

## **NE2439 Annual Meeting Minutes**

June 4, 2025 – June 6, 2025

Charlotte, NC

In-Person Attendees: Furong Xu (University of Rhode Island), Elgloria Harrison (Lehman College), Melissa Ventura-Marra (West Virginia University), Elmira Asongwed (University of the District of Columbia), Marni Shoemaker (South Dakota State University), DJ Oberlin (Lehman College), Ingrid Lofgren (University of Rhode Island), Jacob Eubank (Lehman College), Elizabeth McNeill (Iowa State University), Lee Weidauer (South Dakota State University), Phronie Jackson (University of the District of Columbia), Tia Jeffrey (University of the District of Columbia), Collette Brown (Lehman College), Kathleen Woolf (New York University), Hyangmi Kim (Lehman College), Sarah Francis (Iowa State University), Lauren Roberson (Ohio State University), Tailisha Gonzalez (Lehman College), Theresa Lundy (Lehman College), Sue Shapses (Rutgers University), Lillie Monroe-Lord (University of the District of Columbia)

### **Wednesday, June 4, 2025,**

- Team Members Arrival
- StrengthenHER Grant Team Meeting (9:00am-3:00pm)
- Executive Committee Meeting (4:00pm-5:00pm)
- Team Dinner (5:30pm)

### **Thursday, June 5, 2025 – 8:30am to 4:00pm**

- 8:30am – 9:00am
  - Vote on 2024 Meeting Minutes
    - Moved by Lee Weidauer, Seconded by Elmira Asongwed
    - 21 Approved; 0 Disapproved; 0 Abstain
    - Meetings Minutes Passed
  - Team Introductions
    - Welcome new members
      - Tailisha Gonzalez (Lehman College)
      - Lauren Roberson (Ohio State University)
      - Theresa Lundy (Lehman College)
      - Sue Shapses (Rutgers University)
      - Darcel Reyes (Lehman College)
      - Sheila Hankin (Lehman College)
      - Amy White (Lehman College)
  - NE2439 Administration Update
    - NIFA Rep for the Project
      - Administrator Advisor: Ingrid Lofgren
      - NIFA Adviser: Mallory Koenings and Pascale Jean
    - Executive Committee

- Chair: Furong Xu (2022-2025)
      - New Chair: Lee Weidauer (2025-2028)
    - Chair-Elect: Lee Weidauer (2022-2025)
    - Secretary: Jacob Eubank (2022-2025)
    - Member-at-Large: Dara LoBuono (2023-2026)
    - Past-Chair: Melissa Ventura-Marra (2022-2025)
  - Executive Committee – 2 Vacancies
    - Chair-elect (2025-2028)
    - Secretary (2025-2028)
    - Email Furong Nominations by 5:00pm on Thursday, June 5<sup>th</sup>, 2025
      - Voting will take place on Friday, June 6<sup>th</sup>, 2025
  - 2025 Annual Meeting Planning Committee
    - Chair: Sarah Francis
    - Members: Lee Weidauer, Tia Jefferey, and Phronie Jackson
  - 2025 Awards Committee
    - Chair: Marni Shoemaker
    - Members: Ingrid Lofgren, Lauren Roberson, Edward Deehan, and Dara Lyn Lobocono
- 9:15am – 9:40am
    - NE1939 5 Year Goals Update/Review Milestones – 2019 to 2024
      - Conduct cross-sectional data analysis using multistate dataset
      - Examine telomere length and markers of inflammation for selected studies
      - Prepare manuscripts and grant submissions for studies
    - NE1939 5-Year Report Summary (2023-2024)
      - Trained: 188 UG students, 150 G students, 32 post doc associates, 136 extension personnel
      - Received: 82 Grants (\$25, 591,355 total) & 50 of them are federal
      - Provided: 86 Research presentations
      - Published: 136 Journal articles, including 12 joint journal article; 82 abstracts, including 2 joint abstracts
    - Review of NE2439 Objectives 1, 2, and 3
      - Objective #1 Update (To identify biomarkers and molecular mechanisms contributing to health span)
        - Elizabeth McNeill Research Update – Biomarker Research
        - Biomarkers associated with sarcopenia in collaboration with Lee Weidauer
      - Objective #2 Update (To conduct multidimensional assessments of nutrition, diet, physical activity and related factors affecting the aging population. These multidimensional assessments will be at the community and individual levels and the findings will be used to inform studies conducted under Objective 3)

- Sarah Francis Research Update – Nutrition, physical activity, and health needs assessment
      - Consumer needs assessment and healthcare professional assessment
    - Elgloria Harrison Research Update – Brain Health Group
      - 2023 pilot data on diet, physical activity, stress, sleep, and sense of belonging – 3 publications
      - Re-administering survey recently launched, currently collecting data
  - Objective 3 Update (To develop, implement, and evaluate interventions that improve health in aging populations)
    - Lee Weidauer Research Update – StrengthenHER Project
      - Age-related sarcopenia in women via nutrition and exercise
      - 43-week program intervention
- Future Projects
  - Student-led nutrition and physical activity program to improve outcomes of sarcopenia, cardiovascular health, and social health
  - Empowering volunteer firefighters: A community-based approach to enhancing physical activity and nutrition
  - NIFA sarcopenia grant
  - Self-efficacy and competency of traditional versus FEM dietetic internships
- Project Goals Update
  - Years 1 and 2 goals:
    - Translating from NE1939 to NE 2439, existing works align with NE2439 Objectives
    - Facilitating new collaboration and projects which aligns with NE2439 objectives
- Future Meeting Proposal – Lee Weidauer
  - Move to quarterly meeting structure for smaller group projects to report out on progress (In-person meeting would be one of them)
  - Smaller group projects should meet more frequently
  - Comments:
    - Groups should coordinate to ensure representation at each meeting
    - Be intentional about group representation in scheduling quarterly meetings
    - Reminder: There is a Microsoft Teams Group with materials for everyone to keep up-to-date (Email Sarah Francis if you do not currently have access)

- 9:40am – 10:00am (Break)
- 10:00am – 11:00am – Using AI – Kris Baldwin, Ed.D. (Iowa State University)
- 11:00am – 12:00pm – NE2439 Research Award Recognition and Presentation

- Awarded to: Dr. Jacob Eubank
- Presentation: Leveraging Theory to Understand Practice: Exploring the Relationship between Recreation and Community Health
  - Fall 2024 ACHA-NCHA Data Report
  - Fall 2024 ACHA-NCHA Executive Summary
  - Fall 2024 ACHA Well-being Assessment Report
- 12:00pm – 1:00pm (Lunch)
- 1:00pm – 3:00pm – Multistate Research Fund Impacts Program – Sara Delheimer
  - Tips Worksheet
  - Impact Statement Writing Exercise
  - “So what, and who cares?”
  - Impact is a change in:
    - Knowledge/Attitude
    - Behavior/Skills
    - Condition
  - Expand and explain public value
  - Describe potential impact – Ideally, directly measured or observed
    - Or strong potential – Predictions and Estimates
  - Should use hyperlinks for supporting material to keep it cleaner
  - Working on adding NE2439 Project to Multistate Research Impact Statement to Website
- 3:00pm – 3:15pm (Break)
- 3:15pm – 4:00pm – Professional Development Panel – Moderator: Lee Weidauer; Panelists: Ingrid Lofgren, Sarah Francis, and Furong Xu
  - Common pitfalls in the tenure/promotion process and how to avoid them
    - Not finding out what the culture is at your department/college, tenure/promotion process – Sit down with someone early on to discuss understanding of written and unwritten rules at the beginning of first year
    - Update workplan whenever anything changes to add new roles or interim roles
    - Faculty only focusing on one responsibility, instead of all three throughout the tenure/promotion clock
    - Not working with leaders in the field; traveling to collaborate and network at conferences with potential external reviewers
    - Not writing impact statements the way they need to be; what was the outcome of your research?
    - Know expectations from contract letters
    - Talk to multiple individuals, including administrators and faculty
    - Continue to establish collaborations after graduate school and do not just rely on collaborations from classmates
  - Advice for navigating collaborations, particularly with senior or more established faculty

- Find supportive faculty that are there to lift-up junior faculty rather than self-serving senior faculty, rely on other faculty's perspectives to find them
- Clearly identify role of each collaboration early on and own your expertise in your field
- Make sure it aligns with your research and scholarship
- Make sure it aligns with your roles and responsibilities, always refer back to workplan
- Do not overstretch yourself, still need to show that one research project feeds into the next
- Make sure workstyle and personality is a good fit, if not, projects could be unproductive – But remain open as much as possible, sometimes different workstyles can bring out the best of each other
- Find ways to say “no” to projects that do not align with your responsibilities
- Document everything, put as much in email as possible rather than an informal conversation
- How do you strategically say “no” without harming relationships and collaborations, and/or how to you politely leave a collaboration without ruining the relationship
  - Explain that you are already working on a project, but hope to do something next time
  - If its something you absolutely do not want to collaborate on, say “no” immediately instead of putting it off, and say it does not align with your scope of work or skillset (sphere of influence)
  - Check with your chair first, could justify
  - Fall back on workplan that stipulates percentage of workload towards responsibilities
  - Go to mentors for advice
  - Exiting collaborations: “My responsibilities have changed”
    - Think about how you would want someone to separate from you
    - Point them to other collaborators
  - How to say “no” to your supervisor
    - Talk to your mentor or find a senior person you trust
    - Document everything
    - AI can be a helpful tool to polish a respectful message
- What strategies have you found helpful for recruiting your first team members (students, post-docs, etc.)?
  - Establish a syllabus for independent studies
  - Having students with a good experience to start off is a great recruiting tool
  - Have potential students meet with current and former students to find out supervisor's work and leadership style to make sure it is a match

- Look for work study students interested in your work
    - Look for highly motivated students
    - Establishing clear, written expectations and responsibilities
    - Word-of-mouth is very powerful
    - Be patient
    - Find out students' background, interests, anticipated challenges, aspirations
    - Look for collegiality
  - What mistakes did you make early on in establishing your lab and how would you do that differently now?
    - Didn't know they could negotiate for a lab or a start-up salary initially
    - Protect your start-up funds and do not cave to pressure from leadership
    - Find your own mentorship/leadership style, rather than mimicking your mentor's
    - Keep a consistent lab notebook, especially in times of transition between students and technology
- 4:00pm – 4:50pm – Lightning Talks
  - Lauren Roberson – From Isolation to Integration: Reframing the Status Quo of Community-based Services for Older Adults in Ohio and Beyond
    - Argument: Senior centers have the potential to serve as a hub for all things health and well-being for community-dwelling older adults. However, they are vastly underutilized, especially in the post-pandemic era.
      - To address this issue, we are doing the following:
        - Aim 1: Needs assessment comparing needs and socio-demographic characteristics of users and non-users of senior centers
        - Aim 2: Form a think tank with experts and policymakers to develop a blueprint of the senior center of the future to address the needs of the new aging demographic
        - Aim 3: Design and implement a targeted campaign to reach non-users, particularly people of color. Then, follow them longitudinally to document the impact of senior center engagement on loneliness, mental, and physical health outcomes
  - DJ Oberlin – Glucose, Gadgets, and Gender: Critically Approaching Modern Health and Equity Issues
    - Studying effects of post-prandial PA on the amplitude of glycemic excursions as well as the utility of current commercially available non-invasive glucose monitors.
    - Cisgender and transgender comparisons in measures of health and fitness
  - Sue Shapses
    - Hip fracture incidence is highest in underweight, but they represent a small proportion of the population

- Weight loss reduces hip BMD
  - Time restricted eating study (Current) – Time restricted eating seemed to spare bone at the radius
    - In progress with other outcomes including metabolic health and cognition
  - Recently completed study: Obesity increases metabolic endotoxemia
- 4:50pm – 5:15pm
  - Brainstorm for where to host 2026 In-person Meeting
    - Possible Locations: Providence or Newport, RI (Early June Only); Iowa; South Dakota; New York University (Dorms or Daily Travel restrictions)
  - Brainstorm for dates of 2026 In-person Meeting
    - 2026 Other Conference Dates:
      - World Cup: June 11-19
      - ASN: Mid-July
      - ACSM: May 26-29
      - ISP: May 27-30
      - SNEB: Late June/July
      - Possible NE2439 Dates:
        - First two weeks of August or first two weeks of June
- 5:15pm – 5:30pm (Daily wrap-up & Break)
- 5:45pm - 6:00pm – Meet in Lobby for Dinner

### **Friday, June 6, 2025 – 8:00am to 12:00pm**

- 8:00am – 8:45am
  - Leadership Election
    - Chair Elect: Jacob Eubank
    - Secretary: Marni Shoemaker
    - Awards Committee Members:
      - Chair: Jacob Eubank
      - Members: Melissa Ventura-Marra and Lauren Roberson
    - Planning Committee Members
      - Chair: Vacant (Dependent on 2026 in-person meeting location)
      - Members: Sue Shapses and Hyangmi Kim
- 8:45am – 9:45am – Using Artificial Intelligence (AI) enabled transcutaneous nutrition and human activity monitoring of aging populations in the lab space – Jayfus Doswell, Ph.D. from Juxtopia
  - If anyone would follow-up for more information, you can email Jayfus at: [jayfus@juxtopia.com](mailto:jayfus@juxtopia.com)
- 9:45am – 10:00am – Break
- 10:00am – 10:45am – Philanthropic Funding Strategies – Jillian V. Sandoval, Director of Foundation Relations at Lehman College CUNY
- 10:45am – 11:15am – Wrap-up and Box Lunch