

CAB NEWSLETTER

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AT 91, HE'S HIKING THE APPALACHIAN TRAIL. AGAIN.

BY CHRIS COHEN

On the first day of summer, just after dawn, Dale Sanders, 91, prepared to start the steep, rocky hike up to Franconia Ridge in New Hampshire's White Mountains.

Mr. Sanders's mantra might resonate...

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MORE THAN 25% OF GEN Z PATIENTS DON'T HAVE DOCTORS. EXPERTS WEIGH IN ON THE COST OF SKIPPING CARE

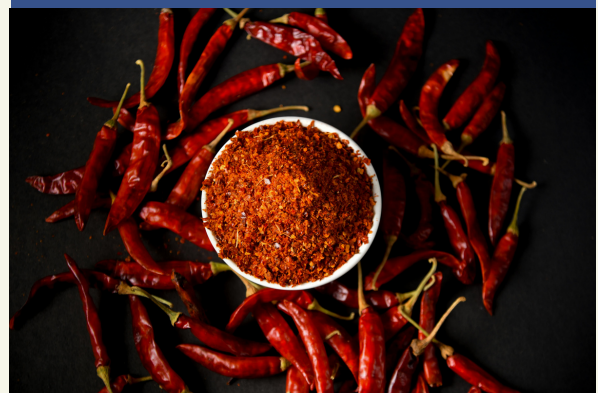
BY AMEN GALINATO

A yearly physical is the standard preventive measure for adults, but many Gen Z patients are forgoing regular doctor appointments.

More than 1 in 4 young adults don't have a primary care provider, according to a [recent national survey](#) by the Ohio State University Wexner Medical Center.

For Gen Zers who do have a physician, most skip scheduled checkups or don't schedule them: Only 47% of 18- to 29-year-olds said they have had an annual wellness visit in the past year, according to the survey findings, released June 29.

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EATING THIS FOOD REGULARLY COULD LEAD TO GREATER LONGEVITY

BY TRISHA PASRICHA, MD

Q: I've heard spicy food can be good for you. Is that true?

A: Here's great news for people who love to feel the burn: The purported benefits of [spicy foods](#) have a strong scientific basis.

In 2015, a major [study](#) published in...

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FAST WALKERS IN THEIR 80S CUT THEIR RISK OF COGNITIVE DECLINE BY HALF, A STUDY FINDS

BY ALLISON AUBREY

Crossword puzzles and brain teasers have long been touted as ways to keep the mind sharp. But a [new study](#) points to another strategy that may matter just as much: staying fast on your feet.

Researchers have found that people in their 80s who maintain an exceptionally quick walking pace, dubbed "super movers," are also far more likely to stay mentally sharp compared to their slower-moving peers of the same age.

"A super mover is someone who is older than age 80 and performing much better than their peers," says [Dr. Sofiya Milman](#) of the Albert Einstein College of Medicine, one of the study's authors.

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HOW TO KEEP COOL IN THIS YEAR'S EXTREME SUMMER HEAT EVEN WITHOUT AIR CONDITIONING

BY GULREZ SHAH AZHAR

It's a summer of [extreme heat](#) around much of the world. I know what that feels like. In Uttar Pradesh, India, where I grew up, temperatures easily soar upward of 120 degrees in May and June. But few people have access to an air conditioner.

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HOW TO START VOLUNTEERING: 'THERE ARE ROLES TO FIT ALL INTERESTS AND SKILL SETS'

BY MADELEINE AGGELER

Many people want to do good in the world. They want to connect and give back to their communities. But volunteering, much like Sunday meal prep or morning meditations, often ends up at the bottom of the to-do list – a nice idea we'll get to when we have more time.

"For many people, volunteering is something they feel positively about, but don't always prioritize or think they have time for," says Matt Bertram, vice-president of volunteer services for the American Red Cross.

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