

AGS/NIA R13 Bench-to-Bedside Conference Series
Optimizing Resilience

Supported by the National Institute on Aging and the American Geriatrics Society
Additional support provided by BrightFocus Foundation

[Hyatt Regency](#) - Bethesda, MD
Tuesday, March 3 – Wednesday, March 4, 2026
AGENDA

DAY 1: TUESDAY, MARCH 3

Room Location: Cabinet/Judiciary Suite

Time	Session	Presenters
7:30 AM	Breakfast	
8:00 – 8:10 AM	Opening Session & Welcome Remarks from NIA	<i>Anthony Molina, PhD, Lenise Cummings-Vaughn, MD, CMD and Monica Serra, PhD</i>
8:10 – 8:30 AM	Overview of First and Second Resilience Conferences	<i>Peter Abadir, MD and Cathleen Colon-Emeric, MD, MHS</i>
8:30 - 9:15 AM	Plenary: Introducing the Human Brain Protectome – A Precision-Health Framework for Operationalizing Biobehavioral Resilience and Reducing ADRD Risk Through Community-Grounded Global Approaches	<i>Chinedu Udeh-Momoh, PhD, MSc</i>
9:15 – 10:45 AM	Topic 1: Biomarkers that are Responsive to Resilience Intervention and How to Track Them	<u>Moderator:</u> <i>Miles Berger, MD, PhD</i>
9:15 – 9:30 AM	<ul style="list-style-type: none"> Heterogeneity in human immune aging and vaccine responses 	<ul style="list-style-type: none"> <i>Duygu Ucar, PhD</i>
9:30 – 9:45 AM	<ul style="list-style-type: none"> MARBLE Trial: Insights into the Molecular Effects of Peripheral Surgical Stress on the Aging Brain 	<ul style="list-style-type: none"> <i>Miles Berger, MD, PhD</i>
9:45 – 10:00 AM	<ul style="list-style-type: none"> Progress Towards Identifying Drivers and Markers of Universal Resilience 	<ul style="list-style-type: none"> <i>Anthony Molina, PhD</i>
10:00 – 10:15 AM	<ul style="list-style-type: none"> Using Multi-omic Profiling to Unravel Human Immunity Across Age 	<ul style="list-style-type: none"> <i>Claire Gustafson, PhD</i>
10:15 – 10:45 AM	<ul style="list-style-type: none"> Moderated discussion on gaps and future directions 	<i>All</i>
10:45 – 11:00 AM	<i>Morning Break</i>	
11:00 – 12:30 PM	Topic 2: Choosing Multi-Component Interventions	<u>Moderator:</u> <i>Cathleen Colon-Emeric, MD, MHS</i>
11:00 – 11:15 AM	<ul style="list-style-type: none"> Regular Aerobic Exercise as a Physical Resilience Promoting Intervention 	<ul style="list-style-type: none"> <i>Bill Kraus, MD</i>
11:15 – 11:30 PM	<ul style="list-style-type: none"> Multicomponent Interventions in a Geroscience Context 	<ul style="list-style-type: none"> <i>John Newman, MD, PhD</i>

11:30 – 11:45 PM	<ul style="list-style-type: none"> Cellular Senescence and Resilience: Potential Roles of Senolytics, Senosensitizers, and Checkpoint Inhibitors 	<ul style="list-style-type: none"> <i>James Kirkland, MD, PhD</i>
11:45 – 12:00 PM	<ul style="list-style-type: none"> Personalized Exercise, Nutrition, and Anabolic Optimization to Enhance Resilience in Surgical and Illness Recovery 	<ul style="list-style-type: none"> <i>Paul Wischmeyer, MD</i>
12:00 – 12:30 PM	<ul style="list-style-type: none"> Moderated discussion on gaps and future directions 	<i>All</i>
12:30 – 1:30 PM	<i>Lunch and Networking</i>	
1:30 – 3:00 PM	Topic 3: Issues in Designing Resilience Clinical Trials	<u>Moderator:</u> <i>Lenise Cummings-Vaughn, MD, CMD</i>
1:30 – 1:45 PM	<ul style="list-style-type: none"> Lessons learned from targeting immune resilience with mTOR inhibitors 	<ul style="list-style-type: none"> <i>Joan Mannick, MD</i>
1:45 – 2:00 PM	<ul style="list-style-type: none"> Designs to Address the Multifaceted Targets of Interventions to Promote Resilience in Older Adults 	<ul style="list-style-type: none"> <i>Karen Bandeen-Roche, PhD</i>
2:00 – 2:15 PM	<ul style="list-style-type: none"> A Novel Trial Design for Studying Resilience to Clinical Stressors 	<ul style="list-style-type: none"> <i>Ravi Varadhan, MD, PhD</i>
2:15 – 2:30 PM	<ul style="list-style-type: none"> Targeting Muscle to Improve Resilience and Challenges in Designing Clinical Trials for FDA Approval 	<ul style="list-style-type: none"> <i>Shalender Bhasin, MD</i>
2:30 – 3:00 PM	<ul style="list-style-type: none"> Moderated discussion on gaps and future directions 	<i>All</i>
3:00 – 3:30 PM	<i>Afternoon Break</i>	
3:30 – 5:00 PM	Small Group Sessions <ul style="list-style-type: none"> Designing Multi-Component Interventions for Real-World Impact with the goal to develop a shared conceptual model for combining physical, biological, and behavioral components in resilience interventions The science of implementation - methodology workshop Stakeholder - policy implications and funding priorities, technical concerns- biomarker tracking and data analysis How to leverage collaborations with industry to explore resiliency tools 	<i>All</i>
5:30 – 8:30 PM	<i>Reception and Dinner</i>	

DAY 2: WEDNESDAY, MARCH 4
<i>Room Location: Cabinet/Judiciary Suite</i>

Time	Session	Presenters
8:00 – 9:00 AM	Breakfast and one-on-one Mentee/Mentor Meetings	
9:00 – 11:15 AM	Moving the Field Forward: Priorities and agenda-setting	
9:00 – 10:30 AM	Small groups provide 10-minute reports from each break-out group	<i>All</i>
10:30 – 11:15 AM	Moderated Discussion – Agenda-setting and Prioritizing	<i>All</i>
11:15 – 12:00 PM	Wrap-up and Final Remarks	<i>Lenise Cummings-Vaughn, MD, CMD and Anthony Molina, PhD</i>

Rising Stars: Afternoon Session for Junior Investigator Travel Awardees
(12:00 PM to 3:30 PM)

Time	Session	Presenters
12:00 – 1:00 PM	Lunch/Networking – Getting to Know NIA Staff	
1:00 – 2:30 PM	Lightning Science <ul style="list-style-type: none"> • 5 min. presentations from each of the selected Rising Stars to discuss their work, works in progress, and/or ideas for a study 	<i>All</i>
2:30 – 3:15 PM	Roundtable Resilience Consultancy Challenge <ul style="list-style-type: none"> • Each person has 5 minutes to discuss background, stage of career, and a specific challenge they are facing. Group then provides practical feedback using a structured “wise crowds” format. • Attendees can choose from among the various themes: <ul style="list-style-type: none"> • Defining Resilience in your field • Measurement/analytic issues in resilience • Resilience promoting intervention development • General career or mentorship challenges 	<i>All</i>
3:15 – 3:30 PM	Evaluations, Action Item postcards, Adjourn	<i>All</i>

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