FSU | INSTITUTE FOR SUCCESSFUL LONGEVITY
OFFICE OF THE PROVOST

ISL HIGHLIGHTS

Bi-Weekly
Friday
08/01/2025

vol.7

Want to be involved with the ISL?

Whether you are a community member or faculty affiliate, check out our website for more information on how to be involved with the ISL.

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!

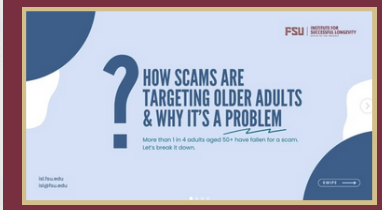
COMING OUT MONDAY: New Podcast Episode no.6

Keep an eye out for the ISL's sixth podcast episode featuring Dr. Julia Sheffler! ISL podcast episodes are posted bi-weekly on Monday. Interested in being interviewed? Email the ISL!

Become an ISL volunteer!

Click the image below to see how you can be involved with the ISL.

Call for Submissions: Share Your Research in the ISL Digest!



We're launching ISL Digest, a new social media series that highlights affiliate research in a clear, engaging format for the public. Posts will be carousel-style to showcase the impact and accessibility of your work.

Interested in being featured? Send us your research to **isl@fsu.edu**!

ISL AFFILIATE DR. LUCINDA GRAVEN AWARDED

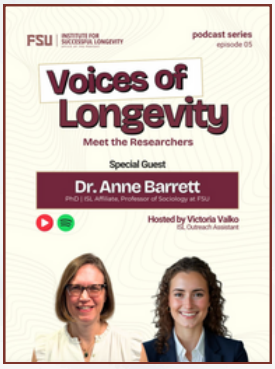
FROM THE HEART FAILURE SOCIETY OF AMERICA

We're thrilled to recognize ISL affiliate **Dr. Lucinda Graven** for receiving the **2025 Nursing Research Leadership Award** from the **Heart Failure Society of America**!

Dr. Graven's work is transforming how patients and families navigate life with heart failure-improving quality of life, promoting self-care, and supporting long-term wellness.

OUT NOW: PODCAST EPISODE NO.5

VOICES OF LONGEVITY: MEET THE RESEARCHERS



Special Guest: Dr. Anne Barrett

In this episode, we welcome Dr. Anne Barrett, Professor of Sociology and the Mildred and Claude Pepper Eminent Scholar in Social Gerontology. She shares her academic journey and research on aging.

Listen to this episode on ISL's Spotify or YouTube.

ISL SPOTLIGHT: DR. JOSEPH WATSO

GOOD NEWS & NEW PUBLICATIONS

In **AJP-Heart and Circulatory Physiology**, co-authored highlight research by Ridderbos et al. supporting the need to consider pulmonary vascular disease when personalizing care for patients with Fontan circulation. Read here.

In **Journal of Applied Physiology**, he contributed to a study showing that older adults rely more on enhanced systolic function to cope with extreme heat but still experience notable drops in blood pressure. Read here.

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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!

isl@fsu.edu (850)-644-8571

Link to Our Website & Socials

Louis Shores Building, FSU