

## PEPPER CENTERS AVAILABLE FOR SHORT VISITS:

Pepper OAIC	What are the specialty foci or expertise areas of your Center in which an exchange scholar could receive career development as described above?	Please describe exemplar experiences you could imagine providing to a visiting scholar for a short (2-3 day) visit.
<p><b>Boston Pepper Center</b>  <i>Point of Contact:</i>  <b>Monty Montano</b>  <i>mmontano@bwh.harvard.edu</i></p>	<p>The Boston OAIC thematic focus is on Function Promoting Therapies (FPTs) and supports studies across the spectrum of translational science from mechanism elucidation, preclinical proof-of-concept studies, biomarker validation, epidemiologic investigation to randomized trials.</p>	<p>The short visit exchange scholar would:</p> <ul style="list-style-type: none"> <li>• Partner with an REC or PESC awardee</li> <li>• Focus on method training linked to OAIC Core</li> <li>• Visit Pepper sites (BWH, HSL, Tufts)</li> <li>• Organize meeting between host &amp; visiting scholar OAICs</li> <li>• Mentoring sessions with core faculty</li> </ul>
<p><b>University of Michigan</b>  <i>Point of Contact:</i>  <b>Raymond Yung</b>  <i>ryung@med.umich.edu</i></p>	<p>The focus OF THE UM PEPPER CENTER IS TO address the central hypothesis that targeting metabolic and inflammatory factors as critical mediators of geriatric conditions and outcomes improves functional and cognitive functions of older adults.</p> <p>The <b>Human Subjects and Assessment Core (HSAC)</b> provides training and consultation to investigators on issues related to (a) recruitment and retention of human subjects, and (b) measurement of quality of life and psychosocial factors closely linked with aging phenotype.</p> <p>The <b>Core Facility for Aged Rodents (CFAR)</b> will provide advice to all OAIC investigators, from student through</p>	<p>Day 1 – Present work-in-progress to the Research Operation Committee leadership team. Meet with individual Core leaders relevant to the scholar’s research interest.</p> <p>Day 2- In-person visit of the Biomechanics Core for human functional studies, Core Facility for Aged Rodents animal facility for mouse functional studies, and gain information regarding data base research such as assessing the Health and retirement Study data.</p>

faculty levels, in the use of rodents for research into the biology of aging and its role in late life disease.

The **Biomechanics Core (BC)** provides an array of techniques and equipment for the precise experimental quantification of physical functioning of healthy and frail elders in order to investigate attributes of the aging phenotype. It also supplies support for theoretical investigations in the form of computer simulation models to analyze the elements of those functional abilities and to establish the major determinants of abilities to perform motor acts in an effective manner.

The **Data, Design, and Biostatistics Core (DDBC)** will provide technical support and training of investigators developing or performing intervention and other geriatric research projects examining the aging phenotype and outcomes research.

**Duke University**

*Point of Contact:*  
*Kenneth Schmader*  
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Our focus is understanding and optimizing reserve and resilience in older adults.

The **Physical Measures Core (PMC)** can provide consultation on appropriate measures of physical function for a specific project/population, hands-on training in clinical assessments of physical performance (e.g., SPPB, 6-minute walk), consultation on wearable activity devices, and measurement considerations across clinical settings and populations.

The **Molecular Measures Core** can offer hands

For physical measures, a short visit would enable the trainee to learn the standardized procedures for assessing physical function, common obstacles encountered in clinical research, and how to use physical function scores to determine individual health (relative to population norms) and/or to inform a future intervention.

For molecular measures, a short visit would enable a trainee to gain an appreciation of data integrity, controls, and methodology for dealing with out of range high and low values for molecular measures

	<p>on training in molecular measures including ELISA and GC mass spec analyses.</p> <p>The <b>Research Education Core</b> can offer individual Professional Development and intervention development guidance.</p> <p>The <b>Analysis Core</b> can offer guidance on statistical methods and explore potential opportunities for collaborations using databases from our own center or from the visiting scholar.</p>	<p>and overall provide insights to interpreting such data in future. Individualized professional development consultation geared to the needs of the faculty member; grant writing workshops.</p>
<p><b>Mount Sinai Medical Center</b></p> <p><i>Point of Contact:</i>  <i>Christian Espino</i>  <i>christian.espino@mssm.edu</i></p>	<p>Palliative Care and CAPC Immersion, including training in various Palliative Care needs.</p>	<p>A spot to attend the 2022 Kathleen Foley Annual Palliative Care Retreat.</p> <p>The goal of the retreat is to advance the scientific endeavors of those who are or will become independent investigators actively involved in palliative care research through development of attendees' individual works in progress and improvement of specific competencies and core methodologies essential to conducting palliative care research. The meeting format will include didactic lectures, small group discussion by topic area and/or discipline, mock study sections, poster presentations, and networking opportunities.</p> <p>The purpose of the Annual Kathleen Foley Palliative Care Retreat and Research Symposium is to provide an opportunity for interdisciplinary palliative care researchers to come together to network, learn from each other, discuss the science of palliative care and develop new research ideas and collaborations.</p>

		<p>The Kathleen Foley Palliative Care Retreat and Research Symposium will take place in La Jolla, California on October 18-20, 2022.</p>
<p><b>Northwestern OAIC</b>  <i>Point of Contact:</i>  <i>Julia Yoshino Benavente, MPH</i>  <i>julia.benavente@northwestern.edu</i></p>	<p>The mission of the Northwestern OAIC is to generate innovative research that will enhance primary care for medically complex, older adults with multiple chronic conditions to achieve optimal health, function, independence and quality of life.</p> <p>Specific areas of expertise include:  advanced care planning, antimicrobial stewardship, cardiovascular epidemiology, caregiver involvement, cognitive aging, community health, data harmonization, deprescribing, digital health, health &amp; healthcare disparities, health literacy &amp; health communication, health services research, leveraging of consumer &amp; health technologies, meaningful use of electronic health records, medication safety, multi-morbidity, pragmatic trials design, patient activation, patient-reported outcomes measurement (PROMIS, NIHToolbox), polypharmacy, psychosocial determinants of health, primary care innovation, self-management science, treatment adherence.</p> <p>The Northwestern OAIC includes three resources cores that provide guidance and support</p>	<p>Day 1 - Deliver work-in-progress at our multidisciplinary school-wide venue (Institute for Public Health &amp; Medicine)</p> <p>Introduction to availability of unique aging research datasets and collaboration opportunities, in partnership with the Resource Cores (measurement, design, analytics)</p> <p>Individualized faculty mentor session tailored to scholar research focus</p> <p>Day 2 - 'Virtual tour' and discussions with healthcare system clinical and administrative leadership (primary care innovation, healthcare informatics), as well as community and industry partners (Walgreens, Chicago Department of Public Health, federally qualified health center networks)</p> <p>Informal, virtual research poster session with current and/or former Northwestern Pepper Scholars and other geriatric junior investigators</p> <p>Day 3 - Meet with the Measurement Core faculty to understand how to develop, deploy, and interpret patient reported outcomes</p>

	<p>regarding patient-reported outcomes measurement, technology enabled healthcare design, and comprehensive data analytics.</p>	<p>meet with Design Core faculty to gain consultation on the development and deployment of consumer and/or healthcare technologies to manage, monitor patient care identify ongoing collaborative opportunities with Northwestern Pepper Center researchers experienced in developing, optimizing, and evaluating electronic health record-based interventions to improve care</p> <p>In addition, other opportunities to understand how the application of behavioral science principles, including from behavioral economics and social psychology, can be applied to improve care quality.</p>
<p><b>UNIVERSITY OF FLORIDA</b>  <i>Point of Contact:</i>    CHRISTIAAN LEEUWENBURGH  <a href="mailto:CLEEUWEN@UFL.EDU">CLEEUWEN@UFL.EDU</a></p>	<p>High resolution respirometry  Accelerometry  Intervention trails  Pre-clinical models of aging  Biomarkers  Mitochondrial biology  Pre-clinical and clinical pain assessments</p> <p>Quantitative Sensory Testing  Connected Health Technologies and mobile devices</p>	<ol style="list-style-type: none"> <li>1) Discussions on mitochondrial biology, high-resolution respirometry technology, accelerometry, intervention trials, preclinical models of aging, biomarkers</li> <li>2) Discuss strategies for incorporating smart and connected health technologies into wearable and mobile devices.</li> <li>3) Discuss preclinical and clinical strategies for pain assessment</li> <li>4) Discuss quantitative pain assessments</li> <li>5) Discuss ecological momentary pain assessments</li> <li>6) Discuss movement-evoked pain assessments</li> <li>7) Discuss ways to incorporating ecological momentary assessments to evaluate inherent variability in geriatric symptoms</li> <li>8) Discuss data mining and machine learning with existing structured data sources and unstructured electronic health records</li> <li>9) Mock review of proposed grant of the early stage investigator</li> </ol>

		10) Seminar presentation and discussion of future research directions
<p><b>University of Maryland</b>  <i>Point of Contact:</i>  <i>Anne Sullens</i>  <i>asullens@som.umaryland.edu</i></p>	<p>The UM-OAIC addresses the process by which function is lost, and the multiple factors that affect the onset and progression of disability. The UM-OAIC focuses on the restoration of function (i.e. enablement) in order to improve function in those with impairments, and prevent or delay further progression in those who are already disabled. Specialty expertise is available in pre-clinical technologies and procedures, applied physiology, robotics, rehabilitation science and technologies and translation from laboratory to outside settings.</p>	<p>Day 1 – Orientation and Introduction to UM-OAIC: Visiting scholar presents at a seminar; meet with Center leaders to discuss the UM-OAIC and available resources; participate in various small working group meetings; on-site tour of Physical Therapy and Rehabilitation Science laboratory, VA GRECC exercise facility, human performance, and wet laboratories; pre-clinical lab visit; dinner.</p> <p>Day 2 – Research Opportunities: Observe multi-disciplinary falls and balance clinic (hands on comprehensive assessment); near infrared spectroscopy; muscle biopsy; clinical neurocognition assessment and multi-disciplinary discussion of the findings; participate in telerehabilitation training sessions; and observe laboratory methods for measuring bone and muscle structure, function, and quality in small animals and discussion of their importance of translation to human research.</p> <p>Day 3- Collaboration and feedback on Scholar’s research: small group meetings or one-on-one meetings with Pepper Center investigators aimed at discussion of scholar’s research and developing collaborations; participate in a Research Education Core meeting with other junior faculty members; meeting with REC Core leader to discuss career development plan.</p>

<p><b>Johns Hopkins University</b></p> <p><i>Point of Contact:</i>  <i>Brian Buta</i>  <i>bbuta@jhu.edu</i></p>	<p>Foci=Frailty, resiliency, chronic inflammation, Specialty expertise available in aging biology, including mitochondrial biology, as well as in physiological stress-response systems, clinical translation, high-technology measurement (e.g. imaging, accelerometry, metabolomics), epidemiology and biostatistics of aging.</p>	<p>Day 1 - Give seminar; brief one-on-one meetings with relevant faculty; dinner</p> <p>Day 2 - Longer, working conversations with key faculty aimed at developing collaborations; participate in Biology of Healthy Aging workgroup meeting</p> <p>Day 3 - Participate in Frailty Working Group meeting; concluding discussions setting follow ups</p>
<p><b>University of Pittsburgh</b></p> <p><i>Point of Contact:</i>  <i>Bari Guzikowski</i>  <i>bmg96@pitt.edu</i></p>	<p>Mobility and balance, brain aging and mobility, osteoporosis and falls, healthy aging biomarkers, muscle aging</p>	<p>Day 1 - Pepper seminar and pepper scholars activities including presentation of work in progress, meetings with colleagues, participation in regular study meetings</p> <p>Day 2- Observe research activities such as mobile assessment; brain imaging, muscle spectroscopy, biopsy, respirometry, Novel brain imaging, densitometry and high-resolution pQCT.</p> <p>Day 3 – Participate in working group meeting (brain, muscle, Bone, Long term care.), mentorship meetings with core faculty, analysis consultation</p>
<p><b>UCSF</b></p> <p><i>Point of Contact:</i>  <i>Sarah Ngo</i>  <i>Sarah.ngo@ucsf.edu</i></p>	<p>The focus of the UCSF Pepper Center is the prevention and amelioration of disability and functional impairment in older adults. Our work encompasses a range of study methods, including but not limited to clinical trials, observational cohorts, and qualitative research, all with a goal of addressing important questions in this area. We also have particular strength in using national datasets, including the Health and</p>	<p>Day 1 - Present an ongoing or planned research project at our Pepper Center / Division of Geriatrics Research Works-in-Progress seminar, which is attended by investigators interested in aging research from across UCSF.</p> <p>Meetings with VA-based research faculty with shared interests in topic areas.</p>

	<p>Retirement Study, National Health and Aging Trends Study, Medicare data, VA data, and more to advance research on these topics.</p>	<p>Mentoring meetings with Pepper Center leadership, including exploration of opportunities for potential cross-site collaborations.</p> <p>Day 2 - Review and discuss data resources and study design questions with faculty from the Data and Analysis Core and with senior data analysts.</p> <p>Discussion with Vulnerable Aging Research Core leaders about strategies for retention and recruitment of cognitively, physically, and socioeconomically vulnerable older adults and their caregivers into clinical studies, including advanced strategies for obtaining and addressing informed consent</p> <p>Virtual and/or face-to-face meetings with UCSF clinical and program leaders relevant to clinical application of the scholar's work.</p> <p>Group lunch with research faculty and fellows</p> <p>Day 3 - Potential presentation of research in another venue, for example Division, Department, or School-directed symposium or working group meeting</p> <p>Attend research group meeting(s)</p> <p>Meeting with UCSF Mission Bay-based research faculty with shared interests.</p>
<p><b>UTMB</b> <i>Point of Contact:</i></p>	<p><b>Foci:</b> Muscle aging/sarcopenia, rehabilitation, recovery from illness, medical effectiveness,</p>	<p>Day 1 - Meet with individual faculty members, attend Translational Research in Aging &amp;</p>

<p><i>Stephanie Burt</i> <i>Stburt@utmb.edu</i></p>	<p>cancer outcomes, over testing, patient-centered outcomes research, Hispanic aging. <b>Expertise:</b> molecular biology of muscle aging, cell culture, transgenic animal models, stable isotope methodologies to study metabolism, clinical translation, physical activity interventions involving technology, clinical trials in hospitalized patients, epidemiology, outcomes.</p>	<p>Metabolism (TRAM) seminar; dinner. Day 2 - Learn how to take muscle biopsies; longer, working conversations with key faculty aimed at developing collaborations. Day 3 - Meet with individual faculty members; give Pepper Investigators Lecture.</p>
<p><b>UTHCSA</b> <i>Point of Contact:</i> <i>Maggie Liang</i> <i>LiangH0@uthscsa.edu</i></p>	<p>Translational Geroscience, Pharmacological interventions to promote healthy aging, Exercise interventions to promote healthy aging, Novel pre-clinical models in Translational Geroscience such as the marmoset monkey, Advanced metabolic techniques related to aging Research</p>	<p>1) Learn basic principles on Translational Geroscience, including Pharmacological approaches to promote healthy aging 2) Observe advance metabolic techniques related to aging Research 3) Learn mitochondrial biology techniques such as high-resolution respirometry</p>
<p><b>Wake Forest School of Medicine</b> <i>Point of Contact:</i> <i>Kimberly Kennedy</i> <i>kkennedy@wakehealth.edu</i></p>	<p>Clinical trials, weight loss and/or exercise interventions, obesity, muscle and adipose tissue biology, geroscience, research imaging, brain-body connections</p>	<p>Day 1 - Brief one-on-one meetings with relevant faculty; participate in REC writing workshop; tour research facilities Day 2 - Give seminar; Longer, working meetings with key faculty aimed at developing collaborations Day 3 - Concluding discussions with key faculty to discuss next steps</p>
<p><b>Yale University</b> <i>Point of Contact:</i> <i>Mary Geda</i> <i>Mary.geda@yale.edu</i></p>	<p>Multi-morbidity; functional assessment; complex medical decision-making; biology of aging. Expertise areas: epidemiology of aging, gerontologic biostatistics, including complex longitudinal modeling and competing outcomes, multi-site clinical trials</p>	<p>1) Exchange scholar presents at a research-in-progress session. 2) Participation in REC didactic seminar; 3) One-on-one or small group meetings with potential mentor(s) and/or collaborator(s).</p>

		4) One-on-one or small group meetings with resource core directors for project consultation.
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