



HIGHLIGHTS

Bi-Weekly
Friday
11/21/2025

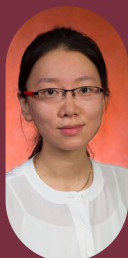
vol.15

Interested in being a guest for an ISL podcast episode?

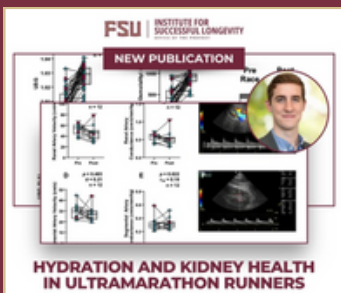
Email isl.fsu.edu if interested in being interviewed for a podcast episode. Community members and researchers welcome!

2x ISL Brown Bags Posted to YouTube

Missed our recent Brown Bags? No worries! Watch them on the [ISL's YouTube channel](#).



NEW PUBLICATIONS



ISL affiliate **Dr. Joe Watso** 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

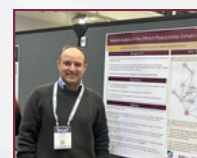
Victoria attended the AMIA Symposium as a student volunteer; supported presentations, networked, and learned more about health informatics



GSA SYMPOSIUM IN BOSTON, MA

Daniel Leme, PhD

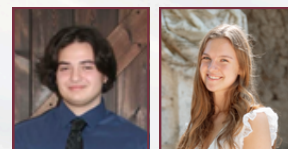
Daniel presented two abstracts on direct effect of physical activity on mild cognitive impairment, and indirect effect considering psychosocial variables.



NEW ISL STAFF

WELCOME OUTREACH INTERNS!

Mitchell Wagner and Leah Campbell.



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