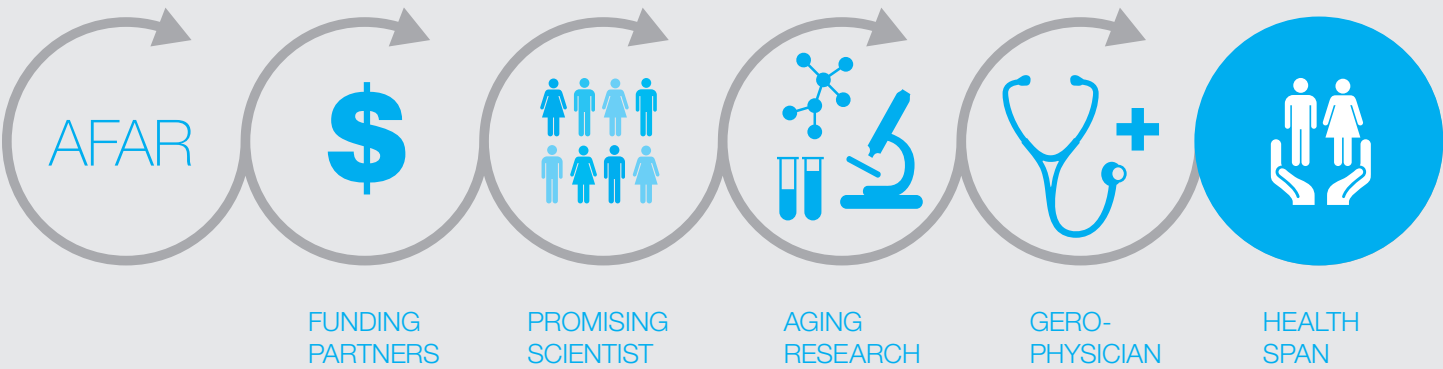


FACES OF DISCOVERY

American Federation for **Aging** Research



# ABOUT THE AMERICAN FEDERATION FOR AGING RESEARCH



## AFAR'S MISSION

The American Federation for Aging Research (AFAR) is a non-profit organization whose mission is to support and advance healthy aging through biomedical research.

## AFAR'S RESEARCH FOCUS

AFAR provides financial support to early and mid-career scientists whose research can increase knowledge of the fundamental mechanisms of aging. In turn, this unveils important insights into the disease pathways involved in many of the chronic problems associated with aging, such as diabetes, heart disease, cancer, dementia and neurological disorders. Strengthening its mission of scientific cultivation, AFAR is dedicated to training the next generation of leaders in the field.

Since its founding in 1981, AFAR, in partnership with foundations, corporations, individuals and the National Institute on Aging, has awarded approximately \$124 million to nearly 2,600 talented researchers as part of a broad-based series of grant programs.

## AFAR'S KEY INITIATIVES

AFAR focuses its activities on these major initiatives:

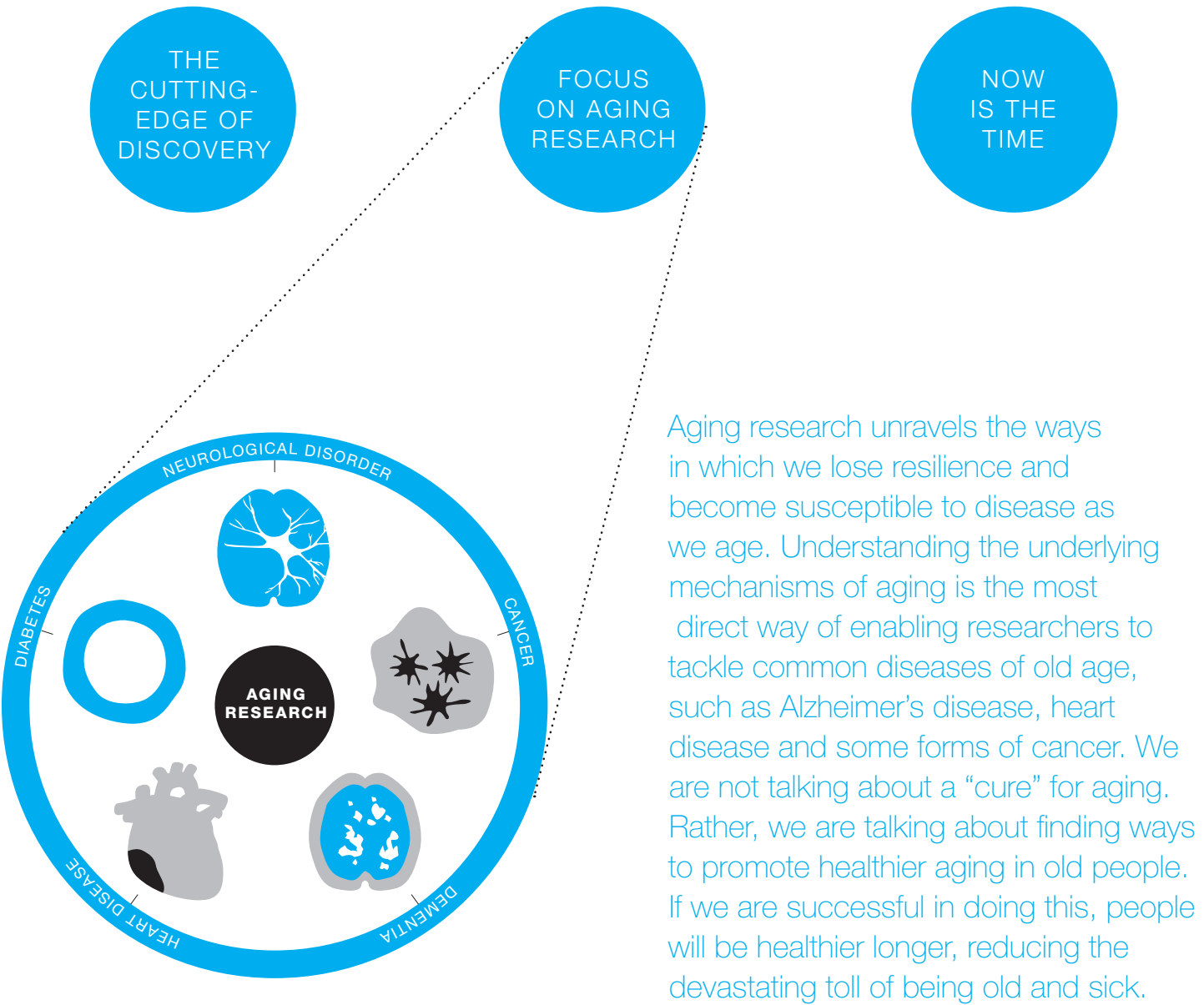
- Identifying and funding a broad range of cutting-edge research most likely to increase knowledge about healthy aging.
- Attracting more physicians to specialize in geriatric medicine to meet the demands of an aging population with expert health care.
- Creating opportunities for scientists and clinicians to share knowledge and exchange ideas to drive innovation in aging research.
- Providing information to the public on new medical findings that can help people live longer lives, and be less susceptible to disease and disability.

For more information on AFAR, please visit [www.afar.org](http://www.afar.org)

THIS ANNUAL REPORT IS DEDICATED TO DIANA JACOBS KALMAN. SEE PAGE 19.

# OUR VISION FOR SHAPING THE FUTURE

Cultivating the Champions of Discovery



## Terrie Fox Wetle, PhD

AFAR President and Associate Dean of Medicine for Public Health, and Public Policy Brown University

## George M. Martin, MD

AFAR Scientific Director and Professor of Pathology, Adjunct Professor of Genetics; Emeritus Director, Alzheimer's Disease Research Center University of Washington School of Medicine

## Roger McCarter, PhD

Professor of Biobehavioral Health Pennsylvania State University



**Diana Jacobs Kalman**  
Chair, AFAR Board of Directors



**Stephanie Lederman**  
Executive Director, AFAR

Since 1981, AFAR has striven to fulfill its mission of supporting and advancing healthy aging through biomedical research. We are proud of what has been accomplished through the efforts of the more than 2,600 researchers whose work AFAR has helped advance. The collective results of these gifted individuals’ discoveries will lead to healthier, more productive and more independent lives for untold numbers of people throughout the world.

The theme of this annual report is “The Faces of Discovery”. We want to honor those who made, and continue to make, important scientific discoveries. Their research is the cornerstone of our future. Five of these individuals, scientists who have received AFAR awards, and several of whom are now key contributors to AFAR’s Review Committees, are highlighted in this report.

There are many others affiliated with AFAR whom we gratefully acknowledge as we write this report. First amongst them is AFAR’s founder, Irving Wright, whose vision we still follow today. We must also pay tribute to others who significantly contribute to AFAR, including the members of AFAR’s Board, National Scientific Advisory Council, Research Committee and the dedicated members of AFAR’s staff. All, in various important ways, contribute to the cause of supporting and advancing healthier aging through biomedical research.

AFAR continues to dedicate tremendous energy and financial resources to supporting researchers—it is our priority. However, we implement numerous other important initiatives as well in support of our mission, as detailed in this report.

One of AFAR’s greatest strengths has always been our partnerships, and we thank our numerous partners whose generosity has helped make us a success. We sustain many long-term, solid relationships with foundations, industry and our individual contributors. We are proud to state that this year we launched three new significant partnerships with MetLife, sanofi-aventis and AARP.

GRANTS PROGRAMS

AFAR RESEARCH GRANTS

AFAR provided 16 awards of \$75,000 for one to two years to junior faculty (MDs and PhDs) to conduct research that serves as the basis for longer term research efforts. AFAR-supported investigators study a broad range of biomedical topics. In 2009, research topics included the genetic control of longevity, mechanisms of cartilage cell degradation, to the effects of aging on functional and structural organization of associative memory.

MEDICAL STUDENT TRAINING IN AGING RESEARCH (MSTAR) PROGRAM

The partnership program among the National Institute on Aging, the American Federation for Aging Research, MetLife Foundation, the John A. Hartford Foundation and several other funders, provides medical students with an enriching experience in aging-related research and geriatrics, under the mentorship of top experts in the field. Early in their training, students participate in an eight- to twelve-week structured research, clinical and didactic program in geriatrics. One hundred and thirty six medical students received scholarships in 2009. The MetLife Foundation joined the partnership in 2009 and the John A. Hartford Foundation renewed its commitment to the program for an additional three years.

“A cornerstone of our medicine programming is the Centers of Excellence in Geriatric Medicine and Training initiative, created to address the critical shortage of geriatric faculty members in the nation’s medical schools. Operating since 1988, and currently at 28 institutions across the country, this program has produced hundreds of geriatrically knowledgeable scientists, teachers and clinicians. We are proud to partner with AFAR on this key effort as they take on the responsibility of the Program Office to manage the Centers of Excellence. We know that the AFAR staff will manage this effort efficiently and with cost-effectiveness.”

Corinne H. Reider, EdD  
Executive Director, The John A. Hartford Foundation

JULIE MARTIN MID-CAREER AWARDS IN AGING RESEARCH

The program, sponsored by The Ellison Medical Foundation, awarded two four-year awards of \$550,000 each in support of two outstanding mid-career scientists who are pursuing novel research that has the potential for high payoff in advancing our understanding of basic aging. In 2009, The Ellison Medical Foundation renewed their commitment to the program for an additional five years.

THE ROSALINDE AND ARTHUR GILBERT FOUNDATION/ AFAR NEW INVESTIGATOR AWARDS IN ALZHEIMER’S DISEASE

In the third year of the program, The Gilbert Foundation and AFAR, with additional support from an anonymous donor, awarded five \$75,000 grants to junior faculty in the U.S. and Israel. These investigators study the biological, genetic and environmental causes of Alzheimer’s disease. By studying the early changes associated with Alzheimer’s from different but complementary angles, the awards seek to accelerate development of diagnostic, preventative interventions and treatments.



GRANTS PROGRAMS

PAUL BEESON CAREER DEVELOPMENT AWARDS IN AGING RESEARCH

The Beeson Award is aimed at bolstering the current and severe shortage of academic physicians who have the combination of medical, academic, and scientific training relative to caring for older people. Eight Scholars in the U.S. were selected, each receiving a grant between \$600,000 and \$800,000. The program is a public-private partnership among the National Institute on Aging, the American Federation for Aging Research, The Atlantic Philanthropies, the John A. Hartford Foundation, the NIH Office of Dietary Supplements, The Starr Foundation and an anonymous donor. In 2009, the National Institute of Mental Health and the National Institute of Neurological Disorders and Stroke joined the partnership. The John A. Hartford Foundation renewed its commitment to the program in support of an additional three cohorts of Scholars.

PAUL BEESON CAREER DEVELOPMENT AWARDS IN AGING RESEARCH PROGRAM FOR THE ISLAND OF IRELAND

In 2007, the Beeson Program was extended to Ireland to support outstanding junior physician faculty committed to pursuing academic careers in aging-related research, teaching and practice. Two Scholars were selected in 2009, receiving awards of €339,390 and £228,000.

JOHN A. HARTFORD FOUNDATION’S CENTERS OF EXCELLENCE NATIONAL PROGRAM OFFICE

The new Centers of Excellence (CoE) National Program Office, established at AFAR, is assuming a set of responsibilities resulting in a restructuring of the existing John A. Hartford Foundation’s CoE Program to a more centralized, streamlined operation, and with a more flexible annual budgeting process.

ELLISON MEDICAL FOUNDATION/AFAR POSTDOCTORAL FELLOWS IN AGING RESEARCH PROGRAM

This program addresses the current concerns about an adequate funding base for postdoctoral fellows (both MDs and PhDs) who conduct research in the fundamental mechanisms of aging.

Fourteen postdoctoral fellows at all levels of training were funded in 2009. Their awards range from \$45,218 to \$59,402.

“As part of our commitment to aging, we are pleased to partner with AFAR on the Medical Student Training in Aging Research (MSTAR) Program. AFAR is an ideal partner due to their long standing commitment in supporting the science of aging. I am certain that MSTAR will continue its stellar work in the coming decade and introduce more of the best-and-brightest physicians-in-training to the field of geriatric medicine.”

Dennis White, President and CEO, MetLife Foundation

GLENN/AFAR BREAK-THROUGHS IN GERONTOLOGY (BIG) AWARD

The goal of the Glenn/AFAR BIG program is to provide timely support to a pilot research program that may be of relatively high risk but which offers significant promise of yielding transforming discoveries in the fundamental biology of aging. Two two-year grants of \$200,000 each were awarded in 2009.

SPONSORS OF THE 2009 AFAR GRANT PROGRAMS

AFAR RESEARCH GRANTS

- Anonymous
- The AFAR Board of Directors
- Dorothy Dillon Eweson Endowment
- The Glenn Foundation for Medical Research
- The Partners of Goldman Sachs & Company
- David W. Gore
- F. M. Kirby Foundation, Inc.
- Neurosciences Education and Research Foundation
- Diane Nixon
- Pfizer Inc
- The Richard and Hinda Rosenthal Foundation
- Joseph L. K. Snyder Trust
- The Starr Foundation
- The Irving S. Wright Endowment

THE ROSALINDE AND ARTHUR GILBERT FOUNDATION/ AFAR NEW INVESTIGATOR AWARDS IN ALZHEIMER’S DISEASE

- The Rosalinde and Arthur Gilbert Foundation

JULIE MARTIN MID-CAREER AWARDS IN AGING RESEARCH

- The Ellison Medical Foundation

GLENN/AFAR BREAKTHROUGHS IN GERONTOLOGY AWARDS

- The Glenn Foundation for Medical Research

PAUL BEESON CAREER DEVELOPMENT AWARDS IN AGING RESEARCH

- Anonymous
- National Institute on Aging
- National Institute of Mental Health
- National Institute of Neurologic Disorders and Stroke
- The Atlantic Philanthropies
- The John A. Hartford Foundation
- The Starr Foundation
- The NIH Office of Dietary Supplements

ELLISON MEDICAL FOUNDATION/AFAR POSTDOCTORAL FELLOWS IN AGING RESEARCH PROGRAM

- The Ellison Medical Foundation

MEDICAL STUDENT TRAINING IN AGING RESEARCH (MSTAR) PROGRAM

- National Institute on Aging
- The John A. Hartford Foundation
- MetLife Foundation
- Lillian R. Gleitsman Foundation
- Community Health Foundation of Western & Central New York
- Henry Adelman Fund for Medical Student Education (Division of Geriatrics and Gerontology at Weill Cornell Medical College)
- Carmen Pettapiece DO Student Research Fund

THE AFAR GRANT REVIEW PROCESS



AFAR receives five to seven times as many qualified research proposals as can be funded each year for its broad-based series of grants programs. Using a rigorous review process, we ultimately fund a small percentage of these high-quality proposals.

The AFAR National Scientific Advisory Council, consisting of more than 350 of the nation’s leading researchers in aging and age-related fields, carefully considers each proposal’s scientific merit. These leading physicians and scientists in aging research volunteer their time and expertise to conduct the initial scientific review of the applications for the biology of aging programs. Applications are then presented to AFAR’s Research Committee, which was chaired for the past three years by Roger McCarter, PhD, professor of Biobehavioral Health and a faculty member of the Center for Developmental and Health Genetics at Pennsylvania State University. Beginning in 2010,

Steven Austad, PhD, professor of Cellular and Structural Biology at the University of Texas Health Science Center, will assume the role of Research Committee Chair. (\*) For the past two years Dr. Austad served as the chair of the Ellison/AFAR Post-doctoral Fellowship Program and will be succeeded by Holly Brown-Borg, PhD, associate professor of Pharmacology at the University of North Dakota in 2010.

AFAR’s high-quality administrative skills and review processes are well-known. Because of this, many foundations, individuals and corporations turn to AFAR to manage their research grant programs. These grant programs have their own committees, drawn from the large pool of superb scientists committed to AFAR’s important work. AFAR’s excellent reputation is due in large part to the efforts of the senior researchers in our network.

“We are very proud to partner with AFAR in supporting researchers whose efforts will make significant transformational contributions towards the improvement of healthcare. AFAR has the ability to identify some of the best and the brightest and then support those whose ingenuity and curiosity will drive the science forward to discover new information which will ultimately provide better healthcare for our aging population.”

David Y. Norton,  
Company Group Chairman,  
Pharmaceuticals,  
Johnson & Johnson

(\*) To see a listing of the AFAR National Scientific Advisory Council (NSAC) members and the AFAR Research Committee, go to [www.afar.org](http://www.afar.org)

THE FACES OF DISCOVERY

AFAR is proud to highlight the ground-breaking research of five extraordinary awardees. Scientists each, with a critical, yet different focus on the aging process, they endeavor to ensure that we live healthier, longer lives, less susceptible to disease and disability.



STEVEN AUSTAD, PHD

Professor, Barshop Institute for Longevity and Aging Studies and Department of Cellular and Structural Biology  
University of Texas Health Science Center, San Antonio

2010 Chair, AFAR Research Committee

COMPARATIVE GERONTOLOGY

Much of our knowledge of the aging process comes from a menagerie of creatures that would seem, at first glance, incapable of shedding any light on the subject of humans. And yet most of what scientists know about the genetics and bio-chemistry of human aging comes from a relatively small number of laboratory animals. Enter Dr. Steven Austad, who uses nontraditional animal species to study the causes of aging. His work focuses on what the natural world can teach us about improving health and extending life.

By examining the mechanisms of health and aging in a wide variety of species outside typical lab rats, Dr. Austad is able to compare how biological processes operate to affect lifespan. *By comparing what goes on in young adults in long- and short-*

*lived species, we hope to get a hint about what an animal has to do to be really long-lived. It strikes me that we need at least a few animals that are already successful at aging. If they’re doing some things already that are better than what humans are doing, then that might provide a new type of approach to finding therapies that slow aging.*

One current project for Dr. Austad is studying the development of a rat-sized, short-lived monkey, the marmoset, for health and longevity. This kind of research opens the door for potential drug trials in the near future, with important implications for human healthspan: *Within five years I hope the marmoset will be used in pre-clinical trials to test pharmaceuticals that promise to improve and extend human health.*

Translating comparative research across species to therapies is important for the course of aging research and will be the most beneficial, suggests Dr. Austad. *I will predict that the biggest breakthrough in the next five years of aging research will be the discovery that improvement and extension of health can be best achieved through the use of combination drugs, each with its small beneficial effect but with these small effects working multiplicatively. This is exactly what happened in the treatment of HIV and cancer. Combination therapies instead of individual drugs revolutionized these fields.*



BRIAN K. KENNEDY, PHD

Associate Professor, Department of Biochemistry  
University of Washington

2003 AFAR Research Grant

2008 Julie M. Martin Mid-Career Award in Aging Research

2009 Vincent Cristofalo Rising Star in Aging Research Award

TOR SIGNALING AND LIFESPAN

Dr. Brian Kennedy has always had an interest in scientific research, beginning in high school, when *molecular biology was always new and exciting*. As an undergraduate student at Northwestern University, he was introduced to yeast in the lab and has studied it ever since. *Although I did research in other areas, I came back to yeast studies during my years at MIT, which helped identify SIR2 as an aging gene. Most importantly, I believe exciting discoveries are still out there, and I plan to pursue them.*

Dr. Kennedy's current work focuses on identifying the genes and cellular pathways that modulate aging. *While studies in yeast, worms and flies have shown that altering the activity of a gene can dramatically extend lifespan, those organisms differ dramatically from mammals*. His lab therefore explores comparative approaches that will apply in mammals.

A pathway linking nutrient levels to activation of the TOR kinase and protein translation has recently been identified as a major conserved modifier of longevity. Dr. Kennedy's lab demonstrated that reduced TOR signaling extends lifespan in yeast and recent evidence from other investigators has shown that rapamycin, a drug that inhibits the TOR pathway, significantly extends lifespan in mice. Research on this pathway opens the door for pharmacological intervention in aging and age-related diseases. Approaches in Dr. Kennedy's lab are directed at identifying the correct pathways to target with drugs, and understanding how these pathways control the aging process. *The more detailed information we know about these pathways, the better our chances will be to develop appropriate therapeutic interventions in this relatively unexploited realm of disease medicine.*

Dr. Kennedy highlights the great impact that aging research can have on human health and wellness in the future. *It has long been said that aging is the biggest risk factor for a range of diseases that affect the elderly, but recent findings have shown that delaying aging in mouse models really does provide protection from many of these diseases*. The translational possibilities that may come out of Dr. Kennedy's lab and TOR research are exciting—he is working on molecular-level genetic science that can lead to real therapies down the road.



NIR BARZILAI, MD

Director, Institute for Aging Research, and Professor of  
Medicine and Molecular Genetics  
Albert Einstein College of Medicine

1994 AFAR Research Grant

1997 Paul B. Beeson Career Development Award in Aging Research

GENETICS OF LONGEVITY

Dr. Nir Barzilai sees his career in aging research as a journey. *When I began my quest to understand aging, there were few experts in the field and certainly few mentors. AFAR helped me transit from an 'orphan' entering this field, to a successful investigator.*

His AFAR-supported research has spanned many areas, including a focus on the genetics of longevity. Dr. Barzilai's recent studies have centered on how a group of centenarians are protected from a variety of age-related diseases. His main hypothesis is that those subjects have protective changes in their genes. These studies implicated several single-nucleotide polymorphisms in longevity. Most notably, the CETP codon 405 is associated with a lower rate of memory decline and lower risk of incident dementia, including Alzheimer's disease and frailty.

Dr. Barzilai, along with Joe Verghese, MD, (2004 Beeson Scholar), worked on a study that builds translational bridges between genetic and clinical sciences targeted at frailty. The concept of "frailty" is used to identify older adults with low physiological reserves who are at increased risk for disability and mortality. While frailty is common with advancing age, the age of onset and speed of progression are quite variable. Frailty results from a combination of genetic and biological factors. Unlike biological changes that may result in frailty at all ages, genotypes causative for frailty are less likely to manifest only at extremes of age. Dr. Barzilai hypothesized that some centenarians may escape frailty because they have protective genotypes. His research can identify genes and polymorphic alleles that protect from diseases. Therefore, Dr. Barzilai explains, *Associating these genotypes with phenotype and implicating them in longevity may lead to a fundamental understanding of the molecular basis of several important diseases.*

Dr. Barzilai believes that future aging research must focus on the rate of aging and extending human lifespan to impact human health and wellness. *First, I predict that no major advance will occur in specific disease without modulating the rate of aging, because it is the main risk for those diseases. Furthermore, our effort to determine ways to extended human lifespan will be a Pyrrhic victory if the extended lifespan is not one that includes good quality of life, less age-related diseases and meaningful cognitive function*. Dr. Barzilai emphasizes that quality of life is his paramount goal and that his fondest wish is to extend lifespan while staving off disease.





MATTHEW R. KAEBERLEIN, PHD

Assistant Professor, Department of Pathology  
University of Washington

2006 AFAR Research Grant

2007 Glenn/AFAR Breakthroughs in Gerontology (BIG) Award

MECHANISMS OF DIETARY RESTRICTION

Lifespan extension from dietary restriction has been observed in many different organisms, but the details of this phenomenon remain poorly understood. Dr. Matthew Kaeberlein’s research is focused on understanding the mechanisms underlying how reduced food consumption slows aging and increases lifespan in the nematode *C. elegans*. The discoveries from these efforts will be used to guide future studies in more complex organisms, including humans.

Gaining an understanding of which genes are involved in lengthening lifespan is a critical step in advancing our knowledge of the aging processes. *We will attempt to define the genes that are involved in lifespan extension from dietary restriction in C. elegans. Dietary restriction increases lifespan in organisms ranging from yeast to mice. It is critical to determine whether the mechanism(s) of lifespan extension in these different organisms is similar or different. If the mechanism(s) are conserved, then there is a good chance these same processes will apply to humans.*

The implications of this research are profound for age-related diseases and disorders. The pathways that link dietary restriction to increased lifespan appear to be highly evolutionarily conserved. By understanding the details of these pathways, scientists will be able to identify potential targets for therapies that potentially can be beneficial for many different age-associated diseases in humans.

Dr. Kaeberlein is a prolific author. From 2005-2009 he has published, many as first author, more than 40 papers in prestigious scientific journals. He continues his exploration into the implications of dietary restriction and the important role that regulation of protein translation plays in determining longevity in invertebrate organisms.

Dr. Kaeberlein describes the excitement in the field of aging-related research, as the results of basic biology are being translated into potential human therapies. Speaking broadly, he has hopes for three promising areas of research to reach their potential in the near future: TOR inhibitors, AMP kinase activators and sirtuin activators. *It is my hope that drugs targeting one or more of these enzymes will be shown to have beneficial effects against multiple age-related diseases in people in the next five years. This would energize the field and (hopefully) provide the political incentive to begin funding studies of the basic biology of aging at a level commensurate with their potential for improving human health.*



WOODRING E. WRIGHT, MD, PHD

Professor of Cell Biology  
University of Texas Southwestern Medical Center

2009 AFAR Irving S. Wright Award

TELOMERES AND TELOMERASE IN AGING AND CANCER

Biology has been a keen interest for Dr. Woodring Wright for as long as he can remember, whether as a young child fascinated by animals on his travels through the Philippines and Australia, or as a student in Kansas, catching snakes to bring to his future high school biology teacher, an individual whom he counts as one of his scientific inspirations. This fascination with biology developed into a long-standing interest in aging research. *The biology of aging is a fundamental area where we had so little knowledge and where so much knowledge was needed. It was an area calling for exploration.*

Dr. Wright’s current work involves the structure of telomeres, the use of immortalized cells for regenerative medicine and the comparative biology of telomeres and replicative aging.

Telomeres form the caps that protect the ends of chromosomes from being degraded or fused to each other. Every time a normal cell divides, its telomeres become shorter, creating a continuing mechanism that limits the ability of normal cells to divide. This process, called replicative aging, acts as a tumor suppressor mechanism. Dr. Wright’s work has demonstrated that restoring telomerase to normal cells allowed them to become immortal. Along with his long-term collaborator, Dr. Jerry Shay, he has also shown that most cancer cells express telomerase, an enzyme that can add DNA to the telomere to counteract telomere shortening, supporting the idea that cells have to overcome the limits of replicative aging in order to become malignant. His studies have also demonstrated that inhibiting telomerase in tumor cells results in reestablishing the counting mechanism, so that the tumor cells become mortal and eventually die.

Dr. Wright is an author of over 200 peer-reviewed scientific publications and is a recipient of numerous awards, including the AlliedSignal Award for Research on Aging, the Hayflick Award from the American Aging Association and an Ellison Medical Foundation Senior Scholar Award.

SHARING KNOWLEDGE

As part of our core mission, AFAR creates opportunities for scientists and clinicians to share knowledge and exchange ideas to drive innovation in aging research. We are also committed to providing information to the public on new medical findings that can help people live longer lives, less susceptible to disease and disability.

We communicate news of medical and scientific innovations to the public through our web site ([www.afar.org](http://www.afar.org)) and our educational web site, Infoaging ([www.infoaging.com](http://www.infoaging.com)), which is sponsored by Pfizer, Inc.

To share knowledge within the scientific community, we sponsor conferences and meetings, creating opportunities for scientists and clinicians to disseminate timely and accurate information and to exchange ideas. Some of our 2009 activities are described in detail on these pages. Additionally, we hold ad hoc seminars for the media highlighting key breakthroughs that the media can report to the public.

AFAR GRANTEE CONFERENCE

Forty-five AFAR grant recipients presented posters at the twenty-second annual AFAR Grantee Conference, held in Santa Barbara, California, September 13-15, 2009. For the first time this year, a well-received informal roundtable session was held and facilitated by senior faculty. Additionally, a special program for the recipients of the Gilbert/AFAR New Investigators Awards in Alzheimer's Disease was held prior to the start of the Grantee Conference.

AFAR AWARDS DINNER: "INVESTING IN FUTURES"

The 2009 AFAR Awards Dinner was held on October 5th at the Union Club in New York City. More than 160 leaders from the corporate, foundation and scientific communities, as well as individual AFAR supporters, attended. Honorees included: Frederic B. Garonzik (posthumously), former AFAR board member; John C. Whitehead, former Goldman Sachs & Co. co-chairman and former deputy secretary of state; John C. Erickson, Erickson Retirement Communities; Hussein K. Manji, Johnson and Johnson Pharmaceutical Research and Development; and Robert N. Butler, International Longevity Center. Woodring E. Wright of University of Texas Southwestern Medical Center received the Irving S. Wright Award and Brian K. Kennedy of the University of Washington received the Vincent J. Cristofalo Rising Star in Aging Research Award.

AFAR SCIENTIFIC CONFERENCE: "THE AGING HEART: A ROADMAP TO CARDIAC INDEPENDENCE"

On October 6th, the day following the Awards Dinner, 75 prominent scientists and industry leaders attended the AFAR 2009 scientific conference at the Union Club in New York City. The conference provided a forum for exploring fundamental aspects of aging and cardiovascular diseases.

By discussing the basic science of cardiovascular disease as well as emerging research and advanced therapies, speakers offered a comprehensive examination of the relationship between aging and heart disease as we look to the future. AFAR honored three young researchers for their age-related research on the heart: Dao-Fu Dai, MD, PhD, University of Washington, Seattle; Jewell Jessup, PhD, Wake Forest University School of Medicine; and Guadalupe Villarreal, Jr., Harvard Medical School. These recipients of the AFAR-GE Healthcare Junior Investigator Award presented their work in a poster session at the meeting.

Information about the conference, including the proceedings write-up and conference video footage, can be found at [www.afar.org/agingheartconf.html](http://www.afar.org/agingheartconf.html). Various speaker Powerpoint presentations are available by request.

INTERNATIONAL LONGEVITY CENTER—"AGE BOOM ACADEMY"

AFAR collaborated with the International Longevity Center to host its "Age Boom Academy", bringing together journalists for a week-long immersion program focused on key longevity and aging topics. The seminar is designed to deepen journalists' understanding of the unprecedented increase in average life expectancy and learn how the aging of the world's population is affecting health, politics, the economy and other aspects of their beats.

AFAR-AARP HEALTHSPAN INSTITUTE

A new partnership between AFAR and AARP, the *Healthspan Institute* will be launched in 2010. The Institute will serve to increase public access to science based information and translate it to the general public in an effort to facilitate positive health improvement and the experience of healthier aging.

*"We are pleased to have AFAR as our partner in the new Healthspan Institute being launched this year. Together, we will educate the lay public about healthy aging and serve as an interdisciplinary 'action tank'. The Healthspan Institute will bring together researchers, gather the latest knowledge from leading scientists in this country and around the world and make cutting edge knowledge more broadly accessible to older consumers, professionals in the aging arena, and policymakers."*

John Rother, Executive Vice President, Policy & Strategy, AARP

MEDIA BRIEFING: "TIME ON OUR SIDE: IS LIVING TO 100 WITHIN OUR GRASP?"

AFAR grantees David Sinclair, PhD, professor of Pathology and director of the Paul F. Glenn Laboratories for the Biological Mechanisms of Aging at Harvard Medical School, and Dellara Terry, MD, formerly associate director of the New England Centenarian Study and associate professor at the Boston University School of Medicine, as well as Christoph Westphal, CEO of Sirtris, a GSK company (of which David Sinclair is a co-founder), were the featured speakers at this March 19 media briefing held at the Yacht Club in NYC. They discussed the latest research on the genetic, environmental and lifestyle factors that may extend healthy life. Numerous members of the media attended including reporters from *The New York Times*, *Forbes*, *Newsweek* and CBS News. The briefing was supported in part by an anonymous donor and Sirtris.

AFAR AFFILIATE AMPLIFIES IMPACT

**Florida Affiliate**  
The AFAR Florida affiliate, launched in 2008, marked this year with the creation of a board of directors comprised of key leaders in the research and lay communities. Other key 2009 achievements included the institution of the affiliate's first named grant, the AvMed Health Plans AFAR Research Grant. Additionally, as part of the ongoing effort to cultivate an environment of exchange, AFAR Florida has hosted a lecture series for Florida residents, in Miami, Tampa and Fort Lauderdale featuring AFAR grantees as speakers on various topics related to aging and health. An annual award luncheon and scientific symposium is planned for February 11, 2010, with the first AFAR Award of Distinction named in memory of Mark Beers.



2009 AFAR Awards Dinner: (l-r) Anne Garonzik; AFAR Scientific Director, George Martin, MD; Board Chair, Diana Jacobs Kalman; Honoree Robert N. Butler, MD; AFAR Executive Director, Stephanie Lederman; AFAR President, Terrie Fox Wetle, PhD; Honorees Hussein Manji, MD, Brian K. Kennedy, PhD, Woodring E. Wright, MD, PhD. (seated l-r) Honorary Board Chair, George E. Doty and Honoree John C. Whitehead.



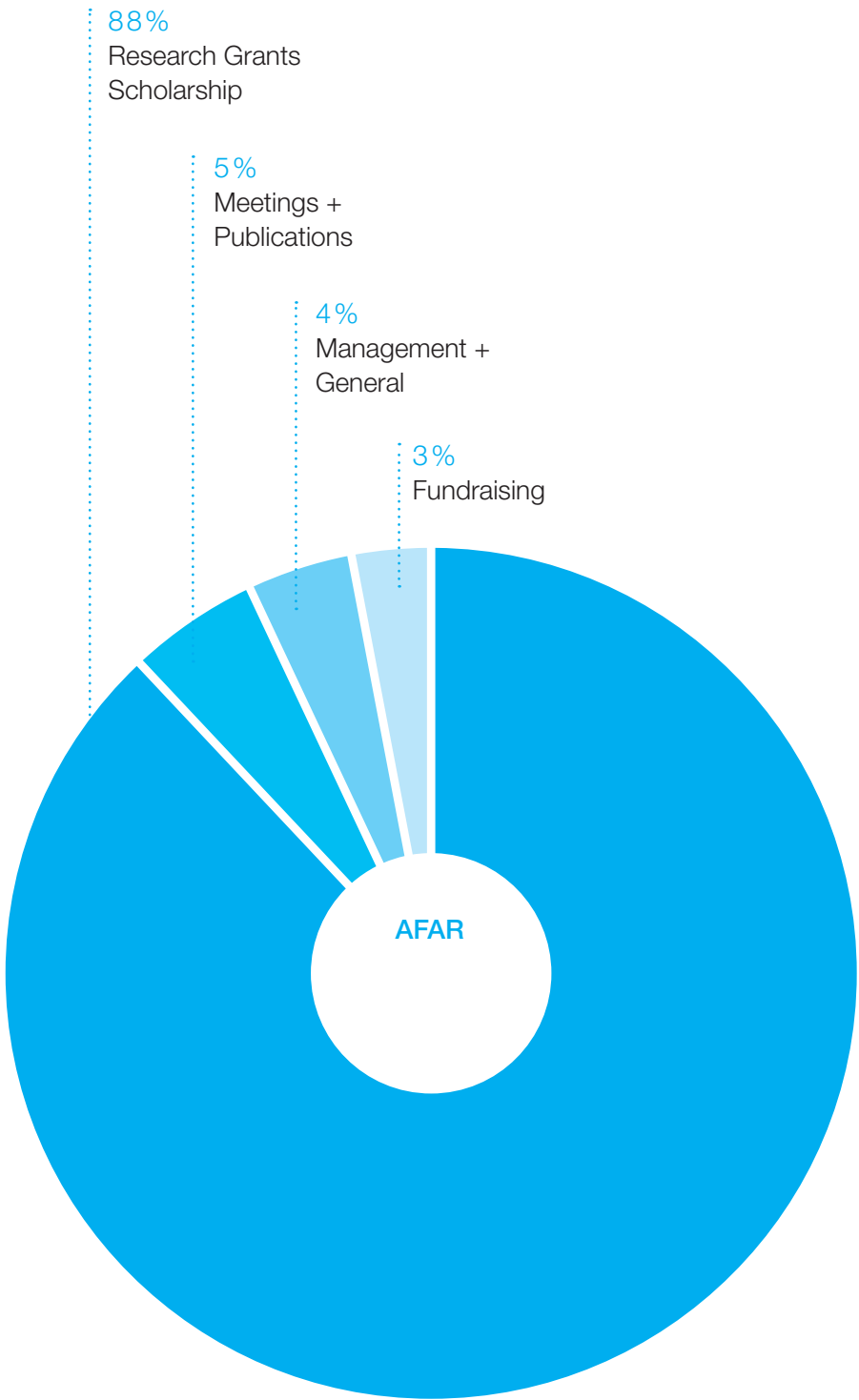
AN INVESTMENT IN AFAR. AN INVESTMENT IN INNOVATION.

RATING CHARITIES:  
AFAR SCORES HIGHEST

AFAR's impact and low administrative expenses have secured a four-star ranking—the highest possible— from Charity Navigator, an independent evaluator of the nation's charities. AFAR has a track record of excellence demonstrating that donor dollars go toward its mission of supporting research on aging.

"Creating opportunities for scientists to exercise their imaginations and explore new directions is critical to the advancement of discovery. Our partnership with AFAR is an important part of our overall strategy to help sustain as many developing investigators in the field of aging as possible."

Richard L. Sprott, PhD,  
Executive Director,  
The Ellison Medical Foundation



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This annual report is dedicated to Diana Jacobs Kalman, who has provided AFAR with fifteen years of exemplary service, support and leadership as chair, officer and member of the board of directors. Under her direction, AFAR has grown into the vibrant, future-focused organization it is today, dedicated to nurturing the growth and advancement of early career scientists in the field of aging research. Diana has been a true inspiration to both the staff and the board of directors, driving the growth and development of AFAR forward into the twenty-first century. Her passion for advancing the landscape of geriatric medicine and aging research has enabled AFAR to position itself as a nationally recognized leader in the field. We salute her commitment, dedication and service to AFAR.



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