PhD, MPA, FGSA, FAGHE. Hiram J. Friedsam was the professor, co-founder, and director of the Center for Studies in Aging and dean of the School of Community Service at the University of Northern Texas. Dr. Friedsam was an outstanding teacher, researcher, colleague, and mentor to students, faculty, and administrators, as well as a past president of AGHE. The purpose of this award is to recognize those who emulate Dr. Friedsam’s excellence in mentorship.

MENTORING ACROSS ACADEMIA AND COMMUNITIES: A HOLISTIC APPROACH INVOLVING NEEDS OF THE MENTEE
Karen K opaque-Frye, New Mexico State University, Las Cruces, New Mexico, United States

What is mentoring? Mentoring is defined as a professional relationship in which an experienced person assists another in developing specific skills and knowledge enhancing the mentee’s professional and personal growth. Mentoring benefits include: Knowledge transfer, creating a mentoring culture, and challenging the mentee to move beyond their comfort zone. Carmel and Paul (2015) describe self-selected mentoring as a process in which a mentee identifies a potential mentor based on similarities in interests and need. Findings indicated mentees experienced opportunities in career advancement, expanded thinking, scholarly confidence, facilitation of a collaborative culture, and understanding the importance of goal setting. Mentoring as a health promotion or intervention strategy has become widespread in communities. Two mentoring approaches will be discussed: a traditional format with students and faculty in academia, another utilizing an intergenerational approach with Latinx and Native American families. Recommendations will be discussed in terms of underlying core similarities across the venues.

SESSION 9100 (SYMPOSIUM)

KENT AND KLEEMEIER AWARD LECTURE AND PRESENTATIONS
Chair: Debra Dobbs

The Donald P. Kent Award lecture will feature an address by the 2019 Kent Award recipient, Terry Fulmer, PhD, of The John A. Hartford Foundation. The Kent Award is given annually to a member of The Gerontological Society of America who best exemplifies the highest standards of professional leadership in gerontology through teaching, service, and interpretation of gerontology to the larger society. The Robert W. Kleemeier Award lecture will feature an address by the 2019 Kleemeier Award recipient, Steven Zarit of Pennsylvania State University. The Kleemeier Award is given annually to a member of The Gerontological Society of America in recognition for outstanding research in the field of gerontology

CREATING AGE-FRIENDLY HEALTH SYSTEMS: AGE MATTERS
Terry Fulmer, The John A. Hartford Foundation, New York, New York, United States

Since 2015, The John A. Hartford Foundation has been funding strategies to create Age-Friendly Health Systems (AFHS). Led by the Institute of Healthcare Improvement, in partnership with the American Hospital Association and the Catholic Health Association, the AFHS movement is rapidly growing, with participation in all 50 states from over 450 sites, including the full continuum of care settings. Partnerships with private and public entities are accelerating the work. As one example, the Health Resources and Services Administration has embedded AFHS principles into the Geriatrics Workforce Enhancement Program. This Kent Lecture will focus on the genesis and trajectory of the AFHS social movement and discuss how the effort will lead to an age-friendly ecosystem that transcends boundaries and cultures and leads to a common framework for the way we approach care, caregiving and communities for optimizing the lives and wellbeing of all older adults.

REFLECTIONS ON A CAREER IN RESEARCH AND EDUCATION
Steven Zarit, Penn State University, State College, Pennsylvania, United States

This presentation will focus on three issues that were important in my career: family caregiving, international collaborations, and mentorship. Having spent considerable time studying family caregiving, I will highlight what I consider are fundamental issues that characterize family care and provide a necessary foundation for generating strong research questions. I also will suggest new directions for improving design and evaluation of interventions. International collaborations can help us broaden our understanding of aging and on care of older people. I had the good fortune to work with a great research team in Sweden. I will describe research we did on functioning and cognition among the oldest old. I also had the opportunity to see first-hand high-quality programs for older people that showed we can do better than accept mediocrity as the norm in care. Finally, I will discuss the importance of mentorship and bringing forward the next generation of researchers.

SESSION 9150 (SYMPOSIUM)

M. POWELL LAWTON AWARD PRESENTATION
Chair: Debra Dobbs

“The lecture will be given by the 2019 recipient, Barbara Resnick, PhD, CRNP, FGSA of the University of Maryland. The session will also include the presentation of the 2020 Lawton Award to recipient Sara J. Czaja, PhD, FGSA. The M. Powell Lawton Award is presented annually to an individual who has made outstanding contributions from applied research that has benefited older people and their care. The Lawton Award is generously funded by the Polisher Research Institute of the Madlyn and Leonard Abramson Center for Jewish Life.”

M. POWELL LAWTON AWARD PRESENTATION
Barbara Resnick, University of Maryland School of Nursing, Baltimore, Maryland, United States

Dr. Lawton focused his life work, starting in the 1960s, on improving the lives of older adults, particularly those with dementia. He did this at a time when care was custodial at best. He was innovative and initiated new thoughts about how to best care for individuals in institutional settings.
He raised our awareness about the importance of the environment and the value of individualized care. We build on that work today. The focus of this 2019 Powell Lawton award presentation is on sharing my lifetime work, starting in 1972, on helping older adults, particularly those who are institutionalized and may have cognitive changes, maintain their functional ability and increase time in physical activity. Along with Dr. Lawton's experiences, I and the teams I have worked with, have met challenges ranging from the use of Houdini vests to bed alarms and wheelchairs, to the persistent call out by caregivers to older adults—“don’t get up you might fall.” I will share information, resources and data from over a 20 year period developing and testing Function Focused Care, an approach to care that helps caregivers optimize function and increase physical activity among institutionalized older adults. Further, the process for how to disseminate and implement Function Focused Care across multiple settings and how to be a resilient researcher will also be reviewed. Participants will be able to take the findings and resources from this presentation and implement this approach into their own settings of care.

SESSION 9200 (SYMPOSIUM)

IRVING S. WRIGHT AWARD OF DISTINCTION LECTURE
Chair: Nir Barzilai
Co-Chair: Stephanie Lederman

The Irving S. Wright Award of Distinction Lecture will feature an address by the 2020 recipient James L. Kirkland, MD, PhD. This award is given by the American Federation for Aging Research, Inc.

AGING, SENESCENT CELLS, AND SENOLYTIC DRUGS: THE PATH TO TRANSLATION
James Kirkland, Mayo Clinic, Rochester, Minnesota, United States

Senescent cells (SC) accumulate with aging and at causal sites of multiple chronic disorders and diseases, including those accounting for the bulk of morbidity, mortality, and health expenditures. SC do not replicate. Some SC release factors that cause tissue dysfunction, the senescence-associated secretory phenotype (SASP). Transplanting small numbers of SC into younger mice to above a critical threshold leads to frailty, early onset of multiple age-related diseases, and premature death. A report in 2004 showing caloric restriction causes both healthspan extension and delayed SC accumulation prompted us to begin efforts to discover senolytic drugs, agents that selectively eliminate SC. We used a hypothesis-driven, mechanism-based strategy to discover senolytics, reasoning that senescent cell anti-apoptotic pathways (SCAPs) exist that defend SC against their own SASP, allowing them to survive, despite killing neighboring cells. Senolytics cause SC apoptosis by transiently disabling these SCAPs. Because SC take weeks to re-accumulate, senolytics can be administered intermittently – a “hit-and-run” approach. Senolytics delay, prevent, or alleviate frailty and cardiovascular, neuropsychiatric, liver, kidney, musculoskeletal, lung, eye, hematological, metabolic, and skin disorders as well as complications of organ transplantation, radiation, and cancer treatment in pre-clinical models. As anticipated for agents targeting the fundamental aging mechanisms that are “root cause” contributors to multiple disorders, potential uses of senolytics are protean, potentially alleviating over 40 conditions in preclinical studies, opening a new route for treating age-related dysfunction and diseases. We review the discovery of senolytics and potential strategies for translation into the clinic. Early trials indicate effectiveness of senolytics in humans.

SESSION 9205 (SYMPOSIUM)

VINCENT CRISTAFALO AWARD LECTURE
Chair: Nir Barzilai
Co-Chair: Stephanie Lederman

The Vincent Cristofalo Rising Star Award in Aging Research lecture will feature an address by the 2020 recipient, Sean P. Curran, PhD. This award is given by the American Federation for Aging Research, Inc.

DIET-BASED STRATEGIES, INFORMED BY GENETICS, TO IMPROVE HEALTHSPAN
Sean Curran, Leonard Davis School of Gerontology, University of Southern California, Los Angeles, California, United States

Diet is one of the most variable aspects of life history, as most individuals have a large diversity of choices, varying in the type and amount that they ingest. In the short-term, diet can affect metabolism and energy levels. However, in the long run, the net deficiency or excess of calories from diet can influence the progression and severity of age-related diseases. An old and yet still debated question is: how do specific dietary choices impact health- and lifespan? It is clear that genetics can play a critical role - perhaps just as important as diet choices. For example, poor diet in combination with genetic susceptibility can lead to metabolic disorders, such as obesity and type 2 diabetes. We have identified the existence of diet-gene pairs, where the consequence of mutating a specific gene is only realized on specific diets. Although only a handful of these diet-gene pairs have been characterized, there are potentially thousands of such interactions, which may explain the variability in the rates of aging in humans and the incidence and severity of age-related diseases.

SESSION 9250 (SYMPOSIUM)

MARGRET M. AND PAUL B. BALTES AWARD
Chair: Merril Silverstein

The lecture will be given by the 2019 Baltes Award recipient, Allison Bielak, PhD, FGSA, of Colorado State University. The recipient of the 2020 Baltes Award is William J. Chopik, PhD. The Margret M. and Paul B. Baltes Foundation Award in Behavioral and Social Gerontology recognizes outstanding early-career contributions in behavioral and social gerontology. The award is generously funded by the Margret M. and Paul B. Baltes Foundation.