



HIGHLIGHTS

Monthly
Friday
01/30/2026

vol.17

Upcoming Brown Bag Lectures

Dr. Amir Rahmani



Wearables, Agentic AI, and Living Labs: The Future of Health Innovation

February 5, Noon EST
[Register Here](#)

Dr. Andrea Lobene



Salty Solutions: Exploring Alternative Dietary Strategies to Mitigate Sodium's Cardiovascular Impact

February 25th, Noon EST
[Register Here](#)

New Faculty Affiliate

Dr. Jacob Brown



The ISL is delighted to welcome Dr. Jacob Brown, Assistant Professor in the Department of Health, Nutrition & Food Sciences.

ISL PLANNING GRANT PROGRAM NOW ACCEPTING APPLICATIONS

The Institute for Successful Longevity invites FSU research faculty to apply for its Planning Grant Program, which is now accepting applications. This program fosters interdisciplinary collaboration and advances research or creative activities that support successful aging. **Applications due by March 28, 2026.** [More information here.](#)

Highlights:

- Must include at least 2 researchers (Preferably from different disciplines)
- Each project is eligible for \$25,000

ISL ESTHER & DEL GROSSER SCHOLARSHIP NOW ACCEPTING APPLICATIONS

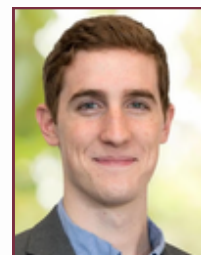
ISL Faculty affiliates, have the privilege of nominating students for the ISL's Esther & Del Grosser Scholarship, an annual award of \$1,000 in support of student research. **Nominations are due March 2, 2026.** [Read more here.](#)

Nominations Include:

- A one-page letter from the students indicating how their research aligns with the ISL's mission
- A letter of recommendation from you, the students advisor
- Your students CV
- A high-quality photo of the students

NEW PUBLICATION DR. JOSEPH WATSO

ISL affiliate Dr. Joseph Watso recently co-authored a new case study published in the Journal of Applied Physiology that examined long-term heart health in an adult with Type 1 Diabetes who followed a ketogenic diet for over 10 years.



This case may support the idea that, under careful management, a keto diet could help individuals with Type 1 diabetes manage glycemia without necessarily increasing long-term cardiovascular risk. [Read more here.](#)

qualtrics^{XM}

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!

✉ isl@fsu.edu

☎ (850)-644-8571

[Link to Our Website & Socials](#)

📍 Louis Shores Building, FSU



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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!

Funding Opportunities

The Hevolution Foundation

- Offer up to \$10,000 per meeting proposed.
- Non-profit organizations, public and private universities, colleges, laboratories, and government agencies are eligible to apply

Submission deadline is **Jan. 31, 2026**. [Apply Here](#)

Glenn Foundation Discovery Award

- Award of \$555,000 payable in annual installments of \$185,000 per year
- Full-time faculty, Assistant Professors or higher, are encouraged to apply.

Letter of Intent deadline is **Feb. 18, 2026**. [Apply Here](#)

Dorothy Dillon Eweson Lecture Series

- Funding up to a maximum of \$2,000 to cover travel expenses and meeting-related fees.

To be eligible for this award, you must:

- Have received funding from AFAR, served on an AFAR grant review committee, or be a Nathan Shock Center Investigator or Nathan Shock Center Pilot Grantee.
- Have been accepted as a speaker/presenter at an in-person meeting for an oral presentation.
- Not have received support through the Eweson Lecture Series in the last three years
- Applications are being accepted on a rolling basis.

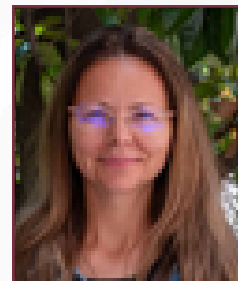
[Apply Here](#)



AWARD WINNER

DR. SLADJANA LUKIC

Congrats to ISL affiliate Dr. Sladjana Lukic on receiving UF-FSU's 2025-2027 CTSI NIH K12 Multidisciplinary Program Career Development Award! Her research explores natural language production metrics to support aphasia diagnosis and treatment, examining how language, emotion, and cognition interact in aging.



FOOD INSECURITY AMONG OLDER ADULTS

A LECTURE BY MADONNA HARRINGTON MEYER, PH.D.

Madonna Harrington Meyer is a University Professor at Syracuse University that specializes in aging, care work, and grandparenting in the US. She will be delivering a lecture at **Broad Auditorium**, in the Claude Pepper Center, aimed at understanding older adult food insecurity. Her lecture will be taking place on **February 13, 2026**, at **10am**.



UPCOMING ISL EVENTS

Artificial Intelligence (AI) in Medicine

- Maguire Center, Westminster Oaks
- February 10th, 2026 at 2pm (open to public)

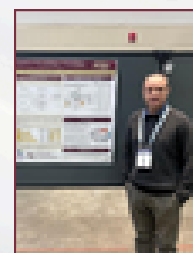
ISL Student Poster Day

- Innovation Hub, Shores Building
- March 23rd, 2026 at 10am



GSA RECAP

At GSA 2025 in Boston, **Dr. Daniel Leme** presented ISL's latest studies on how physical activity, social factors, and depressive symptoms influence mild cognitive impairment among older adults. He also participated in sessions on AI, mobility, loneliness, and global aging, receiving meaningful feedback from researchers across the U.S. and Europe.



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