Hello,

My name is Dr. Jennifer Margrett at Iowa State University (ISU) and together with Dr. Cindy Reese-Melancon at Oklahoma State University, we lead PROPEL (Prospection and Partnership in Everyday Life), a research study funded by the National Institutes of Health.

We would like to invite you and your partner to participate in PROPEL! PROPEL aims to contribute to the understanding of how partners collaborate to accomplish everyday tasks in middle and older adulthood. This research can have a lasting impact on health and well-being by revealing how partners work together to promote optimal aging and independent living.

**What’s Involved**

Our goal is to survey couples over the course of four years by sending online or mail-in surveys twice a year. Additionally, we will ask participants to participate in two “live” sessions: (a) one in-person session at the ISU Research Park or a community location and (b) one in-home session to complete everyday tasks using a smartphone.

**To Be Eligible**

- 40 years or older
- Partner age is within 5 years of one another
- Been in current romantic relationship for 5 year or more
- Living with current partner
- Proficient in English

**Honorarium**

Each participant will receive an honorarium for their participation! This includes approximately $10 for each survey you participate in and up to $125 for both of the in-person sessions.

**To Learn More**

If you are interested in learning more or participating in this research study, please e-mail propel@iastate.edu or call 515-294-2025.

Thank you for your consideration.