

## OLLI Health and Wellness:

### News and Resources for Members of OLLI

- **The Argument for Prioritizing Mental Health as You Age:** Emphasizing the importance of mental health, this article discusses how exercise, and a balanced diet can improve overall well-being and mood. This perspective aids in the prevention and management of conditions like dementia and depression.  
<https://www.research.colostate.edu/healthyagingcenter/2024/04/22/the-argument-for-prioritizing-mental-health-as-you-age/>
- **Exercising an Aging Brain:** This article explores how physical activity, diet, environmental stimulation, and education contribute to a healthy lifestyle. It notes that less sedentary behavior is associated with increased neuroplasticity in the motor cortex, supporting brain health in older individuals. This feels especially relevant to OLLI members, prioritizing an active lifestyle and seeking out lifelong opportunities to engage in educational resources.  
<https://www.research.colostate.edu/healthyagingcenter/2022/03/28/exercising-an-aging-brain>
- **Combatting Loneliness and Social Isolation in Older Adults:** This article discusses the negative health impacts of loneliness and social isolation among seniors, such as increased risks of depression and dementia. It offers practical tips on how older adults can stay connected and engaged to mitigate these risks. Includes local resources that offer social outreach and opportunities to connect with others outside of OLLI.  
<https://agewisecolorado.org/blog/combatting-loneliness-and-social-isolation-in-older-adults/>
- **Aging Across the Life Span:** This series of webinars, launched in October 2020, addresses how adults of all ages can live longer, healthier lives. The discussions provide clear recommendations for healthy aging, promoting a diverse range of habits increasing longevity. This ties closely to courses offered to OLLI members on longevity and aging with grace. <https://www.research.colostate.edu/healthyagingcenter/aging-across-the-lifespan/>
- **CSU as an Age-Friendly University:** Colorado State University has committed to promoting an age-friendly environment by offering lifelong learning programs, supporting the use of instructional technologies, heading age-related research, offering service-learning courses involving older adults, and hosting pre-retirement planning and wellness workshops. This is a great way to show OLLI members that CSU is a phenomenal resource for healthy aging, beyond what OLLI has to offer.  
<https://www.research.colostate.edu/healthyagingcenter/csu-as-an-age-friendly-university/>

- **Aging Around the World:** This article explores global aging trends and the increasing older adult population. It discusses cultural perspectives on aging, highlighting both challenges and benefits, such as physical decline versus wisdom and respect. The piece emphasizes the importance of valuing and supporting older adults in society.  
<https://www.research.colostate.edu/healthyagingcenter/2022/01/28/aging-around-the-world/>
- **Calmness Linked to Higher Wellbeing in Older People:** This piece explores the correlation between calmness and well-being in older adults, noting that a preference for a calm life increases with age. I think this could tie in nicely to some of the yoga, meditation, and mindfulness classes that OLLI offers.  
<https://agewisecolorado.org/blog/calmness-linked-to-higher-wellbeing-in-older-people/>
- **Aging in Place in Rural Areas of Colorado:** This article discusses the challenges and strategies for older adults who wish to remain in their homes and communities in rural Colorado. It emphasizes the importance of community support and accessible services to promote social engagement and well-being among seniors.  
<https://www.research.colostate.edu/healthyagingcenter/2021/04/12/aging-in-place-in-rural-areas-of-colorado/>

Northern Colorado offers a variety of resources to support healthy aging, provided by organizations such as Colorado State University's Center for Healthy Aging, CSU Extension, the Osher Lifelong Learning Institute (OLLI) at CSU, AgeWise Colorado, A Little Help, SAINT Volunteer Transportation, and the Larimer County Office on Aging. Here's an overview:

#### **Colorado State University (CSU) Center for Healthy Aging:**

- **Age-Friendly University Initiative:** In July 2021, CSU became the first higher education institution in Colorado to be named an Age-Friendly University by the AFU Global Network, demonstrating its commitment to understanding and fulfilling the needs of older adults in higher education.

<https://www.research.colostate.edu/healthyagingcenter/csu-as-an-age-friendly-university/>

#### **CSU Extension:**

- **Aging Mastery Program (AMP):** A 10-course series covering topics such as prevention, nutrition, exercise, medication management, advance directives, succession planning, and

community engagement, designed to help older adults embrace aging and strengthen community ties.

<https://source.colostate.edu/active-aging/>

#### **A Little Help – Northern Colorado:**

- **Volunteer Services:** A Little Help connects neighbors to help seniors thrive by offering services such as yard work, light indoor assistance, transportation to medical appointments and grocery stores, technology coaching, friendly visits, and caregiver respite.

<https://alittlehelp.org/>

#### **SAINT Volunteer Transportation:**

- **Free Transportation Services:** SAINT is a non-profit organization providing free personal transportation to seniors and individuals with disabilities in Fort Collins and Loveland, CO. Volunteers offer rides to essential services, enhancing independence and community engagement.

<https://saintvolunteertransportation.org/>

#### **Larimer County Office on Aging:**

- **Support Services:** The Office on Aging offers various programs to assist older adults, including information and assistance with community resources, individual voucher programs to support daily and household activities, and the Family Caregiver Support Program providing respite and education.

<https://www.larimer.gov/humanservices/aging/ooa>

These organizations collectively provide a robust network of support, education, and services to promote healthy aging among older adults in Northern Colorado.