



Stony Brook
University

THE COGNITIVE AGING AND MEMORY LAB



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Happy winter season! We hope this newsletter finds you and your loved ones in good health.

The CAM Lab is thrilled to start the year off strong by continuing to work on our research and sharing it with all of you! We would also like to update you on several recent conference presentations and some events that we have taken part in these last few months.

-The CAM Lab



Darcy the Dog shares some thoughts on lifestyle and memory

Give yoga a shot!
Research suggests
that yoga can help
to improve mobility
and balance.



SARMAC 2023 Conference

This summer, the **Society for Applied Research in Memory and Cognition** conference was held in Nagoya, Japan! Dr. Lauren Richmond gave a keynote summarizing the use of cognitive offloading in everyday memory. Dr. Richmond also gave a symposium presentation on cognitive offloading in older adults, sharing findings from a recent project with fifth year graduate student, Katie Burnett.



Psi Chi Research Fair

The CAM Lab always welcomes undergraduate students to join our group. One way we get the word out about who we are and what we do is through the **Research Fair** hosted by a number of student groups on campus, including the **Psi Chi** honor society, **Neuroscience Axis**, and the **Psychology Student Alliance**.

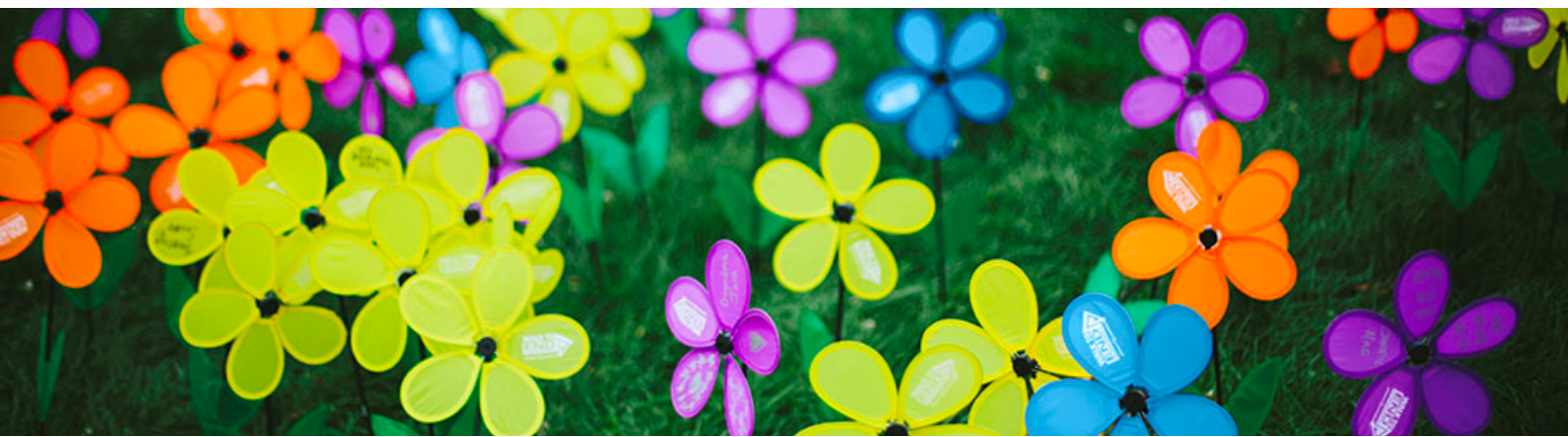
Students in attendance at the fair had the opportunity to chat with current undergraduate and graduate student lab members!!



WALK TO END ALZHEIMER'S

ALZHEIMER'S ASSOCIATION®

Once again, members of the CAM Lab attended the North Babylon Walk to End Alzheimer's in October 2023 as active members of Stony Brook's Aging Interest Network. The walk, sponsored by the Alzheimer's Association, raises awareness for Alzheimer's Disease in the community and advocates for continuing research in this domain. We look forward to making this a yearly event for our lab!



What do the colors in the flower garden mean?



Orange: I support the cause



Yellow: I am caring for someone with Alzheimer's



Blue: I am living with Alzheimer's



Purple: I have lost someone to Alzheimer's

Don't believe the gossip! Maintaining positive thoughts about aging has been linked to better memory performance.



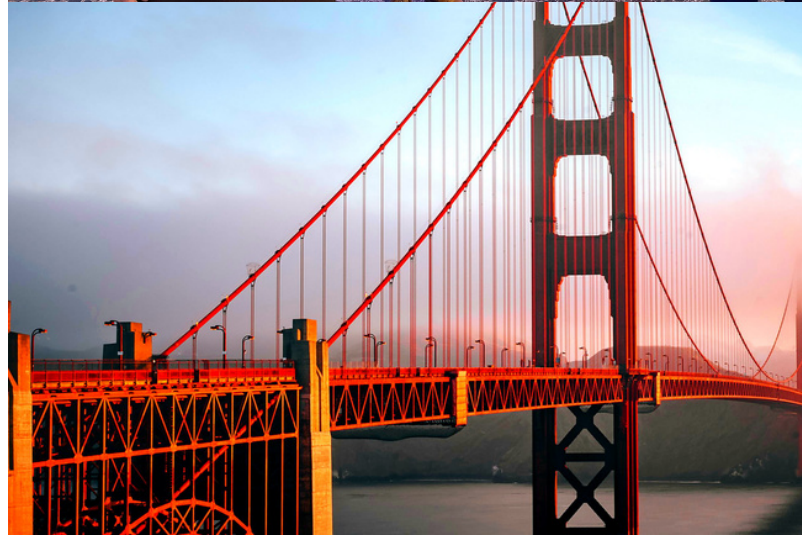
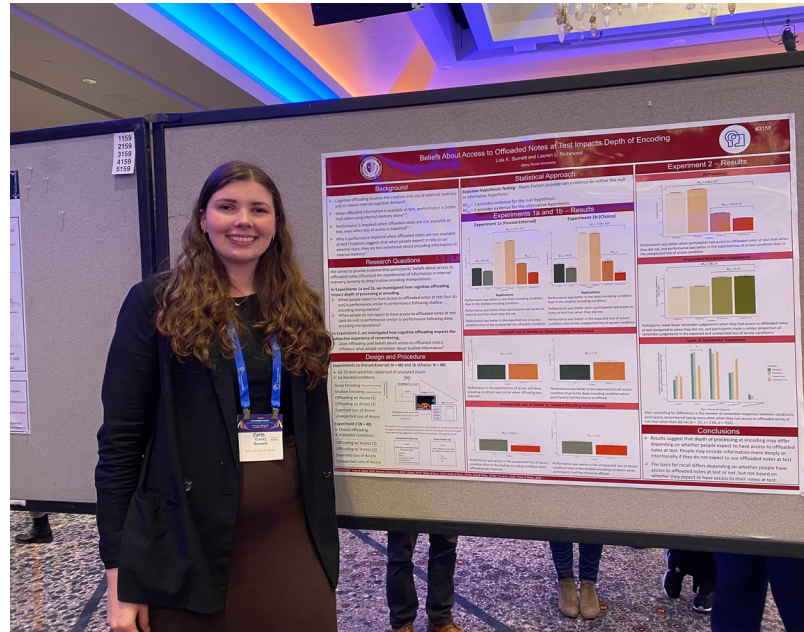
Psychonomic Society Conference 2023



Members of the CAM Lab took one final conference trip near the end of the year to San Francisco, California for the annual Psychonomic Society meeting.

Katie Burnett presented two posters at this year's meeting! The first was at the inaugural Symposium for Individual Differences in Cognition pre-conference event, and the second was on how your beliefs about access to notes impacts the way you encode information. **Dr. Richmond** also gave a talk on memory for everyday information.

We always look forward to networking at this annual gathering of researchers!



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



New Publication Alert!

Title: Explainable automated evaluation of the clock drawing task for memory impairment screening

Authors: Dakota Handzlik, *Lauren L. Richmond*, Steven Skiena, Melissa A. Carr, Sean A. P. Clouston, Benjamin J. Luft

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

How you can get involved!



The CAM Lab would like to invite you to take part in our ongoing studies! We are grateful for all our research participants and enjoy seeing you in our lab.

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!

