



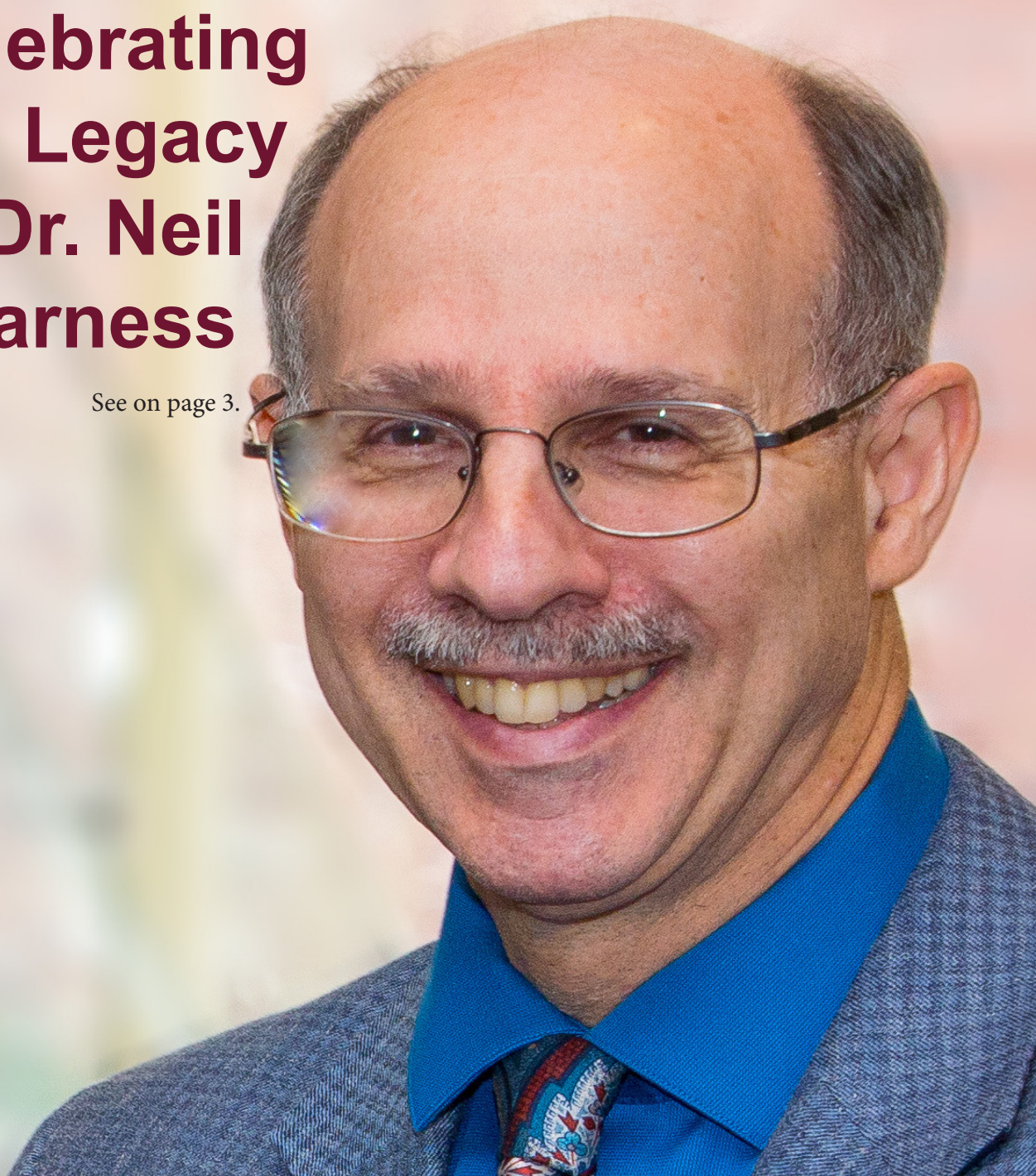
# ***NEWSLETTER***

## **INSTITUTE FOR SUCCESSFUL LONGEVITY**

FLORIDA STATE UNIVERSITY

## **Celebrating the Legacy of Dr. Neil Charness**

See on page 3.



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# Welcome Message from Interim Director of the Institute for Successful Longevity



Dear Colleagues, Researchers, and Friends,

It is with great enthusiasm that I step into the role of Interim Director of the Institute for Successful Longevity (ISL) at Florida State University. I am honored to lead this esteemed institute as we continue our mission to advance research and understanding in the field of aging, aiming to improve the quality of life for older adults.

At the Institute for Successful Longevity, we are committed to fostering a multidisciplinary approach to aging research. Our work spans various domains, including health, cognition, mobility, financial security, and more, reflecting the complexity and richness of the aging process. By drawing on the expertise of researchers from across Florida State University and beyond, we aim to uncover new insights and develop practical interventions that support successful aging.

The next few years promise to be an exciting period of growth and innovation for the ISL. We are launching several new initiatives to expand our research capabilities and impact.

Among these are the establishment of three new working groups: the Advanced Technology Working Group, the Clinical Research Working Group, and the Basic Science Working Group. These groups will identify research opportunities, address existing gaps and needs, and organize activities to propel our work forward. By leveraging cutting-edge technologies such as artificial intelligence, machine learning, and data science, alongside clinical research, we aim to make significant strides in our understanding and support of aging populations.

Our success is built on the dedication and collaboration of our outstanding faculty, researchers, and partners. I am continually inspired by the innovative work being done here at ISL and am excited about the possibilities that lie ahead. Together, we will continue to push the boundaries of aging research and work towards creating a world where longevity is not just about living longer, but living well.

Thank you for your continued support and engagement with the Institute for Successful Longevity. I look forward to working with all of you as we embark on this journey together.

Warm regards,

Zhe He, PhD, Interim Director, Institute for Successful Longevity  
Associate Professor, School of Information Florida State University ■

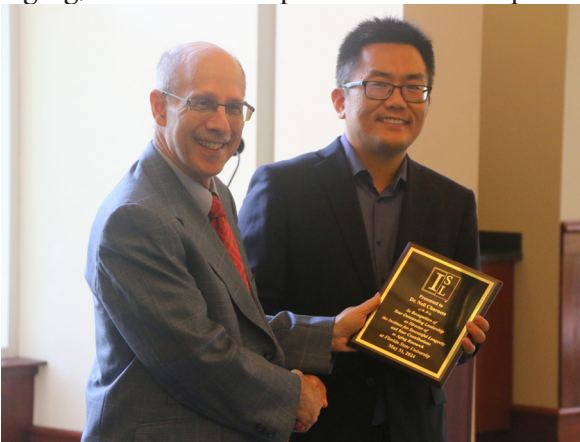
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# Celebrating the Legacy of Dr. Neil Charness: Founding Director of the FSU Institute for Successful Longevity

It is with deep appreciation and admiration that we celebrate the retirement of Dr. Neil Charness, the Founding Director of the FSU Institute for Successful Longevity. Dr. Charness has been an integral part of our community, dedicating his career to advancing interdisciplinary aging research and improving the lives of older adults through innovative approaches.

Dr. Neil Charness is the William G. Chase Professor of Psychology, FSU Distinguished Research Professor, and Director of the Institute for Successful Longevity. He received his bachelor's degree from McGill University in 1969 and his MSc and PhD in Psychology from Carnegie Mellon University in 1971 and 1974, respectively. He began his academic career as an Assistant Professor at Wilfrid Laurier University (1974-77), then served as Assistant, Associate, and Full Professor at the University of Waterloo (1977-94), before joining Florida State University in 1994. Dr. Charness is a member of the editorial boards for the Journal of Gerontology: Psychological Sciences, Psychology and Aging, and Gerontechnology. He is a past editor of the Psychology section of the Canadian Journal on Aging/Revue Canadienne du Vieillissement. He has also served on the editorial boards of Aging, Neuropsychology and Cognition; Psychological Bulletin; and Journal of Experimental Psychology: Applied. He is a Fellow of the Canadian Psychological Association, the Gerontological Society of America, the American Psychological Association, and the Association for Psychological Science. He was made a Grandmaster of the International Society for Gerontechnology. Additionally, he has been a visiting scholar at the VA Outpatient Clinic in Boston, the University of Victoria, Canada, and the Max Planck Institute for Human Development and Education in Berlin.

His research centers on understanding the aging process and its implications for technology use particularly for health, work performance, and expert performance. He also conducts human factors research on older driver and pedestrian safety. These research projects are funded by the National Institutes of Health/National Institute on Aging, and the US Department of Transportation, and the Florida Department of Transportation.



Interim Director Dr. He presents Dr. Neil Charness with a plaque.

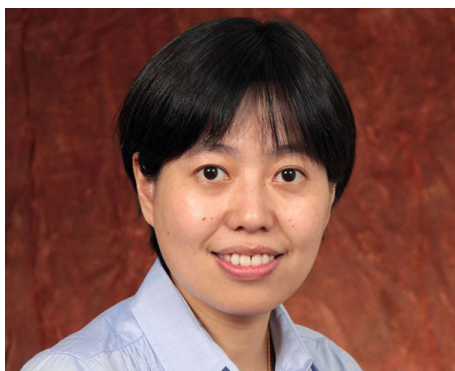


As the Founding Director of the Institute for Successful Longevity, his passion for research and commitment to fostering interdisciplinary collaborations have made a profound impact on our community. Many ISL affiliates have benefited from various programs of ISL for their research and professional development. His efforts in community outreach, particularly during the global pandemic, have helped older adults stay connected and engaged.

Please join in celebrating the remarkable career of Dr. Neil Charness and his invaluable contributions to the FSU Institute for Successful Longevity! ■

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## 2024 ISL Planning Grant Winners



**Fengfeng Ke, PhD**  
**Department of Educational**  
**Psychology and Learning Systems**



**Joseph C. Watso, PhD**  
**Department of Health, Nutrition,**  
**and Food Sciences**



**Qing-Xiang Sang, PhD**  
**Department of Chemistry and**  
**Biochemistry**

The Institute for Successful Longevity has awarded 2024 ISL Planning Grants to ISL's Affiliate faculty members, Dr. Fengfeng Ke and Dr. Joseph Watso of the College of Education, Health, and Human Sciences, and Dr. Qing-Xiang Sang of the College of Arts and Sciences.

Dr. Ke will be working alongside Co-PI Dr. Xin Yuan of the Department of Computer Science. Dr. Watso will work with Co-PI Dr. Kyle Smith of the College of Education, Health, and Human Sciences. Dr. Sang will work with Co-PI Dr. Yi Zhou of the College of Medicine.

The ISL Planning Grants provides \$25,000 in funding for research in a new direction or continuing support of existing research with the goal of improving the opportunity for successful longevity.

In Dr. Fengfeng Ke's project titled "Develop and Study AI-powered Culturally Diverse Virtual Standardized Patient for Training Healthcare Professional Students", the study team will develop and study AI-powered Culturally Diverse Virtual Standardized Patients for training healthcare professional students and address significant challenges in the current healthcare education landscape. By integrating advanced AI and virtual reality (VR) technologies, the project promises to enhance training effectiveness, access, and cultural diversity sensitivity and address both the limitations of current physical standardized patient models and the need for scalable, diverse training tools.

In Dr. Joseph Watson's project titled "Does Aging Augment Acute Kidney Injury and Inflammatory Biomarker Responses to Dehydration and Ambient Heat Stress?", the research team will investigate how aging influences inflammation and AKI biomarkers after dehydration from water restriction by comparing young and older female adults and determine if AKI biomarkers are elevated during the summer in older female adults living in Tallahassee and surrounding areas in Florida.

In Dr. Qing-Xiang Sang's project titled "Effects of Microplastics on Human Neural Stem Cell Aging", researchers will evaluate the effects of microplastics on human neural stem cell morphology and growth, investigate the impact of microplastic-induced oxidative stress on mitochondrial health, and examine aging-related cellular hallmarks and intercellular messenger production.

Congratulations to all the winners of 2024 ISL Planning Grants and thank you to ISL's grant reviewers for their thoughtful evaluations. ■

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## New Staff at Institute for Successful Longevity



Nehja Guillaume is the Administrative Assistant for the Institute for Successful Longevity. She earned her Bachelor of Science from Stetson University. During her undergraduate years, she was actively involved in her university's Peer Tutoring Program,

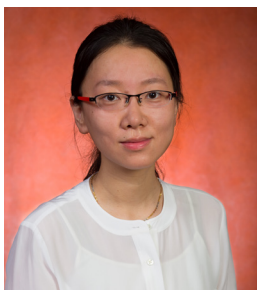
Multicultural Student Council, Student Ambassadors, WISE Mentoring Program, and literary magazine, Touchstone. ■



Dhruv Kale is the Application Developer for the Institute for Successful Longevity. He earned his Master of Science degree in Computer Science from Florida State University. Dhruv has industry experience as a full-stack software engineer, specializing in technologies such as Java, Python, React, Angular, Node.js, Spring Boot, and Fast API. He is skilled in testing using

Selenium and Postman and has experience deploying complex web applications on Azure cloud service. ■

## New Faculty Affiliates, Qian “Jackie” Zhang, Amber DeJohn, and Yunjung Kim



Dr. Qian “Jackie” Zhang is interested in applying, developing, and evaluating quantitative methods for social science studies, with specific research focuses on causal inferences, longitudinal data analyses, mediation analysis, synthesizing effects using multilevel models, machine learning algorithms for feature selection and statistical modeling, and psychometrically validating psychological measures. She is also interested in handling complex data conditions with missing data, measurement errors, and confounding variables in statistical modeling and analyses. ■



Yunjung Kim is a professor in the School of Communication Science and Disorders and directs the FSU Motor Speech Laboratory. Her primary research interests lie in the transformation from a talker's articulatory behavior to listeners' reaction. Specifically, her work has focused on identifying acoustic and articulatory characteristics of speech produced by people with neurologic conditions that negatively impact their speech intelligibility. For this, she uses a wide methodological toolkit including acoustic analysis software, electromagnetic articulography (EMA), and ultrasound imaging. Recent work in the lab has focused on developing speech rehabilitation models for linguistically and culturally minor groups (e.g., foreign born immigrants) in international, multidisciplinary collaboration with experts in rehabilitation psychology, business, computer engineering, and clinical care. ■



Dr. Amber DeJohn is a health geographer studying the interaction between built environments, technology, and their impact on loneliness and health, particularly among older adults. Using both quantitative and qualitative methodologies, including Fitbit data, surveys, interviews, and time-use data, Dr. DeJohn's research focuses on how urban environments affect social interactions and healthy aging. Recent work has examined the effects of the COVID-19 pandemic on migrant older adults in the Greater Toronto Area, contributing to the understanding of mobility and technology's roles in socializing within urban spaces. Since joining FSU, Dr. DeJohn has focused on Florida's unique context, collecting data on older adults' mobility and social isolation, with plans for future studies on extreme heat coping behaviors and

the ethics of care in nursing homes. Additionally, Dr. DeJohn founded the Geographies of Aging and the Life Course (GOAL) working group to advance geographic methods in aging research, organizing sessions and networking opportunities to support grantsmanship and research development. ■

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# New Members of the Community Advisory Board, John Trombetta and Bill Wertman

John Trombetta became the Executive Director of Alzheimer's Project, Inc in 2020. Prior to this position, John was President and CEO of the Florida State Alliance of YMCA's where he oversaw programs around Youth Development and Chronic Disease Prevention. John has also held Development positions with the University of Georgia and Florida State University. Working with the Institute for Successful Longevity is a key partnership for Alzheimer's Project. This mutually beneficial partnership provides a group of caregivers that can provide data for the institute. Those same caregivers can benefit from the research that the thought leaders and experts from the institute are publishing. ■



Bill Wertman began his journey with Big Bend Hospice in 2014 as the HR director and has since progressed to his current position as CEO of Seven Oaks Health and Big Bend Hospice. He holds a BSW and MSW from Florida State University and has taught graduate courses at FSU's College of Social Work and Thomas University. Wertman serves on the boards of Tallahassee Memorial HealthCare, ENHANCE, the FSU Institute for Successful Longevity's Community Advisory Committee, and the Big Bend Health Council. His community involvement also includes membership at Temple Israel Synagogue in Tallahassee. Previously, he served as executive director of the Alzheimer's Project Inc. in Tallahassee. ■

## You can volunteer to help with ISL's research

FSU's Institute for Successful Longevity needs research volunteers to help us achieve our mission of improving health and well-being for Florida's aging population.

You can be paid to advance the science of successful longevity, helping your friends and family achieve longer, more productive, and enjoyable lives. You will be able to choose what studies you participate in.

To volunteer, visit <https://www.isl.fsu.edu/volunteer>, or call 850-644-8571 or send an email message to [isl@fsu.edu](mailto:isl@fsu.edu).

The Institute for Successful Longevity conducts research into how to live longer, stay active and be fully engaged in life. The institute takes a multidisciplinary approach to better explore the complexities of life as an older individual. Visit our web site at <https://isl.fsu.edu/>. ■

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## Good News From ISL Affiliates



**Dr. Mark Isaac** was awarded the Economic Science Association's Inaugural Distinguished Service Award. This award is intended to recognize an individual who has played an outsized role in ESA administration over their career. ■

**Dr. Hongyuan Cao** was elected as a Fellow of American Statistical Association. ASA bestowed this prestigious distinction of Fellow on 47 members for their professional contributions, leadership, and commitment to the field of statistical science. ■



**Hope Mimbs**, Doctoral Candidate in Sociology at FSU, was awarded the 2024 OLLI at FSU Scholarship to support her dissertation research on older adults' friendship networks. Hope also was invited to present her research, conducted with Dr. Anne Barrett, at the (Re)conceptualizing Ageing and Social Networks conference held at the National University of Singapore in May 2024. ■

**Dr. Lucinda Graven** has been selected to receive the 2024 American Heart Association (AHA) Cardiovascular and Stroke Nursing Council Clinical Article of the Year Award for the article, "Self-Care Problems and Management Strategies Experienced by Rural Patient/Caregiver Dyads Living with Heart Failure" published in the May/June issue of the Journal of Cardiovascular Nursing. The Clinical Article of the Year Award recognizes the importance of the written word in promoting the goals of the AHA and cardiovascular and stroke nursing; encourages the dissemination of cardiovascular nursing science; and applauds the author(s) for clearly communicating the nursing perspective in the context of cardiovascular research, practice, and theory. Dr. Graven will receive the award at the 2024 AHA Scientific Sessions to be held in November in Chicago. ■



ISL affiliate **Dr. Gloria Salazar**, from the Department of Health, Nutrition, and Food Sciences, awarded a \$600,000 grant from the Florida Department of Health for the project "Modulation of the gut-vascular axis by E-cigarette and menthol." ISL affiliates **Dr. Ravi Nagpal** and **Dr. Pradeep Bhide** are co-investigators on this project. ■

**Dr. Ravi Nagpal** delivered an invited research talk hosted by the Feldman Lab at the University of Michigan School of Medicine. The talk focussed on Ravi's recent work published in the prestigious journal 'Gut Microbes' on the effects of specific dietary interventions on gut-brain axis mechanisms relevant to Alzheimer's disease neuropathology. ■



ISL affiliate **Dr. Ravi Nagpal**, from the Dept. of Health, Nutrition, & Food Sciences, delivered an invited research talk on "Microbiome, Sepsis, and Alzheimer's Neuropathogenesis" at the 47th Annual meeting of The US Shock Society organized on June 1-4, 2024 at the Palm Beach Gardens Resort, FL. ■



**Dr. Amy L. Ai** was awarded the Integrative Health and Spirituality Special Group Distinguished Scientist Award by the Society for Behavioral Medicine. Each year, the IHS SIG Distinguished Scientist Award recognizes one experienced investigator performing high-quality research on spirituality and complementary and integrative medicine. ■

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## ISL Affiliate Elizabeth Madden Receives Tavistock Trust for Aphasia Distinguished Scholar Award

There are an estimated 2.5 million Americans living with aphasia, a language disorder primarily due to stroke. Madden's research involves development and testing of treatments aimed at improving a person's communication abilities after stroke. "I examine how treatments that re-train phonology (sounds) can help improve talking, reading, and writing after stroke," said Madden. Her work also focuses beyond communication challenges caused by stroke. She addresses how stroke and aphasia alter social connection and friendships for stroke survivors and their care partners. "Through surveys and interviews, we hear directly from stroke survivors and their family members. This allows us to better understand their daily life experiences and how these experiences change throughout stroke recovery so we can identify areas of needs to target in the development of new treatments and resources."



Elizabeth B. Madden, PhD, CCC-SLP, an assistant professor in the School of Communication Science and Disorders, was one of four scholars to receive the Tavistock Trust for Aphasia 2024 Distinguished Scholar Award (<https://aphasiatavistocktrust.org/distinguished-scholar/2024-recipients>).

"Receiving the Tavistock Trust For Aphasia Distinguished Scholar Award opens doors to new opportunities for me, my students, and those who participate in my research. It means so much to be recognized in the greater aphasia community and have the chance to promote my work and connect with others who share the same goals of improving communication and life participation for stroke survivors with aphasia and their families. This award inspires me to remain committed to this line of research," said Madden. ■

## ISL Affiliate Anne Barrett Receives Awards from American Sociological Association and Gerontological Society of America



Anne Barrett, Mildred and Claude Pepper Eminent Scholar and Professor of Sociology at Florida State University, recently received recognition for her theoretical work on age inequality. At the American Sociological Association's conference in Montreal, Canada in August 2024, she received the Outstanding Publication Award from the Section on Aging and the Life Course. In November of this year, she'll receive a second award – the Richard Kalish Innovative Publication Award – at the Gerontological Society of America's conference in Seattle, Washington. The awards recognize Dr. Barrett's paper – "Centering Age Inequality: Developing a Sociology-of-Age Framework" – that was published in 2022 in the Annual

Review of Sociology, one of the premier journals in the discipline. The article reflects the culmination of insights Dr. Barrett has gained over more than two decades conducting research in the fields of gerontology and sociology. It critiques the fields' most prevalent approaches to the study of aging and the life course, which elide the aspect most relevant to sociology, namely the operation of age as a system of inequality. The article proposes a new framework for thinking about age, one that highlights its parallels with other inequalities, like race, gender, class, and sexual identity, that have received more attention from sociologists. The framework considers age as having multiple axes on which inequality turns – it operates as an institution, a performance, and an identity. This orientation positions the sociology of age as integral to the discipline, given its commitment to understanding how inequalities infuse social life. ■

# ISL Hosts a Booth at the 15th annual Lifelong Learning Extravaganza (L3X)



Fall in Tallahassee ushers in a season of learning, including for active adults. As part of the Tallahassee Senior Center's 15th annual Lifelong Learning Extravaganza (L3X), the Institute for Successful Longevity (ISL) at Florida State University proudly presented a booth at the preview event to engage with the community and share the latest advancements in aging research.

The event, which runs from September 9-27, offers a rich array of classes, workshops, and recreational activities for individuals aged 18 and older. The ISL booth, a highlight at the preview parties on August 12 and 13, provided attendees with insights

into the pioneering research conducted at FSU on aging, including cutting-edge studies aimed at improving the quality of life for older adults.

One of the key features of the ISL's presentation at the event was the introduction of the ISL Research Volunteer Registry. This initiative invites community members to actively participate in aging research studies, contributing to the advancement of knowledge in areas such as cognitive health, mobility, and independent living. The registry offers a unique opportunity for older adults to engage directly with researchers and play a crucial role in shaping the future of aging-related healthcare.

"We are excited to connect with the Tallahassee community through the L3X event and to share the impactful work being done at ISL," said Zhe He, Interim Director of the Institute for Successful Longevity. "Our research is driven by a commitment to enhancing the lives of older adults, and the Research Volunteer Registry is a wonderful way for people to get involved and make a difference."

Attendees at the preview event were enthusiastic about the opportunities to learn more about ISL's research and how they could contribute to ongoing studies. The event also served as a platform for fostering dialogue between researchers and the public, reinforcing the ISL's mission to promote successful aging through community engagement and collaborative research.



The Lifelong Learning Extravaganza continues throughout September, offering a wealth of educational experiences for all who participate. ISL's involvement underscores the importance of lifelong learning and the value of community participation in research that can lead to healthier, more fulfilling lives for older adults. ■

# ISL organizes a Special Issue on “Smart Medicine for Older Adults” in Healthcare



*healthcare*

an Open Access Journal by MDPI



## Smart Medicine for Older Adults

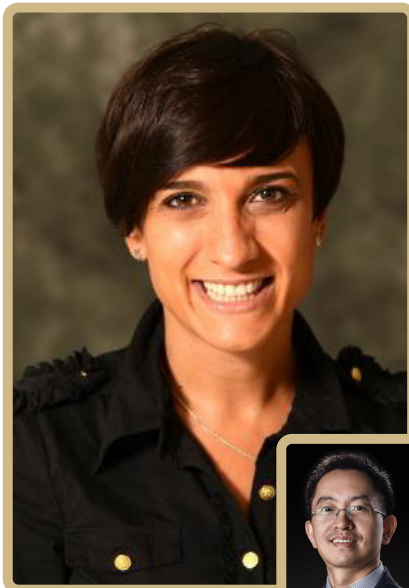
**Guest Editor**  
Dr. Zhe He

**Deadline**  
30 April 2025

# Special Issue

[mdpi.com/si/210604](https://mdpi.com/si/210604)

Invitation to submit



## INSTITUTE FOR SUCCESSFUL LONGEVITY BROWN BAG LECTURE SERIES

**Introduction from Dr. Hongyu Miao**

**“Non-pharmacological interventions for pain in older adults at the FSU Brain Science and Symptom Management Center”**

**–ISL Faculty Affiliate Geraldine Martorella, Ph.D.  
September 18, 2024 @ 12 PM  
Innovation Hub and Zoom  
RSVP: [fla.st/PAQ8UITF](https://fla.st/PAQ8UITF)**



INSTITUTE FOR SUCCESSFUL LONGEVITY

[isl.fsu.edu](https://isl.fsu.edu)

FLORIDA STATE UNIVERSITY



FSU Health, Tallahassee Senior Center, UPSLIDE & L3X present



# FSU HEALTH EXPO

## Bridging Health, Technology & Research



**WED, SEPT 11, 2024**  
**2:00 - 6:00 PM**

- Learn about innovative health-related research
- Play a role in advancing science
- Improve your mental & physical health
- Discover life-changing technologies!
- Health Screenings, Presentations & Exhibitors
- Happy Hour Reception & Door Prizes!

Please register:

**BIT.LY/FSUHEALTHEXPO**



**Tallahassee Senior Center**  
**1400 N. Monroe St.**  
**850.891.4000**

**Walk-ins welcome!**  
**\$3 requested donation**

A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free 800-427-7222 within the state or www.FDMCSC.org. Registration does not imply endorsement, approval, or recommendation by the state. Registration #CH8035

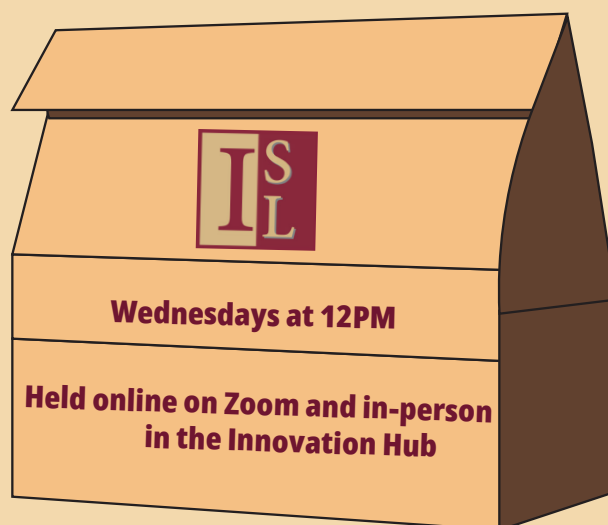
**[www.TallahasseeSeniorFoundation.org](http://www.TallahasseeSeniorFoundation.org)**





**Institute for Successful Longevity Presents**

# **Brown Bag Lecture Series**



**Dr. Hongyu Miao and Dr. Geraldine Martorella - Sept. 18, 2024**

**Dr. Qing-Xiang Sang - Oct. 30, 2024**

**Dr. Patricia Born - Nov. 6, 2024**

**Dr. Qian "Jackie" Zhang - Jan. 15, 2025**

