



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



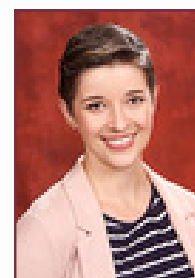
Dr. Zhe He

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.



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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!

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[Link to Our Website & Socials](#)

📍 Louis Shores Building, FSU



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RECENT PUBLICATIONS

Dr. Daniel Leme, Dr. Mia Liza A. Lustria, Dr. Zhe He, & Dr. Dawn Carr

Psychosocial Pathways Between Physical Activity and Mild Cognitive Impairment in Community-Dwelling Older Adults: Mediation and Moderation Analyses

Dr. Ravinder Nagpal

Dietary Pattern-Induced Gut Microbiota Differences Are Associated with White Matter Volume Changes in Middle-Aged Female Macaques

Dr. Antonio Terracciano, Dr. Martina Luchetti, & Dr. Angelina Sutin

Purpose in life and blood-based biomarkers of brain health

Dr. Yang Hou

Age-varying associations between parent-reported executive function and internalizing/externalizing problems in children with neurofibromatosis type 1: an integrative analysis of data from nine institutions

Dr. Ravinder Nagpal

Dysbiosis and the gut-brain axis impairment in the pathophysiology of Alzheimer's disease and related dementias: is 'pathobiome' an etiological element?

NEW FACULTY AFFILIATE



Dr. Alireza Salami
Department of Psychology

L3X LIFELONG LEARNING EXTRAVAGANZA TABLING RECAP

The Institute for Successful Longevity was pleased to participate in the L3X Lifelong Learning Extravaganza, connecting with community members and sharing ISL's work to promote healthy and successful aging.

Throughout the event, visitors stopped by the ISL table to learn more about the Institute's research, programs, and opportunities to get involved. The event provided a great opportunity to engage with lifelong learners, answer questions, and highlight the important work being done by ISL faculty and researchers across FSU.



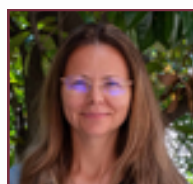
INTERNATIONAL PROBIOTICS CONFERENCE PRESENTATION DR. RAVINDER NAGPAL

ISL affiliate Dr. Ravinder Nagpal presented his talk, *Impact of Ultra-processed Foods on the Microbiome*, at the International Probiotics Conference, held June 22-24, 2026, in Kraków, Poland.

His presentation explored how ultra-processed foods influence the gut microbiome and highlighted emerging research on the role of diet in shaping gut health and overall well-being. The conference brought together leading researchers from around the world to discuss the latest advances in probiotics, the microbiome, and human health.



RECENT ISL AWARD WINNERS



Dr. Sladjana Lukic
Clinical Catalyst
Award



Dr. Miles Taylor
Clinical Catalyst
Award



Dr. Amy Sang
Best Paper Award



Dr. Amber DeJohn
K12 Multidisciplinary
Program Career
Development Award

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