

Education

Smith College, Northampton, MA

2000 – 2004

Bachelor of Arts in Psychology (B.A.), May 2004

Suffolk University, Boston, MA

2006 – 2008

Masters Level Courses in Mental Health Counseling (All but practicum)

University of Massachusetts Boston, Boston, MA

September 2008 – 2018

Master of Science in Gerontology (M.S.), May 2010

Doctorate in Gerontology (Ph.D.), May 2018

Honors and Awards

- Sigma Phi Omega Honor Society Member 2009-Present; Chapter Vice President 2009-2012
- Student Research Award, University of Massachusetts Boston, Gerontology Department, 2009-2017
- Gerontology Award for Scholarship, University of Massachusetts Boston, 2011
- Gerontology Award for Service, University of Massachusetts Boston, 2012
- Undergraduate Student Research Award, Smith College, 2004

Professional Experience

Research Fellow, University of Massachusetts Boston Gerontology Institute, LeadingAge LTSS Center

August 2018 – Present Boston, MA

Data analyses and research dissemination utilizing large scale survey data for projects funded by the National Council on Aging, SCAN Foundation, Community Catalyst, Medicaid & CHIP Payment Access Commission, and other organizations.

Associate Lecturer, University of Massachusetts Boston, Master of Science in Management of Aging Services Program

Courses: Understanding Data (Online); Capstone Seminar (Online)

Fall 2018 – Present Boston, MA

Understanding Data: Full-credit required course that covered research and statistical methods as well as the development of research dissemination and writing skills for masters-level students. Capstone Seminar: Development and completion of masters-level thesis required for graduation.

Managing Editor, Research on Aging (Sage Publications), University of Massachusetts Boston, Gerontology Department

2013 – 2018 Boston, MA

Process and review manuscripts for publication in a peer-reviewed academic journal, provide technical assistance to authors/reviewers, maintain journal communications, databases, and websites.

Adjunct Instructor, University of Massachusetts Medical School, Master of Science in Clinical Investigation Program

Course: Proposal Development Seminar (Summer Boot Camp Series)

July 2016 – August 2016; July 2013 – August 2013 (Course was taught twice); Worcester, MA

Six-week course designed to assist surgical fellows in developing research and grant proposal writing skills.

Legislative Consultant, Massachusetts Association of Older Americans

July 2015 – November 2015, Boston, MA

Legislative drafting and consultation for Elder Economic Security Report to be voted on by the Massachusetts Legislature.

Intern, Community Catalyst

February 2015 – June 2015, Boston, MA

Policy brief, article, and case study writing. Interviewing, webinar preparation, and literature research for projects on aging.

Adjunct Instructor, University of Massachusetts Medical School, Master of Science in Clinical Investigation Program

Course: Scientific Writing Seminar (Summer Boot Camp Workshop Series)

July 2012 – August 2012, Worcester, MA

Seven-week workshop course designed to assist surgical fellows in developing scientific research writing skills.

Teaching Assistant/Research Assistant, University of Massachusetts Boston, Gerontology Department
2011 – 2012, Boston, MA

Class lesson preparation, teaching of material, SPSS statistics labs, student tutoring, and technical assistance. Courses: National Databases, Research Practicum (graduate level courses required for completion of a masters dissertation in gerontology).

Research Assistant, University of Massachusetts Boston, Jeffery Burr, Ph.D.
2008 – 2011, Boston, MA

Responsibilities included: Literature searches, secondary data analyses, editing, preparing manuscripts for publication, and office tasks.

Ageing Research Consultant, University of Massachusetts Boston, Center for Social Policy
Spring 2009, Boston, MA

Served as a consultant for aging related issues for the purposes of a grant project for a Tufts Healthcare internal program evaluation.

Teaching Assistant, Suffolk University
Fall of 2006, Boston, MA

Class lesson preparation, SPSS statistics labs, and student tutoring. Course: Research Methods & Statistics (graduate level).

Outcomes Specialist, Weight Control and Diabetes Research Center LookAHEAD Study, Rena Wing Ph.D.
June 2004 – August 2008, Providence, RI

Responsibilities included: scheduling, data entry, administration and collection of all study measures from over 350 older adult study participants, and retention. Helped train and oversee new staff members. Provided study participants with internal and external resources. Trained and certified in all medical study measures including EKG, blood pressure, ankle-brachial index, weight, and height.

Student-Faculty Liaison, Smith College Psychology Department
Fall of 2003 – Spring of 2004, Northampton, MA

Facilitated student and faculty interaction and helped plan and staff departmental events.

Research Assistant/Proctor, Smith College Psychology Department, Byron L. Zamboanga, Ph.D.
Spring of 2004, Northampton, MA

Responsibilities included: Manuscript preparation, data entry, data analysis, data collection, and literature searches.

Teaching Assistant/Proctor, Smith College Psychology Department
Fall of 2003; Spring of 2004, Northampton, MA

Class lesson preparation as well as student tutoring. Courses: Introduction to Psychology, Child Clinical Psychology (undergraduate level).

Laboratory-Aide, Biogen IDEC
Summers of 2000, 2001, 2002, Cambridge, MA

Sterilized laboratory equipment and utensils, stocked laboratory, and helped to enforce laboratory safety.

Academic and Volunteer Service

Reviewer, Journals of Gerontology; Research on Aging; Ageing & Society; Journal of Aging & Health; Preventive Medicine
2012 – Present

Peer-reviewed articles for publication in journal.

Intern, Department of Public Health WIC Program
Summer of 2003, Boston, MA

Worked with store food inventory database (SURPASS), assisted in the process of re-licensing all Massachusetts WIC program vendors, took part in local Massachusetts WIC program site visits, assisted in updating protocol for local site evaluations, helped answer phones and run front desk and performed basic office duties. (Volunteer positioned funded by Praxis).

Baseball Coach, Medford Girls Baseball League
1998 – 2000, Medford, MA

Worked with children and early adolescents (ages 8-15) and their parents to build physical sport performance as well as team skills.

Publications

- Tavares, J. L.,** Hwang, A., Cohen, M. A. & Hawes, F. (July 2022). Could Person-Centered Care Be the Secret to Achieving The Triple Aim? *Health Affairs Forefront*. <https://www.healthaffairs.org/doi/10.1377/forefront.20220708.832806>
- Cohen, M. A., **Tavares, J. L.,** Silberman, S. & Popham, L. (April 2022). Measuring Disease Cost Burden Among Older Adults in the U.S.: A Health and Retirement Study Analysis. The National Council on Aging. <https://www.ncoa.org/article/the-inequities-in-the-cost-of-chronic-disease-why-it-matters-for-older-adults>
- Tavares, J. L.,** Hwang, A., Cohen, M. A. & Hawes, F. (March 2022). Person-Centered Care: Why Taking Individuals' Care Preferences into Account Matters? Policy Report. Center for Consumer Engagement in Health Innovation. <https://www.healthinnovation.org/resources/publications/body/Person-Centered-Care-Report-Why-it-Matters.pdf>
- Hawes, F., **Tavares, J. L.** & Ronneberg, C. (February 2022). The Effects of Religiosity on Depression Trajectories After Widowhood. *OMEGA - Journal of Death and Dying*. doi:10.1177/00302228211051509
- Tavares, J. L.,** Cohen, M.A., Silberman, S. & Popham, L. (July 2021). U.S. Wealth Gap Widening: 47 Million Older American Households Facing Financial Risks. Issue Brief. National Council on Aging. <https://www.ncoa.org/article/addressing-the-nations-retirement-crisis-the-80-percent-financially-struggling>
- Cohen, M. A., **Tavares, J. L.,** Silberman, S. & Popham, L. (May 2021). Food Insecurity Among Older Adults and the Role of the Supplemental Nutrition Assistance Program (SNAP): Learnings from the Great Recession of 2008. Issue Brief. The National Council on Aging. https://assets-us-01.kc-usercontent.com/ffacfe7d-10b6-0083-2632-604077fd4eca/32b64f77-3964-4707-9ee1-b1a0555b9711/2021-SNAP_Food%20Insecurity%20Brief%201_FINAL.pdf
- Cohen, M. A., **Tavares, J. L.,** Silberman, S. & Popham, L. (May 2021). The Effectiveness and Adequacy of the Supplemental Nutrition Assistance Program (SNAP) in Reducing Food Insecurity During an Economic Downturn: Learnings from the Great Recession of 2008. Issue Brief. The National Council on Aging. https://assets-us-01.kc-usercontent.com/ffacfe7d-10b6-0083-2632-604077fd4eca/3ce45315-21ff-4505-a64e-2dce78e9a2ce/2021-SNAP_Food%20Insecurity%20Brief%202_FINAL.pdf
- Cohen, M. A. & **Tavares, J. L.** (2021). Poorer and minority older adults are suspicious of the US health care system – a new study shows why. *The Conversation*. <https://theconversation.com/poorer-and-minority-older-adults-are-suspicious-of-the-us-health-care-system-a-new-study-shows-why-156117>
- Nadash, P., Cohen, M. A., **Tavares, J. L.** & Miller, E. A. (2021). The Impact of Health-related Supports in Senior Housing on Ambulance Transfers to Emergency Departments: The Right Care, Right Place, Right Time Project. *Health Services Research*. <https://doi.org/10.1111/1475-6773.13640>
- Tavares, J. L.,** Hwang, A. & Cohen, M. A. (January 2021). Tracking Progress on Person-Centered Care for Older Adults: How Are We Doing? Policy Report. Center for Consumer Engagement in Health Innovation. https://www.healthinnovation.org/resources/publications/body/Person-Centered-Care-Report_Jan-2021.pdf
- Tavares, J. L.,** Cohen, M.A., Silberman, S. & Popham, L. (2020). Medicaid Utilization among Middle-age and Older Adults: A Health and Retirement Study Longitudinal Analysis (1998 to 2014), *Journal of Aging & Social Policy*, 30(1):1-17, 380-386. <https://doi.org/10.1080/08959420.2020.1824538>
- Cohen, M. A. & **Tavares, J. L.** (2020) Who are the Most At-Risk Older Adults in the COVID-19 Era? It's Not Just Those in Nursing Homes, *Journal of Aging & Social Policy*, 32:4-5, 380-386. <https://doi.org/10.1080/08959420.2020.1764310>
- Stucki, B. R., **Tavares, J. L.** & Cohen, M. A. (November 2020). Using Home Equity to Sustain Cash Flow for Aging-in-Place. Policy Report. The National Council on Aging.
- Stucki, B. R., **Tavares, J. L.** & Cohen, M. A. (October 2020). Cash Flow Challenges and Homeownership in Later Life. Policy Report. The National Council on Aging.
- Cohen, M. A., **Tavares, J. L.,** Silberman, S. & Popham, L. (July 2020). Potential Financial Impacts of the COVID-19 Pandemic on Older Single-Person Households. Issue Brief. The National Council on Aging. https://d2mkcg26uvglcz.cloudfront.net/wp-content/uploads/2020-C19-DG19_COVID-19-Issue-Brief_Older-Single-Householders_7-24.pdf

- Cohen, M. A., **Tavares, J. L.**, Silberman, S. & Popham, L. (May 2020). Potential Financial Impacts of the COVID-19 Pandemic on Minority Older Adults. Issue Brief. The National Council on Aging. https://d2mkcg26uvglcz.cloudfront.net/wp-content/uploads/2020-C19-DG12_COVID-19-Issue-Brief_FINAL.pdf
- Cohen, M. A., **Tavares, J. L.**, Silberman, S. & Popham, L. (April 2020). Economic Insecurity for Older Adults in the Presence of the COVID-19 Pandemic. Issue Brief. The National Council on Aging. https://d2mkcg26uvglcz.cloudfront.net/wp-content/uploads/2020-C19-DG06_COVID-19-Issue-Brief_4-14.pdf
- Cohen, M. A. & **Tavares, J. L.** (2020). Economic hardship from COVID-19 will hit minority seniors the most. The Conversation. <https://theconversation.com/economic-hardship-from-covid-19-will-hit-minority-seniors-the-most-144178>
- Cohen, M. A. & **Tavares, J. L.** (2020). Obamacare's unexpected bonus: How the Affordable Care Act is helping middle aged Americans during the pandemic. The Conversation. <https://theconversation.com/obamacares-unexpected-bonus-how-the-affordable-care-act-is-helping-middle-aged-americans-during-the-pandemic-139267>
- Tavares, J. L.**, Ronneberg, C.R., Miller, E.A. & Burr, J.A. (2018). Stress and Inflammation among Older Adults: The Moderating Role of Religiosity. *Journal of Religion, Spirituality & Aging*. <https://www.tandfonline.com/doi/full/10.1080/15528030.2018.1536910>
- Burr, J.A., Han, S.H., Lee, H. J. **Tavares, J. L.**, & Mutchler, J. (2017). Health Benefits Associated with Three Helping Behaviors: Evidence for Incident Cardiovascular Disease. *Journals of Gerontology Series B: Psychological Sciences & Social Sciences*. <https://academic.oup.com/psychsocgerontology/advance-article-abstract/doi/10.1093/geronb/gbx082/3869089>
- Han, S.H. & **Tavares, J. L.**, Evans, M., Saczynski, J. & Burr, J.A. (2016). Social Activities, Incident Cardiovascular Disease and Mortality: Health Behaviors Mediation. *Journal of Aging and Health*. <http://jah.sagepub.com/cgi/reprint/0898264316635565v1.pdf?ijkey=tqPerfZUrQS6XVS&keytype=finite>
- Burr, J.A. & **Tavares, J. L.** (2016). Research on Aging. *The Wiley Blackwell Encyclopedia of Family Studies*. (Ed. Constance Sheehan). DOI: 10.1002/9781119085621
- Burr, J.A., Han, S.H. & **Tavares, J. L.**, (2015). Volunteering and cardiovascular disease risk: Does helping others get “under the skin?”. *The Gerontologist*. <http://gerontologist.oxfordjournals.org/content/early/2015/04/12/geront.gnv032.full?keytype=ref&ijkey=mXa0hX7qxwXXs6f>
- Tavares, J. L.**, Burr, J.A. & Mutchler, J. (2013). Race differences in the relationship between formal volunteering and hypertension: Results from the Health and Retirement Study. *Journals of Gerontology Series B: Psychological Sciences & Social Sciences*, 68(2), 310-319.
- Tavares, J. L.** & Burr, J. A. (2012). Report: Volunteering Among Middle-Aged and Older Adults in the United States. Gerontology Institute, University of Massachusetts Boston. http://www.umb.edu/editor_uploads/images/volunteering.pdf
- Burr, J.A., Lowenstein, A., **Tavares, J. L.**, Coyle, C., Mutchler, J., et al. (2012). The living arrangements of older immigrants from the former Soviet Union: A Comparison of Israel and the United States. *Journal of Aging Sciences*, 26(4), 401-409.
- Burr, J. A., **Tavares, J. L.**, & Mutchler, J. (2011). Volunteering and hypertension risk in later life. *Journal of Aging and Health*, 23, 41-50.

Presentations and Lectures

- Tavares, J. L.** & Cohen, M.A. (November 2021). Tracking Progress on Person-Centered Care for Older Adults: Are We Doing Right by Racial and Ethnic Minorities? Presented at the annual meetings of the Gerontological Society of America.
- Tavares, J. L.** & Cohen, M.A. (November 2021). Asset Transfers among those Accessing the Medicaid Program: Are Wealthy Older Adults Gaming the System? Presented at the annual meetings of the Gerontological Society of America.
- Popham, L., **Tavares, J. L.** & Cohen, M.A. (November 2021). Long-Lasting Effects of the Pandemic on Older Adults' Food Insecurity: The Urgent Need for Enhanced SNAP Benefits. Presented at the annual meetings of the Gerontological Society of America.

- Hawes, F.M., **Tavares, J. L.**, Ronneberg, C. & Miller, E.A. (November 2021). The Effects of Religiosity on Depression Trajectories Before and After Widowhood Presented at the annual meetings of the Gerontological Society of America.
- Cohen, M. A., **Tavares, J. L.**, Shi, X.M. (July 2021). Health and Retirement Study Person-Centered Care Study funded by The SCAN Foundation. Presented to the Seven Foundation Collaborative.
- Popham, L. **Tavares, J. L.**, Cohen, M.A. & Gronniger, T. (June 2021). Symposium: Older American's Economic Insecurity during the COVID-19 Pandemic. Presented at the Aging+Action conference.
- Tavares, J. L.** & Cohen, M.A. (November 2020). The Long-Term Care Financing Challenge: What Role for Home Equity? Presented at the annual meetings of the Gerontological Society of America.
- Tavares, J. L.** & Cohen, M.A. (November 2020). Longitudinal Trends and Predictors of Medicaid Utilization Among Middle Aged and Older Adults. Presented at the annual meetings of the Gerontological Society of America.
- Tavares, J. L.** & Cohen, M.A. (November 2019). A View of Older Adults' Demographic, Health, and Economic Profiles by Retirement Choice Status. Presented at the annual meetings of the Gerontological Society of America. Austin, TX
- Tavares, J. L.**, Burr, J.A. & Miller, E.A. (November 2019). Social Relationships and Obesity in Later Life: A Longitudinal Analysis. Presented at the annual meetings of the Gerontological Society of America. Austin, TX
- Burr, J.A. & Han, S.H. & **Tavares, J. L.** (November 2018). Symposium: The International Diffusion of Knowledge: Publishing Opportunities in Global Gerontology. Presented at the annual meetings of the International Association of Gerontology & Geriatrics. Boston, MA
- Ronneberg, C.R., **Tavares, J. L.**, Miller, E.A. & Burr, J.A. (July 2017). Stress and Inflammation among Older Adults: The Moderating Role of Religiosity. Presented at the annual meetings of the International Association of Gerontology & Geriatrics. San Francisco, CA
- Burr, J.A. & **Tavares, J. L.** (July 2017). Symposium: Research on Aging: The International View from the Editors' Desks. Presented at the annual meetings of the International Association of Gerontology & Geriatrics. San Francisco, CA
- Burr, J.A. & **Tavares, J. L.** (November 2016). Symposium: 'Through the Eyes of Editors: The Continuing Evolution of Gerontology.' *Research on Aging: The View from the Editors' Desks*. Presented at the annual meetings of the Gerontological Society of America. Orlando, FL
- Ronneberg, C.R., **Tavares, J. L.**, Miller, E.A. & Burr, J.A. (November 2016). The Relationship between Religiosity and Anxiety: A Cross-sectional Analysis. Presented at the annual meetings of the Gerontological Society of America. Orlando, FL
- Tavares, J. L.**, Ronneberg, C.R., Miller, E.A. & Burr, J.A. (November 2016). Stress and Inflammation: The Mediating Role of Religiosity. Presented at the annual meetings of the Gerontological Society of America. Orlando, FL
- Han, S.H. & **Tavares, J. L.**, Evans, M., Saczynski, J. & Burr, J.A. (November 2016). Social Activities, Incident Cardiovascular Disease and Mortality: Health Behaviors Mediation. Presented at the annual meetings of the Gerontological Society of America. Orlando, FL
- Burr, J.A., Han, S.H. & **Tavares, J. L.** (November 2014). Helping Others and Cardiovascular Disease Risk Factors: Does Volunteering Get "Under the Skin" Later in Life? Presented at the annual meetings of the Gerontological Society of America. Washington, D.C.
- Tavares, J. L.** (March 2013). Productive and Successful Aging. Guest Lecture: *Sociology of Aging*. University of Massachusetts Boston.
- Tavares, J. L.** (April 2012). Volunteering and Health in Older Adulthood. Guest Lecture: *Sociology of Aging*. University of Massachusetts Boston.
- Burr, J.A., Lowenstein, A., **Tavares, J. L.**, Coyle, C. & Mutchler, J. (November 2010). The Living Arrangements of Older Russian Immigrants: Comparing Israel and the United States. Presented at the annual meetings of the Gerontological Society of America. New Orleans, LA.
- Tavares, J. L.** (May 2009). The Human Possession Relationship and Older Adulthood. Guest Lecture: *Psychology of Aging*. University of Massachusetts Boston.

Tavares, J. L. (November 2009). Diversity and End-of-Life Decisions. Guest Lecture: *Race and Culture in Later Life*. University of Massachusetts Boston.

Burr, J.A., **Tavares, J. L.**, & Mutchler, J. (November 2009). Helping Behaviors and Hypertension: Recent Evidence from the Health and Retirement Study. Presented at the annual meetings of the Gerontological Society of America. Atlanta, GA.

Barnett, S., **Tavares, J. L.** & Zamboanga, B. L. (April 2004). Filipino Abstention and Alcohol Use. Presented at the National Conference of Undergraduate Research, Indianapolis, IN.

Frost, R.O., **Tavares, J. L.** & Rauer, R. (2004). *Hoarding: An Educational Video*. (2004). Smith College.

Recent Grants, Funding & Contracts

- Caregivers of People in Nursing Homes (10/1/22-12/1/22)
Source: U.S. Consumer Financial Protection Bureau
Role: Primary Investigator
Amount: \$10,000
- National Council on Aging Contract Work (5/15/21-12/31/26)
Source: National Council on Aging
Role: Co-Investigator
Amount: Long-term Research Contract (ongoing)
- Person-Centered Care Project with Health and Retirement Study Data Phase 3 (9/1/22-2/1/23)
Source: The SCAN Foundation
Role: Co-Investigator
Amount: \$337,378
- Understanding the Impact and Utilization of Home and Community-Based Services by Medicare-Medicaid Enrollees of Color (11/1/21-4/31/23)
Source: Arnold Ventures
Role: Data Analyst
Amount: \$350,000
- Person-Centered Care Project with Health and Retirement Study Data Phase 2 (5/15/21-12/31/21)
Source: The SCAN Foundation
Role: Co-Investigator
Amount: \$73,000
- Deceased Beneficiaries Estate Recovery Research Project (1/15/21-3/15/21)
Source: Medicaid & CHIP Payment Access Commission
Role: Co-Investigator
Amount: \$39,107
- Person-Centered Care Project with Health and Retirement Study Data Phase 1 (10/1/20-1/30/21)
Source: The SCAN Foundation
Role: Co-Investigator
Amount: \$40,000
- Statistical Analysis Consultation (9/5/2020)
Source: Zen Executive
Role: Sole Contractor
Amount: \$310

Skills

- Computer Skills: Microsoft Office (Word, Excel, Powerpoint, Access), SPSS and STATA Statistics Programs, STAT Transfer, NVIVO, Blackboard, ScholarOne Manuscripts Administrator, Basic HTML web design.
- Specialization in large scale panel databases
- CITI Human Subjects Research Certification
- Languages: English, Portuguese, and Spanish.