

Rutgers University

mara.sheftel@rutgers.edu

PROFESSIONAL EXPERIENCE

- 2024- Instructor
Rutgers University
Center for State Health Policy (CHSP)
Institute for Health, Health Care Policy and Aging Research (IFH)
School of Public Health
- 2022-2024 Visiting Research Collaborator
Princeton University
Office of Population Research
Social disparities in physical functioning by race, ethnicity & immigration status
PIs Anne R. Pebley and Noreen Goldman (NIA 1R01AG061094)
- 2021-2024 Postdoctoral Scholar
The Pennsylvania State University
Population Research Institute
Crossnational demography of family structure, aging, and health
PIs Ashton Verdery and Rachel Margolis (NIA 1R01AG060949)

EDUCATION

- 2021 The Graduate Center, City University of New York (CUNY), New York, NY
PhD in Sociology
Certificate in Demographic Methods
Certificate in Quantitative Methods
Dissertation: Should I Stay or Should I Go? Mexican Return Migration Across the Life Course
Committee: Richard Alba (Chair), Paul Attewell, Deborah Carr (Boston University), Leslie McCall
- 2019 Brooklyn College
MA in Sociology
- 2011 Hebrew University of Jerusalem, Jerusalem
MA in Public Policy
Thesis: The strength of institutions and ideas: Immigrant access to public health insurance
- 2003 Northwestern University, Evanston, IL
BA International Studies

AREAS OF SCHOLARSHIP

Aging & the Life Course Health Disparities International Migration Work & Occupations

PEER-REVIEWED PUBLICATIONS

Park, Sung S., Anne R. Pebley, Noreen Goldman, Boriana Pratt, and **Mara Getz Sheftel**. Forthcoming.
“Racial/Ethnic Disparities in Functional Limitations among Older Adults: Examining the Role of Physically Demanding Work.” *Demography*.

Sheftel, Mara Getz, Anne R. Pebley, Noreen Goldman, Boriana Pratt, and Sung S. Park. 2025. "Life course exposure to work strain and cognitive disparities by race and ethnicity." *Social Science & Medicine – Population Health*, 29 (1010765) 1-11.

Park, Sung S., Anne R. Pebley, Noreen Goldman, **Mara Getz Sheftel**, and Boriana Pratt. 2025. "Examining Work Temporality Across the U.S. Latino Population by Nativity and Citizenship." *Social Indicators Research*.

Margolis, Rachel, **Mara Getz Sheftel**, Haowei Wang, Raeven Chandler, Lauren Newmyer, and Ashton Verdery. 2024. "Older Adults' Descendants and Family Networks in the Context of Global Educational Expansion." *Population Development Review*, 00(0), 1-44.

Sheftel, Mara Getz, Anne R. Pebley, Noreen Goldman, Boriana Pratt, and Sung S. Park. 2024. "Unequal exposure to occupational stress across the life course: The intersection of race/ethnicity and gender." *Socius* 10, 1-12.

Sheftel, Mara Getz, Rachel Margolis, and Ashton Verdery. 2024. "Loneliness Trajectories and Chronic Loneliness Around the World." *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences* 79(8), 1-6.

Sheftel, Mara Getz. 2024. "Return Migration and Disability by Life Course Stage of Return: Evidence Against the Salmon Bias." *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences* 79(3), 1-11.

Sheftel, Mara Getz and Frank W. Heiland. 2024. "The role of place of birth and residence in health disparities: Evidence from disability prevalence among Island- vs. mainland-born Puerto Ricans." *The Journal of Aging and Health* 36(1-2), 67-84.

Sheftel, Mara Getz, Rachel Margolis, and Ashton Verdery. 2024. "Life Events and Loneliness Transitions Among Middle-Aged and Older Adults Around the World." *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 79(1), 1-10.

Sheftel, Mara Getz. 2023. "Immigrant wealth stratification and return migration: The case of Mexican immigrants in the US during the 20th Century." *Demography*, 60(3), 809-835.

Sheftel, Mara Getz, Rachel Margolis and Ashton M. Verdery. 2023. "Health across borders: A crossnational comparison of immigrant health in Europe." *Population Research and Policy Review*, 42(30).

Sheftel, Mara Getz, Anne R. Pebley, Noreen Goldman, Boriana Pratt, and Sung S. Park. 2023. "Cognitive health disparities by race, ethnicity and nativity: The role of occupational complexity." *Work, Aging, and Retirement*.

Wu, Huijing, Rachel Margolis, **Mara Getz Sheftel**, and Ashton M. Verdery. 2023. "The Care Gap in Later Life Across European Countries." *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*.

Sheftel, Mara Getz and Frank W. Heiland. 2018. "Disability Crossover: Is there a Hispanic immigrant health advantage that reverses from working to old age?" *Demographic Research* 39, 209-250.

Sheftel, Mara Getz. 2017. "Prevalence of Disability among Hispanic Immigrant Populations: New Evidence from the American Community Survey." *Population Review* 56(1), 1-30.

BOOK CHAPTERS

Verdery, Ashton M. and **Mara Getz Sheftel**. Forthcoming. "In the quest for veracity all validities are important: A demonstration of the importance of sampling for assessing the association between loneliness and cognitive function." In Doug Teti, H. Harrington Cleveland III, and Kelly Rullison (Eds.), *Handbook of Research Methods in Developmental Science, 2nd Edition*.

Lonobile, Cheyenne and **Mara Getz Sheftel**. 2024. “Impact of Immigration Policy on Immigrant Families: Current Research and Future Directions.” In Jennifer Van Hook (Ed.), *Immigration Policy and Immigrant Families: National Symposium on Family Issues Series*.

García, Catherine, Marc A. Garcia, **Mara Getz Sheftel**, and De’Lisia S. Adorno. 2023. “Heritage, Birthplace, Age at Migration, and Education as Life Course Mechanisms Influencing Cognitive Aging among Latinos.” In Jacqueline L. Angel, Flavia Andrade, Fernando Riosmena, and Silvia Mejia-Arango (Eds.), *Older Mexicans and Latinos in the United States: Where Worlds Meet*. Springer.

Reed, Holly, **Mara Getz Sheftel** and Arash Behazin. 2018. “Forced Migration and Patterns of Mortality and Morbidity.” In Jalal Abbasi-Shavazi and Ellen Percy Kraly (Eds.), *Demography of Forced Migration and Refugees*. Paris: International Union for the Scientific Study of Population.

OTHER PUBLICATIONS

Garcia, Marc A., **Mara Getz Sheftel**, Adriana M. Reyes, and Catherine García. 2022. “Sociocultural and Demographic Drivers of Latino Population Health in New York State.” *Lerner Center for Public Health Promotion & Population Health Research Brief*, 76.

Sheftel, Mara Getz. 2022. Review of “Time and Migration: How Long-Term Taiwanese Migrants Negotiate Later Life.” *Social Forces*.

Park, Sung S., Boriana Pratt, Anne R. Pebley, Noreen Goldman, **Mara Getz Sheftel**, Theresa Andrasfay, and Keunbok Lee. 2022. “Constructing a Work History Dataset of Jobs Held During Early and Middle Adulthood Using the Health and Retirement Study.” *UCLA California Center for Population Research eScholarship*.

Sheftel, Mara Getz and Frank W. Heiland. 2018. “Disability prevalence among Hispanic immigrants in the US. *N-IUSSP[Internet]*.” 22 October 2018.

MANUSCRIPTS UNDER REVIEW

Sheftel, Mara Getz, Ashton M. Verdery, James Bachmeier, Alexis Santos, Jennifer Van Hook. “Aging into Precarity: Poverty and Health Insurance Coverage among Older Unauthorized Latino Immigrants.”

Van Hook, Jennifer and **Mara Getz Sheftel**. “A Research Note on the Older Undocumented Foreign-born Population”

GRANTS & AWARDS

2024-2027	R01AG081306 Legal Status Exposure, Health, and Kinship Networks among Latino Immigrants (\$1,345,542) Jenny Van Hook (Principal Investigator), James Bachmeier, Alexis Santos, Mara Getz Sheftel , and Ashton Verdery (Co-Investigators)
2024	SSA via New York Social Security Research Consortium Grant Accelerated Aging and Retirement Due to Covid (\$143,000) Frank Heiland (Principal Investigator), Na Yin (Co-Investigator), Mara Getz Sheftel (Co-Investigator)
2022-2023	NIA Network on Life Course Health Dynamics and Disparities in 21st Century America (NLCHDD) Pilot Grant (\$50,000), Alexis Santos (Principal Investigator), Mara Getz Sheftel (Co-Investigator)
2019-2020	CUNY Dissertation Fellowship (\$25,000)
2014-2019	CUNY Graduate Center Fellowship (\$25,000/year)

2017 YAI Network Fellowship for Latino disability research (\$1,000)
2016 Advanced Research Collaborative Praxis Fellowship (\$4,000)

TEACHING EXPERIENCE

Instructor, Brooklyn College, Brooklyn, NY – Undergraduate Courses

2017 Sociological Statistics, Fall
2017 Applied Research Methods, Spring & Fall
2017 Introduction to Sociology, Spring

Teaching Assistant, The Graduate Center (CUNY), New York, NY – Doctoral Courses

2016 Multivariate Topics in Sociological Statistics, Spring
Prof. Juan Battle, Primary Instructor
2015 Introduction to Sociological Statistics, Fall
Prof. Jeremy Porter, Primary Instructor

Teaching Assistant, Brooklyn College, Brooklyn, NY – Undergraduate Courses

2016 Introduction to Sociology, Fall
Prof. Ken Gould, Primary Instructor

NETWORK MEMBERSHIPS

Network on Life Course Health Dynamics and Disparities in 21st Century America (NLCHDD)
PIs Jennifer Ailshire, Sarah Burgard, Robert Hummer, Jennifer Karas Montez
National Institute on Aging Grant R24AG045061

Network on Education, Biosocial Pathways, and Dementia in Diverse Populations (EdDem)
PIs Sanjay Asthana, Pam Herd, Katrina Walesman
National Institute on Aging Grant R24AG077433

Network for Innovative Methods in Longitudinal Aging Studies (NIMLAS)
PIs Brady T. West, Sunghee Lee, Esther M. Friedman
National Institute on Aging Grant R24AG077012

Collaborative for Innovation in Data and Measurement in Aging (CIDMA)
PIs Kathleen Cagney, Joe Hotz, David Meltzer
National Institute on Aging Grants P30AG066619 and P30AG034424

ACADEMIC SERVICE

Reviewer

Demography

Ethnicity and Health

Health Affairs

Journal of Gerontology: Social Sciences

Social Problems

Sociology of Race and Ethnicity

Social Science & Medicine

New Jersey Population Health Cohort Study (NJHealth), Rutgers Center for State Health Policy (CSHP)
Leadership Team

Migration and Diversity Initiative Working Group, Population Research Institute (PRI), Penn State
Conference Planning Committee: 100 Years since the Johnson-Reed Act – Immigration Then & Now

American Sociological Association (ASA) Section on Aging and the Life Course (SALC)
Student Paper Award Committee, 2022

Committee Member, CUNY Graduate Center Sociology Department
Dissertation Support, 2018-2019
Faculty Membership Committee, 2016-2018

Advanced Research Collaborative, CUNY Graduate Center
Award Committee Member for Distinguished Faculty Fellowship Awards, 2017

QUANTITATIVE ANALYSIS SKILLS

Statistical Analysis Software: Stata, R, JMP, SPSS
Spatial Analysis Software: ArcGIS, QGIS, GeoDa, SaTScan

PROFESSIONAL MEMBERSHIPS

American Sociological Association	Gerontological Society of America	Midwest Sociological Society
Population Association of America	Eastern Sociological Society	

INVITED PRESENTATIONS

- 2025 Policy Research in Social Determinants of Maternal and Child Health (PRISM), Rutgers School of Public Health, Rutgers University
- 2022 Collaborative for Innovation in Data & Measurement in Aging (CIDMA)
University of Chicago, Center on Healthy Aging Behaviors and Longitudinal Investigations

CONFERENCE PRESENTATIONS

- 2024 **Sheftel, Mara Getz**. "Life Course Transitions and Older Immigrant Loneliness Trajectories: The Intersection of Gender, Race/Ethnicity and Nativity." Population Association of America (PAA) Annual Meeting, Columbus, OH. April 17-20.
- 2024 **Sheftel, Mara Getz**, Anne R. Pebley, Noreen Goldman, Boriana Pratt, Sung S. Park. "Exposure to occupational strain across the life course and cognitive disparities by gender and race/ethnicity." Population Association of America (PAA) Annual Meeting, Columbus, OH. April 17-20.
- 2024 **Sheftel, Mara Getz**, Alexis Santos, Ashton Verdery. "Local Typologies of Aging in the United States and Population Health." Poster. Population Association of America (PAA) Annual Meeting, Columbus, OH. April 17-20.
- 2024 Park, Sung S., Anne R. Pebley, Noreen Goldman, **Mara Getz Sheftel**, Boriana Pratt. "Assessing Work Temporality Measures Among the US Latino Population by Nativity and Citizenship." Population Association of America (PAA) Annual Meeting, Columbus, OH. April 17-20.
- 2023 **Sheftel, Mara Getz**, Anne R. Pebley, Noreen Goldman, Boriana Pratt, Sung S. Park. "Racial/Ethnic Cognitive Health Disparities: The Role of Occupational Complexity and Occupational Status." Gerontological Society of America (GSA) Annual Meeting, Tampa, FL. November 8-12.
- 2023 Matos-Moreno, Amilcar, Alexis Santos-Lozada, **Mara Getz Sheftel**, Ashton Verdery. "Migration as a Pathway to Kinlessness Among Older Adults Left Behind." Gerontological Society of America (GSA) Annual Meeting, Tampa, FL. November 8-12.
- 2023 **Sheftel, Mara Getz**, Rachel Margolis, Ashton Verdery. "Life Events, Loneliness Trajectories, and Loneliness Transitions Among Middle-Aged and Older Adults Around the World." Population Association of America (PAA) Annual Meeting, New Orleans, LA. April 12-15.

- 2022 **Sheftel, Mara Getz**, Rachel Margolis, Ashton Verdery. "Health across borders: A crossnational comparison of immigrant health in Europe." Gerontological Society of America (GSA) Annual Meeting, Indianapolis, IN. November 2-6. (Poster)
- 2022 **Sheftel, Mara Getz**, Rachel Margolis, Ashton Verdery. "Health across borders: A crossnational comparison of immigrant health in Europe." American Sociological Association (ASA) Annual Meeting, Los Angeles, CA. August 5-9.
- 2022 **Sheftel, Mara Getz**, Anne R. Pebley, Noreen Goldman, Boriana Pratt, Sung S. Park. "Cognitive, mental, and social health disparities by race, ethnicity and nativity: The role of occupational complexity." Population Association of America (PAA) Annual Meeting, Atlanta, GA. April 6-9.
- 2022 **Sheftel, Mara Getz** and Frank W. Heiland. "The role of country of birth and residence in health disparities: Evidence from disability prevalence among island- vs. mainland-born Puerto Ricans" Population Association of America (PAA) Annual Meeting, Atlanta, GA. April 6-9.
- 2021 **Sheftel, Mara Getz**. "Return migration as an asset maximization strategy in retirement." Gerontological Society of America (GSA) Annual Scientific Meeting. November 10-14.
- 2021 **Sheftel, Mara Getz**. "Disability and older age return: evidence against the salmon bias." Gerontological Society of America (GSA) Annual Scientific Meeting. November 10-14.
- 2021 **Sheftel, Mara Getz**. "Return migration as an asset maximization strategy in retirement." American Sociological Association (ASA) Annual Meeting, Virtual. August 6-10.
- 2021 **Sheftel, Mara Getz**. "Disability and older age return: evidence against the salmon bias." American Sociological Association (ASA) Annual Meeting, Virtual. August 6-10. *Accepted but declined presentation due to ASA regulations re: single-authored papers.*
- 2019 **Sheftel, Mara Getz**. "Return migration among older Mexican immigrants." American Sociological Association (ASA) Annual Meeting, New York, NY. August 10-13.
- 2019 Heiland, Frank W., and **Mara Getz Sheftel**. "Disability among Hispanic Immigrants in the US: Does Country of Origin Matter?" Population Association of America (PAA) Annual Meeting, Austin, TX. April, 11-13.
- 2019 Heiland, Frank W., and **Mara Getz Sheftel**. "Disability among Hispanic Immigrants in the US: Does Country of Origin Matter?" Midwest Sociological Society (MSS) Annual Meeting, Chicago, IL. April, 17-20.
- 2018 **Sheftel, Mara Getz**, and Frank Heiland. "Disability Crossover: Is there a Hispanic immigrant health advantage that reverses from working to old age?" Population Association of America (PAA) Annual Meeting, Denver, CO. April 26-28.
- 2017 **Sheftel, Mara Getz**. "Prevalence of Disability among Hispanic Immigrant Populations: New Evidence from the American Community Survey." Population Association of America (PAA) Annual Meeting, Chicago, IL. April 27-29. (Poster)
- 2017 **Sheftel, Mara Getz**. and Frank Heiland. "Crossing over: Reversal of the Mexican Immigrant Health Advantage at Old Age." Population Association of America (PAA) Annual Meeting, Chicago, IL. April 27-29. (Poster)

OTHER PROFESSIONAL EXPERIENCE & COMMUNITY SERVICE

Community organizer, Gowanus Brooklyn Mutual Aid, 2023-present

Work in solidarity with newly arrived community members to support advocacy and immigration support, provision of basic needs, liaison with schools and local organizations.

US Sponsor for refugee family, 2017-present

Provide all refugee resettlement services including, but not limited to: temporary and permanent housing, provision of essential furnishings, applying for and managing government assistance, professional training and job search, liaison with school and health providers. Refugee family is not supported by any resettlement agency; we provide sole support.

Community organizer, Refugees in Jerusalem, 2007-2013

Provided direct humanitarian support and resettlement services to asylum seekers in absence of official NGO presence in Jerusalem. Mapped needs of population to provide individual and group responses to emerging issues.

Educator/Mentor and Program Administrator, Dorot Fellowship, 2005-2013

Developed and facilitated a year-long service-learning program for social activists that included individualized mentorship, a collaborative learning community, and service-learning/internship placements, with the goal of helping individuals maximize their potential as agents of social change.

REFERENCES

Joel Cantor
Distinguished Professor of Public Policy
Rutgers University
jcantor@ifh.rutgers.edu

Rachel Margolis
Professor of Sociology
University of Western Ontario
rachel.margolis@uwo.ca

Jennifer Van Hook
Roy C Buck Professor, Sociology & Demography
The Pennsylvania State University
jxv21@psu.edu

Noreen Goldman
Hughes-Rogers Professor of Demography & Public Affairs
Princeton University
ngoldman@princeton.edu

Anne R. Pebley
Distinguished Professor Emerita, Community Health Sciences
University of California, Los Angeles
pebley@ucla.edu

Ashton Verdery
Harry & Elissa Sichi Professor, Sociology & Demography
The Pennsylvania State University
amv5430@psu.edu