



# MCUAAAR Mondays

February 15, 2021

To reduce the number of messages sent out to the MCUAAAR 5 Listserv, if you send me the kind of information found below, I will compile it and send it out on "MCUAAAR Mondays"

## JOBS

### **T32 Precision Lifestyle Medicine and Translation Research (PREMIER) Postdoctoral Training Program**

The University of Illinois at Chicago (UIC) is one of the nation's most dynamic, diverse, and progressive enterprises of higher education and health affairs. The PREMIER training program for postdoctoral fellows at UIC harnesses the University's vibrant academic environment, highly diverse faculty and student bodies, and substantial synergistic programs, infrastructure and resources, to maximize its fellows' ability to succeed in their paths towards independent lifestyle medicine researchers of the future. Precision lifestyle medicine, which integrates behavioral science with mechanistic investigation and modern technology, affords the promise of providing precise, proactive, and personalized care for individuals with or at risk of multiple chronic conditions. At the same time, research on health behavior and behavior change that spans the spectrum of translation to humans (T1), to patients (T2), to practice (T3), and to population health (T4) is pivotal to achieve ultimate public health impact.

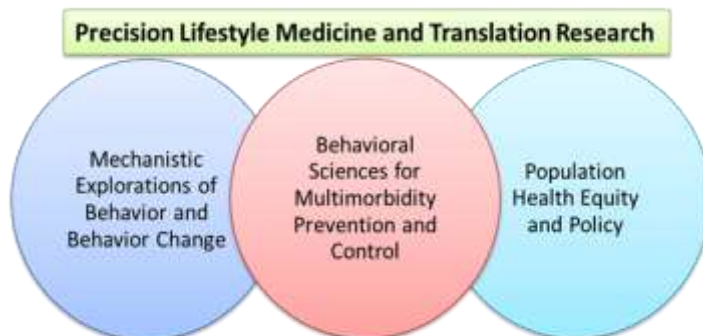


Figure 1. Thematic cores of the training program

**The application deadline is April 2, 2021**

**To apply**, you need to complete and submit the [PREMIER Application](#) at [https://uic.ca1.qualtrics.com/jfe/form/SV\\_bQS6Y8dxUbe9iNj](https://uic.ca1.qualtrics.com/jfe/form/SV_bQS6Y8dxUbe9iNj)

## NEWS



### **Maintaining Mobility and Preventing Disability are Key to Living Independently as We Age**

Many older adults don't get enough physical activity and spend, on average, between nine and 13 hours a day sitting. Sedentary behavior, such as sitting too much, may be a risk factor for losing mobility and independence. Some studies have found that physical activity and exercise can help prevent loss of mobility. Let these findings be a motivator to reduce sedentary behavior and get moving!

**Read entire blog - [Maintaining mobility and preventing disability are key to living independently as we age | National Institute on Aging \(nih.gov\)](#)**

## TRAINING OPPORTUNITY



New NIH-funded faculty development program, **Leading the Advancement of Underrepresented Neuroscientists for Change (LAUNCH)**. The goal of LAUNCH is to enhance early faculty career success and success in obtaining NIH or equivalent funding. It begins with a Summer Institute from July 12-23, 2021, followed by a 2-day Mid-Year Meeting and second Summer Institute in 2022. The deadline to apply is March 1, 2021 at [https://ucsd.co1.qualtrics.com/jfe/form/SV\\_cBxOeRePNK7Gxyl](https://ucsd.co1.qualtrics.com/jfe/form/SV_cBxOeRePNK7Gxyl)

## EVENTS

### **Socioeconomic Status Health Disparities: Empirical Evidence from a Biopsychosocial Perspective**

**Wednesday, February 17, 2021**

**12:30PM—1:30PM**



**Dr. Samuele Zilioli (2020 MCUAAAR Scientist)** is an Assistant Professor in the Department of Psychology and the Department of Family Medicine and Public Health Sciences at Wayne State University

Health and longevity track social stratification, such that low socioeconomic status (SES) confers higher risks of cardiovascular, respiratory, and psychiatric diseases as well as premature mortality. The Socioeconomic Gradient Bow-Tie model (Zilioli et al., 2018), represents a theoretical attempt to capture the complexity of the socioeconomic gradient in health by considering reinforcing and balancing dependencies between a person's SES, physical and social environments, and biopsychological processes through which environmental inputs are processed. Health outcomes, regarding both surrogate endpoints (e.g., blood pressure, BMI) and clinical endpoints (e.g., physical symptoms, mortality), are the product of this continuous synthesis. Grounded in the SGBT model, my research aims at shedding light on the psychosocial mediators and moderators of the effects of SES on health-related biology (e.g., endocrine and immune functioning) and physical health across the lifespan. I have worked with both healthy samples as well as subjects affected by chronic diseases, such as asthma and cardiovascular disease, and in many of these studies have targeted high-risk populations, including minority race/ethnicity samples from Detroit. In the present talk, I will mainly focus on gluco-corticoid mechanisms, as a significant biological intermediary through which SES and SES-related stressors can influence health. Although studies conducted among youth will be presented, most of the studies will focus on middle age and older adults, with a particular focus on African Americans living in Detroit.

**Join us on Zoom at :**

<https://wayne-edu.zoom.us/j/91960460512?pwd=TkhRV3grMXlaWW12QzY4eTNmNStWdz09>

**Zoom Meeting ID:** 919 - 6046 - 0512 and **Password:** 923905

## 2021 Leon and Josephine Winkelman Memorial Virtual Lecture

### 2021 Virtual Winkelman Lecture PART I

**Tuesday, February 23, 2021**

**2/24/2021 - 4:30 PM to 5:30 PM**



### ***Risk and Protective Factors for Cognitive Decline and Dementia in Older African Americans***

Dr. Lisa L. Barnes, *The Alla V. and Solomon Jesmer Professor of Gerontology and Geriatric Medicine, Department of Neurological Sciences, Rush Medical College, Neuropsychologist, Rush Medical Center*

### 2021 Virtual Winkelman Lecture PART II

**Wednesday, February 24, 2021**

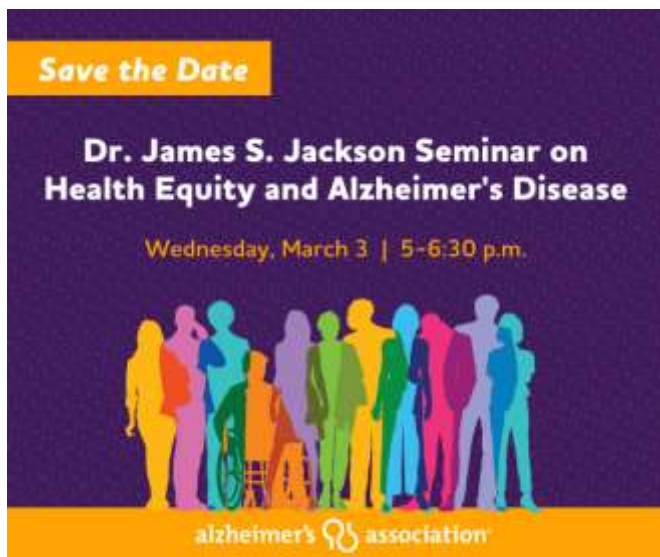
**4:30 – 4:30pm**

#### Panel Discussion:

- **Moderated by Robert Taylor**, *Harold R Johnson Endowed Professor of Social Work, Sheila Feld Collegiate Professor of Social Work, School of Social Work and Faculty Associate, Research Center for Group Dynamics, Institute for Social Research*
- **Panelists:**
  - **Jamie Mitchell**, *Assistant Professor of Social Work, University of Michigan School of Social Work*
  - **Katrina Ellis**, *Assistant Professor of Social Work, University of Michigan School of Social Work*

## Dr. James S. Jackson Seminar on Health Equity and Alzheimer's Disease

**Wednesday, March 3, 2021, 5:00 – 6:30pm**



Older Black/African-Americans are about twice as likely to have Alzheimer's or other dementias as older whites, and Hispanic/Latinos are about one and one-half times as likely to have Alzheimer's or other dementias as older whites. Health equity can be achieved when people have resources to protect their health and well-being. However, social determinants of health can lead to differences in the access of quality of care, access to treatment, and higher rates of disease and death for these and other populations. The COVID-19 pandemic and its subsequent vaccine rollout have shined an even brighter light on the need for more work to be done across the public health spectrum. Join us as we talk with some of the nation's leading scientists and experts as they discuss the latest in health equity research focused on Alzheimer's and other dementia. Alzheimer's Association Interim Chief

Diversity and Inclusion Officer/Vice President for Scientific Engagement, Carl V. Hill, Ph.D., MPH, will speak and moderate. **To register** - [https://alz-org.zoom.us/webinar/register/WN\\_8uleTc6pQsWKijsS7VvJJw](https://alz-org.zoom.us/webinar/register/WN_8uleTc6pQsWKijsS7VvJJw)

## UPCOMING MCUAAAR EVENTS

<b>Upcoming Events/Deadlines:</b>	
<b>Next Scientist Seminar</b>	<p><b>Wednesday, February 17, 2021, 10:00 – 11:00am</b></p> <p><b>R Studio: The Sequel</b></p> <p>If you are new to R and GitHub, please review Wassim's May 2020 Scientist Seminar here <a href="https://mcuaaar.org/resources/scientist-seminars/">https://mcuaaar.org/resources/scientist-seminars/</a> . It would be very helpful if you download R, RStudio on your machine, and establish a GitHub account. Please come with specific questions about data and code obstacles (download, management, storage, analyses, replication) based on projects that you (your labs) are working on.</p>
<b>2021 Virtual Winkelman Lecture PART I</b>	<p><b>Tuesday, February 23, 2021, 4:30 – 5:30pm</b></p> <p>Dr. Lisa Barnes Lecture</p>
<b>2021 Virtual Winkelman Lecture PART II</b>	<p><b>Wednesday, February 24, 4:30 – 5:30pm</b></p> <p>Dr. Jamie Mitchell and Dr. Katrina Ellis on panel with Dr. Robert J. Taylor moderating</p>
<b>Next Program Meeting</b>	<p><b>Wednesday, March 10, 2021, 9:00 – 11:00am</b></p>
<b>RCMAR Week/Annual Meeting</b>	<p><b>March 29 – April 2, 2021</b></p> <p>More information coming soon at <a href="https://rcmar.org/events/2021-rcmar-annual-meeting/">https://rcmar.org/events/2021-rcmar-annual-meeting/</a></p>