

# SCIENTECH CLUB NEWSLETTER

— SCIENTECH —

The 100<sup>th</sup> year as a forum for the exchange of information in scientific and technical fields  
A club for people who never stop learning

Meeting at 12 noon on Mondays, Northside K of C, 2100 E. 71<sup>st</sup> St., Indianapolis, IN  
In an emergency call 317-253-3471

Admission & lunch \$12 @ 11:15 am, admission & coffee \$2  
Reservations not needed

**2018**

**Vol. 99**

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**November 12**

<http://www.scientechclub.org>

<b>Jeff Rasley, President</b>	<b>John Prentice, VP</b>
<b>Bob Yee, Secretary</b>	<b>Jim Dillon, Treasurer</b>

## **November**

- 19 **Program:** The Cat Lover—*Toxoplasma gondii*  
**Speaker:** Bill Sullivan, PhD, Showalter Professor of Pharmacology, Toxicology, Microbiology & Immunology, IU School of Medicine
- 26 **Program:** Fly Me to the Moon  
**Speaker:** Greg McCauley, Director & CEO, Link Observatory Space Science Institute

## **December**

- 3 **Program:** The Incredible Story Behind Mary Shelley's Frankenstein  
**Speaker:** Richard Gunderman, MD, PhD, Chancellor's Professor, IU School of Medicine
- 4 **Board of Directors**, 6:30 pm, Northside K of C
- 10 **Program:** Obesity  
**Speaker:** David Allison, PhD, Dean of School of Public Health, Indiana University
- 17 **Annual Meeting, Election of Officers & Board of Directors**  
**Program:** Targeting PRL2 in T cell Acute Lymphoblastic Leukemia  
**Speaker:** Yan Liu, PhD, Associate Professor, Pediatrics, IU School of Medicine
- 24 **Holiday – no meeting**
- 31 **Holiday – no meeting**

More at: <http://www.scientechclub.org/programs/calendarpagecss.asp>

### **Today's Presentation**

**Program:** Ageing with Grace

**Speaker:** Laura A. Karcher, MA, Clinical Professor and Speech-Language Clinic Director, IU Speech and Hearing Sciences

**Introduced by:** Malcolm Mallette

**Guests:** Donna Holl, Diane Rogers, Jackie Abbett, Petra Ritchie, Sue Hale

**Attendance:** 127

**Scribe:** Don Mink

**Editor:** Bonnie Carter

The presentation and handout considered: 1. What is normal aging? 2. What happens when normal aging is interrupted? 3. How do you age with grace?

Key concepts in healthy aging are: 1. General Intelligence (Crystallized – General “Knowledge”, and Fluid – Solve “Novel” Problems), and, 2. Cognitive Reserve (Active – “Changeable” and Passive – “Genetics”). Aging brings sensory changes which affect cognition including processing speed, attention (foundation for cognition), memory, executive function, and, communication.

Everyone experiences slight cognitive changes during aging. Interruptions in normal aging include: medical illness (stroke, brain injury and dementia), psychological factors and sensory changes (e.g. hearing and vision). Cognition and communication are often affected by a stroke, although, 80% of strokes are preventable. Brain injury can cause an alteration in brain function. Dementia is not inevitable and some causes are reversible.

The Key Concepts (General Intelligence, Cognitive Reserve) can be influenced to enable graceful aging by actively managing health conditions to modify risk factors through proper nutrition, physical activity, staying connected with others and keeping an active mind through meaningful activity and formal cognitive training.

A review of commercial brain training was provided with the “strongest” (Level 1) being Posit Science/Brain HQ and the “weakest” (Level 3) being Dakim and Lumosity. Specialized brain training exercises appear to offer more benefit than simple mental activities, and tasks that are adaptive, novel and personally engaging are best.

Communication is more than talking and can be maximized through hearing and vision. Memory strategies (e.g. “think of the word”) were provided including: managing time (don’t do too many things at once), be well organized (keep a routine), use external memory aids (mobile phones, notepads) and use of association memory techniques (visualization). Attention strategies include: paraphrase in your own words the information heard, write notes and summary statements from reading material, relate new information to personal experiences and silently tell yourself “pay attention”.

Normal aging is...NORMAL! Interruptions in normal aging can be managed. Graceful aging is possible.

See attached brochure in email.



Laura Karcher

### **2019 Dues Notice**

Thank you for your membership in Sciencetech Club. I hope you enjoyed the programs and tours this year. Celebrating our 100th Anniversary in 2018 made it a special year in Sciencetech Club history and for all our members. I hope you are looking forward to continued membership in the Club and we will see you regularly at our Monday meetings in 2019. Be sure to pay attention to the weekly newsletter and the website for programs, tours, and matters of interest during the coming year.

Please consider participating on one of our committees. Contact me ([jeffrasley@gmail.com](mailto:jeffrasley@gmail.com)) or 2019 President John Prentice ([johnwprentice@gmail.com](mailto:johnwprentice@gmail.com)), if you need information about Club committees.

The Sciencetech Club is totally dependent on members paying annual dues in order to continue. So, please fill out the form on page four and deliver your check to Doug Gettelfinger at a meeting or mail per instructions below.

I have enjoyed serving as President this Centennial Year and wish all of you Happy Holidays and a wonderful 2019.

Jeff Rasley, 2018 President

**2019 Sciencetech Club Annual Membership Dues  
Payment must be received by January 15, 2019**

\$50 \_\_\_ Single Resident

\$80 \_\_\_ Family Resident

\$25 \_\_\_ Single Non-Resident

\$40 \_\_\_ Family Non-Resident

Resident = Marion & contiguous counties

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City/ST/Zip \_\_\_\_\_

Phone (H) \_\_\_\_\_

(C) \_\_\_\_\_

Email \_\_\_\_\_

If you would like to make any changes to contact information for the Sciencetech Club Roster, please include

here: \_\_\_\_\_

\_\_\_\_\_

**Print this form, keep a copy and mail with your check payable to Sciencetech Club to**

**Doug Gettelfinger**

**505 Lexington Blvd., Carmel, IN 46032**

**OR .....you may bring a copy and your check to a Monday meeting for Doug**