

Jethro Raphael M. Suarez, PhD

College of Nursing
University of Central Florida
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EDUCATION

Year	Degree	Institution	Location
2026	Doctor of Philosophy, Biomedical Engineering	College of Engineering and Computer Science, University of Central Florida	Orlando, FL
2022	Master of Science, Biomedical Engineering	College of Engineering and Computer Science, University of Central Florida	Orlando, FL
2021	Bachelor of Science, Mechanical Engineering	College of Engineering and Computer Science, University of Central Florida	Orlando, FL

EMPLOYMENT

Years	Position	Institution	Location
2026 – Present	Researcher	Elizabeth Morse Genius Foundation Healthy Aging Research Lab, College of Nursing, University of Central Florida	Orlando, FL
2023 – 2026	Graduate Research Assistant	Elizabeth Morse Genius Foundation Healthy Aging Research Lab, College of Nursing, University of Central Florida	Orlando, FL
2023 – 2026	Graduate Research Assistant	Wearable Exoskeleton and Assistive Robotics Lab, College of Engineering and Computer Science, University of Central Florida	Orlando, FL
2020 – 2021	Undergraduate Teaching Assistant	Department of Mechanical and Aerospace Engineering, College of Engineering and Computer Science, University of Central Florida	Orlando, FL
2019	Undergraduate Research Assistant	NanoScience Technology Center, University of Central Florida	Orlando, FL

AWARDS AND HONORS

Date	Award	Organization/Group
2026	Knights in Focus Graduate Student Research Video Competition– 1 st Place	College of Graduate Studies, University of Central Florida
2025	Graduate Presentation Fellowship	College of Graduate Studies, University of Central Florida
2024	Best-in-Showcase Senior Design Project –Mechanical and Aerospace Engineering Category *(co-advised winning team)	Department of Mechanical and Aerospace Engineering, University of Central Florida
2024	Best-in-Session Conference Research Poster Presentation	Sigma Theta Tau International Honor Society of Nursing
2020	Walt Disney World Co. Design & Engineering Scholarship	College of Engineering and Computer Science, University of Central Florida

RESEARCH AND SCHOLARSHIP

PUBLICATIONS

PEER-REVIEWED JOURNAL ARTICLES

PUBLISHED

1. Ali E, Lafontant K, **Suarez JRM**, Leinbach CS, Fukuda DH, Stout JR, Garcia-Retortillo S, Lopez J, Xie R, Thiamwong L. Using the Short Physical Performance Battery for frailty screenings among community-dwelling older adults: An ROC analysis. *J Gerontol Geriatr.* Mar 2026;74(2). doi: 10.3390/jgg74020010
2. Lafontant K, Leinbach CS, Armas N, Maldonado PM, **Suarez JRM**, Banarjee C, Lopez J, Stout JR, Fukuda DH, Thiamwong L. Associations between fall risk and lower limb joint range of motion during sit-to-stand among community-dwelling older adults. *Res Health Med.* Jan 2026;6(1). doi:10.53520/rhm2026.104188
3. **Suarez JRM**, Park JH, Lafontant K, Thiamwong L. The concurrent validity of the Actigraph LEAP compared to the Actigraph GT9X Link for measuring physical activity. *J Meas Phys Behav.* Jan 2026; doi:10.1123/jmpb.2025-0032
4. **Suarez JRM**, Lafontant K, Banarjee C, Xie R, Park JH, Thiamwong L. Effect of a physio-feedback exercise intervention program on the static balance of community-dwelling older adults: A clustered randomized controlled trial. *Geriatrics.* Jan 2026;11(1):6. doi:10.3390/geriatrics11010006
5. Kim D, Thiamwong L, Li Y, **Suarez JRM**, Xie R, Wang Y, Loerzel V. Modified fall risk appraisal matrix and mental health in community-dwelling older adults. *Clin Gerontol.* Dec 2025;49(3):643-651. doi: 10.1080/07317115.2025.2606696

6. **Suarez JRM**, Decker VB, Park JH, Lighthall NR, Dino MJ, Thiamwong L. Directional postural sway tendencies and static balance among community-dwelling older adults with depression and without cognitive impairment. *Aging Clin Exp Res*. Aug 2025;37:255. doi:10.1007/s40520-025-03144-y
7. **Suarez JRM**, Park JH, Thiamwong L. Assessment of Static Balance Metrics in Community-Dwelling Older Adults Categorized Using the Fall Risk Appraisal Matrix. *Int J Environ Res Public Health*. July 2025;22(7):1079. doi:10.3390/ijerph22071079
8. Lafontant K, Tice AL, **Suarez JRM**, Blount A, Banarjee C, Fukuda DH, Stout JR, Garcia-Retortillo S, Thiamwong L. Potential Influence of Acute Dysregulated Sleep on Fall Incidence Among Low-Income Older Women: A Case Study. *J Gerontol Nurs*. July 2025;0(0):1-5. doi:10.3928/00989134-20250626-02
9. Lafontant K, Fukuda DH, Zamarripa E, Tice AL, **Suarez JRM**, Banarjee C, Kim D, Stout JR, Park JH, Xie R, Thiamwong L. Application of Levi's Muscle Index in frailty assessment: comparison of bioimpedance measures among older adults. *Front Med*. June 2025;12. doi: 10.3389/fmed.2025.1525569
10. **Suarez JRM**, Blount A, Lafontant K, Park JH, Xie R, Lighthall NR, Thiamwong L. Association Between Prevention Focus and Sedentary Behavior in Older Adults: Cross-Sectional Study. *Interact J Med Res*. May 2025;14:e63280. doi:10.2196/63280. PMID:40313184.
11. Banarjee C, **Suarez JRM**, Lafontant K, Choi H, Chen C, Xie R, Thiamwong L. Multimodal Factors Affect Longitudinal Changes in Dynamic Balance in Community-Dwelling Older Adults. *Clin Interv Aging*. Mar 2025;20:335-348. doi: 10.2147/CIA.S495112. PMID: 40129901.
12. **Suarez JRM**, Lafontant K, Blount A, Park JH, Thiamwong L. Recreating Fall Risk Appraisal matrix using R to support fall prevention programs. *JAMIA Open*. Oct 2024;7(3):ooae088. doi:10.1093/jamiaopen/ooae088. PMID:39297152
13. Lafontant K, Blount A, **Suarez JRM**, Fukuda DH, Stout JR, Trahan EM, Lighthall NR, Park JH, Xie R, & Thiamwong L. (2024). Comparing Sensitivity, Specificity, and Accuracy of Fall Risk Assessments in Community-Dwelling Older Adults. *Clin Interv Aging*. 2024;19:581-588. doi:10.2147/CIA.S453966. PMID:38562971
14. Brightman JD, Lafontant K, **Suarez JRM**, Crook JM, Thiamwong L. Comparing sleep quality, duration, and efficiency among low-income community-dwelling older adults with and without physical disabilities. *J Gerontol Nurs*. 2024;50(7):12-18. doi:10.3928/00989134-20240618-03

UNDER REVISION/UNDER REVIEW

1. **Suarez JRM**, Banarjee C, Lafontant K, Xie R, Park JH, Thiamwong L. Physical activity levels of community-dwelling older adults following a physio-feedback exercise program: A clustered randomized controlled trial. *Journal of Exercise Science and Fitness*.
2. Decker VB, Sierra P, Ozougwu N, Lopez J, **Suarez JRM**, Banarjee C, Kim D, Leinbach CS, Thiamwong L. Breaking the Cycle: Depression, Fear of Falling, and the Case for Integrated Mental Health Interventions in Geriatric Care. *Journal of Psychosocial Nursing and Mental Health Services*.
3. Banarjee C, Lafontant K, **Suarez JRM**, Lopez J, Wang Z, Leinbach C, Xie R, Thiamwong L. Characterization of Physical Health Variables across Fall Risk Appraisal Groups: A Cross-Sectional Study. *BMC Geriatrics*.
4. Ojo E, Lafontant K, **Suarez JRM**, Kim D, Thiamwong L, Loerzel V. Title: Advancing Health Equity and Empowering Movement: Facilitators and Challenges in a Physio-Feedback Exercise Program for Fall Prevention in Low-Income Older Adults. *BMC Public Health*.

5. Lafontant K, Fukuda DH, Maldonado PM, **Suarez JRM**, Banarjee C, Leinbach CS, Fretti SK, Stout JR, Xie R, Thiamwong L. Effect of a physio-feedback-based exercise intervention on physical function and body composition among low-income community-dwelling older adults: a cluster randomized controlled trial. *Western Journal of Nursing Research*.
6. Banarjee C, Lafontant K, **Suarez JRM**, Lopez J, Wang Z, Leinbach C, Xie, R, Thiamwong L. Evaluation of a Technology-Based Body and Mind Intervention for Improving Balance and Fall Risk Appraisal. *Innovations in Aging*.

IN PROGRESS/IN PREPARATION

1. Parikh M, **Suarez JRM**, Banarjee C, Lopez J, Zou J, Leinbach C, Thiamwong L. Decoding Fall Risk: Using Natural Language Processing to Identify Alternative Terminology Used by Older Adults. GSA 2026.
2. Lipat AL, **Suarez JRM**, Banarjee C, Lafontant K, Xie R, Thiamwong L. Title: Gait Speed is Associated with Fall-Risk in Low-Income Older Adults with and without Cognitive Impairment. GSA 2026.
3. Nguyen T, Thiamwong L, **Suarez JRM**, Banarjee C, Lafontant K, Xie R. Rational Fall Risk Appraisal Linked to Lower Depression, Anxiety, and Fall Risk. GSA 2026.
4. Thiamwong L, **Suarez JRM**, Banarjee C, Lopez J, Garcia-Retortillo S, Leinbach C, Malatyali A, Decker VB. Physical–Perceived Fall Risk Mismatch, Depression, and Accelerometer-Tracked Physical Activity in Dementia. GSA 2026.
5. Barakat J, Banarjee C, Lipat A, Maldonada A, Ruiz D, **Suarez JRM**, Xie R, Thiamwong L. Examining Gait Signatures of Frailty Using Wearable Insole Sensors During Timed-Up and-Go Tasks. GSA 2026.
6. Lipat AL, **Suarez JRM**, Banarjee C, Lafontant K, Xie R, Thiamwong L. A Physio-Feedback Exercise Intervention Program Improves Fall-Risk and Physical Activity Levels in Older Adults with Mild Cognitive Impairment. *GSA 2026*.
7. Leinbach CS, Nguyen T, Lafontant K, **Suarez JRM**, Blount A, Xie R, Lighthall N, Thiamwong L. Investigating the relationship between self-perception of aging and fear of falling in community-dwelling older adults. *Research in Health and Medicine*.
8. **Suarez JRM**, Banarjee C, Park JH, Optimization of ePTFE Conduit Construction for Pediatric Right Ventricle Outflow Tract Reconstruction. *Cardiovascular Engineering and Technology*.

PUBLISHED ABSTRACTS (*data-based)

1. Banarjee C, Lafontant K, **Suarez JR**, Xie R, Thiamwong L. Low-Intensity Peer-Led Exercise Improves Fall Risk Appraisal in Older Women. *Innov Aging*. 2025;9(Supplement_2):igaf122.3807. doi:10.1093/geroni/igaf122.3807 *
2. Decker VB, **Suarez JR**, Liu Y, Lopez J, Dino MJ, Kim D, Banarjee C, Thiamwong L. Screening Depression, Falls, and Fear of Falling in Older Adults: Create Community Partnerships. *Innov Aging*. 2025; 9(Supplement_2):igaf122.2640. doi:10.1093/geroni/igaf122.2640 *
3. Thiamwong L, Banarjee C, Lafontant K, **Suarez JR**, Tice A, Kim D, Dino MJ, Xie R. Integrating Digital Health Technologies With Physical and Mental Health for Motivating Low-Income Older Adults. *Innov Aging*. 2025;9(Supplement_2):igaf122.1146. doi: 10.1093/geroni/igaf122.1146 *
4. **Suarez JR**, Lafontant K, Goble DJ, Park JH, Dino MJ, Thiamwong L. Static Balance From the Short Physical Performance Battery Compared With BTrackS Among Older Adults. *Innov Aging*. 2025; 9(Supplement_2):igaf122.4013. doi:10.1093/geroni/igaf122.4013 *

5. **Suarez JR**, Torres C, Park JH, Thiamwong L. Center of Pressure Density Maps as Postural Asymmetry Indicators and Biofeedback for Older Adults. *Innov Aging*. 2025;9(Supplement_2):igaf122.3436. doi: 10.1093/geroni/igaf122.3436 *
6. **Suarez JR**, Banarjee C, Park JH, Thiamwong L. Determination of Physical Activity and Sleep Levels from ActiGraph LEAP Using Open-Source R Package. *Innov Aging*. 2024; 8(Supplement_1):1233-1234. doi:10.1093/geroni/igae098.3947 *
7. **Suarez JR**, Blount A, Lafontant K, Lighthall N, Huang H, Park JH, Thiamwong L. Medial-Lateral Postural Sway Increase Among Community-Dwelling Older Adults with Self-Reported Anxiety. *Innov Aging*. 2024; 8(Supplement_1):1258. doi:10.1093/geroni/igae098.4024 *
8. **Suarez JR**, Park JH, Xie R, Lafontant K, Thiamwong L. Effects of Physio-fEedback Exercise pRogram (PEER) on Physical Activity Levels in Older Adults. *Innov Aging*. 2024; 8(Supplement_1):1083. doi:10.1093/geroni/igae098.3480 *
9. **Suarez JR**, Blount A, Park JH, Thiamwong L. Associations of Prevention Focus Traits with Sedentary Behavior in Community-Dwelling Older Adults. *Innov Aging*. 2024; 8(Supplement_1):1104. doi:10.1093/geroni/igae098.3545 *
10. Lafontant K, Zamarripa E, Tice A, Blount A, **Suarez JR**, Kim D, Stout J, Thiamwong L. Reactance/Height as a Potential Bioimpedance Indicator of Frailty Among Community-Dwelling Older Adults. *Innov Aging*. 2024; 8(Supplement_1):1270. doi:10.1093/geroni/igae098.4061 *
11. Banarjee C, **Suarez JR**, Choudhury R, Park JH, Xie R, Stout J, Thiamwong L. Low-Intensity Peer-Led Exercise Does Not Change Physical Activity or Balance Measures in Older Adults. *Innov Aging*. 2024; 8(Supplement_1):1327. doi:10.1093/geroni/igae098.4236 *
12. Brightman J, Lafontant K, **Suarez JR**, Crook J, Thiamwong L. Sleep Quality, Duration, and Efficiency in Low-Income Older Adults With and Without Disabilities. *Innov Aging*. 2024; 8(Supplement_1):362-363. doi:10.1093/geroni/igae098.1180 *
13. Banarjee C, Lafontant K, **Suarez JR**, Park JH, Fukuda D, Stout J, Lighthall N, Thiamwong L. Low-Intensity Peer-Led Exercise Results in Improved Sleep Efficiency Without Concurrent Changes in Mood. *Innov Aging*. 2024; 8(Supplement_1):1040. doi: 10.1093/geroni/igae098.3347 *
14. Lafontant K, Brightman J, **Suarez JR**, Blount A, Fukuda D, Stout J, Thiamwong L. Subjectively and Objectively Assessed Sleep in Older Adults With and Without Mild Cognitive Impairment. *Innov Aging*. 2024; 8(Supplement_1):1098. doi:10.1093/geroni/igae098.3527 *
15. Liu C, Thiamwong L, Nguyen T, **Suarez JR**, Park JH, Lou Q, Xie R. A Reinforcement Learning Approach to Enhance Physical Activity and Reduce Fall Risk in Older Adults. *Innov Aging*. 2024; 8(Supplement_1):1081. doi:10.1093/geroni/igae098.3473 *
16. Nguyen T, Thiamwong L, Liu C, **Suarez JR**, Park JH, Xie R. Time-to-Event Analysis in Evaluating the Association of Fall Risk Appraisals and Physical Activity in Older Adults. *Innov Aging*. 2024; 8(Supplement_1):1022. doi:10.1093/geroni/igae098.3292 *
17. **Suarez JR**, Park JH, Choudhury R, Stout J, Banarjee C, Thiamwong L. The Associations of Handgrip Strength and Anthropometric Measurements with Upper Limb Body Fat Mass in Older Adults. Gerontological Society of America Annual Meeting. *Innov Aging*. 2023;7(Suppl 1):1130-1131. doi:10.1093/geroni/igad104.3630. *

PRESENTATIONS (Type—podium, poster, keynote, invited)

STATE/LOCAL (*data-based)

1. Barakat J, Banarjee C, Lipat A, Maldonado A, Ruiz D, **Suarez JRM**, Xie R, Thiamwong L. Examining gait signatures of frailty using wearable insole sensors during Timed-Up-and-Go tasks. Sigma Theta Tau International Honor Society of Nursing Scholarship Dau. *Poster presentation*. Apr 2, 2026. Orlando, FL.*
2. Barakat J, Banarjee C, Lipat A, Maldonado A, Ruiz D, **Suarez JRM**, Xie R, Thiamwong L. Examining gait signatures of frailty using wearable insole sensors during Timed-Up-and-Go tasks. UCF Student Scholar Symposium. *Poster presentation*. Mar 26, 2026. Orlando, FL.*
3. Thiamwong L, Lafontant K, **Suarez JRM**. EMBRACE Bootcamp. Kinneret Council on Aging Speaker Series (Invited). *Podium presentation*. Aug 28, 2025. Orlando, FL.*
4. Decker VB, **Suarez JR**, Liu Y, Lopez J, Dino MJ, Kim D, Banarjee C, Thiamwong L. Screening Depression, Falls, and Fear of Falling in Older Adults: Create Community Partnerships. Gerontological Society of America Annual Meeting. *Poster presentation*. Nov 15, 2025. Boston, MA.*
5. **Suarez JRM**, Torres C, Park JH, Thiamwong L. Center of Pressure Density Maps as Postural Asymmetry Indicators and Biofeedback for Older Adults. Gerontological Society of America Annual Meeting. *Poster presentation*. Nov 15, 2025. Boston, MA.*
6. Lafontant K, Marciano Maldonado P, **Suarez JRM**, Banarjee C, Stokes Leinbach C, Fretti SK, Fukuda DH, Stout JR, Xie R, Thiamwong L. Effect of a Physio-Feedback-Based Exercise Program and Physical Function and Body Composition Among Community-Dwelling Older Adults. 2025 NSCA National Conference. *Podium Presentation*. July 17, 2025. Kansas City, MO.*
7. Decker VB, **Suarez JR**, Lopez J, Lui Y, Dino MJ, Kim D, Banarjee C, Thiamwong L. Partnering with Community Centers to Screen for Depression and Fear of Falling Among Older Adults. 39th Annual APNA Conference. *Poster presentation*. Oct 16, 2025. New Orleans, LA.*
8. Maldonado PM, Banarjee C, Lafontant K, Xie R, Lopez J, Liu C, **Suarez JR**, Huo Q, Thiamwong L. How Sleep Impacts Frailty: Differences Across Ethnic and Gender Groups in Older Adults. National Hispanic Science Network (NHSN) 25th Annual Scientific Conference. *Poster presentation*. Oct 24, 2025. Miami, FL.*
9. Maldonado PM, Tice A, **Suarez JRM**, Thiamwong L. The Association Between Circadian Rhythm and Cognitive Performance in Older Adults. Theta Epsilon Annual Scholarship Day: Clinical, Education & Research. *Poster presentation*. Apr 1, 2025. Orlando, FL.*
10. **Suarez JRM**, Banarjee C, Park JH, Thiamwong L. Determination of Physical Activity and Sleep Levels from ActiGraph LEAP Using Open-Source R Package. Gerontological Society of America Annual Meeting. *Poster presentation*. Nov 15, 2024. Seattle, WA.*
11. **Suarez JRM**, Blount A, Lafontant K, Lighthall NR, Huang HJ, Thiamwong L. Medial-Lateral Postural Sway Increase Among Community-Dwelling Older Adults with Self-Reported Anxiety. Gerontological Society of America Annual Meeting. *Poster presentation*. Nov 15, 2024. Seattle, WA.*
12. Lafontant K, Zamarripa E, Tice A, Blount A, **Suarez JRM**, Kim D, Stout JR, Thiamwong L. Reactance/Height as a Potential Bioimpedance Indicator of Frailty Among Community-Dwelling Older Adults. Gerontological Society of America Annual Meeting. *Poster presentation*. Nov 15, 2024. Seattle, WA.*
13. Banarjee C, **Suarez JRM**, Choudhury R, Park JH, Xie R, Stout J, Thiamwong L. Low-Intensity Peer-Led Exercise Does Not Change Physical Activity or Balance Measures in Older Adults.

- Gerontological Society of America Annual Meeting. *Poster presentation*. Nov 16, 2024. Seattle, WA. *
14. Brightman JD, Lafontant K, **Suarez JRM**, Crook JM, Thiamwong L. Sleep Quality, Duration, and Efficiency in Low-Income Older Adults With and Without Disabilities. Gerontological Society of America Annual Meeting. *Podium presentation*. Nov 15, 2024. Seattle, WA.*
 15. Banarjee C, Lafontant K, **Suarez JRM**, Park JH, Fukuda DH, Stout JR, Lighthall NR, Thiamwong L. Peer-Led Exercise Results in Improved Sleep Efficiency Without Concurrent Changes in Mood. Gerontological Society of America Annual Meeting. *Poster presentation*. Nov 16, 2024. Seattle, WA.*
 16. Lafontant K, Brightman JD, **Suarez JRM**, Blount A, Fukuda DH, Stout JR, Thiamwong L. Subjectively and Objectively Assessed Sleep in Older Adults With and Without Mild Cognitive Impairment. Gerontological Society of America Annual Meeting. *Poster presentation*. Nov 16, 2024. Seattle, WA.*
 17. **Suarez JRM**, Park JH, Xie R, Lafontant K, Thiamwong L. Effects of Physio-fEedback Exercise pRogram (PEER) on Physical Activity Levels in Older Adults. Gerontological Society of America Annual Meeting. *Poster presentation*. Nov 16, 2024. Seattle, WA.*
 18. **Suarez JRM**, Blount A, Park JH, Thiamwong L. Associations of Prevention Focus Traits with Sedentary Behavior in Community-Dwelling Older Adults. Gerontological Society of America Annual Meeting. *Poster presentation*. Nov 16, 2024. Seattle, WA.*
 19. Liu C, Thiamwong L, Nguyen T, **Suarez JRM**, Park JH, Lou Q, Xie R. A Reinforcement Learning Approach to Enhance Physical Activity and Reduce Fall Risk in Older Adults. Gerontological Society of America Annual Meeting. *Poster presentation*. Nov 16, 2024. Seattle, WA.*
 20. Nguyen T, Thiamwong L, Liu C, **Suarez JRM**, Park JH, Xie R. Time-to-Event Analysis in Evaluating the Association of Fall Risk Appraisals and Physical Activity in Older Adults. Gerontological Society of America Annual Meeting. *Poster presentation*. Nov 16, 2024. Seattle, WA.*
 21. Banarjee C, **Suarez JRM**, Lafontant K, Xie R, Chen C, Choi H, Thiamwong L. Motivation to Engage in Physical Activity in Older Adults: Integration of Ecological Momentary Assessments with Mobile Applications. American Medical Association Interim 2024 Symposium. *Poster presentation*. Nov 8, 2024. Orlando, FL.*
 22. Banarjee C, Lafontant K, **Suarez JRM**, Xie R, Stout J, Thiamwong L. Evaluation of Skeletal Muscle Mass in Community-Dwelling Older Adults With and Without Fall History. Florida Society of Physical Medicine and Rehabilitation Conference. *Poster presentation*. Sep 19-22nd, 2024.*
 23. Brightman JD, Lafontant K, **Suarez JRM**, Thiamwong L. Comparing sleep quality, duration, and efficiency among low-income community-dwelling older adults with and without physical disabilities. Theta Epsilon Annual Scholarship Day: Clinical, Education & Research. *Podium presentation*. Apr 2, 2024.*
 24. **Suarez JRM**, Park JH, Xie R, Lafontant K, Thiamwong L. Preliminary Analysis of Physical Activity Levels of Community-Dwelling Older Adults After Physio-fEedback Exercise pRogram (PEER). Theta Epsilon Annual Scholarship Day: Clinical, Education & Research. *Poster presentation*. Apr 2, 2024.*
 25. Lafontant K, Blount A, **Suarez JR**, Fukuda DH, Stout JR, Trahan E, Lighthall NR, Park JH, Xie R, Thiamwong L. Comparing Sensitivity, Specificity, and Accuracy of Fall Risk Assessments in Community-Dwelling Older Adults. University of Central Florida Student Scholar Symposium. *Poster presentation*. Mar 26, 2023. Orlando, FL.*

26. **Suarez JR**, Park JH Device Validation Protocol for Portable Blood Pressure Devices During Rest and Exercise. University of Central Florida Student Scholar Symposium. *Poster presentation*. Mar 26, 2024.
27. Banarjee C, **Suarez JR**, Choudhury R, Park JH, Xie R, Fukuda D, Stout J, Lighthall N, Loerzel V, Thiamwong L. Early Outcomes: Changes in Physical Activity Show No Correlation with Objectively and Subjectively Measured Balance. University of Central Florida FIRE Conference. *Poster presentation*. Feb 16, 2024. Orlando, FL.*
28. **Suarez JR**, Banarjee C, Nelson JS, Frindt K, Kleeman KC, Park JH Parameter Optimization for Laser Cutting Expanded Polytetrafluoroethylene for Right Ventricular Outflow Tract Reconstruction. Academy of Science, Engineering, and Medicine of Florida Annual Meeting. *Poster presentation*. Nov 3, 2023. Orlando, FL.*
29. **Suarez JR**, Park JH, Choudhury R, Stout J, Banarjee C, Thiamwong L. The Associations of Handgrip Strength and Anthropometric Measurements with Upper Limb Body Fat Mass in Older Adults. Gerontological Society of America Annual Meeting. *Poster presented*. Nov 11, 2023. Tampa, FL. *
30. Blount A, Lafontant K, **Suarez JRM**, Thiamwong L. Optimizing a technology-based body and mind intervention to prevent falls and reduce health disparities in low-income populations. One Senior Place (Invited). *Podium presentation*. Oct 20, 2023. Orlando, FL.*

TEACHING-RELATED ACTIVITIES

Visual Teaching Technician

June 2022 – May 2026

East River High School Falcon Vanguard Marching Band, East River High School

- Taught visual fundamentals, which include posture, marching technique, and spatial awareness, for over 100 students ranging from 9th to 12th grade
- Communicated effectively with students to create an encouraging, yet disciplined, rehearsal environment during in-class and after-school rehearsals
- Collaborated with the directors and the instructional staff to set detailed goals for rehearsal and ensure that the goals were achieved
- Trained and mentored new and younger visual staff members to ensure effective teaching practices and communication with the students
- Conducted one-on-one sessions with students that needed additional, personalized assistance with visual fundamentals as needed
- Contributed to the development of a positive team culture among the instructional staff and the students

Project Lead

Aug 2024 – May 2026

Wearable Exoskeleton and Assistive Robotics (WEAR) Lab, College of Engineering and Computer Science, UCF

- Led a team of eight undergraduate mechanical engineering students in the design and development of a wearable passive assistive device for older adults
- Directed project planning, task delegation, and team coordination to ensure steady progress over a one-year development cycle and a one-year prototype testing cycle

- Oversaw the transition from initial concept to functional prototype, continuously providing feedback regarding iterative design improvements
- Conducted educational sessions for the team members to enhance their understanding of biomechanical and mechanical engineering principles, promote effective research habits, and improve presentation/public speaking skills

Senior Design Co-Advisor (Computer Science)

Aug 2025 – May 2026

College of Engineering and Computer Science, UCF

- Co-advised a team of five undergraduate computer science students alongside two UCF professors and one postdoctoral scholar by providing guidance and support through the development and construction of a mobile phone application designed to teach older adults how to fall safely
- Collaborated with the development team by providing usability feedback that enhanced clarity, accessibility, and overall user experience for older adult users
- Supported project oversight by coordinating timelines and tracking milestones to ensure projects were completed on schedule

Senior Design Co-Advisor (Mechanical Engineering)

May 2024 – Dec 2024

Wearable Exoskeleton and Assistive Robotics (WEAR) Lab, College of Engineering and Computer Science, UCF

- Co-advised a team of four undergraduate mechanical engineering students alongside a faculty member (UCF Assistant Professor) by providing guidance and support through the development and construction of a biomechanical assistive device prototype, leading to a "Best in Class" award at the UCF 2024 College of Engineering Senior Design showcase
- Assisted in overseeing project development by managing timelines and milestones to ensure timely completion of project and adherence to deadlines
- Conducted educational sessions for the team members to enhance their understanding of biomechanical engineering principles, promote effective research habits, and improve presentation/public speaking skills
- Provided constructive feedback throughout the creation of the assistive device prototype and helped troubleshoot any problems that occurred

SERVICE-RELATED ACTIVITIES

UNIVERSITY SERVICE

Graduate Student Relations Director

Aug 2025 – May 2026

Biomedical Engineering Society, UCF

- Hosted one-on-one sessions with numerous undergraduate students across diverse disciplines at UCF (e.g., engineering, biomedical

sciences, medicine) to provide individualized academic and professional guidance

- Advised students on how to create or improve their resume and CV documents for use in future job and internship applications
- Assisted students in identifying their specific fields of interest and developing individualized action plans that would aid in their success
- Educated students on the structure and expectations of academic research and connected them with relevant research opportunities at the university

Interim Lab Manager

Apr 2025 – Aug 2025

Wearable Exoskeleton and Assistive Robotics (WEAR) Lab, College of Engineering and Computer Science, UCF

- Oversaw daily laboratory operations of graduate and undergraduate students, ensuring continuity of research activities and compliance with institutional safety protocols
- Assisted in maintaining detailed records of lab equipment availability and usage with university department officials
- Served as a point-of-contact with active lab members to address equipment needs, trouble issues, and provide support as needed
- Supported the closure of the lab by assisting in the organization and redistribution of lab equipment to neighboring university departments

Interim Co-Clinical Research Coordinator

June 2024 – July 2025

Enhancing Mind-Body Resilience for Aging with Cultural Equity (EMBRACE) Lab, College of Nursing, UCF

- Assisted postdoctoral researchers and graduate research assistants with overseeing data collection at senior centers in the Central Florida area
- Oversaw the management of more than 100 physical activity monitoring devices and ensured proper usage, maintenance, and data handling
- Contributed to the development and implementation of research protocols that ensured efficiency of the various research studies being conducted
- Assisted in data management and ensuring accuracy and confidentiality of sensitive information
- Provided training and educational sessions for undergraduate research students
- Volunteered in community events held by various senior centers to promote research studies being conducted and facilitate study participant recruitment

Graduate Council Member

Aug 2021 – Aug 2024

Graduate Student Advisory Council, College of Graduate Studies, UCF

- Met monthly with the College of Graduate Studies Vice Provost and Dean to discuss various topics relating to the improvement of Graduate Student Life at UCF
- Collaborated with other graduate students from various disciplines, as well as leaders from the Student Government Association of UCF to create a more inclusive and welcoming graduate community

- Assisted in planning and volunteering at social events for graduate students

Engineering Senior Design Alumni Judge

College of Engineering and Computer Science, UCF

- Evaluated and scored undergraduate engineering student senior design projects relating to mechanical, aerospace, materials science, and industrial engineering on creativity, methodology, and presentation
- Provided constructive feedback to undergraduate students of various engineering disciplines regarding their projects
- Engaged in discussion with industry partners, UCF alumni, and UCF faculty

Apr 2026
Apr 2025
Apr 2024
Nov 2022
Apr 2022

STEM Ambassador

STEM, UCF

- Represented UCF at local K-12 schools in the Central Florida area by presenting current and past research work, goals, and UCF as a college
- Collaborated with undergraduate and graduate studies of various disciplines to create STEM workshops for students K-12
- Assisted in planning STEM events at UCF (e.g., STEM Day, Regional Competitions)

Sep 2019 – Aug 2022

Social Outreach Co-Coordinator

American Institute of Aeronautics and Astronautics, UCF Chapter

- Collaborated with another undergraduate mechanical engineering student co-coordinator to develop outreach strategies to promote the recruitment of members for the AIAA organization at UCF
- Organized a multitude of outreach events for organization members
- Engaged in discussion with various members of the community to investigate outreach opportunities

Sep 2018 – Apr 2019