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My research aims to bridge the gap between bench and bedside research by focusing on translational aging research. My lab primarily utilizes human clinical trials to examine interrelated aspects of immune responses, metabolism, and physical function with advanced techniques to probe how the biology of aging effects multiple systems. This more “geroscience” approach to age-related disorders allows me to research common pathways in the biology of aging, and importantly, investigate ways it can be manipulated to improve overall healthspan. With an ever growing older population, my multidisciplinary research aims to prevent age-related declines in immune responses and help older adults maintain their independence into late life.

As a new assistant professor, I have a steep road ahead of me while trying to establish my research independence and begin multiple research studies. Unfortunately, the high fringe rates caused by unfunded fringe liability are an impedance to my productivity and general success. With limited funds available, the high fringe rates makes it difficult to hire qualified research technicians. In fact, senior research associates are likely at a disadvantage due to the high fringe costs associated with their pay. I feel this is unfair to both the research scientists, as well as the research staff. Additionally, as I write and submit multiple grants, it is disappointing that the cost of research staff is so high that sacrifices need to be made on the scientific side in order to keep the total costs within the given budget. These scientific sacrifices, including using less than cutting-edge technology to keep within budgetary concerns, decrease the competitiveness of the grants. Overall, as a new faculty member, the high fringe rates are an extreme disadvantage for my current internal funds, e.g. start-up funds, and all external grant submissions. It is an impedance to my current research and future success.