

**EDUCATION**

**University of Wisconsin School of Medicine and Public Health**

Doctor of Philosophy, 2016  
Population Health Sciences (Epidemiology track)  
Dissertation title: Sociobehavioral and Psychobiological Mechanisms in Cognitive Aging

**University of Wisconsin School of Medicine and Public Health**

Master of Science, 2010  
Population Health Sciences

**University of Wisconsin – Madison**

Bachelor of Science, 2001  
Majors: Psychology and Zoology

**PROFESSIONAL RESEARCH EXPERIENCE**

- Sept 2018 – present**      **Alzheimer’s Association Research Fellow, Wisconsin Alzheimer’s Disease Research Center, Madison, WI**
- Sept 2018 – present**      **Assistant Scientist, Department of Medicine/Geriatrics Division, University of Wisconsin School of Medicine and Public Health**
- Sept 2017 – Sept 2018**      **NIA Fellow, Center for the Demography of Health and Aging, University of Wisconsin - Madison**
- Sept 2016 – Sept 2017**      **Postdoctoral Fellow, Health Disparities Research Scholars Program, University of Wisconsin School of Medicine and Public Health**
- Spring 2016**      **Graduate Research Assistant, Center for Demography of Health and Aging, Department of Sociology, University of Wisconsin - Madison**
- 2012 - 2013**      **Graduate Project Assistant, Wisconsin Alzheimer’s Institute, University of Wisconsin School of Medicine and Public Health**
- 2010 - 2012**      **Graduate Research Assistant, Department of Population Health Sciences, University of Wisconsin School of Medicine and Public Health**
- 2008 - 2010**      **Graduate Project Assistant, Department of Population Health Sciences, University of Wisconsin School of Medicine and Public Health**
- 2004 - 2008**      **Research Specialist, Department of Family Medicine and Community Health, University of Wisconsin – Madison**
- 2001 - 2004**      **Research Program Coordinator, Cognitive Neurology and Alzheimer’s Disease Center, Feinberg School of Medicine, Northwestern University**

## **ACTIVE RESEARCH SUPPORT**

### **“Psychosocial stressors, allostatic load, and cognitive aging”**

Alzheimer’s Association Research Fellowship Award

Funding: \$174,980, awarded 9/1/2018

Role: Principal Investigator

### **“Allostatic load alters brain and cognitive markers of Alzheimer’s disease”**

NIA Health Disparities supplement to Beeson Award K23AG045957 (Okonkwo)

Funding: \$69,615, awarded 9/30/2016.

Role: Principal Investigator for supplement award

## **PENDING RESEARCH SUPPORT**

### **“Social-biological dimensions of ADRD risk and resilience in a Native American cohort”**

NIA “Next Generation of Clinical Researchers” R03 (1R03AG063303)

Impact Score: 13 (current status: pending council review)

Requested funding: \$200,000

Role: Principal Investigator

## **HONORS AND AWARDS**

- 2019**     **ADRD Summit Trainee Scholarship**, National Institute of Neurological Disorders and Stroke
- 2018**     **Butler-Williams Scholar**, National Institute on Aging
- 2018**     **Selected Attendee, Advanced Psychometric Methods Workshop**, Lake Tahoe, NV
- 2017**     **Research Mini-Internship, Rush Alzheimer’s Disease Center**  
Rush University Medical Center, Chicago, IL (Mentor: Dr. Lisa L. Barnes)
- 2017**     **Travel Fellowship, Alzheimer’s Association International Conference**, London, UK
- 2015**     **Minority Issues in Gerontology Fellowship, Gerontological Society of America**,  
Orlando, FL, November 18-22, 2015
- 2015**     **Graduate Student Peer Mentor Award**, University of Wisconsin Graduate School
- 2014**     **Donn D’Alessio Student Leadership Award**, University of Wisconsin School of  
Medicine and Public Health
- 2012**     **Early Excellence in Teaching Award**, University of Wisconsin – Madison
- 2012**     **RAND Summer Institute Fellowship**, RAND Headquarters, Santa Monica, CA
- 2012**     **Rankin/Skatrud Conference Award**, University of Wisconsin School of Medicine and  
Public Health
- 2011-12**  **Graduate School Fall Research Competition Award (co-writer)**  
Grant Title: The role of verbal interaction and perceived social support in preservation of  
cognitive function among middle-aged and older adults
- 2010-11**  **Graduate School Fall Research Competition Award (co-writer)**  
Grant Title: The role of social activity in preserving cognition despite brain atrophy
- 2008-09**  **Elliot Dick Fellowship Award**, University of Wisconsin, Madison – Department of  
Population Health Sciences

**PUBLICATIONS**

**Zuelsdorff M**, Okonkwo OC, Norton D, Benton SF, Wyman MF, Johnson SC, Gleason CE. Lifetime adversity and racial disparities in cognition among middle-aged and older adults. Under review, *Alzheimer's and Dementia*.

Clark LR, **Zuelsdorff M**, Norton D, Johnson SC, Wyman MF, Benton SF, Hancock L, Carlsson CM, Asthana S, Gleason CE, Johnson HM. Association of cardiovascular risk factors with cerebral perfusion in Whites and African Americans. Under review, *Hypertension*.

Gleason CE, Norton D, **Zuelsdorff M**, Benton SF, Wyman MF, Nystrom N, Lambrou N, Salazar H, Kosciak RL, Jonaitis EM, Carter FP, Harris B, Gee A, Ketchum F, Johnson SC, Edwards DF, Carlsson CM, Kukull W, Asthana S. Differential rates of incident cognitive impairment in Blacks and Whites followed longitudinally at Alzheimer's Disease Centers: Influence of systematic differences in recruitment strategies. Under review, *Alzheimer's and Dementia*.

Wyman MF, Jonaitis EM, Ward EC, **Zuelsdorff M**, Gleason CE. Depressive impairment and subthreshold depression among African American and White older women. Under review, *Journal of Aging & Mental Health*.

Babulal GM, Rajasekar G, Stout SH, Williams MM, **Zuelsdorff M**, Ances BM, Roe CM. The effect of race on road test, self-reported, and naturalistic driving behavior among older adults. Under review, *Frontiers in Human Neuroscience*.

Umucu E, Wyman M, Lee B, **Zuelsdorff M**, Benton SF, Nystrom N, Johnson SC, Carlsson CM, Asthana S, Gleason CE. Measuring apathy in preclinical Alzheimer's disease: Psychometric validation of the Apathy Evaluation Scale. In press, *American Journal of Alzheimer's Disease & Other Dementias*.

**Zuelsdorff M**, Kosciak RL, Okonkwo OC, Peppard PE, Hermann B, Sager MA, Johnson SC, Engelman CD. Reliability of a novel social activity questionnaire: Perceived social support and verbal interaction in the Wisconsin Registry for Alzheimer's Prevention. *Journal of Aging and Health*, 2018; Vol. 30(2): pp. 305-320.

**Zuelsdorff M**, Kosciak RL, Okonkwo OC, Peppard PE, Hermann B, Sager MA, Johnson SC, Engelman CD. Perceived support and verbal interaction differentially impact cognitive function in midlife and older age. *Aging, Neuropsychology, and Cognition*. Prepublished December 15, 2017.

Engelman M, Kestenbaum BM, **Zuelsdorff M**, Mehta NK, Lauderdale DS. Origins, health, and social safety nets: Work disability among native-born and foreign-born Americans. *Demography*, 2017; 54(6): 2273-2300.

Engelman CD, Bo R, **Zuelsdorff M**, Steltenpohl H, Kirby T, Nieto FJ; Epidemiologic study of the C-3 epimer of 25-hydroxyvitamin D(3) in a population-based sample. *Clinical Nutrition*, 2014; Vol. 33(3): pp. 421-425.

**Zuelsdorff M**, Engelman CD, Friedman EM, Kosciak RL, Jonaitis EM, La Rue A, Sager MA; Stressful events, social support, and cognitive function among middle-aged adults with a family history of Alzheimer's disease. *Journal of Aging and Health*, 2013; Vol. 25(6): pp. 944-959.

Brown RT, **Zuelsdorff M**, Gassman M; Treatment retention among African-Americans in the Dane County Drug Treatment Court. *Journal of Offender Rehabilitation*, 2009; Vol. 48: pp 336-349.

Zgierska A, Rabago D, **Zuelsdorff M**, Coe C, Miller M, Fleming MF; Mindfulness Meditation for relapse prevention in alcohol dependence: A feasibility pilot study. *Journal of Addiction Medicine*, 2008; Vol. 2(3): pp.165-173.

Brown RT, **Zuelsdorff M**; Opioid substitution with methadone and buprenorphine: Sexual dysfunction as a side effect of therapy. *Heroin Addiction and Related Clinical Problems*, 2007 Vol. 9(1): pp. 35-44.

Zgierska A, Brown RT, **Zuelsdorff M**, Brown D, Zhang Z, Fleming MF; Sleep quality and daytime sleepiness among chronic non-cancerous pain patients receiving long-term opioid therapy: A cross-sectional study. *Journal of Opioid Management*, 2007; Vol. 3(6): pp. 317-328.

Brown RT, **Zuelsdorff M**, Fleming MF; Adverse effects and cognitive function among primary care patients taking opioids for chronic non-malignant pain. *Journal of Opioid Management*, 2006; Vol. 2(3): pp. 137-146.

## IN PREPARATION

**Zuelsdorff M**, Brewster GS, Okonkwo OC, Kind AJH, Kosciak RL, Johnson SC, Gleason CE. Informal caregiving and cognitive health: Sociocultural differences within middle-aged and older providers. In preparation for *Alzheimer's Disease and Associated Disorders*.

**Zuelsdorff M**, Gleason CE, James BD, Capuano AW, Bennett DA, Barnes LL. Lifetime social mobility and cognitive trajectories in older age. In preparation for *Journal of Gerontology Series B: Social Sciences*

**Zuelsdorff M**, Nicholas CR, Wyman M, Kosciak RE, Johnson SC, Okonkwo OC, Gleason CE. Recent stress and depressive symptomatology: Implications for midlife and later life cognitive function. In preparation for *Journal of the American Geriatrics Society*

**Zuelsdorff M**, Buckingham WR, Kind AJH. The role for geographic information system data in locating and addressing social health disparities. In preparation for *Journal of Gerontological Nursing*.

Hill-Jarrett TA, **Zuelsdorff M**, Byrd D, Deters KD, Avila JF, Jones RM, Manly JJ. Education-related cognitive reserve among Northern- and Southern-born African Americans. In preparation for *Alzheimer's and Dementia*.

Larson JL, Bendlin BB, **Zuelsdorff M**, Kim AJ, Kosciak RL, Buckingham WR, Gleason CE, Blennow K, Zetterberg H, Carlsson CM, Johnson SC, Kind AJH. Neighborhood disadvantage, baseline cognition, and Alzheimer's disease biomarkers in the Wisconsin Registry for Alzheimer's Prevention (WRAP) study. In preparation for *JAMA Neurology*.

## **BOOK CHAPTERS**

**Zuelsdorff M**, Barnes LL, Okonkwo OC. “Racial Disparities in Alzheimer’s Disease: Biological, Social, and Methodological Considerations” in O. Pedraza (Ed.), *Clinical Cultural Neuroscience: Foundations and Assessment*. In press, Oxford University.

## **SELECTED CONFERENCE PRESENTATIONS**

**Zuelsdorff M**, Gleason CE, Kind AJ, Kosciak RL, Johnson SC, Okonkwo OC; Lifetime stressful experiences, racial disparities, and cognitive performance: Findings from the Wisconsin Registry for Alzheimer’s Prevention (WRAP) Study. Presented at the 29<sup>th</sup> Annual Alzheimer’s Association International Conference, London, UK, July 16-20, 2017.

**Zuelsdorff M**, Nicholas CR, Kosciak RL, Engelman CD, Johnson SC, Okonkwo OC; Recent stress, depression, gender, and cognition: Psychosocial pathways of risk in the Wisconsin Registry for Alzheimer’s Prevention (WRAP). Presented at the 69th Annual Meeting of the Gerontological Society of America, New Orleans, LA, November 16-20th, 2016.

**Zuelsdorff M**, Kosciak RL, Okonkwo OC, Johnson SC, Engelman CD; Psychobiological determinants of cognitive risk in middle-aged and older adults. Presented at the 143rd Annual Meeting of the American Public Health Association, Chicago, IL, November 1-4, 2015.

**Zuelsdorff M**, Kosciak RL, Okonkwo OC, Johnson SC, Engelman CD; Social support, verbal interaction, and cognitive function: Findings from the Wisconsin Registry for Alzheimer’s Prevention (WRAP). Presented at the 27<sup>th</sup> Annual Alzheimer’s Association International Conference, Washington, DC, July 18-23, 2015.

**Zuelsdorff M**, Engelman CD; Temporal stability of social support and verbal interactions in middle-aged and older adults: Test-retest reliability in the Wisconsin Registry for Alzheimer’s Prevention (WRAP). Presented at the 142<sup>nd</sup> Annual Meeting of the American Public Health Association, New Orleans, LA, November 15-19, 2014.

**Zuelsdorff M**, Engelman CD, Friedman EM, Kosciak RL, Jonaitis E, La Rue A, Sager MA; Stressful experiences, social support, and gene-social environment interaction in cognitive function: Findings from the Wisconsin Registry for Alzheimer’s Prevention (WRAP). Presented at the 66<sup>th</sup> Annual Gerontological Society of America Meeting, New Orleans, LA November 20-24th, 2013.

## **TEACHING EXPERIENCE**

<b>Spring 2016</b>	<b>Teaching Assistant, Principles of Environmental Health</b> (Graduate course)
<b>Fall 2015</b>	<b>Teaching Assistant, Population Medicine and Epidemiology</b> (M1 course)
<b>Spr 2014 - 2015</b>	<b>Teaching Assistant, Introduction to Public Health: Local to Global Perspectives</b> (Undergraduate course)
<b>Fall 2010 - 2014</b>	<b>Teaching Assistant, Introduction to Epidemiology</b> (Graduate course)

## **INVITED TALKS AND GUEST LECTURES**

### **Alzheimer's Disease Research Center, Emory University, Atlanta, GA**

Emory ADRC Research Seminar, November 6, 2017

“Disparities in cognitive aging: A life course approach to social and biological mechanisms”

### **University of Wisconsin School and Medicine and Public Health**

Women's Health and Health Equity Symposium, October 12, 2017

“Lifetime stressful experiences and racial disparities in cognitive aging: Findings from a Wisconsin cohort”

### **Department of Medicine, UW-Madison**

Geriatrics Grand Rounds, December 1, 2015

“Social dimensions of cognitive risk and protection in the Wisconsin Registry for Alzheimer's Prevention.”

### **Department of Population Health Sciences, UW-Madison**

Principles of Population Health, Fall 2016 - 2018

“Aging and cognitive health: Determinants and disparities”

Introduction to Public Health: Local to Global Perspectives, Spring 2015

“Cognitive aging and dementia: Implications for public health”

Introduction to Epidemiology, Fall 2013

“Epidemiology of cognitive aging and dementia”

## **SERVICE AND LEADERSHIP**

**2017 – Pres**      Communications Chair, ISTAART Diversity and Disparities Professional Interest Area Executive Committee

**2013 - 2014**      Student Representative, Graduate Program Admissions Committee

**2010 - 2012**      Chair, Graduate Student Volunteering Committee

**2009 - 2010**      President, Population Health Sciences Student Organization

## **PROFESSIONAL AFFILIATIONS**

University of Wisconsin Center for Demography of Health and Aging (CDHA)

International Society to Advance Alzheimer's Research and Treatment (ISTAART)

Society for Epidemiological Research (SER)

Gerontological Society of America (GSA)

American Public Health Association (APHA)