
Population Research Institute
The Pennsylvania State University
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PROFESSIONAL EXPERIENCE

- 2021- Postdoctoral Scholar
Population Research Institute, The Pennsylvania State University
Crossnational demography of family structure, aging, and health (NIA 1R01AG060949)
PIs Ashton Verdery and Rachel Margolis
- 2022- Visiting Research Collaborator
Office of Population Research, Princeton University
Social disparities in physical functioning by race, ethnicity & immigration status (NIA 1R01AG061094)
PIs Anne Pebley and Noreen Goldman

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

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

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 and Frank W. Heiland. 2023. “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*.

Wu, Huijing, Rachel Margolis, **Mara Getz Sheftel**, and Ashton M. Verdery. 2023. “The Care Gap in Later Life Across European Countries.” *The Journal of Gerontology: Series B*.

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*.

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. “Disability and older age return migration: evidence against the Salmon Bias”

Sheftel, Mara Getz, Rachel Margolis, and Ashton Verdery. “Life Events and Loneliness Transitions Among Middle-Aged and Older Adults Around the World”

Sheftel, Mara Getz, Rachel Margolis, and Ashton Verdery. “Loneliness Trajectories and Chronic Loneliness Around the World”

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

GRANTS & AWARDS

2022-2023	NIA Network on Life Course Health Dynamics and Disparities in 21st Century America (NLCHDD) Pilot Grant (\$50,000)
2019-2020	CUNY Dissertation Fellowship (\$25,000)
2018-2019	CUNY Writing Across the Curriculum (WAC) Fellow (\$25,000)
2014-2018	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)
2015	Summer Research Grant with PI Richard Alba

RESEARCH EXPERIENCE

2017-2018	Early Indicators of Student Success Gates Foundation Grant Paul Attewell, Principal Investigator
2015-2017	Sociodemographic correlates of aging: A Data Mining Perspective National Science Foundation Grant Paul Attewell, Principal Investigator
2016-2017	A Gray Peace Dividend? Youth Bulges, State Strength & the Prevalence of Violence Ralph Bunche Institute for International Studies John Torpey, Principal Investigator
2015-2016	Mexican initiative for deferred action: Undocumented Mexican immigrants in NY Robert C. Smith, Principal Investigator

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, Brooklyn College, Brooklyn, NY – Undergraduate Courses

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

QUANTITATIVE ANALYSIS SKILLS

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

PROFESSIONAL MEMBERSHIPS

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

ACADEMIC SERVICE

Reviewer

Demography

Ethnicity and Health

Health Affairs

Journal of Gerontology: Social Sciences

Social Problems

Sociology of Race and Ethnicity

Social Science & Medicine

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

INVITED PRESENTATIONS

2022 Collaborative for Innovation in Data & Measurement in Aging (CIDMA)
University of Chicago, Center on Healthy Aging Behaviors and Longitudinal Investigations

CONFERENCE PRESENTATIONS

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 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 G. 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 G. “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 G. 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

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

Richard Alba
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