November 10, 2019

Dear ABMR Colleagues,

Greetings! I am excited to announce the details for the 2020 ABMR meeting. The theme is “Optimal Longevity: Mechanisms, health disparities, and increasing healthspan.” With the rapidly increasing aging population, there are exciting opportunities for the critical role of behavioral medicine. Research on aging and geroscience has remained somewhat separate from behavioral medicine but is highly relevant as they focus on common mechanisms of aging that underlie most chronic diseases. It is imperative that we better integrate geroscience and behavioral medicine research. We will likely have several representatives of agencies that fund aging research (AARP, AFAR).

Our confirmed keynote speakers include Eileen Crimmins (sociobiodemography of aging), Terrie Moffitt (early life, mental health, aging trajectories), Daniel Belsky (social disadvantage and biological indices of aging), and Bonnie Kaplan (dietary patterns, nutrition, aging, and mental health). Besides the keynotes, much of the meeting this year is set up around expert panels and discussions rather than long presentations to draw on the deep expertise of ABMR members. Symposium and discussion topics focus on mechanisms of disease and aging such as stress and discrimination, vagal regulation, personality and measures of biological aging trajectories. We will also focus on interventions to slow biological aging and progression toward age related diseases such as dementia and cancer. Over lively dinner presentations/discussions, we will address questions such as how to best measure healthspan, discrimination, how to improve sleep, the role of pregnancy in aging, and the role of individual and group behavior change in addressing the climate crisis. Please see the line-up of speakers attached (mostly confirmed).
In addition, Dr. Kop has agreed to devote a special issue of *Psychosomatic Medicine* to current topics in the intersection of behavioral medicine and aging, including short conceptual papers on topics raised in any of the formats of the meeting including the dinner discussions.

**Nominate an ESI!** We will be receiving an NIH R13 conference grant (gratitude to anonymous reviewers) to support the selection of up to 10 diverse, early stage investigators, interesting in aging research, to attend the conference. Stay tuned on how to nominate an ESI for paid for attendance including special leadership training with Norm Anderson and mentoring by ABMR colleagues.

**The details on 1440/Multiversity and transportation:**

The meeting will be at a beautiful resort near Santa Cruz, 1440 Multiversity [https://www.1440.org/](https://www.1440.org/). The 1440 lodging fee includes 3 fabulous organically locally sourced meals a day, and access to amenities (infinity hot tub, steam room, fitness room, trails, morning/afternoon movement classes, parking). The spa, and the nightly wine bar, cost extra.

**Because the resort fills up 6 months in advance, and we have limited number of reservations we could reserve, please make your 1440 reservation ASAP, by end of November, details below. We hope to have room for all who want to attend.** Please make your reservation now by calling 888-727-1440 (stating you are with ABMR). You will be putting down a deposit on your credit card now (refundable up to 30 days before conference). For NIHers, 1440 allowed us to reserve up to 10 guests at the 2020 government per diem rate.

**Room type and cost:** if you reserve early, you will have choice of what type of room you prefer. I have stayed there many times and the rooms are right near nice bathrooms that are not shared with many other rooms, so you might not care to pay extra for a private bathroom. You won’t be spending much time in your room. If you want to share a room with a colleague, the other person has to have already made their reservation to confirm the sharing plan. Share-with requests will only be honored if the other guest has already made their reservation so coordinate with your colleagues. Note spouses need to pay the full nightly fee as well since it includes meals (they don’t pay registration fee).

Cost per night is below (including food). You might wonder how does this California resort cost compare to other AMBR conference costs (comparing hotel and registration)? It is equivalent: It is $80 less than 2018 (Hilton Head) and $290 more than 2019 (Tuscon, off peak season). But also, this year it includes all meals so it high value for your money. We got a phenomal rate locked in. The stated undiscounted cost of a deluxe room with bathroom for 2020 is $650 a night (compared to our rate of $385). There will also be at least two suites of 8 shared pods available for $288 a night. Tica stayed at 1440 in September and visited the Pod suites while she was there: “The group of 8 pods look like Japanese versions of private bunks on the Orient Express. These are simple, yet luxurious sleeping habitats. I can also say that the setting is stunning, and the
food is locally sourced, top-tier California dining. I'm still dreaming about their breakfasts..."

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<thead>
<tr>
<th></th>
<th>Single</th>
<th>Double</th>
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<tbody>
<tr>
<td>Deluxe room, en suite bath* (some with forest view balcony)</td>
<td>$385/night</td>
<td>$295/night</td>
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<tr>
<td>Regular room, hall bath*</td>
<td>$300/night</td>
<td>$250/night</td>
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*All rooms have two beds: deluxe rooms have a queen and a full and regular rooms have two full beds.

Transportation:  Fly into San Francisco or San Jose. You can rent a car or take Lyft/Uber. Lyft costs $90 from SF, less from San Jose. Note the resort is a destination in itself and you won’t need a car once you arrive. We suggest ride sharing (sharing ubers or rental cars) and will post a google doc to help you communicate if you want to share rides. Details on 1440 and transportation is at bottom of this page https://www.1440.org/campus/plan-your-trip

Registration Fee:  Please pay the $200 registration fee on the ABMR website, http://www.academyofbmr.org/ by PayPal or by mailing Lori McBurney a check, made out to ABMR, to 810 Scott Avenue, Glenshaw PA 15116. The registration fee is lower than usual because it does not include food costs (those are included in your room cost). Next year expect the price to be back to around $500. (The registration fee is waived only for the ten ESI’s and for non-member speakers).

I hope you can join us this year! This is going to be a wonderful experience together. Don’t hesitate to email me with any questions at elissa.epel@ucsf.edu.

Warm regards,
Elissa Epel