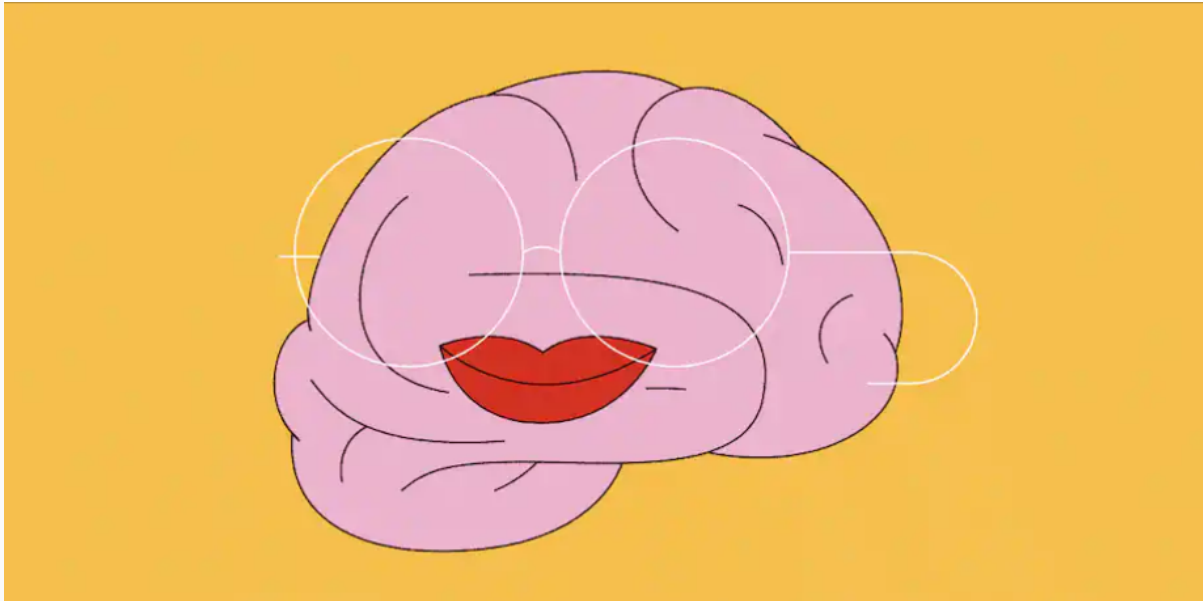


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## What really works to help an aging brain?

Dr. Denise Park talks with the Washington Post about finding a cognitive challenge you will stick to -- something mentally difficult that's also engaging and that allows some room to progress.

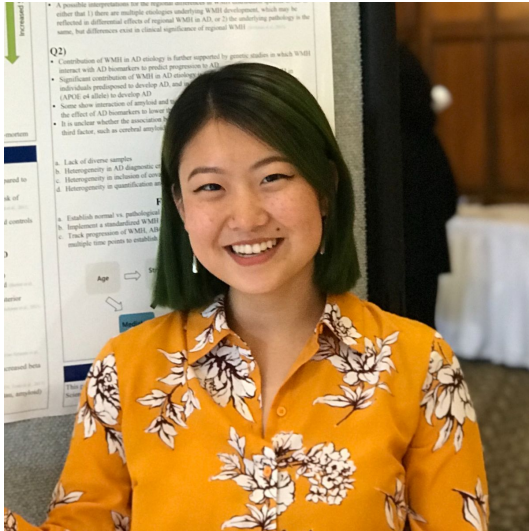
[Read more](#)

Dear Friends,  
We welcome this spring with renewed optimism and hope. The pace and ingenuity with which novel vaccines have been developed to protect us against COVID-19 is nothing short of astounding. Indeed, one clear message from the challenges of the past year is that science is more important than ever. While we continue to social distance and wait our turn to be vaccinated, I am very glad to report that the University is now permitting in-person data collection – with appropriate safety precautions – on participants of all ages, a development that will allow the CVL to ramp up our efforts to fulfill our mission of cognitive health for life. I greatly appreciate your continued support of our research.

Sincerely,



## PEOPLE



## Over the Moon

Graduate student, Hanna Moon receives fellowship to focus on aging brain research with long-time CVL mentors.

[Read More](#)

## RESEARCH



## Old dogs need to learn new tricks. Here's why.

Dr. Kristen Kennedy talks with Popular Science about how neural stimulation through education can buy aging brains some time.

[Read More](#)

## PEOPLE

## Dr. Basak on the Heart & Mind Connection

Watch as Dr. Chandramallika Basak discusses her research on the UT Dallas Office of Research talk show, *Research 411*.



[Watch Here](#)

## EVENTS



## The Amazing Changing Mind

Dr. Park will headline the University of Texas at Dallas' prestigious Polykarp Kusch Lecture Series this April. She will be discussing *The Amazing Changing Mind: A Scientific Journey*.

[Read More](#)

## RESEARCH



## Self-Assessment Could Help Chart Path of Cognitive Impairment

Dr. Karen Rodrigue collaborates with researchers to use NIH grant to learn more about MCI, Alzheimer's.

[Read More](#)

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