

August 2025 Newsletter

A Note from the Director

Dear colleagues and friends,

At the Center for Healthy Aging, we often speak about “transdisciplinary research” — but what does that truly mean, and why does it matter?

This issue of *Aging News* provides the answer.

Whether it's early-career faculty earning competitive research grants in geroscience, community members living with Parkinson's disease learning to foster resilience and movement through dance, or CSU researchers exploring cutting-edge tools like immune aging clocks and AI-based predictive analytics — one thing becomes clear: when we bridge disciplines, we multiply impact.

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the complex challenges of aging not just through one lens, but many: biology, movement science, comparative medicine, psychology, engineering, the arts, and more. In doing so, we elevate the research enterprise by creating space for innovation, and we expand our outreach mission by embedding our scholarship directly into the lives of those we serve — in our classrooms, clinics, communities, and beyond.

Programs like *Moving Through Parkinson's* and research studies in our registry reflect this ethos in action. They not only advance science — they build empathy, connection, and community. They offer students hands-on, cross-disciplinary learning experiences that inspire and prepare the next generation of change-makers in healthy aging.

As we continue to grow, I'm proud to lead a Center that embraces both the complexity and promise of aging — and that harnesses the full power of transdisciplinary collaboration to improve lives. Thank you for being part of our community and for helping us shape a future where aging is met with vitality, creativity, and care.

Warmly,



Nicole Ehrhart

Aging News



All four early career faculty in OT receive



How do I stay healthy in my 50s, 60s and



Single-cell immune aging clocks reveal

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via *CSU's SOURCE*

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infection and vaccination

Center Events

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incredible opportunity!

Come Join Us!

Research Roadshow



Friday, August 15, 2025

LINC Library Innovation Center
501 8th Ave, Greeley, CO 80631

10am - 2pm



Free to attend!

Light lunch provided

What is the event?

Join researchers from the University of Colorado Anschutz, University of Northern Colorado, Colorado State University and the CU Cancer Center for this highly interactive research and health-oriented event - experience new health innovations!

Who can go?

This event is designed by older adults for older adults, but anyone is welcome to attend.

Do I need to register?

Registering enters you into our gift card giveaways - walk-ins are welcome.



Register here! Take a picture of the QR code with your smartphone to access the registration form.

← <https://bit.ly/44iEjBp>

Have questions? Learn more by emailing:

olderadultresearch@cuanschutz.edu



Multidisciplinary Center on Aging
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



Cancer Center
NCI DESIGNATED COMPREHENSIVE
CANCER CENTER

Join some of our faculty affiliates as well as many others at CU Anschutz's Research Roadshow!

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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~~1420~~ Once a month from 9am-12pm.

- Wednesday, August 20, 2025
 - Wednesday, September 17, 2025
 - Wednesday, October 15, 2025
 - Wednesday, November 19, 2025
- **Bossy Bladder & Bowel** will be held in Room 1418 at the Center for Healthy Aging from 2-3pm on Thursday, September, 18, 2025. Do you have a bossy bladder or bowel? Join Covell Care for a lecture on understanding your bladder or bowel issues, what a healthy bladder or bowel looks like, and walk away with tools or next steps to help you take back control.

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

Enrollment begins August 20th! Classes fill up quickly!

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News from the Center

Post-Event Highlight

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



Moving Through Parkinson's Celebrates 10 Years!

When music pours out the doors of CSU's Center for Healthy Aging, you know the Moving Through Parkinson's (MTP) classes are happening. Over the past 10 years Lisa Morgan, director and founder of MTP, has offered classes for people living with Parkinson's and other movement challenges. The classes combine movement and music interspersed with laughter and self-reflection. Participants in the room include patients, caregivers, friends, family members and even a service animal or two. Participants join from across Colorado, some in person, and others virtually using Zoom. Participants come to the class to connect, share, and improve their overall wellbeing.

Live music is integral to the classes and is popular with participants. MTP collaborates with the CSU music therapy program, serving as a practicum site for students. Music therapy faculty Kyle Wilhelm and PhD candidate Leah Quiller are frequently leading the way. Music is key in supporting the goals of the class including building community, increasing self-awareness, expanding range of motion all while also improving strength and balance. The class helps participants improve

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based on participants' interests/hikes, intention of the exercise or movement pattern, to support personal reflection/memory, and as a way to deepen the experience and connect with self and others.

From a participants' perspective:

I'm feeling gratitude for these classes. Relearning how to walk correctly has helped me so much and so many other new "skills" I have added to my recovery. The class and the folks in it are the perfect blend to my weekly exercise.

- MTP Participant, Ruth Friedman



My participation in the MTP class has been valuable for my progression through this mysterious, life altering journey in many ways. First, physically. I've learned and been able to practice ways to increase my ability to rise from a chair or get up out of the car. The stretching helps me maintain some flexibility. From a psycho-social perspective, I have made good friends in an environment where my tremor and shuffling gait are not judged like they can be in the larger community. It's a "safe

- MTP Participant, Deborah Noland

Lisa's class makes me feel like I can dance! It opens up the possibility of moving gracefully and easily and returns that feeling of both youth and physical vigor. The exercise has increased my flexibility but has also made me feel a strong connection to the group. The connection to the group, the music, and Lisa, keeps me coming back not only for exercise but also for the joy of community and movement.

MTP Participant, Amy Reichert



Lisa Morgan's MTP classes were invited to become part of the CHA program by Founding Director, Dean Lise Youngblade in 2017. Youngblade recognized the potential for supporting interdisciplinary research and education while connecting CSU to the Fort Collins and Northern Colorado communities. Youngblade recognized MTP classes are a good fit to aid the mission of CHA as MTP exemplifies the land

supplement coursework and research while connecting to real-life experiences with an aging population. By actively collaborating across four programs/colleges, connecting with community partners, and healthcare professionals, MTP facilitates student and faculty learning and builds more creative practices that contribute positively to the community and the world. The practicum/internship experience is invaluable for our students, giving them a window into applied work in their fields. Seeing the collaboration across the disciplines in action and sensing the combined impact can be transforming. It is an opportunity for them to share their passions in the arts that go beyond the classroom to physically and emotionally connect with people in our community.

Kate Neal, CSU OT Doctoral Candidate says:

I had the privilege of joining MTP for a semester as a CSU occupational therapy student and collaborating with two classmates to develop and lead a class incorporating movement, mindfulness, and social participation. This experience strengthened my ability to adapt in the moment to provide client-centered care within a group setting. It was an honor to be welcomed into such a vibrant community and to witness their inspiring energy, resilience, humor, vulnerability, and support for one another.

CSU Occupational Therapy faculty, Laura Swink prescribes MTP classes for her social prescriptive research study and says, “*We know movement is one of the best treatments for people with PD, but I also look for classes that foster community. Lisa Morgan has incredible expertise in adapting movement for many physical levels, integrating meaningful music, and encouraging social connectedness in an authentic way. She is constantly looking for ways to connect whether that’s through choice in live music, journaling prompts to movement, adapting movements to meet personal goals, or just staying to talk to*

presence.

Current CHA director Nicole Ehrhart has continued to embrace the program and highlight both the people and the work in CHA programming and events. *“MTP breathes life into our spaces, and reminds us to come together around challenges, celebrate community, and explore the power of healing through the arts”.*

Morgan reflects, *“When I see participants come to class each week, push themselves through difficulty, meet their vulnerabilities, with courage and resilience, I am inspired, to not only bring my very best self to each class but to also follow their lead of perseverance and bravery and embody these values as foundational to all I do. If we commit to being in community with others, how might our learning and healing environments evolve? Thank you to CHA for the space and time to offer this program each week and for embracing our aging community, in so many ways.”*

MTP is supported by the Parkinson's Association of the Rockies, Colorado State University Center on Healthy Aging and the Parkinson's Association of Larimer County. Lisa Morgan is a member of the CSU Dance faculty and is affiliate faculty with the Center for Healthy Aging.

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>

Allison Bielak

Rattray, B., Northey, J. M., Pryor, D. J., **Bielak, 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>

Congratulations!

Congratulations to Dr. Neha Lodha for her feature in an article for the Alzheimer's Association! Dr. Lodha, using the Center's research registry for assistance finding participants, is looking at physical movements made by older adults to better understand how fluctuations in those moves may be an early indicator of progressing cognitive impairment.

Interested in joining the registry to learn about other CSU studies that might align with your interests? [Click here!](#)

Are you a CHA faculty affiliate wanting to make use of the registry? [Contact Ali Murphy!](#)

Dr. Allison Bielak, along with a her student Cynthia McDermott (HDFS masters degree 2024), will be presenting a research poster at the

in August. The poster is titled: No time-of-day differences in cognition across older adulthood in a 7-day within-person study.

Summer Healthy Aging Club Update

- The Gerontology Club at CSU will be changing its name to the "Healthy Aging Club". Stay tuned for their updated media this fall!
 - The Healthy Aging Club is putting together a team for the [2025 Walk to End Alzheimer's](#). The Fort Collins walk will be on Sunday, October 5th at Canvas Stadium. If you'd like to join the team for the Healthy Aging Club, you can fill out the Goggle Form [here](#).
 - For any undergraduate students interested in helping lead the Healthy Aging Club, they may apply for an open officer position [here](#). This is a multidisciplinary club so all department and majors are encouraged to submit!
-

Research Studies Currently Enrolling

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Strong Bodies Program *Fall, 2025*

Join us at CSU'S Center for Healthy Aging for the **StrongPeople, Strong Bodies Program!** This FREE, 12-week program is designed for mid-life and older adults who are interested in building their strength through resistance, balance, and flexibility exercises.

PROGRAM *Tuesdays & Thursdays*

DATES: *Beginning September 2nd- November 20th, 2025*

TIME: *10:00-11:00 AM*

LOCATION: *Colorado State University, Center for Healthy Aging
151 W Lake St., Suite 1418 Fort Collins, CO*

QUESTIONS? *Contact Program Lead, Natalie Bachmeier,
natalie.bachmeier@colostate.edu*

REGISTER! <https://col.st/zap5F>



COLORADO STATE UNIVERSITY
EXTENSION

STRONG *People*™
STRONG BODIES



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY

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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!



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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



SPACES

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 SPACES (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 American Brain Foundation and Parkinson's Foundation invite applications for the funding opportunity [Clinical Research Training Scholarship in Parkinson's Disease Research](#). This award aims to recognize the importance of rigorous clinical research and to encourage young investigators in clinical studies in Parkinson's disease. **Pre-proposal deadline: September 9, 2025. The award will consist of a commitment of \$65,000 per year for two years, plus a \$10,000 per year stipend to support education and research-related costs for a total of \$150,000.**

The National Institute on Aging intends to publish [Dementia Care and Caregiver Support Intervention Research - Stage I Only](#) focused on the development of behavioral interventions for persons living with Alzheimer's disease and Alzheimer's disease-related dementias and/or their care partners or caregivers.

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