

Rio S. Tate, B.S.

School of Aging Studies
College of Behavioral and Community Sciences
University of South Florida
4202 E. Fowler Ave., MHC 1352
Tampa, FL 33620
E-mail: Rio@USF.edu

EDUCATION

Ph.D., Aging Studies (August 2020-Present)
University of South Florida
Co-Advisors: Bill Haley, PhD & Brent Small, PhD

B.S., Psychology **Summa cum laude (May 2019)**
Eastern New Mexico University
Advisor: Gary D. Bond, PhD

A.A.S., Aviation Maintenance Technology (November 2018)
Community College of the Air Force

A.A., Transfer Studies **Magna cum laude (May 2016)**
Anne Arundel Community College

GRANTS/FELLOWSHIPS

July 2024-Present. McKnight Dissertation Fellowship.

June 2022-Present. Pat Tillman Foundation Scholar.

November 2021-May 2023. Black Men's Brain Health Scholar.

August 2020-May 2023. Graduate Student Success Fellowship.

PUBLICATIONS

Nguyen, L. T., Prophater, L. E., Fazio, S., Hülür, G., **Tate, R.**, Sherwin, K., Shatzer, J., Peterson, L. J., & Haley, W. E. (2022). Project VITAL at home: Impact of technology on loneliness and well-being of family caregivers of people with dementia. *Clinical Gerontologist*, 1–12. Advance online publication. <https://doi.org/10.1080/07317115.2022.2123726>

Prophater, L. E., Fazio, S., Nguyen, L. T., Hülür, G., Peterson, L. J., Sherwin, K., Shatzer, J., Branham, M., Kavalec, A., O'Hern, K., Stoglin, K., **Tate, R.**, & Hyer, K. (2021). Alzheimer's Association Project VITAL: A Florida statewide initiative using

technology to impact social isolation and well-being. *Frontiers in Public Health*, 9, 720180. <https://doi.org/10.3389/fpubh.2021.720180>

Beydoun, M., **Tate, R.**, Georgescu, M., Gamaldo, A., Vieytes, C., Beydoun, H., Noren Hooten, N., Evans, M., & Zonderman, A. (2023). Poor sleep quality, dementia status and their association with all-cause mortality among older US adults. [Manuscript submitted for publication.] National Institute of Health.

Beydoun, M., Beydoun, H., Georgescu, M., **Tate, R.**, Hossain, S., Vieytes, C., Gamaldo, A., Evans, M., & Zonderman, A. (2023). Sleep patterns, global mental status and mortality risk among middle-aged urban adults. [Manuscript submitted for publication.] National Institute of Health.

INTERNSHIPS

May 2023-August 2023. Summer Training in Aging Research (STAR)

National Institute of Health, Laboratory of Epidemiology and Population Sciences, Johns Hopkins University.

- Collaborated with laboratory teammates to produce research on sleep quality, cognitive aging, and mortality.
- Underwent training to improve statistical knowledge via training in multiple imputation and survival analyses using 2 datasets in the Stata software system.
- Produced 2 unpublished manuscripts and 2 poster presentations.

ONGOING RESEARCH

August 2020-Present. Physical Activity and Cognitive Performance

University of South Florida, School of Aging Studies.

- Studying relationship of frequency and intensity of exercise on cognitive performance
- Running mixed effects regression using Health and Retirement Study data on physical activity and cognitive performance
- Currently refining manuscript.

Tate, R., Hülür G., Andel, R., & Small, B. (2023). Physical activity and episodic memory: A longitudinal analysis over 12 Years [Unpublished manuscript]. School of Aging Studies, University of South Florida.

January 2021-Present. Mindfulness-based Stress Reduction (MBSR)

University of South Florida, School of Aging Studies.

- Examining cost-effectiveness of MBSR in reducing expenses for breast cancer survivors
- Responsible for editing introduction and method section
- Collaborating with other advisors in program as well as College of Nursing

January 2021-July 2021. Vietnam Era Twin Study of Aging (VETSA)

University of South Florida, School of Aging Studies.

- Elucidated role of cognitive reserve on brain health

- Responsible for descriptive and correlational statistics, and revising manuscript
- Collaborated with other students and advisors in program

August 2020-Present. Physical Activity and Cognitive Performance in African American adults
University of South Florida, School of Aging Studies.

- Studying relationship of exercise on cognitive performance in African American adults
- Running multilevel mixed effects regression using Health and Retirement Study data on physical activity and cognitive performance in exclusively African American adults
- Currently refining manuscript with goals to publish next year

Tate, R. (2023). *Exercise and cognition in older African American adults* [Unpublished manuscript]. School of Aging Studies, University of South Florida.

RESEARCH ASSISTANTSHIPS

**January 2022-May 2023. Preventing Alzheimer's with Cognitive Training (PACT).
Collaborator.**

University of South Florida. Jerri Edwards, Professor, College of Medicine Psychiatry and Behavioral Neuroscience.

- R01 federally funded grant
- Studies whether computerized brain training exercises can reduce the risk of mild cognitive impairment (MCI), and dementias like Alzheimer's disease
- Participating in grassroots community events to recruit minority participants for study

June 2020-September 2022. Project: VITAL. Collaborator.

University of South Florida. Gizem Hülür, Assistant Professor, School of Aging Studies.

- Partnered with Florida Department of Elder Affairs
- Measured use of iN2L programs in reducing social isolation
- Used survey (Qualtrics) to quantify social isolation in older adults during COVID-19 pandemic

February 2019-March 2019. Carolinas Psychology Conference (CPC). Research Assistant.
Eastern New Mexico University. Gary Bond, Professor, Psychology Department.

- Researched how individuals in rural environments perceive LGBT community
- Ascertained if usage of adjectives could elevate level of empathy and tolerance
- Recruited participants for survey study as well as completed method and discussion sections

PROFESSIONAL EXPERIENCE

August 2020-Present. Doctoral Student (University of South Florida)

- Examining contextual factors of cognitive decline in older adults
- Identifying risk factors for cognitive decline in older adults
- Engaging in classwork designed to enhance knowledge and research skills

December 2019-March 2020. Debrief Journeyman (Cannon Air Force Base)

- Resumption of debriefing tasks after completion of deployment
- Rank: Senior Airman

July 2019-November 2019. Debrief Journeyman (Al Asad Air Base)

- Maintained a database of maintenance actions to ensure accuracy
- Coordinated schedules for deployed aircraft
- Disseminated mission information from multiple aircrews to command headquarters
- Rank: Senior Airman

July 2018-June 2019. Debrief Journeyman (Cannon Air Force Base)

- Documented maintenance actions for an aviation maintenance unit
- Conducted briefings to recap flying mission
- Input maintenance actions into database to ensure safety actions were documented.
- Rank: Senior Airman

January 2018-June 2018. Aerospace Maintenance Technician (Cannon Air Force Base)

- Promotion to journeyman status, taught maintenance actions to less-experienced workers
- Led maintenance actions intended to return multiple AC-130W aircraft to flying status
- Serviced, inspected, and documented actions using instructional manuals
- Replaced structural components in order to ensure most efficient operation of aircraft
- Rank: Airman First Class

January 2017-December 2017. Aerospace Maintenance Technician (Cannon Air Force Base)

- Serviced and inspected 10 AC-130W aircraft
- Articulated findings and fixed discrepancies such as underinflated landing gear tires
- Read databases and applied findings to learn job tasks
- Rank: Airman First Class

December 2016. Student. United States Air Force (Little Rock Air Force Base)

- Acquired knowledge of maintaining and servicing MC-130J aircraft
- Rank: Airman First Class

August 2016-November 2016. Student. United States Air Force (Sheppard Air Force Base)

- Read multiple volumes about job duties of aviation maintenance technician
- Completed servicing tasks to demonstrate proficiency of maintaining AC-130W aircraft
- Rank: Airman First Class

May 2016-July 2016. Basic Trainee. United States Air Force (Lackland Air Force Base)

- Learned basic customs & traditions of the United States Air Force
- Partook in classroom lessons about the history of the United States Air Force
- Rank: Airman Basic

TEACHING

Spring 2024. Psychology of Aging (GEY4612) Instructor of Record

Sections 12280 & 12990

University of South Florida. School of Aging Studies.

- Instituted and carried out curriculum for undergraduate-level class on aging
- Worked with students to grasp psychology-related concepts in older adults, such as different types of dementia
- Instructed 90 students
- Achieved 96% excellent/very good overall rating of instructor

Fall 2023. Sociological Aspects of Aging (GEY3625) Instructor of Record

Section 82405

University of South Florida. School of Aging Studies.

- Instituted and carried out curriculum for undergraduate-level class on aging
- Worked with students to grasp age-related concepts, including major social programs
- Instructed 88 students
- Achieved 94% excellent/very good overall rating of instructor

Summer 2023. Sociological Aspects of Aging (GEY3625) Instructor of Record

Section 51616

University of South Florida. School of Aging Studies.

- Instituted and carried out curriculum for undergraduate-level class on aging
- Worked with students to grasp age-related concepts, including major social programs
- Instructed 44 students
- Achieved 80% excellent/very good overall rating of instructor

Summer 2022. Sociological Aspects of Aging (GEY3625) Instructor of Record

Section 58544

University of South Florida. School of Aging Studies.

- Instituted and carried out curriculum for undergraduate-level class on aging
- Worked with students to grasp age-related concepts, including major social programs
- Instructed 42 students
- Achieved 100% excellent/very good overall rating of instructor

Summer 2021. Introduction to Aging Sciences (GEY2000) Teaching Assistant

Section 56671 (major professor – Daniel Pupo)

Section 58981 (major professor – Christina Mu)

University of South Florida. School of Aging Studies.

- Teaching assistant for introduction-level class on aging
- Worked with students to grasp age-related concepts, such as aging in place
- Assistant for approximately 112 students over 2 sessions

CONFERENCE PRESENTATIONS

Tate, R., & Baydoun, M. (2023, August 3). *Sleep quality, cognitive aging, and mortality among middle to older aged US adults* [Poster session]. NIH Poster Day. Bethesda, Maryland, United States.

Tate, R., & Baydoun, M. (2023, August 2). *Sleep quality, cognitive aging, and mortality among middle to older aged US adults* [Poster session]. NIA Poster Day. Baltimore, Maryland, United States.

Tate, R. (2023, February 6-7). Community outreach to increase recruitment of diverse participants for Alzheimer's research [Poster session]. Second Annual Black Men's Brain Health Conference. Tempe, Arizona, United States.

Tate, R., & Small, B. (2022, November 2-6). Physical activity and episodic memory in African American older adults [Poster session]. Gerontological Society of America 2022 Annual Scientific Meeting. Indianapolis, Indiana, United States.

Tate, R., Hülür G., Andel, R., & Small, B. (2021, November 10-14). Physical activity and episodic memory: An analysis of longitudinal associations over 12 years [Poster session]. Gerontological Society of America 2021 Annual Scientific Meeting. Online due to COVID-19.

Bond, G., Sturtevant, D., & Tate, R. (2019, April). Language of empathy [Poster session]. Carolinas Psychology Conference. Buies Creek, North Carolina, United States.

PUBLISHED ABSTRACTS

Tate, R., & Small, B. (2022). Physical activity and episodic memory in African American older adults, *Innovation in Aging*, Volume 6, Issue Supplement_1, November 2022, Pages 495–496, <https://doi.org/10.1093/geroni/igac059.1904>

INVITED LECTURES

2023, Fall. Proseminar in Aging Studies (GEY 7936). Career Development and Funding Opportunities. University of South Florida. Tampa, Florida.

UNIVERSITY HONORS AND AWARDS

University of South Florida

- **High Honors, GPA 4.0 (2020-2022)**
- **Military Family Support Trust Fund (Fall 2021)**

Eastern New Mexico University

- First-place in university's Student Research and Creativity Conference (Bond, G., Sturtevant, D., & **Tate, R.** (2019). Language of Empathy.)

- 2017-2019: Honors List (2017), Dean's List (2018 & 2019)
- High Honors, GPA 4.0 (2017 & 2018), 3.6 (2019)

Anne Arundel Community College

- 2014-2015: Dean's List (2014 & 2015)
- High Honors, GPA 3.5 (2014) 3.9 (2015)

ASSOCIATION MEMBERSHIPS

Gerontological Society of America – Student Member (2020 – Present)

American Psychological Association (APA) - Student Member (2017 – 2019) (2023-Present)

Gerontology and Geriatric Medicine - Manuscript Reviewer (1 to date) (2020)

Association for Psychological Sciences (APS) - Student Member (2017 – 2019)

Psi Chi, Eastern New Mexico University - Student Affiliate (2017 – 2019)

Phi Theta Kappa, Anne Arundel Community College - Student Affiliate (2014 – 2016)

PROFESSIONAL TALKS

September 2022. Preventing Alzheimer's with Cognitive Training (PACT). University of South Florida.

COMPUTER PROGRAMS

SAS

- **Experience merging datasets and running mixed effects models**

Stata

- Experience merging and appending datasets

SPSS

- Experience running statistical tests such as analysis of variance

CAMS

- Experience notating changes in aircraft status in military software system

EXTRA-CURRICULAR ACTIVITIES/ VOLUNTEER INVOLVEMENT

- **Treasurer, University of South Florida Student Association for Aging Studies (2022 – Present)**
- **Pat Tillman Foundation Application Reviewer (2023)**
- Meals on Wheels - Tampa (2021 - 2022)
- Member, University of South Florida Student Association for Aging Studies (2021 – Present)
- Ad hoc reviewer (Topics in Stroke Rehabilitation) (2022)
- Designated Driver for 27th Special Operations Aircraft Maintenance Squadron (2018)

- Yucca Middle School Fun Day (2018)
- Key Club, President, Meade Senior High School (2013-2014)
- Knollwood Manor Nursing Home (2013)
- Baltimore VA Medical Center Volunteer (2012-2013)
- Happy Helpers for the Homeless (2012-2014)