



FSU | INSTITUTE FOR
SUCCESSFUL LONGEVITY

Jan 2026 Affiliate Meeting

Institute for Successful Longevity

January 21, 2026

FSU | **FLORIDA STATE**
UNIVERSITY



Affiliate Meeting Agenda

- New affiliates of ISL
- Recent events
- Upcoming events
- Working Groups updates
- Grant opportunities
- General discussion

ISL Team



Zhe He
Director



Lynn Panton
Associate Director



Nehja Guillaume
Administrative Assistant



Dhruv Kale
Web Developer



Victoria Valko
Outreach and Research
Coordination Assistant



Daniel Leme
Postdoctoral Research Fellow

New ISL Outreach Interns



Mitchell Wagner



Leah Campbell

New ISL Affiliate

- Dr. Jacob Brown
 - Assistant Professor in the Department of Health, Nutrition, and Food Sciences



Dr. Brown earned his Ph.D. in muscle physiology from the University of Arkansas in 2018, where he studied cancer cachexia. He completed postdoctoral training at the Oklahoma Medical Research Foundation under the mentorship of Dr. Holly Van Remmen, with additional guidance from leaders in skeletal muscle and aging research, including Drs. Arlan Richardson, Sue Bodine, and Benjamin Miller. His postdoctoral work focused on identifying mechanisms contributing to denervation-induced and age-related muscle atrophy. During his postdoctoral training, Dr. Brown was supported by a Geroscience T32 training grant. In 2023, he received a VA Career Development Award and began his independent research career as a Research Health Scientist at the Oklahoma City VA Medical Center. He joined Florida State University in 2025.

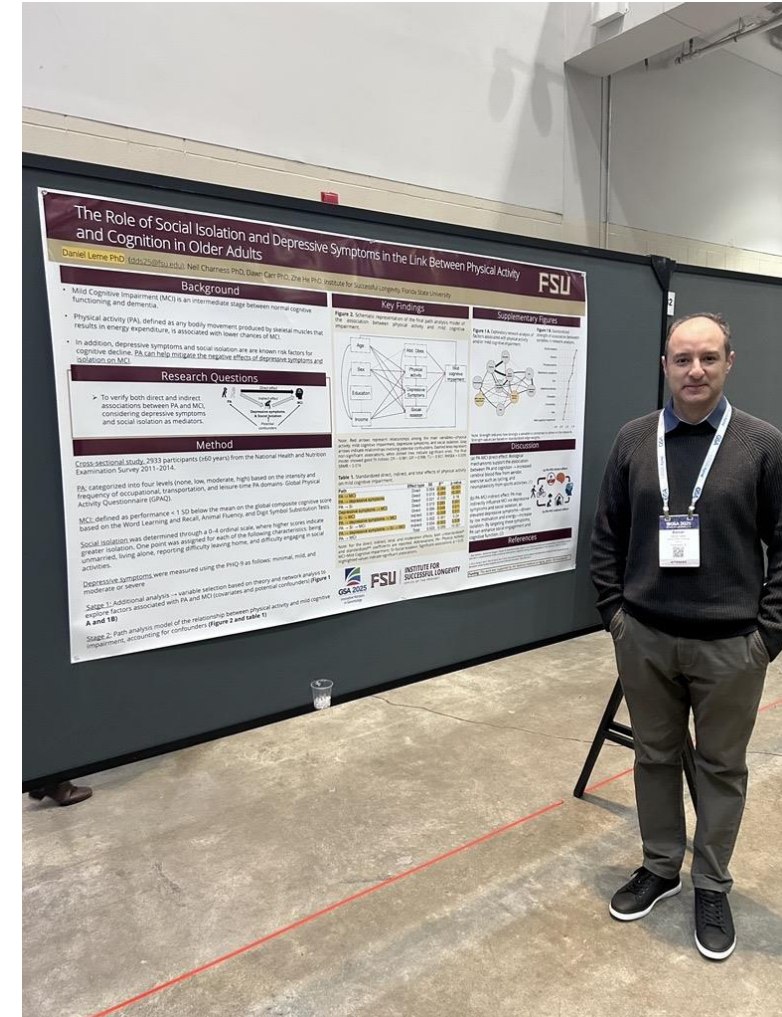
Achievements

- Congratulations to Dr. Sladjana Lukic on receiving UF-FSU's 2025-2027 CTSI NIH K12 Multidisciplinary Program Career Development Award!
- Congratulations to Dr. Lucinda Graven for receiving the 2025 Heart Failure Society of America (HFSA) Nursing Research Leadership Award!
- Dr. Zhe He delivered a national webinar at AHRQ "Prepping for the Future: Digital Solutions for Aging Populations"



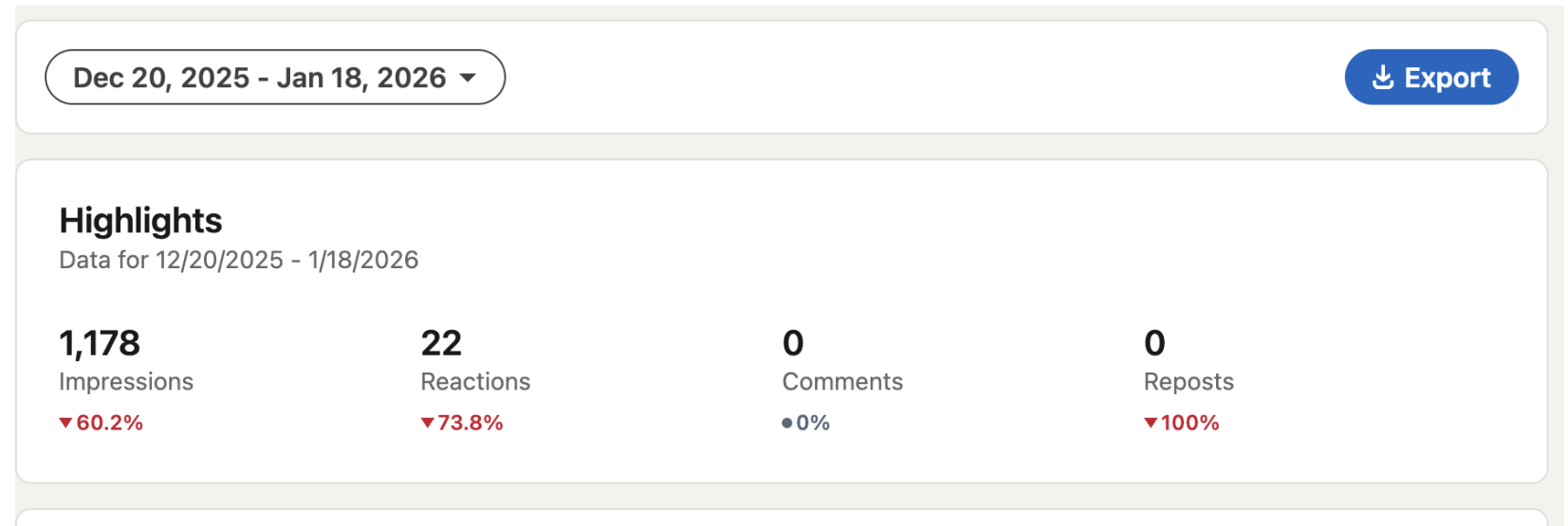
Recent Events

- AMIA 2025 and GSA 2025



Social Media Engagement

- **January 2026:** Followers on social media platforms
 - Facebook: 288
 - LinkedIn: 238
 - Instagram: 67
- **July 2025:** Followers on social media platforms
 - Facebook: 276
 - LinkedIn: 142
 - Instagram: 45



Recent Newsletters

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ISL HIGHLIGHTS

Bi-Weekly
Friday
12/05/2025

vol.16

Interested in being a guest for an ISL podcast episode?

Email isl@fsu.edu if interested in being interviewed for a podcast episode. Community members and researchers welcome!

BROWN BAG RECORDING NOW LIVE

Missed our recent Brown Bag Lecture with Dr. Qianwen Guo? No worries! Watch it here: [Brown Bag Lecture Series | Dr. Qianwen Guo](#)



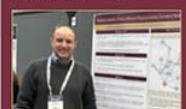
AMIA SYMPOSIUM IN ATLANTA, GA



Dhruv Kale
Dhruv presented the eHealth Lab's "LabGenie Project: Using AI to Empower Older Adults to Participate in Shared Decision Making" at the symposium.

Victoria Valko
Victoria attended the AMIA Symposium as a student volunteer; supported presentations, networked, and learned more about health informatics.

GSA 2025 ANNUAL SCIENTIFIC MEETING



Daniel Lerne, PhD
Daniel presented two abstracts on direct effect of physical activity on mild cognitive impairment, and indirect effect considering psychosocial variables.

WORKING GROUP UPDATES CLINICAL

Dr. Julia Sheffler
"The Clinical Research Working Group is finalizing an undergraduate Clinical Research Assistant (CRA) Training Course to prepare students for roles in aging and dementia trials."

ADVANCED TECHNOLOGY

Dr. Zhe He
"We are working to develop technology training workshops for seniors in the community. We plan to work with Tallahassee Senior Center and Leon County Libraries to host these workshops."

BASIC SCIENCE

Dr. Ravinder Nagpal
"The group met to discuss strategies to strengthen collaboration and reviewed upcoming funding opportunities, including new Alzheimer's Association RFA's, the 2025 Zenith Fellows Award, and PCORI's Broad Pragmatic Funding Announcement."



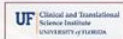
AHRQ NATIONAL WEBINAR PREPPING FOR THE FUTURE: DIGITAL SOLUTIONS FOR AGING POPULATIONS

ISL Director Dr. Zhe He will deliver a presentation at a national webinar hosted by AHRQ on **December 17th**, from **1:30-3PM**. His talk will highlight the critical role of data-driven tools and research in improving quality of life for older adults. To register, click here: [AHRQ Registration](#)



FUNDING OPPORTUNITY MENTORED CAREER DEVELOPMENT PROGRAM IN CLINICAL AND TRANSLATIONAL SCIENCE

The UF-FSU CTSA has announced its NIH/NCATS-funded Mentored Career Development Program in Clinical and Translational Science is accepting pre-applications from scholars committed to translational research.



Selected scholars will receive at least two years of support, including 75% salary coverage (up to \$102,064 plus fringe) and \$23,000 for research, training, and travel.



GOT RESEARCH NEWS OR A NEW PUBLICATION?

Have exciting research updates, recent findings, or opportunities to share? Fill out our [Qualtrics form \(here\)](#).

Support the ISL & Contact Us!

Email: isl@fsu.edu Phone: (850)-644-8571

Link to Our Website & Socials

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ISL HIGHLIGHTS

Bi-Weekly
Friday
11/21/2025

vol.15

Interested in being a guest for an ISL podcast episode?

Email isl@fsu.edu if interested in being interviewed for a podcast episode. Community members and researchers welcome!

2x ISL Brown Bags Posted to YouTube

Missed our recent Brown Bag? No worries! Watch them on the ISL's YouTube channel:



NEW PUBLICATIONS



ISL affiliate **Dr. Joe Wotse** co-authored a new study examining how hydration affects kidney health during the 100-mile Western States Endurance Run in California. Read more [here](#).



ISL Director Dr. Zhe He co-authored a new paper that uses artificial intelligence (AI) to study how older adults with memory loss or dementia use dietary supplements such as vitamins, minerals, and herbal products. Read more [here](#).

ISL SPEAKER SERIES | January 29, 2026 DR. KEN LANGA

Cyrus Sturgis Professor of Medicine, Department of Internal Medicine, University of Michigan

"Studying Healthy Aging Around the World in the HRS International Network of Aging Studies"

3:00pm Presentation
4:30pm Reception
Broad Auditorium, Claude Pepper Center

- [Luncheon RSVP](#) | Jan 29 | 12:00-1:00pm
- [Presentation RSVP](#) | Jan 29 | 3:00-4:30pm



ISL STAFF ATTENDS & PRESENTS AMIA SYMPOSIUM IN ATLANTA, GA

Dhruv Kale
Dhruv presented the eHealth Lab's "LabGenie Project: Using AI to Empower Older Adults to Participate in Shared Decision Making" at the symposium.

Victoria Valko
Victoria attended the AMIA Symposium as a student volunteer; supported presentations, networked, and learned more about health informatics.

GSA SYMPOSIUM IN BOSTON, MA

Daniel Lerne, PhD
Daniel presented two abstracts on direct effect of physical activity on mild cognitive impairment, and indirect effect considering psychosocial variables.

NEW ISL STAFF WELCOME OUTREACH INTERNS!

Mitchell Wagner and Leah Campbell.



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ISL HIGHLIGHTS

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vol.14

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New publication!

ISL Director Dr. Zhe He co-authored a new paper in BMC Medical Informatics and Decision Making that uses artificial intelligence (AI) to study how older adults with memory loss or dementia use dietary supplements such as vitamins, minerals, and herbal products. Read the full article [here](#).



CONGRATULATIONS DR. GRAVEN



We're proud to share that Dr. Graven has received the **2025 Heart Failure Society of America (HFSA) Nursing Research Leadership Award**, presented by HFSA President Michael Felker and President-Elect Ken Margulies.

This prestigious national honor recognizes Dr. Graven's outstanding leadership and groundbreaking research aimed at improving outcomes and quality of life for patients living with heart failure.

NEXT ISL BROWN BAG SERIES DR. QIANWEN GUO

Assistant Professor, FAMU-FSU College of Engineering

Topic: Enhancing Accessibility for Elder Users: A Quantum-Inspired Bilevel Optimization Framework for Transit Route Design

Dr. Guo will discuss innovative approaches to improving transportation accessibility for older adults using advanced optimization and modeling frameworks.

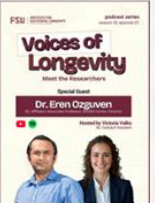
Wednesday, November 12th
12:00-1:00pm on Zoom ([register here](#))



SEASON 2 EPISODE 1 VOICES OF LONGEVITY PODCAST

DR. EREN OGUZVEN, Associate Professor of Civil and Environmental Engineering and Director of the Resilient Infrastructure and Disaster Response (RIDR) Center at Florida State University.

Hosted by ISL Outreach Assistant Victoria Valko, this episode explores Dr. Oğuzven's path in engineering, his work improving disaster preparedness and transportation systems, and how interdisciplinary research builds stronger, more resilient communities for all ages. [Listen now: Spotify & YouTube](#)



SAVE THE DATE DR. KENNETH M. LANGA, PHD, MD

Thursday, January 29th, 2026



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Link to Our Website & Socials

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We Need Your Contribution!


- Expectation: At least one piece of contribution every year
- How to contribute?
 - News about your new publication, new grant, new award, a presentation etc.
 - Information about your community engagement
 - Podcast interview
 - A digest about useful information older adults should know



Good News Survey

- https://fsu.qualtrics.com/jfe/form/SV_6GpBYeM0WBWjmxE

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News

News Listings



ISL organizes a special issue on "Smart Medicine for Older Adults" in Healthcare (IF: 2.4)

Wed, 07/10/2024 - 12:00 PM

Dear ISL affiliates,

The Institute for Successful Longevity at Florida State University, in collaboration with *Healthcare*, is pleased to announce a Special Issue on **"Smart Medicine for Older Adults" in Healthcare (IF: 2.4)**.

News Articles

Click here to submit news articles for FSU ISL website and newsletters!

RECENT STORIES

ISL organizes a special issue on "Smart Medicine for Older Adults" in Healthcare (IF: 2.4)

Celebrating the Legacy of Dr. Neil



ISL Distinguished Lecture

- Featured Speaker: Dr. Ken Langa, Cyrus Sturgis Professor of Medicine at the University of Michigan
- ISL Aging Expert Panel **“Staying Sharp and Connected: What Science Says About Aging Well”**
 - Time: 10 AM - 11:15 AM, January 29, 2026
 - Location: Tallahassee Senior Center
 - Panelists: Dr. Kenneth M. Langa (University of Michigan), Dr. Dawn Carr, Dr. Lucinda Graven; Moderator: Dr. Zhe He
- ISL Distinguished Lecture **“Study Healthy Aging Around the World in the HRS International Network of Aging Studies”**
 - Time: 3:30 PM - 5 PM, January 29, 2026
 - Location: Broad Auditorium of the Claude Pepper Center

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FSU | AGING

SAVE THE DATE

ISL DISTINGUISHED SPEAKER SERIES

Kenneth M. Langa, PhD, MD

Cyrus Sturgis Professor of Medicine, Department of Internal Medicine, University of Michigan

“Studying Healthy Aging Around the World in the HRS International Network of Aging Studies”

January 29, 2026

3:30 PM Presentation

4:30 PM Reception

Broad Auditorium, Claude Pepper Center

Luncheon RSVP

January 29, 2026
12:00-1:00pm



Presentation and Reception RSVP

January 29, 2026
3:30-4:30pm



Co-Sponsored by Claude Pepper Center & Pepper Institute on Aging and Public Policy



Public Forum on AI in Medicine

- Time: Tuesday, 2 PM, February 10, 2026
- Location: Maguire Center, Westminster Oaks
- Speaker: Dr. Mia Liza A. Lustria, Professor at School of Information
- Drawing on her research, Dr. Lustria will discuss both the promise and the limitations of artificial intelligence in medicine, including potential benefits for diagnosis and care, as well as concerns related to privacy, trust and access. This presentation is free and open to the public.

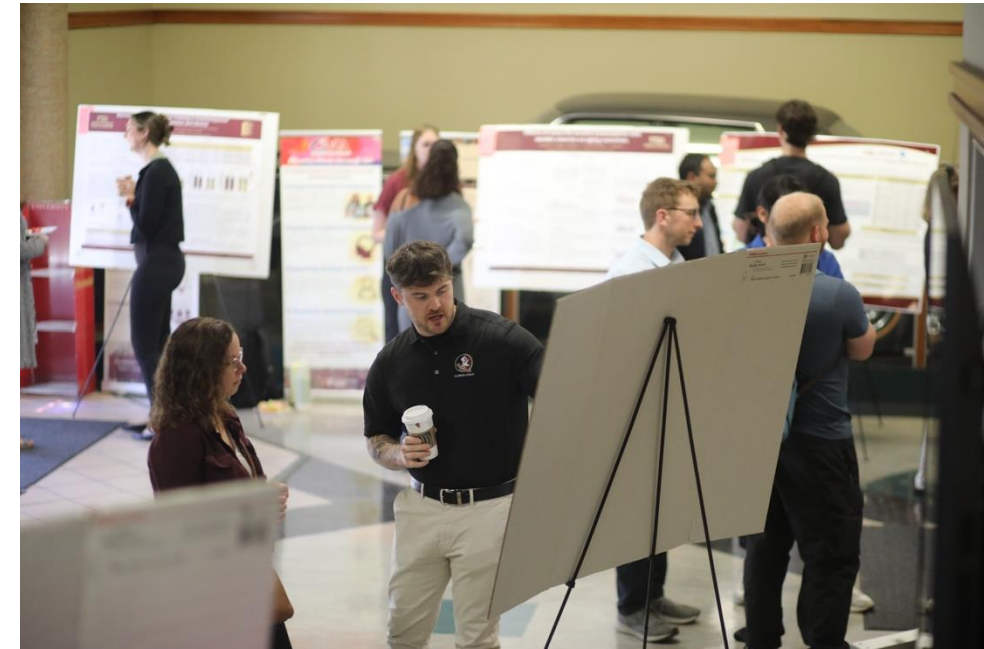
Esther Del Grosser Scholarship

- \$1,000 award is open to your graduate students. The winner will be awarded at our Student Poster Research Day on 3/23/26.
- Evaluation criteria:
 - ISL mission congruence
 - Research quality
 - Student accomplishment
- Submission Site: https://fsu-estherdelgrosser.smapply.us/prog/esther_del_grosser_scholarship_2026/



ISL Student Poster Day

- Date: March 23, 2026
- Location: Innovation Hub
- Keynote: 10 – 11 AM at the Innovation Hub
- Poster Presentation: 11 AM – 12:30 PM at the Innovation Hub
- Award Ceremony: 12:30 PM – 1 PM
- We showcase all the amazing work our students are doing in the research field. There will be cash prizes for first, second and third best posters. The poster award could involve graduate or undergraduate students working with you.



Resources for Affiliates

- ISL offers affiliates many resources
 - <https://isl.fsu.edu/faculty-resources>
- ISL registry for research studies
- Planning Grants
- Esther & Del Scholarship for Graduate Students
- Student Poster Day



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HOME / ISL FACULTY RESOURCES

INSTITUTE FOR SUCCESSFUL LONGEVITY
VIREM ARTES MOREM
CAN YOU HELP FSU RESEARCH?

ISL's Volunteers — The Participant Registry
Faculty Affiliates have access to ISL's Participant Registry, a database of more than 2,500 research volunteers.

ISL Faculty Resources

HOW TO BECOME AN ISL FACULTY AFFILIATE
Faculty Affiliates are at the core of the Institute for Successful Longevity and its interdisciplinary approach to longevity research. ISL has more than 90 Faculty Affiliates from fields across the FSU campus.
Full time faculty, including research faculty, and postdoctoral fellows may become Faculty Affiliates. To apply, send a current CV and a short research statement (one page) that indicates your work related to the mission of ISL to ISL@fsu.edu. Also, please include a high-resolution photograph and a link to your own faculty page, if available.
Upon approval by current Faculty Affiliates and the ISL Joint Advisory Board, you will become an ISL Faculty Affiliate, with your bio and photo posted on the [ISL Faculty Affiliate web page](#).
Affiliates have the following privileges:
• Access to ISL's Participant Registry, our volunteer database, for studies of successful longevity, subject to approval of the project by the FSU Human Research Review process.

ISL's VOLUNTEERS — THE PARTICIPANT REGISTRY
The Institute for Successful Longevity recruits volunteers to help researchers in their work in longevity. We currently have more than 2,500 older adults from Tallahassee and the surrounding area in our Participant Registry, our database of individuals who have expressed an interest in being study volunteers.
ISL Faculty Affiliates who have registered as ISL researchers may contact these individuals to see if they wish to participate in their research studies.
To register as an ISL researcher, go [here](#) and create a log-in.
After you log in, [follow these instructions](#) to submit a study request. Once the ISL Director has approved your request, you may use the Participant Registry to gather study volunteers.
Adults over the age of 60 can join [ISL's Participant Registry here](#).

ISL's PLANNING GRANTS

Advanced Technology Working Group

- **Objective:**
 - Explore and leverage emerging technologies such as AI to improve the quality of life for older adults. Focus on technologies that can be integrated into daily living, assist with health monitoring, and provide cognitive and social engagement.
- **Updates**
 - Working with two PhD students in Education and Information to craft materials for the technology workshops at the senior center
 - The group will identify grant funding opportunities in the aging research space that they can collaborate on.

Clinical Research Working Group

- **Objective:**

- Enhance clinical practices and interventions that improve health outcomes for the older adults. This group will focus on translational research that bridges the gap between laboratory research and practical, clinical applications.

- **Updates:**

- To develop a standardized training/certification program for students/RAs who are interested in getting involved in clinical aging research;
- To create this program using a CANVAS course with modules for learning different clinical and research skills that are relevant across many of the clinical research labs on campus.

Basic Science Working Group

- **Objective:**

- Investigate the fundamental biological, psychological, and social mechanisms of aging. This group aims to uncover new knowledge that could lead to groundbreaking treatments and preventive strategies.

- **Updates:**

- Explore creating a training portal or "clinical research unit" on the ISL website to provide resources and certifications for students and researchers.
- Investigate funding opportunities from NIH, USDA, or other sources to support an annual ISL symposium or conference on aging research.
- Expand the ISL research poster day event to include both graduate and undergraduate student presentations

Upcoming Funding Opportunities in Aging & Longevity

- Aging research funding remains strong but competitive
- Growing emphasis on:
 - Alzheimer's & ADRD
 - AI, digital health, and data science
 - Health equity, caregiving, real-world impact
- ISL can help affiliates position ideas early and build teams

How Can ISL Support You?

- ISL Support
 - Team formation & matchmaking
 - Pilot & planning grant support
 - Concept feedback before submission
 - Community & stakeholder connections
- What We Ask From You
 - Share early ideas (even half-baked)
 - Flag upcoming submissions
 - Loop ISL in 3–6 months before deadlines
- Next Steps
 - Email ISL with grant ideas
 - Join working groups
 - Schedule a 1:1 consult

Funding Opportunities

- AHA Rapid Impact Research Award (Deadline 1/22)
 - Early- and mid-career investigators
- ISL Planning Grant (due: 3/27)

ISL Planning Grants for 2026-2027

- The award opened **January 10, 2026** for application submissions and closes on **March 27, 2026**.
- <https://isl-fsu-sm.smaply.us/>
- ISL can award a total of 3-4 interdisciplinary grants and provides \$25,000 in funding per project. More updates will come as the open dates get closer.
- Important Dates:
 - Application Deadline: March 27, 2026, 11:59 p.m.
 - Award notification: May 1st, 2026
 - Award Period: May 15, 2026 – May 15, 2027



Eligibility Criteria for PIs

- Two-year hiatus: Investigators (PI) and Co-Investigators (Co-PIs) who received ISL funding in the academic years 2024-2025 and 2025-2026 are not eligible for consideration for the 2026 – 2027 competition.
- Only one proposal per PI or Co-PI may be submitted to the ISL Planning Grant program per competition round; a Co-PI may not submit an application as a PI within the same competition round.
- PIs should preferably be from different disciplines.
- Students and post-docs are not eligible to be a PI or Co-PI on ISL grants.· No more than 5 Co-PIs may be included on each proposal (LIMIT: 1 PI + 5 Co-PIs = 6 "named" personnel per proposal).

Instructions on Budgets

- Maximum award amount is \$25,000
- Faculty salary is not allowed under this program.
- Award funds may be used to support a stipend for a student hired on the proposed project, but may not be used to pay for a student's tuition or matriculation fees. If awarded funds are used for a student stipend, the required fringe benefits and tax considerations must be included in the total requested amount, which cannot exceed \$25,000.
- Award funds may be used for such expenses as project-related travel, photocopying, and like costs necessary to perform the proposed project, and the production of a recording, manuscript, or body of work in order to attract external arts and humanities underwriting.
- Equipment purchases (Capital Outlay over \$5,000) are strongly discouraged under this program. However, if you believe an equipment purchase to be essential to the planning of the research related to this proposal, you must include, in the Proposal Text, a detailed and verifiable explanation to support your request.

Submission Site



0 of 7 tasks complete

Last edited: Jan 20 2026 02:53 PM (UTC)

REVIEW

SUBMIT

Deadline: Mar 29 2026 03:59 AM (UTC)

ZH

Zhe He (Owner)

zhe@fsu.edu

Add collaborator

[ISL Planning Grant 2026-2027](#)

Preview

0000000001

Status: In Progress

APPLICATION

ACTIVITY

Your tasks

Upload Abstract

Upload Budget

Upload CV

Upload Past, Current, and Pending Grants

Upload Proposal

Upload Transmittal Form

Suggested Reviewers



Discussion