldest institution in the U.S. devoted to aging research and education, offering over \$1,000,000 in merit-based scholarships annually to support students pursuing careers in this vital field. The session was a fantastic opportunity for those interested in advancing their education and making an impact in the lives of older adults.

We appreciate everyone who attended and engaged in meaningful discussions about the future of aging research and careers in the field. If you missed the event but would like more information, feel free to reach out to Steven Stumph at stumph@usc.edu or visit gero.usc.edu for details on USC's gerontology programs.

Stay tuned for more events and opportunities to learn about careers in aging at the Center for Healthy Aging!

Faculty News

New Faculty Affiliate Publications!

Allison Bielak

Bielak, A. A. M., Mogle, J. A., & Sliwinski M. J. (in press). Within- and

ecological momentary assessment study. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*.
<https://doi.org/10.1093/geronb/gbaf017>

Stephen Aichele

Ghisletta, P., Aichele, S., Gerstorf, 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>

Aichele, S. (2024). Predictors of anxiety in middle-aged and older European adults: A machine learning comparative study. *Social Sciences*, 13(11), 623. <https://doi.org/10.3390/socsci13110623>

Silvia Sara Canetto

Hed., S., Berg, A., Wiktorsson, S., Canetto, S. S., & Waern, M. (2024). Older adults make sense of their suicidal behavior: A Swedish interview study. *Frontiers in Psychiatry*. <https://www.frontiersin.org/ezproxy2.library.colostate.edu/journals/psychiatry/articles/10.3389/fpsyt.2024.1450683/full>

Canetto, S. S. (2024). Suicide scripts of the Nacirema (aka American). In M. Schouler-Ocak & M. Khan (Eds.), *Suicide across cultures* (pp. 325-348). Oxford University Press

David Rojas-Rueda

Besse, H., Rojas-Rueda, D. Environmental justice mapping tools in the United States: A review of national and state tools. *Science of The Total Environment*. <https://doi.org/10.1016/j.scitotenv.2025.178449>

Arlene Schmid & Christine Fruhauf & Heather Leach

Schmid, A., Fruhauf, C., Fox, A., Sharp, J., Dickman Portz, J., Leach, H., Van Puymbroeck, M. A pilot study to establish feasibility and acceptability of a yoga and self-management education intervention to support caregivers and care receivers with persistent pain. *Frontiers in Rehabilitation Sciences*. <https://doi.org/10.3389/fresc.2024.1397220>

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WITH THE CSU SCHOOL OF MUSIC, THEATRE, AND DANCE PRESENT:

Day of Dance!

FEBRUARY 15, 2025 | 9 A.M. – 4 P.M.**WORKSHOP & OPTIONAL PERFORMANCE OPPORTUNITY**

OPEN TO ALL SKILL LEVELS, WITH SOMETHING FOR EVERYONE TO ENJOY AND EXPLORE!

YOUTH TRACK (AGES 8–12):

BUILD CONFIDENCE, CREATIVITY, AND FOUNDATIONAL DANCE SKILLS.

TEEN & ADULT TRACK (AGES 13+):

DEVELOP ADVANCED TECHNIQUE AND ARTISTIC EXPRESSION.

HEALTHY AGING / MOVE FOR LIFE:

MOVEMENT CLASSES THAT PROMOTE JOY AND VITALITY.

SCAN QR CODE FOR
MORE INFORMATION
AND TO REGISTER**COST: \$25 FOR FULL DAY, \$15 FOR HALF DAY**

UNIVERSITY CENTER FOR THE ARTS 1400 REMINGTON ST., FORT COLLINS, CO

FUNDING PROVIDED BY THE CSU OFFICE OF ENGAGEMENTFor more information, contact Brian.Kailey@colostate.edu or
Grace.Gallagher@colostate.edu or call (970) 522-3200 Ext. 2

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DANCE.COLOSTATE.EDU

Webinars



COLORADO STATE UNIVERSITY

ENGAGEMENT AND EXTENSION

CSU Extension's Advancing Healthy Aging webinar series, supported by a USDA NIFA Rural Health & Safety Education grant, continues into 2025 with four additional sessions which start at 11:30 am on the following dates:

with Dr. Christine Funnari, Colorado State University

- **March 13, 2025**: Ahead of the Curve: Advance Care Planning with Cheryl Noble, Advance Directives Specialist and Kat Laws, UC Health Aspen Club
- **April 17, 2025**: Bridging the Digital Divide: Advancing Digital Equity for Older Adults with Dayton Romero, Older Adult Technology Services & AARP Senior Planet
- **May 15, 2025**: Advancing Inclusive Older Adult Programming: Success Stories from the Field, panel facilitated by Ginger Williams, MHA, CSU Extension State Programs Specialist

Don't miss out! Be sure to [register](#), share these opportunities with your networks, and mark your calendars! If you can't attend live, recordings will be emailed to registered participants. We look forward to seeing you there!



Dr. Allyson Brothers recently spoke in a webinar hosted by CSU Extension titled "Flipping the Script on Aging". It can be viewed [here](#) (Passcode: **DjEX^R5#**) in both Spanish and English until February 23rd. To access in Spanish, select the globe icon.

Extension is working on uploading the recording to their Youtube to view after the 23rd.

Research Studies Currently Enrolling

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. 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 your choice (e.g. 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

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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 National Institutes of Health invites applications for the funding opportunity [Research on Current Topics in Alzheimer's Disease and Its Related Dementias](#). The purpose of this NOFO is to invite applications proposing new tests, animal models, techniques, etc. to advance research on Alzheimer's disease (AD) and its related dementias (ADRD). **Application deadline: March 11th and July 16th. The combined budget for direct costs for the two year project period may not exceed \$275,000 with one year not exceeding \$200,000.**

The National Institutes of Health invites applications for the [Exploratory Clinical Trial Grants in Arthritis and Musculoskeletal and Skin Diseases \(R61 Clinical Trial Required\)](#). This NOFO is designed to facilitate clinical trials that can be completed within a limited time frame. These trials must address research questions related to the mission and goals of the NIAMS and may evaluate interventions with drugs, biologics, devices, or surgical, dietary, behavioral or rehabilitation therapies. **Application deadline: March 4th and June 2nd. The combined budget for direct costs for the three year project period may not exceed \$600,000 with one year not exceeding \$300,000.**

Community Happenings



**Knoebel Institute
for Healthy Aging**
UNIVERSITY OF DENVER

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Zoom Only, 10:00AM-11:45AM**

You're invited to our free zoom seminar hosted by Dementia Friendly Denver's JJ Jordan titled Alzheimer's/Dementia 101 - Facts, Treatments, Caregiving, Research, Risk Reduction. This seminar will explore the risk factors, warning signs, and lifestyle changes that could lower your risk for dementia. This seminar is offered monthly.

Click the dates below to register.

[Tuesday, Feb 25th](#)

Your Roadmap for Successful Aging with Aging at 5280

Successful Aging and Change: Let's Start the Conversation

Online only, 11-12PM, Feb 13, 2025

Aging brings many changes—it's a natural part of life. As we grow older, shifts in both body and mind can influence our daily routines, health, and independence. While change is inevitable, how we navigate it can make a significant difference in our quality of life.

Cindy Koch and Karen Summers from Aging at 5280 will kick off the 2025 Navigating the Roadmap to Successful Aging series with an insightful conversation about the key factors they've observed that impact the aging experience—both positively and negatively. Drawing from their work with hundreds of families, they will explore how to embrace change while maintaining a strong focus on personal independence and overall well-being. Join us as we start this important discussion and discover strategies for aging with confidence, dignity, and a greater sense of control over your life.

Let's begin the conversation together!

[Register Here](#)

Walking the Talk: Mind, Body, and Breath Leading the Way to Successful Aging

Online only, 11-12PM, March 13, 2025

Join Aging at 5280 as we welcome guest speaker Sharon Mitchell for this month's presentation. Sharon, a former client of Aging at 5280, now leads the online group *Gentle Exercise with Sharon* and embodies the principles of successful aging through her daily commitment to mindfulness, exercise, and proper breathing techniques.

In this engaging session, she will share insights from her personal journey and guide us through the importance of these practices, offering valuable techniques to support healthy, vibrant aging.

[Register Here](#)

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INTERGENERATIONAL CONVERSATIONS

Who's Listening to You?

- Attendance is free, but we do require pre-registration.

RSVP at:

<https://col.st/qtPX2>



- Coffee and light breakfast items will be served at 8:30. The event begins at 9:00 with a presentation on Listening.



Saturday

1

March

9am-11am

- Ages 15-95+ welcome!
- Building bridges across Generations
- Come prepared to share your experiences and learn from others
- Compass School

2105 S College Ave, Fort Collins, CO 80525

(North of the Whole Foods parking lot)

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