

AGS/NIA R13 Bench-to-Bedside Conference Series
Overview of the Resilience World – State of Science

Supported by National Institute on Aging and the American Geriatrics Society

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Fairmont Hotel, Washington, DC
October 12 – 13, 2022

AGENDA

DAY 1: WEDNESDAY, October 12th

Location: Kennedy Ballroom – Fairmont Hotel

Time	Session	Presenters
7:30 AM	Breakfast	
8:00 – 8:10 AM	Opening Session & Welcome	<i>Peter Abadir, MD & Heather Whitson, MD</i>
8:10 – 8:30 AM	Overview	<i>Heather Whitson, MD</i>
8:30 – 10:15 AM	Topic 1: Resilience in Action: What we do (not) know	Moderator: <i>George Kuchel, MD, FRCP</i>
8:30 – 8:45 AM	<ul style="list-style-type: none"> • Psychological Resilience: More than a Metaphor? • Physical Resilience • Cognitive Reserve and Resilience • Exposome as a Stressor • Moderated discussion on gaps and future directions 	<i>Anthony Ong, PhD</i>
8:45 – 9:00 AM		<i>Rene Melis, MD, PhD</i>
9:00 – 9:15 AM		<i>Yaakov Stern, PhD</i>
9:15 – 9:30 AM		<i>Amy Kind, MD, PhD</i>
9:30 – 10:15 AM		<i>All</i>
10:15 – 10:30 AM	<i>Morning Break</i>	
10:30 – 12:15 PM	Topic 2: Towards a holistic concept of resilience	Moderator: <i>Peter Abadir, MD</i>
10:30 – 10:45 AM	<ul style="list-style-type: none"> • Dynamics of Resilience across lifespan • Complex Systems: how does complexity science inform research on resilience? • Resilience and Health Equity: Role of Societal Disadvantage in Resilience • The molecular underpinnings of age-related changes in resilience • Molecular Mechanisms of Resilience in the Brain • Moderated discussion on gaps and future directions 	<i>Cindy Bergeman, PhD</i>
10:45 – 11:00 AM		<i>Ravi Varadhan, PhD</i>
11:00 – 11:15 AM		<i>Monica Rivera Mindt, PhD</i>
11:15 – 11:30 AM		<i>Bruce Troen, MD</i>
11:30 – 11:45 AM		<i>David Bennett, MD</i>
11:45 – 12:15 PM		<i>All</i>
12:15 – 1:15 PM	<i>Lunch and Networking</i>	
1:15 – 3:00 PM	Topic 3: Tools to Operationalize and Advance the Concept of Resilience	Moderator: <i>Daniel Davis, PhD</i>
1:15 – 1:30 PM	<ul style="list-style-type: none"> • NIH Resilience Research Design Tool • Animal Models of Resilience • COVID as a Natural Resilience Experiment: The COVID-19 Virus (and Vaccine) as Stressor • COVID as a Natural Resilience Experiment: The Pandemic Experience as a Stressor • Bioinformatics and science-informed modeling approaches in resilience research 	<i>LaVerne Brown, PhD</i>
1:30 – 1:45 PM		<i>Nathan LeBrasseur, PhD, MS</i>
1:45 – 2:00 PM		<i>Ken Schmader, MD</i>
2:00 – 2:15 PM		<i>Ashwin Kotwal, MD, MS</i>
2:15 – 2:30 PM		<i>Karen Bandeen-Roche, PhD</i>

2:30 – 3:00 PM	<ul style="list-style-type: none"> • Moderated discussion on gaps and future directions 	<i>All</i>
3:00 – 3:45 PM	<i>Afternoon Break</i>	
3:45 – 4:15 PM	<p>Small Group Sessions – 1 & 2 <i>Session 1 (30 minutes)</i> – Attendees will work in small groups to consider this question – “Is there multiplicity to resilience or a grand unifying theory?” Each group will select a volunteer to summarize the group’s response and propose a definition of “resilience.”</p> <p><i>Session 2 (1 hour)</i> – Attendees will switch into their second small group to focus on advancing the field within an assigned theme:</p> <ol style="list-style-type: none"> 1. Disparities in exposure to health stressors across the lifespan 2. Disparities in response to stressors (and how this changes with age) 3. Disparities in pre-stress reserve (and how this changes with age) 4. AI and data science as tools in resilience research 5. Preclinical models of resilience 6. Design and measurement in human studies on resilience <p>Each group should prepare two slides. One slide should list up to 3 major knowledge gaps or resource needs related to your topic. One slide should list up to 3 high priority research questions related to your topic. The report out will take place on Day 2.</p>	<i>All</i>
4:15 PM – Switch Groups		
4:20 – 5:20 PM		
6:00 – 9:00 PM	Reception and Dinner – <i>Roosevelt Ballroom</i>	

DAY 2: THURSDAY, October 13th

Location: Kennedy Ballroom – Fairmont Hotel

Time	Session	Presenters
8:00 – 9:00 AM	<i>Breakfast and one-on-one Mentee/Mentor Meetings</i>	
9:00 – 11:15 AM	Moving the Field Forward: Priorities, Agenda-setting, Wrap-up	<i>Peter Abadir, MD & Heather Whitson, MD</i>
9:00 – 10:45 AM	<p>Report Out <i>Small Group Session 1:</i> A representative from each group will report out their group’s definition and 1-3 key features of “resilience” <i>Small Group Session 2:</i> A representative from each group will provide a 10-minute report out.</p>	<i>All</i>
10:45 – 11:15 AM	Moderated Discussion, Agenda-setting, and Prioritizing	
11:15 – 12:00 PM	<p>Wrap-up, Final remarks, Evaluations Dismissal of those not involved in the Rising Stars Session</p>	<i>Peter Abadir, MD & Heather Whitson, MD</i>

Rising Stars Workshop
Afternoon Session for Junior Investigators

Thursday, October 13, 2022

Time	Session	Presenters
12:00 – 1:00 PM	Lunch/Networking	
1:00 – 1:15 PM	AGS/AGING LEARNING Collaborative	<i>Heather Whitson, MD</i>
1:15 – 2:00 PM	Getting to Know Your Allies and Opportunities: K22, the K99/R00 and the ClinSTAR Network	<i>Lyndon Joseph, PhD</i>
2:00 – 3:00 PM	Hands-on Mentoring Workshop Participants will have the opportunity to select their choice of workshop: <ul style="list-style-type: none"> • AIMS Page Workshop – Participants who are in the process of preparing grants can present their “Aims Page” (3-4 pages) to a small group to receive feedback and suggestions. • Consultancy Challenge Workshop - During this workshop attendees will participate in a popular and effective group problem-solving activity known as a “consultancy.” This is structured to enable a set of people with a variety of knowledge and expertise to provide support, new perspectives, and ideas to one another, particularly around an important or difficult challenge. We will focus on a limited set of career related topics. 	
3:00 – 3:30 PM	Evaluations, Adjourn	<i>Peter Abadir, MD & Heather Whitson, MD</i>

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