



November 2023

Message From Longer Life Foundation Leadership

Welcome to the November 2023 issue of the Longer Life Foundation newsletter! LLF's 25th anniversary year has been filled with activity and great achievements. This year we were proud to provide nine grants - four to new investigators and five to prior recipients, including our ongoing support to the Longevity Research Program. We have now funded more than 100 investigators, many of whom have gone on to make additional discoveries in their fields which have impacted clinical medicine and public health. In the next quarter century, we look forward to continuing our support of new investigators and their groundbreaking research. (To see a synopsis of the 2023-24 class of funded investigations, please click [here](#).)

If this newsletter was forwarded to you by a colleague, we invite you to subscribe. Please click [here](#) to do so and to stay up to date with the Foundation's plans and events. And if you have any questions, please reach out to us at any time.

Thank you,



Daniel D. Zimmerman, M.D., DBIM
Managing Director, Longer Life Foundation
Senior Vice President, Chief Science Advisor,
RGA



Preeti Dalawari, M.D., MSPH, ALMI
Deputy Managing Director and Director of
Member Engagement, Longer Life Foundation
Vice President and Medical Director, USIL,
RGA



Anniversary Year Highlights

This anniversary year has had several highlights, including excellent publicity via articles in two publications and a commemorative video featuring several members of LLF's leadership as well as several alumni researchers. The year will culminate with LLF's participation in the New York Stock Exchange's 100th Annual Tree Lighting ceremony, on November 30, 2023 from 3 pm to 6 pm. The theme for the past two years has been Global Giving, and we at LLF are honored to be able to provide an ornament commemorating our anniversary for the tree.

To view our 25th anniversary video, please click [HERE](#). To read the two articles, please click [HERE](#) and [HERE](#).



Dr. Samuel Klein Elected to LLF Board of Governors

Dr. Samuel Klein, William K. Danforth Professor of Medicine and Nutritional Science and Chief, Division of Geriatrics and Nutritional Science, Washington University School of Medicine in St. Louis, has played an integral role in LLF's success, both as a grant recipient and an advisor, since its early days. We are pleased that his acumen, deep experience as a groundbreaking researcher into nutritional science, and wisdom will have an even larger role in LLF's future.



Latest LLF-Sponsored Presentation Now Available

On September 14, Dr. Brian DeBosch, recipient of 2017 and 2018 research grants, discussed his research in a presentation titled "Intermittent Fasting is Hard. So Instead, Let's Trick the Liver!" at a Grand Rounds lecture at Washington University School of Medicine in St. Louis. To access his presentation, please click [HERE](#).



MMDA 2023 Features LLF Researchers

The Midwestern Medical Directors Association Annual Meeting and Scientific Session held its annual meeting May 11th and 12th at RGA's global headquarters in Chesterfield, Missouri, at which alumni LLF investigators **Anuja Java, M.D., Kory J. Lavine, M.D., Ph.D., and Bettina Mittendorfer, Ph.D.** presented their research.



Mark Your Calendars

LLF's Fall 2023 Advisory Group meeting is scheduled on December 11, 2023, from 8:30 am to 11:00 am, Central time. Three alumni investigators – **Jennie Kwon, Laura Marks, and Milan Chheda** – will discuss their continuing investigations.

This meeting will be hybrid, enabling participants to attend either in person or join in remotely via Zoom. Advisory Group members, please check your inboxes as you should have already received an invitation to the meeting that includes a dedicated link.