



HIGHLIGHTS

Monthly
Tuesday
03/31/2026

vol.19

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 NIA U-Level Funding

The National Institute on Aging (NIA) intends to publish a Notice of Funding Opportunity (NOFO) to solicit applications for the following types of research projects:

- Research project cooperative agreements. The NOFO intends to utilize the U01 activity code

Estimated Post Date: April 20, 2026

Estimated Application Due Date: June 20, 2026

- Large-scale, complex research projects. The NOFO intends to utilize the U24 activity code.

Estimated Post Date: April 25, 2026

Estimated Application Due Date: June 26, 2026

- Large-scale, multidisciplinary research projects. The NOFO intends to utilize the U54 activity code.

Estimated Post Date: April 25, 2026

Estimated Application Due Date: June 26, 2026

The proposed research must fall within NIA's mission which places a major emphasis on research on **Alzheimer's disease and Alzheimer's disease-related dementias**.

More information can be found here:

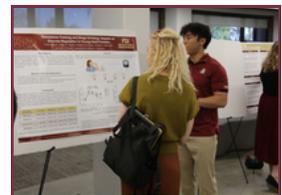


PANEL & EVENT RECAP POSTER DAY 2026

The Institute for Successful Longevity thanks Dr. Amy Sang, Dr. Julia Sheffler, and Dr. Joseph Watso for sharing their insights at our recent career panel. Dr. Sang discussed her work in cancer research, Dr. Sheffler emphasized connecting research with patient care, and Dr. Watso shared advice on building a meaningful career in science.



Congratulations to our award winners and finalists for their outstanding work, and thank you to all presenters who made this event such a success. The ISL is proud to see the impact of our community in action, showcasing the strength, collaboration, and innovation that continue to drive our mission forward.



ESTHER & DEL GROSSER SCHOLARSHIP JUSTICE N. ENE

ISL is proud to recognize Justice Ene, a PhD candidate in Biomedical Engineering at the FAMU-FSU College of Engineering, as the 2026 Esther & Del Grosser Scholarship recipient.



His research develops innovative EV-based therapies from human brain organoids to target aging processes linked to Alzheimer's, with the goal of preserving cognitive function and improving quality of life. In addition to his strong alignment with ISL's mission, Justice has demonstrated outstanding scholarly achievement, with an impressive record of peer-reviewed publications, national conference presentations, and a patent application.



Congratulations to Justice and his advisor Dr. Yan Li, as well as finalists Cole Patoine and Christin Domeier!



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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Voices of Longevity

Dr. Neil Charness

A new Voices of Longevity episode is now live!

This episode features Dr. Neil Charness, Founding Director of the Institute for Successful Longevity and Professor Emeritus of Psychology, sharing valuable insights on aging, health, and longevity.

Watch the full interview now on the [ISL's Youtube channel](#).



News Feature Dr. Joseph Watso

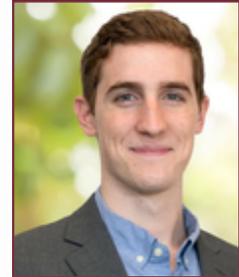
Dr. Joseph Watso, Assistant Professor in the Department of Health, Nutrition, and Food Sciences, was recently featured in a local news article discussing his research on cardiovascular health.

The article highlights his work examining how the body regulates blood pressure and how to identify risk factors that can lead to heart disease. Dr. Watso's research aims to better understand the physiological differences that influence the development of high blood pressure and other cardiovascular conditions.



NEW PUBLICATION DR. JOSEPH WATSO

ISL affiliate Dr. Joseph Watso has co-authored a new article that explores the potential of sweat-inducing activities, such as exercise or passive heat stress, to help excrete sodium through the skin. The research suggests that these activities could be a novel strategy to reduce cardiovascular strain by facilitating significant sodium loss through sweating.



ALZHEIMER'S RESEARCH GRANT AWARDEES

ISL affiliates Dr. Ravinder Nagpal, Dr. Julia Sheffler, Dr. Gloria Salazar, and Dr. Aaron Wilber have been awarded a \$60,000 research grant from the FSU Council for Research & Creativity (CRC).

Their project will support a preclinical study examining how sepsis-induced disruptions in the gut microbiome may contribute to the development and progression of Alzheimer's disease.



NEW PUBLICATION DR. RAVINDER NAGPAL & DR. JULIA SHEFFLER

A new study co-authored by ISL affiliates Dr. Ravinder Nagpal and Dr. Julia Sheffler examines how the gut microbiome associated with obesity may influence metabolic and cognitive outcomes in older adults. The researchers explored how differences in gut bacteria shape the body's response to diet, particularly diets that can affect metabolism and brain function.

Their findings suggest that an obesity-associated microbiome may contribute to less favorable metabolic responses and changes in cognitive performance through interactions along the gut-brain axis.



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