RESEARCH CENTERS COLLABORATIVE NETWORK

of the National Institute on Aging, NIH

RESILIENCE AND RESERVE IN AGING

JW MARRIOTT AUSTIN
ROOM 301-302
AUSTIN, TX

NOVEMBER 12 – 13, 2019

@rccnaging

#RCCNWorkshop

AGENDA

TUESDAY, NOVEMBER 12, 2019

8:00 a.m. – 11:45 a.m.   **PRE-WORKSHOP SESSION: AGING RESEARCH FOR EARLY CAREER INVESTIGATORS**

1:00 - 1:30 p.m.   **WELCOME, OVERVIEW, AND GOALS OF THE WORKSHOP**

Stephen Kritchevsky, PhD
Wake Forest University

Dana Plude, PhD
National Institute on Aging

Stephanie Lederman
American Federation for Aging Research

1:30 – 2:00 p.m.   **PLENARY**

The NIA Landscape for Resilience Research
Lis Nielsen, PhD
National Institute on Aging

Basil Eldadah, MD
National Institute on Aging

Francesca Macchiarini, PhD
National Institute on Aging

Chhanda Dutta, PhD
National Institute on Aging

TOPIC 1: CONTRIBUTORS TO RESILIENCE AND RESERVE

Moderator: **Jacqui Smith, PhD**, University of Michigan

2:00 - 2:15 p.m.   *Biology of Resilience*
Adam Salmon, PhD
University of Texas Health Science Center at San Antonio

2:15 – 2:30 p.m.   *Early Life Experiences - Preconditioning*
Frances Champagne, PhD
University of Texas at Austin

2:30 – 2:45 p.m.   *Social Network Influence on Resilience/Reserve*
Cindy Bergeman, PhD
University of Notre Dame

2:45 – 3:00 p.m.   *Existing Data Resource for the Study of Resilience*
Brent Roberts, PhD
University of Illinois Urbana-Champaign

3:00 – 3:20 p.m.   *Moderator Wrap-up/Group Discussion*

3:20 – 3:35 p.m.   **BREAK**

TOPIC 2: OPERATIONALIZING RESERVE IN THE CONTEXT OF SOCIAL ADVERSITY

Moderator: **Carlos Mendes de Leon, PhD**, University of Michigan

3:35 – 3:50 p.m.	*Erosion of Reserve by Chronic Stress* **Elissa Epel, PhD** via Zoom Meetings University of California, San Francisco
3:50 – 4:05 p.m.	*Physical Capacity Across Social Strata (or Ethnicities)* **Michelle Odden, PhD** Stanford University
4:05 – 4:20 p.m.	*Socioeconomic Disparities in Cognitive Reserve* **Tara Gruenewald, PhD, MPH** Chapman University
4:20 – 4:35 p.m.	*Economic Reserves and Their Effect on Quality of Life* **Michael Hurd, PhD** RAND Corporation
4:35 – 4:55 p.m.	*Moderator Wrap-up/Group Discussion*
4:55 p.m.	**ADJOURN DAY 1**
6:00 - 9:00 p.m.	**NETWORKING RECEPTION**

WEDNESDAY, NOVEMBER 13, 2019

8:30 - 8:45 a.m.	**RECAP OF DAY 1 AND GOALS FOR DAY 2** **Stephen Kritchevsky, PhD** Wake Forest University
8:45 - 9:15 a.m.	**PLENARY** *Evolution of Concepts on Reserve and Resilience in Aging and Dementia* **Prashanthi Vemuri, PhD** Mayo Clinic

TOPIC 3: RESILIENCE: BOUNCING BACK FROM SURGERY

Moderator: **Kenneth Schmader, MD**, Duke University Medical Center

9:15 – 9:30 a.m.	*Animal Models of Recovery from Surgery* **Nathan LeBrasseur, PhD** Mayo Clinic
9:30 – 9:45 a.m.	*The Complexity of EEG Signals Before and During Surgery May Predict Post-Operative Attention* **Lewis A. Lipsitz, MD** Hinda and Arthur Marcus Institute for Aging Research
9:45 – 10:00 a.m.	*Physical Recovery from Planned Surgery* **Cathleen Colon-Emeric, MD** Duke University
10:00 – 10:15 a.m.	*What Personalities Bounce Back from Illness?* **Anthony Ong, PhD** Cornell University

10:15 – 10:35 a.m.	*Moderator Wrap-up/Group Discussion*
10:35 – 10:50 a.m.	**BREAK**

TOPIC 4: CONTRIBUTORS/INTERVENTIONS TO BUILD RESILIENCE/RESERVE

Moderator: **Arlan Richardson, PhD**, University of Oklahoma Health Science Center

10:50 – 11:05 a.m.	*Exercise* **Marcas Bamman, PhD** University of Alabama at Birmingham
11:05 – 11:20 a.m.	*Caloric Restriction* **Valter Longo, PhD** University of Southern California
11:20 – 11:35 a.m.	*Mindfulness* **Kirk Brown, PhD** Virginia Commonwealth University
11:35 – 11:50 a.m.	*Biostatistics* **Ravi Varadhan, PhD** Johns Hopkins University
11:50 a.m. – 12:10 p.m.	*Moderator Wrap-up/Group Discussion*
12:10 – 12:30 p.m.	**WRAP-UP SESSION**
12:30 p.m.	**ADJOURN**