

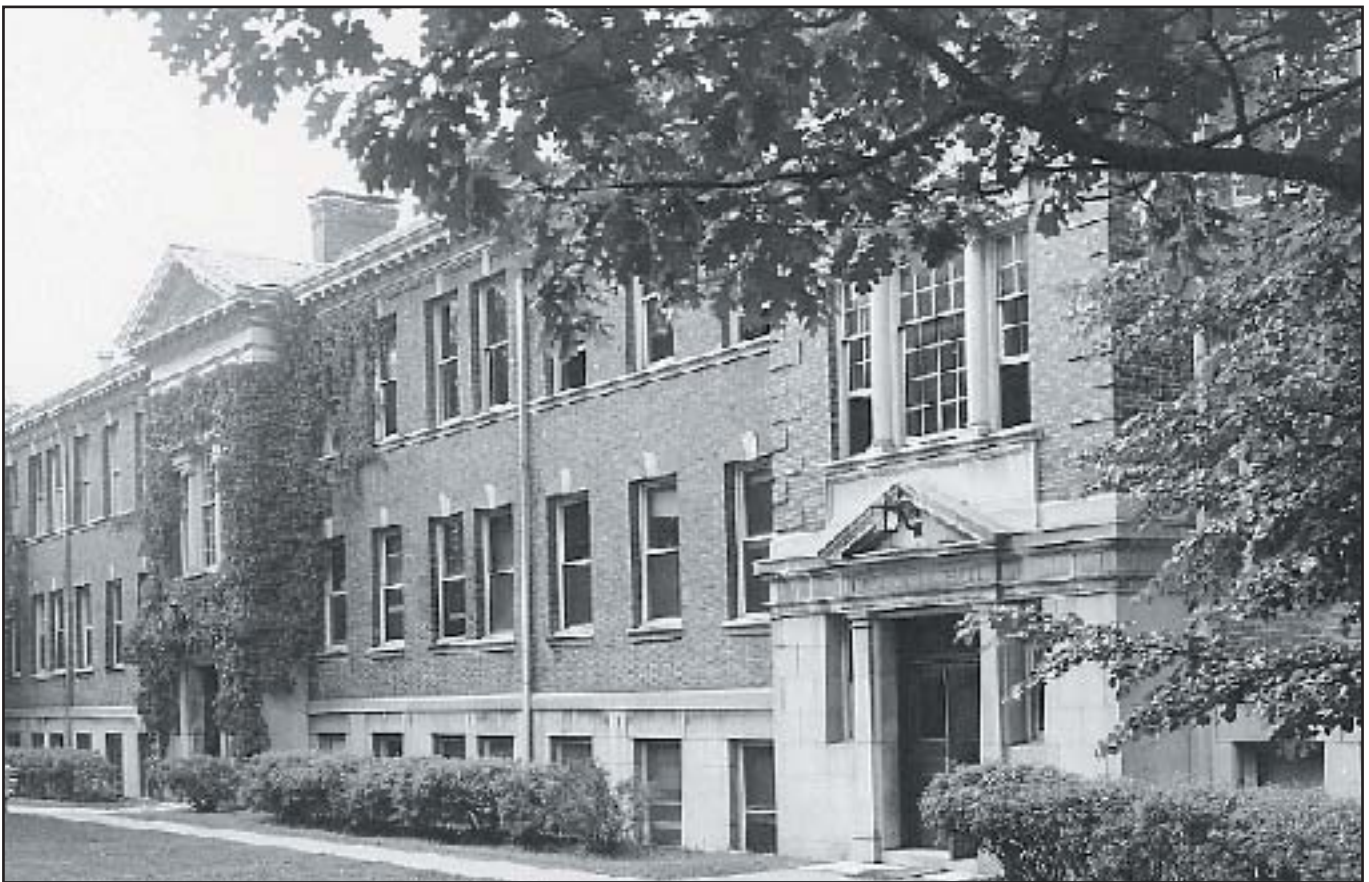
The Memory Tribune



Newsletter of the Naveh-Benjamin
Memory and Cognitive Aging Laboratory

Department of Psychological Sciences
University of Missouri-Columbia
9 McAlester Hall, Columbia, MO 65211

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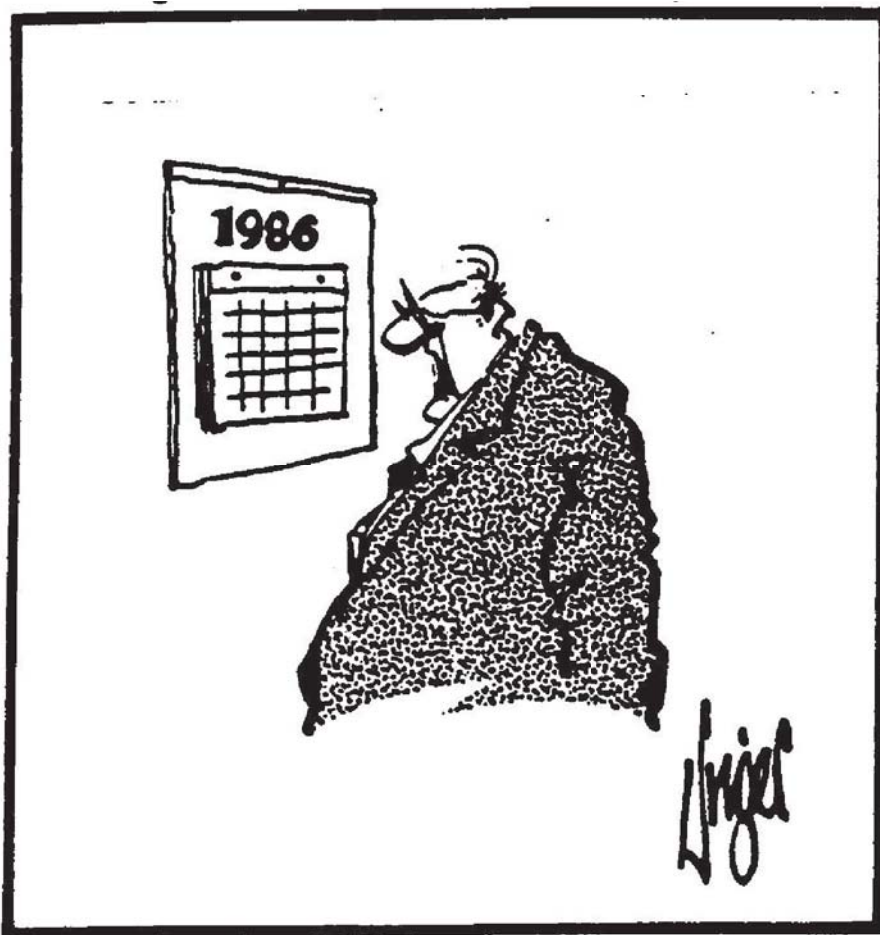
McAlester Hall, University of Missouri-Columbia

This newsletter is designed to keep our research volunteers and participants up to date on lab news, recent developments, and goals of current research, while providing information regarding normal aging and memory loss.

Questions may be directed to:
The Memory and Cognitive Aging Laboratory
(573) 882-8123 or e-mail navehlab@missouri.edu



Welcome to the Memory and Cognitive Aging Laboratory Newsletter!



"I missed my dentist's appointment!"

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*I will never be an old man. To me, old age is always 15
years older than I am.*

~Barnard M. Baruch~



A Message From Dr. Naveh-Benjamin

I would like to welcome all of you to our participants' pool of the Memory and Cognitive Aging Laboratory. Since the inception of our laboratory in the Department of Psychological Sciences at the University of Missouri, Columbia, last December, close to 400 people from Columbia and its vicinity have shown an interest in participating in our studies. We were heartened by the enthusiastic response to our advertisement and hope that participating in our laboratory studies will become a long-term enjoyable activity as we hope to involve many of you in several future research projects.

Our laboratory conducts research on the memory changes that occur with normal aging. A frequent concern of people as they grow older is their tendency to forgetting more than before, be it where they put their car keys, the name of the person they have met a few days ago in a dinner party, or where they have left their car in the mall's parking lot. Of course, all these memory lapses happen to young people as well, but the complaints tend to increase with age.

One goal of our research is to better understand the causes of these age-related memory changes. Once we understand these causes, the second goal is to investigate strategies that people can develop in order to improve their memory performance. Our ultimate goal is to use the results of our studies in helping middle-aged and older adults to better function in the many different everyday situations that involve the use of memory.

In my previous research at the University of Toronto, the University of Michigan, and Ben-Gurion University of the Negev in Israel, I found that in order to succeed in achieving our goals we need your help and cooperation. The way we conduct our research is by assessing memory performance in younger, middle-aged, and older adults. Here your willingness to visit our laboratory and to participate in our studies is crucial and we hope that you will continue to help us. If you know of any other friends of yours who are above the age of 40 and who might be interested in joining our participants' pool, please provide them with our contact information which can be found in this newsletter. As you might have noticed during your visits, we tried to create in our laboratory an informal and comfortable atmosphere and a convenient facility, and were able to recruit excellent and forthcoming students who are very welcoming when you visit us. In addition, we provide coffee and refreshments, parking, and interesting reading materials in case you have to wait.

In this first newsletter, we present ourselves, update you on some of the ongoing projects, provide you with information about contacting us and how to get to our laboratory, and suggest some readings that might be of special interest to you.

We would appreciate very much any comments that you may have about your visits to our laboratory as well as on this newsletter. We hope to keep in touch with you via this publication twice a year.

With best wishes for joyous and enjoyable holidays.

Dr. Moshe Naveh-Benjamin
Department of Psychological Sciences,
University of Columbia, Missouri,
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People in the Laboratory



Angela Kilb
Lab Manager
Second Year
Graduate
Student

Angela Kilb (Lab Manager) - I am a graduate student in the Cognition & Neuroscience department, and I've lived in Columbia for the past 5 years. I am interested in studying memory, and I hope to get a better idea of why memory declines with age so that we can find a better way of preventing it in the future.



Susan Old
First Year
Graduate
Student

Susan Old - I am a first year graduate student. I earned a B.A. in Psychology from Missouri Western State College in St. Joseph in December of 2002. My research interests include memory and learning, as well as the physical attributes associated with those processes. I hope to continue this research in my future profession.



Jenny Flatt
Research
Assistant

Jenny Flatt - I have worked in the lab for eight months, so some of you may have seen me when you came into the lab for an experiment. I am a junior at MU studying both psychology and sociology. I plan to go to graduate school and study clinical psychology with an emphasis in forensics. My goal is to practice psychology within a juvenile detention center and do research in forensics.



Jen Harvel
Research
Assistant

Jen Harvel - I am a junior undergraduate in the college of Arts & Science. I am a psychology major with both business and spanish minors. My current interests include cognitive and behavioral psychology. Upon graduation, I plan to attend graduate school to acquire a doctorate.



Tyler Fisher
Research
Assistant

Tyler Fisher - I am 23 years old and have lived in Salt Lake City, Utah; Seattle, Washington; Bozeman, Montana; Minneapolis, Minnesota; and I currently live here in Columbia, Missouri. After I graduate in May I plan on joining the Coast Guard. I would also like to eventually earn an advanced degree in psychology and work for the FBI as a criminal profiler.



Beth Weinhold
Research
Assistant

Beth Weinhold - Originally from St. Louis, I am currently a senior here at MU majoring in psychology with a business minor. After graduation, I plan to attend graduate school in St. Louis in order to obtain a master's degree in Educational and Counseling Psychology. My goal is ideally to become a middle school or high school guidance counselor.



Angela Whitehead
Research
Assistant

Angela Whitehead - I am a psychology major and a senior here at MU. I became interested in Dr. Naveh-Benjamin's lab because of the fact that he does work on memory. I felt that this would give me a lot of background in memory retention, which would help me in my future career goal of working with students in an academic setting.

Current Research News

I think I know you from somewhere...

Ever recognize someone's face but have no idea what his/her name is? One of our recent experiments directly deals with this very problem by presenting individuals with names paired with faces. During this experiment, we introduced participants to some fictional people by showing them faces on a computer, while displaying the person's name at the bottom of the screen. For instance, one might "meet" an older man named Joe Smith



Our Waiting Room.

or a young man named Steve Johnson.

After being introduced, we examined participants' memories by giving them several different tests. In some tests, we simply asked which faces people recognized. In another test, we asked which name matched a particular face. As an example, we would display the previously shown picture of the older man and ask participants to decide whether the

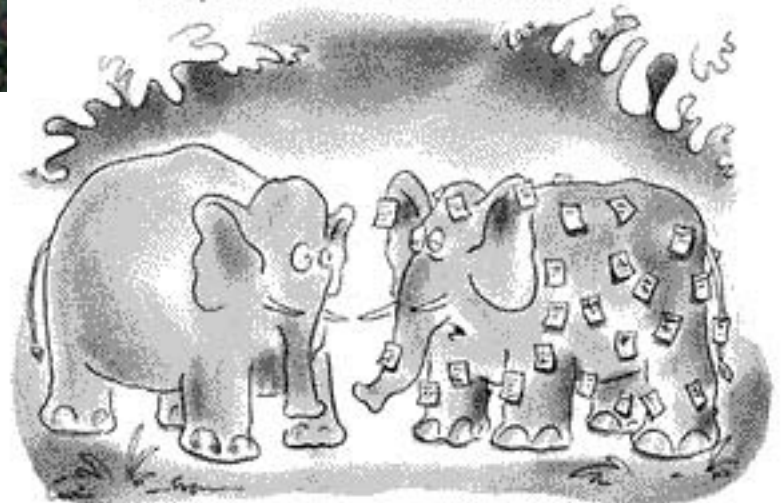
appropriate name was Joe Smith or Steve Johnson. Our evidence is showing that people have more difficulty with the latter test dealing with matching the names and faces, but we are still analyzing our results to get a clearer picture of what is actually happening.

Keep your eyes on the road!

If you dare to drive a car while talking on a cell phone, you will likely witness the effects of divided attention. You might unconsciously remove your foot from the gas pedal during an emotional conversation or suddenly become mute when entering traffic. When you attempt to do two things simultaneously, one or both tasks can suffer dramatically.

In the laboratory, we are able to study divided attention by asking people to perform dual tasks. During a recent experiment, we asked participants to study a list of words under both full and divided attention. For
(continued on next page)

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**"As I get older, I find I rely more and more on
these sticky notes to remind me."**

divided attention conditions, they learned a study list while responding to pitches by identifying them as low, medium, or high. We then presented a test list where only half the words used actually appeared in the study list and recorded which words they recognized.

With the collected data, we could then measure the detrimental effect on memory by looking at test performance after study-

ing a list under full attention and comparing it to test performance after studying a list under divided attention. As expected, our results show that there is a significant drop in memory performance when studying under divided attention. We are still looking at other data also collected during this experiment to evaluate how people are allocating their attention.



One of several rooms in which experiments are run.

Aging seems to be the only available way to live a long life.

~Daniel Francois Esprit Auber~

By the time you're eighty years old you've really learned everything. You only have to remember it.

~George Burns~

Information for Interested Participants

Please contact us if you know someone who might be interested in participating in one of our experiments!



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Columbia, Missouri 65201
(573) 882-8123 or navehlab@missouri.edu



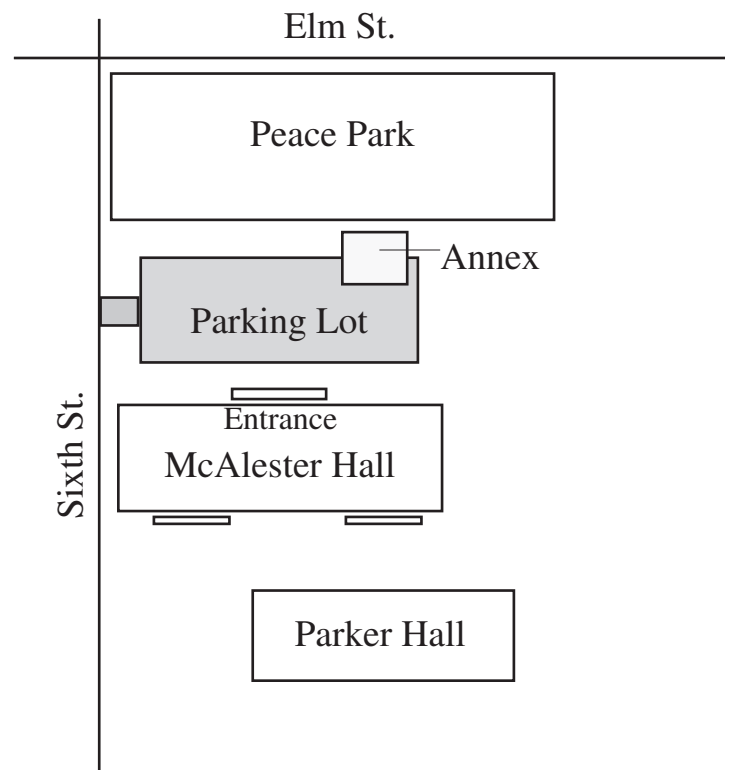
Directions for First Time Participants

From Stadium:

- head north on Maryland Ave. until reaching Conley Ave.
- turn left onto Conley Ave.
- Sixth St. will be the first street on the right.
- heading north on Sixth St., McAlester Hall will be the last building on the right before reaching Peace Park
- The parking lot is located just behind McAlester Hall.

From Broadway:

- head south on Sixth Street
- just past the intersection of Sixth St. and Elm St. will be McAlester Hall on the left.
- The entrance to the parking lot is just past Peace Park & immediately before McAlester Hall



Recommended Readings on Memory & Aging

Keep Your Brain Young: The Complete Guide to Physical and Emotional Health and Longevity (2002)

by Guy M. McKhann, Marilyn Albert

Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development (2003)

by George E. Vaillant

Successful Aging (1999)

by John W. Rowe, Robert Louis Khan

Living to 100: Lessons in Living to Your Maximum Potential at Any Age (2000)

by Thomas T. Perls, Margery Hutter Silver, John F. Lauerman (Contributor)

The Memory Book: The Classic Guide to Improving Your Memory at Work, at School, and at Play (1996)

by Harry Lorayne, Jerry Lucas

The Memory Bible: An Innovative Strategy for Keeping Your Brain Young (2003)

by Gary Small

