ISL Faculty Affiliate Meet Up

Institute for Successful Longevity

October 29, 2026

FSU | FLORIDA STATE UNIVERSITY

Today's Agenda

01	**People**	ISL team, Advisory Board, Community Advisory Board, and new faculty affiliates
02	**Outreach**	Social media, recent newsletters, and the "Voices of Longevity" podcast
03	**Events & Community**	Community activities, Brown Bag Series, and the AI + Aging Distinguished Lecture
04	**Working Groups & Registry**	Advanced Technology, Basic Science, and Clinical Research: updates and 2026–2027 plans; volunteer registry
05	**Looking Ahead**	ISL priorities for 2026–2027 and a mini strategic planning discussion

ISL Team



Zhe He
Director



Julia Shellfer
Associate Director for Clinical and Translational Science



John Palmer
Program Coordinator



Dhruv Kale
Web Developer



Mitchell Wagner
Outreach Assistant



Daniel Leme
Postdoctoral Research Fellow

ISL Advisory Board



Dr. Eric Holmes



Dr. Chris Mulrooney



Dr. Miles Taylor



Dr. Jarrett Terry



Dr. Lisa Granville

ISL Community Advisory Board



Barbara Boone
Tallahassee Chamber of Commerce



Sheila Salyer
Senior Services Manager, City of Tallahassee



Lauchlin Waldoch
Waldoch & McConnaughhay, P.A



Dr. Neil Charness
Founding Director of ISL and Professor emerita of FSU Psychology



Marie Cowart
Former dean and professor emerita of FSU College of Nursing



Lisa Bretz
Area Agency on Aging for North Florida (Advantage Aging Solutions)



Bill Wertman
Chief Executive Officer, Big Bend Hospice



Dr. Dave Handy
Executive Director Alzheimer's Project Inc.

Welcome, New Faculty Affiliates



Dr. Dillon Pruett
School of Communication Science and Disorders



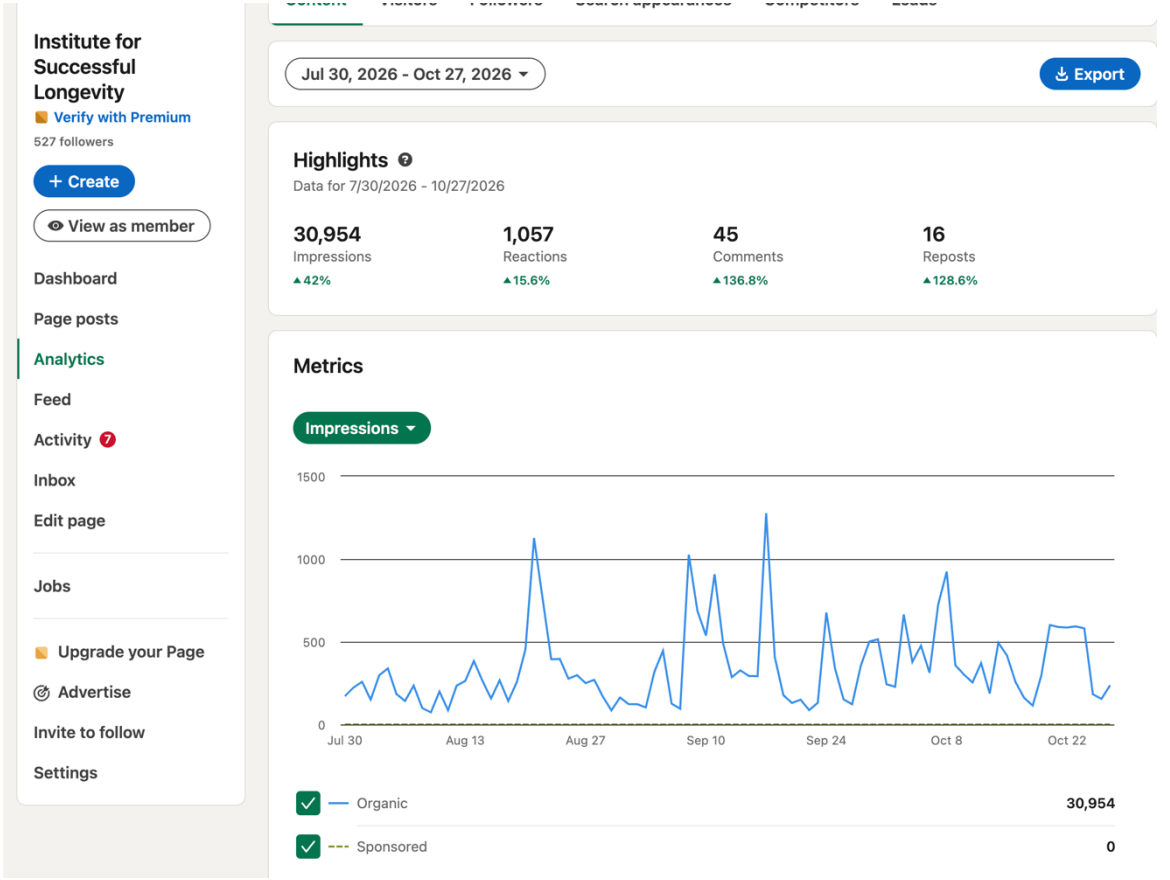
Dr. Alireza Salami
Department of Psychology

Social Media Initiative

1,029 followers across four platforms

527 LinkedIn	**316** Facebook
133 Instagram	**53** YouTube

LinkedIn is our largest channel, with just over half of all followers.



LinkedIn page analytics

Recent Newsletters



FSU | INSTITUTE FOR SUCCESSFUL LONGEVITY

ISL HIGHLIGHTS

Monthly
Monday
08/31/2026

vol.22

UPCOMING EVENTS

Brown Bag Talks

Dr. Yan Li
"How Brain Immune Cells Communicate to Protect Against Neurodegeneration"
September 30th, 12PM
126 Innovation Hub / Zoom

Dr. Mark Issac
October 19th, 12PM
126 Innovation Hub / Zoom

Dr. Molly Hermiller
November 3rd, 12PM
126 Innovation Hub / Zoom

Smart Aging & Technology Expo

Dr. Zhe He
September 14, 3PM
Tallahassee Senior Center

NEW ASSOCIATE DIRECTOR FOR CLINICAL AND TRANSLATIONAL RESEARCH
DR. JULIA SHEFFLER

The ISL is pleased to welcome Dr. Julia Sheffler as ISL's new Associate Director for Clinical and Translational Research. An ISL Faculty Affiliate since 2018, Dr. Sheffler's research focuses on promoting healthy aging and reducing the risk of Alzheimer's disease and related dementias through behavioral and lifestyle interventions. In her new role, she will help advance ISL's clinical and translational research, strengthen interdisciplinary collaboration, expand opportunities for students, and build partnerships across FSU's aging research community.

NATIONAL INSTITUTES OF HEALTH SMALL GRANT PROGRAM AWARD
DR. JOSEPH WATSO

Dr. Joseph Watso has been awarded $218,937 through the NIH Small Grant Program for his project, "Time-Efficient Inspiratory Muscle Strength Training as a New Approach to Improve Cardiovascular Function Among Adults with Type 1 Diabetes." His research will examine whether a time-efficient form of inspiratory muscle strength training can help improve cardiovascular function in adults with type 1 diabetes.

The award will support efforts to identify practical and accessible strategies for promoting cardiovascular health and better long-term health outcomes.

NEW OUTREACH INTERN
TAYLOR DAILEY

The ISL is glad to welcome Taylor Dailey as a new Outreach Intern. Taylor is an undergraduate student pursuing a degree in Political Science and plans to attend law school after graduation. Her interests include public health, dementia and Alzheimer's awareness, and community outreach. She will support ISL's outreach and communications efforts while helping connect the institute's work with the broader community.

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

September Newsletter



FSU | INSTITUTE FOR SUCCESSFUL LONGEVITY

ISL HIGHLIGHTS

Monthly
Wednesday
09/30/2026

vol.23

UPCOMING EVENTS

Brown Bag Talks

Dr. Mark Issac
"When Irrelevant Information Changes Our Minds: Lessons from the Monty Hall Problem"
October 19th, 12PM
Zoom
Register here.

Dr. Molly Hermiller
November 3rd, 12PM
126 Innovation Hub / Zoom
Register here.

AI+Aging Distinguished Lecture

Dr. Yanshan Wang
"Healthy Aging in the Era of Generative AI: From Scientific Advances to Trustworthy Clinical Applications"
October 26th, 10AM
Broad Auditorium, Claude Pepper Center
Register here.

BOARD OF DIRECTORS OF THE GERONTOLOGICAL SOCIETY OF AMERICA
DR. DAWN CARR

ISL Faculty Affiliate Dr. Dawn Carr has been elected to the Board of Directors of the Gerontological Society of America, one of the world's largest interdisciplinary organizations focused on aging. Carr serves as director of FSU's Claude Pepper Center and as the Mildred and Claude Pepper Professor of Sociology. Her research examines how older adults can remain healthy, active, and engaged as they age. Her term on the board will begin January 1, 2027.

LABGENIE PROJECT ADVANCEMENT
DR. ZHE HE

The LabGenie project, led by ISL Director Dr. Zhe He, is advancing to the R33 phase after receiving a $750,000 Notice of Award from the Agency for Healthcare Research and Quality (AHRQ). The project aims to help patients better access and understand their lab results, know what questions to ask their healthcare providers, and become more engaged in their care.

LabGenie has also explored how large language models can generate personalized questions for patients based on their results. In the coming years, the project will expand into routine clinical care at Tallahassee Memorial HealthCare. This next phase will allow the team to further explore how technology can make health information more understandable and useful for patients.

NEW PROGRAM COORDINATOR
JOHN PALMER

The ISL is glad to welcome John Palmer as our new Program Coordinator. John brings experience in program management, community engagement, higher education, and nonprofit leadership. Prior to joining ISL, he served as Volunteer Services Director at Volunteer Florida and worked in student services at Tallahassee State College. At ISL, John will coordinate programs, support faculty, and help advance the institute's outreach and interdisciplinary activities.

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).

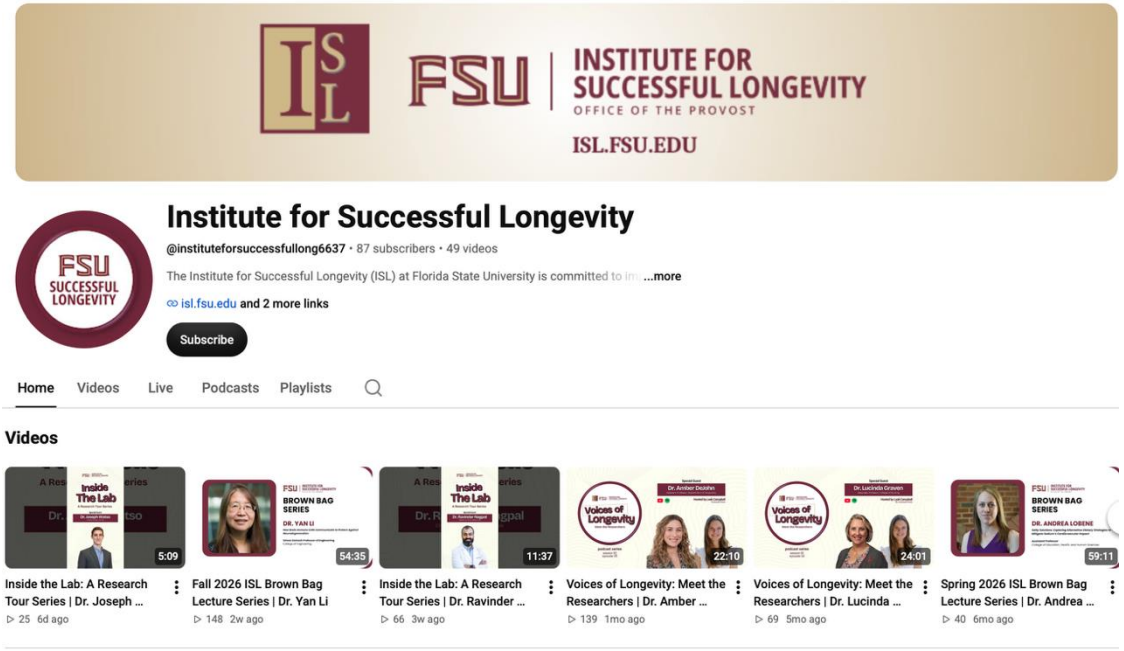
Support the ISL & Contact Us!
isl@fsu.edu (850)-644-8571

Link to Our Website & Socials
Louis Shores Building, FSU

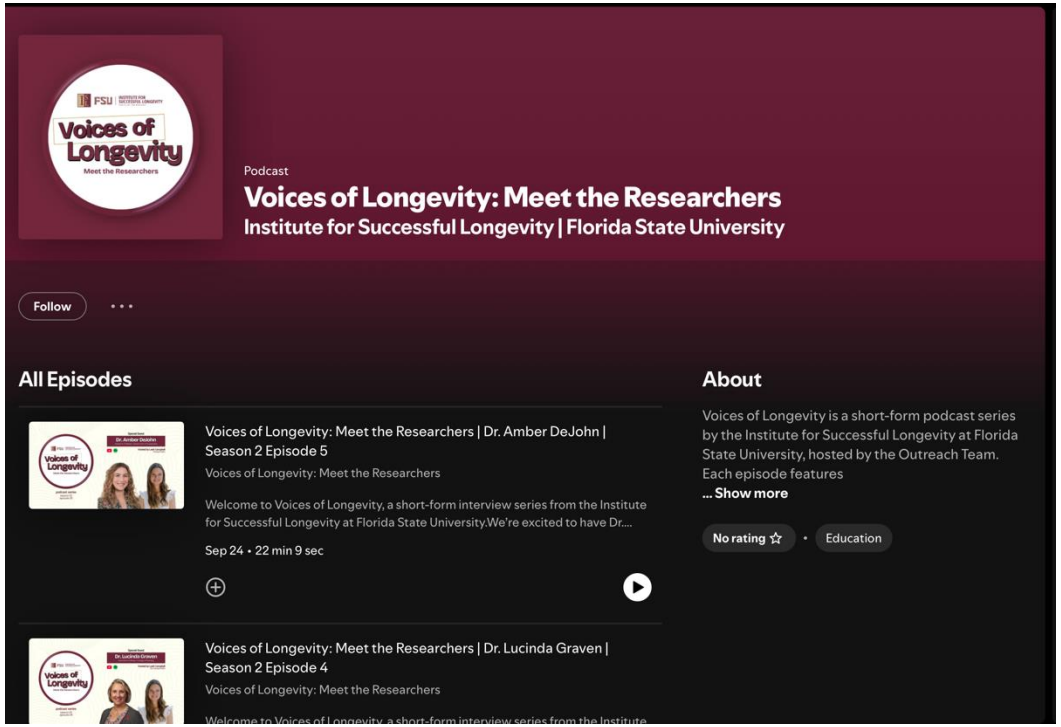
October Newsletter

"Voices of Longevity" Podcast Series

Recent episodes: Amber DeJohn, Lucinda Graven



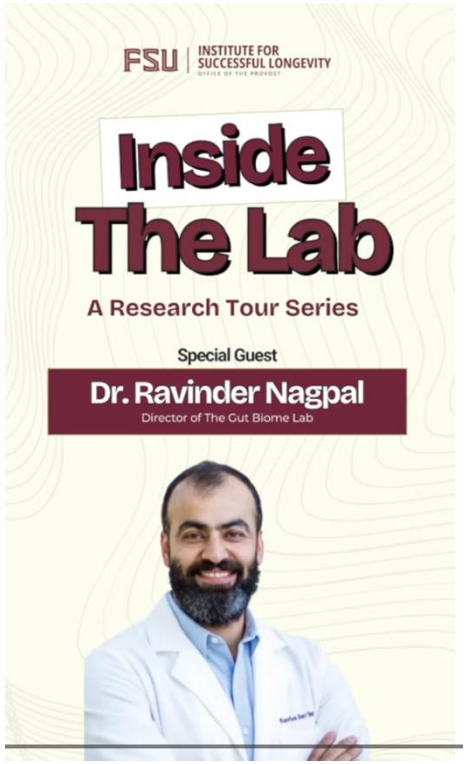
ISL YouTube Channel

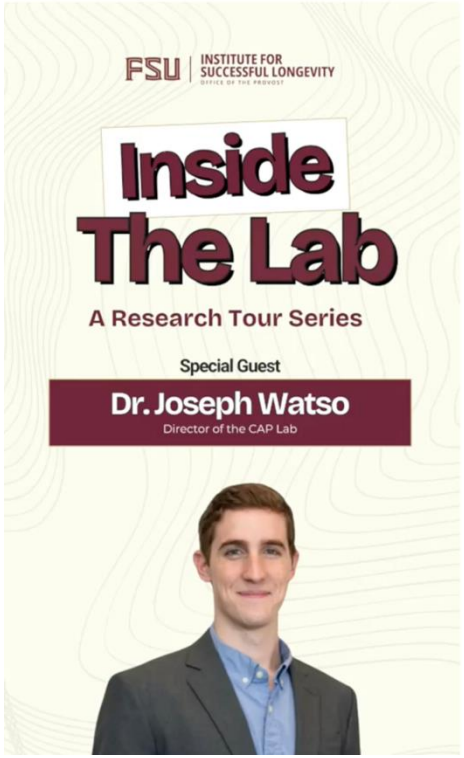


Spotify page for ISL podcast

ISL Lab Tours Series

Interested in being featured in our *Inside the Lab* series?
Scan the QR code to connect with our Outreach Team and schedule your Lab Tour!





ISL Community Activities

New Tallahassee Senior Center Opening







ISL Community Activities

2026 FSU Health Expo – Quincy, FL





ISL Brown Bag Series

FSU | INSTITUTE FOR SUCCESSFUL LONGEVITY
OFFICE OF THE PROVOST



ISL BROWN BAG SERIES

DR. YAN LI

Simon Ostrach Professor of Engineering
College of Engineering

How Brain Immune Cells Communicate to Protect Against Neurodegeneration

September 30th
12:00pm
126 Innovation Hub, Shores Building/Zoom

Register / Join on Zoom

FSU | INSTITUTE FOR SUCCESSFUL LONGEVITY
OFFICE OF THE PROVOST



ISL BROWN BAG SERIES

DR. R. MARK ISAAC

John and Hallie Quinn Eminent Scholar & Professor of Economics
College of Social Sciences and Public Policy

When Irrelevant Information Changes Our Minds: Lessons from the Monty Hall Problem

October 19th
12:00pm
Zoom

Register / Join on Zoom

FSU | INSTITUTE FOR SUCCESSFUL LONGEVITY



ISL BROWN BAG SERIES

DR. MOLLY HERMILLER

Assistant Professor
Department of Psychology
Director of the Hermiller Memory & Modulation Lab

Stimulating Age-Related Dedifferentiation in Memory Networks

November 3rd
12:00pm
112 Innovation Hub, Shores Building & Zoom

Register / Join on Zoom

AI + Aging Distinguished Lecture

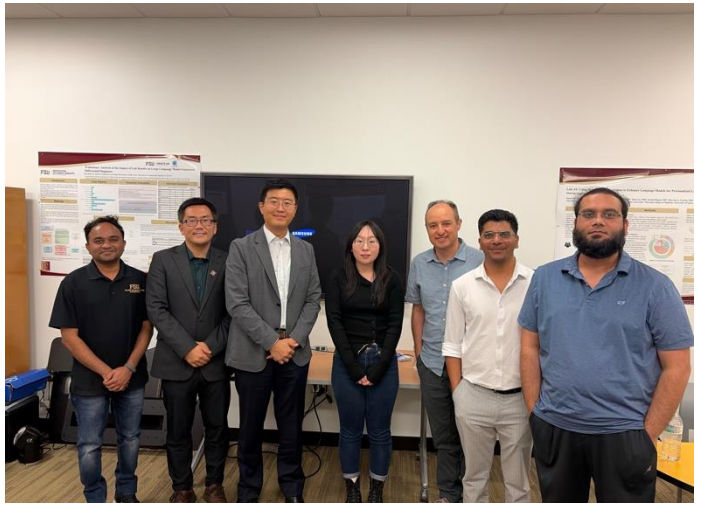
OCTOBER 27, 2026

Dr. Yanshan Wang

Associate Professor & Vice Chair of Research, Department of Biomedical Informatics, University of Pittsburgh

Director of AI, University of Pittsburgh CTSI









Working Group Updates

Plans for 2026–2027

Advanced Technology · Basic Science · Clinical Research

FSU | FLORIDA STATE UNIVERSITY

Three Working Groups, One Research Ecosystem

Advanced Technology

AI, digital health, human-computer interaction, smart & assistive technologies, and data science for aging

2026–2027 HEADLINES

- Groundwork for an NIA AITC P30
- Aging + Technology T32 concept
- AI + Aging Innovation Challenge

Basic Science

Biological, psychological, and social mechanisms of aging, from immunology and neuroscience to AI/ML

2026–2027 HEADLINES

- Promote aging & longevity funding
- Cross-group collaborations
- Resources for students & postdocs

Clinical Research

Clinical and translational aging research: shared needs, recruitment, training, and community partnership

2026–2027 HEADLINES

- Roll out RA Foundations course
- ISL registry
- Community-to-research pipeline

Advanced Technology Working Group

LONG-TERM GOAL

Position ISL as a nationally recognized hub for AI, technology, and successful longevity, ready to compete for NIA center and training awards.

FOUNDATION FROM THE PAST YEAR

- Growing AI and digital health research across ISL affiliates
- NIA AITC P30 identified as a near-term center-level opportunity
- Proposed model: informatics & AI + clinical/behavioral translation + community and recruitment infrastructure

PLANS FOR 2026–2027

1. **NIA AITC P30 foundation**
   Map ISL/FSU capabilities, themes, Core leaders, and pilot projects, with UF Pepper Center & Institute on Aging
2. **Aging + Technology T32 concept**
   Define the training vision, faculty network, courses, and gaps; gauge readiness to apply
3. **AI + Aging Innovation Challenge**
   Interdisciplinary student teams design human-centered AI solutions (next slide)
4. **Interdisciplinary collaboration**
   Share projects, datasets, and methods to generate pilot data, papers, and grants
5. **Trainee pipeline**
   Engage undergraduates, graduate students, and postdocs via UROP, mentorship, and the Challenge

ISL AI + Aging Innovation Challenge (Tentative)

Designing AI-powered solutions for healthier, more connected, and independent lives as we age

Aging Problems Marketplace
Faculty, older adults & partners pitch real problems

→

Teams form
Interdisciplinary teams with faculty & community mentors

→

2–4 week challenge
Prototypes, apps, agents, service models, or mock-ups

→

Pitch & demo day
One-day showcase judged by ISL faculty & partners

→

ISL Accelerator Award
Selected teams keep building: UROP, studies, startups

Guiding principle: Start with an aging problem, not with an AI tool.

CHALLENGE AREAS

- Technology Access & AI Readiness
- Healthcare & Caregiving
- Health & Independent Living
- Safety, Trust & Financial Well-Being
- Social Connection & Well-Being

JUDGING CRITERIA

- Importance of the aging problem
- Feasibility & potential impact
- Innovation & appropriate use of AI
- Responsible AI, privacy & ethics
- Human-centeredness & accessibility

Basic Science Working Group

Fostering collaboration on the biological, psychological, and social mechanisms of aging to promote healthy aging and longevity

Microbiology | Immunology | Neuroscience | Gerontology | Psychology | Computational biology | AI / ML

Past Year Highlights

- Shared funding opportunities from NIH, DoD, Alzheimer's Association, BrightFocus, AFAR, PCORI, and Zenith Fellows
- Discussed evolving NIH, NSF, and USDA priorities and strategies to navigate them
- Oriented new affiliates to ISL & CRC seed grants, CRC FYAP and EIEG awards, and Provost travel grants
- Shared updates on FSU Health, ICON-Health, MACHA, and CINFR
- Explored UK Biobank and NIH All of Us data resources

Plans for 2026–2027

- **Funding:** keep identifying and promoting aging and longevity opportunities
- **Cross-group work:** partner with the other two working groups on collaborations with tangible outcomes
- **Remove barriers:** surface affiliates' research challenges and resolve them with ISL leadership, Office of Research, FSU Health, and core facilities
- **Trainees:** build resources that bring graduate students and postdocs into ISL activities

Clinical Research Working Group

Strengthening clinical and translational aging research through coordination and partnership, not duplicate infrastructure

FLAGSHIP DELIVERABLE

Clinical Research Assistant Foundations Course

Built with the Office of Research and OHSP, with a digital badge for undergraduates. Ready for testing; university-wide rollout this semester.

ALSO THIS PAST YEAR

- Broadened focus to collaborative scholarship and grants
- Planned engagement with Alzheimer's Project and the DCCI Big Bend Task Force

PLANS FOR 2026–2027

Implement the RA course

Evaluate it and connect trained students with ISL investigators

Registry update

Bring investigator perspectives to recruitment and engagement

Shared needs & FSU resources

Match recurring challenges to existing offices and cores

Interdisciplinary collaboration

Share datasets, methods, works in progress, and funding

Community-to-research pipeline

Turn Community Advisory Board and partner priorities into projects

Aging-research training pathway

Build on the RA course toward longer-term training funding (e.g., T32)

How Affiliates Can Get Involved

Participation is flexible. Contribute what fits your time and expertise; you don't need to be an AI or technology expert.

Bring a challenge

Raise a research barrier, aging need, or technology question for discussion

Share resources

Offer expertise, datasets, technologies, methods, or infrastructure

Mentor trainees

Mentor students, an Innovation Challenge team, or RA course graduates

Pose problems & judge

Propose problems for aging; serve as judge or advisor

Shape big proposals

Join AITC P30 planning or the Aging + Technology T32 concept

Write & partner

Join a manuscript, pilot, or grant team; engage with community partners and the CAB

ISL Volunteer Registry Updates

Modern platform

Revamping the legacy PHP site with a modern stack (Next.js, etc.)

Refine access control

Investigators request specific data elements, with finer-grained access

Re-engage volunteers

Reconnecting with registry volunteers and growing participation

With the Clinical Research Working Group: investigator input on the registry's transition to the FSU Health portal, so it better supports aging-research recruitment and participant engagement.

ISL Priorities for 2026–2027

Improve ISL's Impact

- Organize engaging events for both researchers and the community
- Develop high-quality content for social media, podcasts, and the website

Support Aging Research

- Connect with other research-related units
- Engage students at different levels
- Expand the volunteer registry
- Create a clinical skill training site

Strengthen Community Partnerships

- Volunteer with community partners
- Bring community priorities into research through the Community Advisory Board

Mini Strategic Planning Session

Your input will help shape ISL's plans for 2026–2027

01

What do you see as ISL's greatest opportunity in the next year?

02

What programs or activities should we strengthen or sunset?

03

What new partnerships could advance our mission?

04

How can ISL be more impactful in the community?



Questions?