



# THE COGNITIVE AGING AND MEMORY LAB



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Hello all! We hope that you and your loved ones are staying warm and enjoying the winter season.

The CAM Lab is excited to share some news from the past few months, including introducing some new lab members, noting new publications, and highlighting events we have attended. We are also thrilled to announce that we will be getting back to in-person research, and we hope to welcome you back to our lab soon!

## Perry the Penguin shares some thoughts on memory

Take a stroll outside! Research suggests that nature can help improve many mental processes, including memory.



Fall 2022

# New Lab Members!



Ryan Taylor, PhD Student



Natalya Franklyn, Undergrad



Samina Khondaker, Undergrad



Ayumi Nakagawa, Undergrad



Jenna Schugart, Undergrad



Laura Streminsky, Undergrad



## Talks on Ways to Improve Your Memory!



Principal Investigator of the CAM Lab, Dr. Lauren Richmond, has been offering talks that focus on ways to improve your memory. Memory is a fickle thing and there are many evidence-based tips and tricks that can improve your memory functioning in everyday life!

If this sounds interesting to you and you'd like to schedule a presentation with Dr. Richmond, please email: [lauren.richmond@stonybrook.edu](mailto:lauren.richmond@stonybrook.edu)



## Walk to End Alzheimer's



In October 2022, members of the CAM lab attended the Walk to End Alzheimer's as active members of Stony Brook's Aging Interest Network. The walk, sponsored by the Alzheimer's Association, helps raise awareness for Alzheimer's Disease in the community and advocate the continuing research in this domain. We hope to participate again soon!



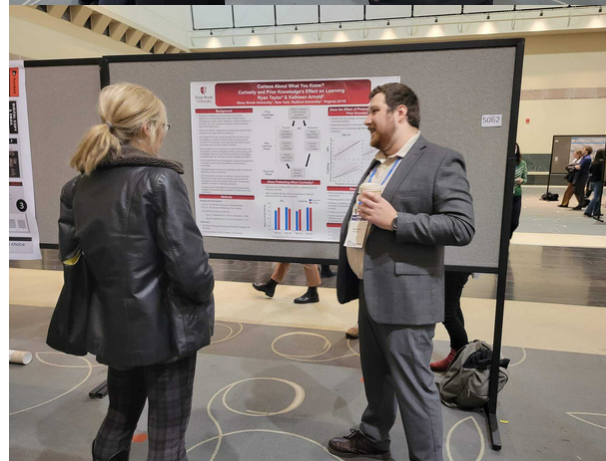
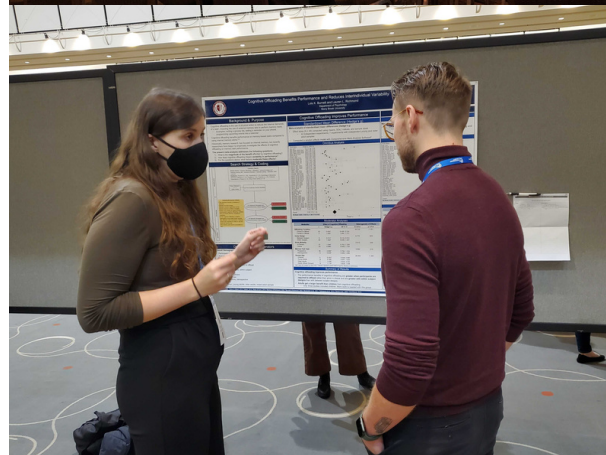
Writing important things down can help you to remember them. and may be helpful even if you end up not using your note!



# Psychonomic Society Conference 2022



Conferences are a wonderful opportunity for scientists to network and present their most recent work to the scientific community. This past fall, members of the CAM lab presented their work projects at the 2022 Psychonomic Society conference in Boston, MA. Principal investigator **Dr. Lauren Richmond** spoke about mental time travel during the COVID-19 pandemic and stepped in to present a poster for recent lab alum **Julia Kearly**, who wasn't able to make it to the conference. Fourth year PhD student **Katie Burnett** presented a poster on cognitive offloading, and first year PhD student **Ryan Taylor** presented a poster based on work from his Master's program before beginning at Stony Brook.



Many parts of your brain  
have to work together to  
make new memories!



## New Publication Alert!

**Title:** Characterizing older adults' real world memory function using ecologically valid approaches

**Authors:** Richmond, L. L., & Burnett, L. K.

## CAM Lab members win Travel Awards

**Katie Burnett** (4th year doctoral student) was awarded the Distinguished Travel Award from the Stony Brook University Graduate School & the Graduate Student Organization to support her travel to the 2022 meeting of the Psychonomic Society. **Timothy Brackins** (3rd year doctoral student) received the Sallie P. Asche Travel Award from University of Texas. to support his travel to the upcoming Dallas Aging & Cognition Conference. Congratulations to them both!



The CAM Lab is excited to announce that we are resuming our in-person research studies within the coming weeks. After a lengthy, but necessary pause, we are enthusiastic about being able to get back in touch with anyone who is interested in joining! **Click [here](#) to be contacted about the possibility of participating in our research!**

Click [HERE](#) to visit  
our lab website!

Thanks for tuning in  
to our latest updates!  
Wishing you well  
until next time!

