



For immediate release

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Nationally known researcher to speak on memory care
Rob Winningham, Ph.D., brings ‘Train Your Brain’ presentation to Oklahoma audience

EDMOND, Okla. — Can you train your brain to delay memory problems associated with aging? Rob Winningham, Ph.D., a professor of psychology and gerontology at Western Oregon University, will discuss mounting evidence that lifestyle factors affect memory health in a presentation at the Touchmark at Coffee Creek retirement community at 6 p.m., Feb. 23.

The one-hour presentation, entitled “Train Your Brain: An Evidence-Based and Holistic Approach to Optimal Brain Health,” is part of Touchmark’s Memory Care Speaker Series throughout February. There is no charge to attend any of the sessions, but RSVPs are appreciated by calling 405-340-1975.

Other special presentations throughout the month will include:

Effective Communication Strategies

Tuesday, Feb. 2, at 6.m.

As people with Alzheimer’s disease and other dementias progress in their journey, and they lose their ability to use words, families need new ways to connect. This informative presentation by Carla Scull, education coordinator with the Oklahoma chapter of the Alzheimer’s Association, will share strategies to help people connect and communicate with their loved one.

Lunch ‘n Learn: Legal Issues Facing Those with Dementia

Tuesday, Feb. 9 at noon

Attorney Jerry Shiles from Parman & Easterday law firm will talk about the legal issues to consider for those living with dementia and how they can prepare for the future. Lunch provided. No charge to attend, but space is limited; RSVP by Feb. 8.

Panel Discussion

Tuesday, Feb. 16 at 6 p.m.

A panel of people who have experienced or are now dealing with a loved one with dementia will share their experiences and answer questions. Light appetizers provided. RSVP by Feb. 15.

On Feb. 23, Winningham’s presentation will discuss overwhelming evidence established

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TOUCHMARK AT COFFEE CREEK
Full-service Retirement Community
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from recent research that cognitive stimulation is associated with better memory ability. He will share a number of cognitive stimulation interventions including use of video games and iPads to exercise targeted regions of the brain.

The Touchmark presentation also will include a discussion on the effects of physical exercise, nutrition and social support on the likelihood of developing memory problems.

“The take-home message is optimistic and motivating,” says Winningham. “There are many practical things all of us can do to maximize our memory abilities.”

A full professor and past chair of the behavioral sciences division at Western Oregon University, Winningham is a renowned researcher, speaker and author in the area of brain health and memory care. He has more than 20 years of experience in applied memory issues. He creates brain stimulation activities for thousands of communities and rehabilitation facilities as part of Dr. Rob’s Cranium Crunches on www.activityconnection.com and helps create cognitive stimulation video games for www.linkedsenior.com.

Winningham received his doctorate in neuroscience from Baylor University and his master and bachelor degrees in psychology from Western Washington University. His books include “Train Your Brain: How to Maximize Memory Ability in Older Adulthood” and “Cranium Crunches,” which will be available early this year.

Winningham’s presentation will cap a month-long Memory Care Speaker Series at Touchmark. Each one-hour session will be held at Touchmark, 2801 Shortgrass Road, Edmond. Refreshments will be provided.

About Touchmark

Touchmark at Coffee Creek is a full-service retirement community located off Covell at 2801 Shortgrass Road in Edmond. Touchmark is part of North Edmond’s Coffee Creek planned residential development, which includes 638 acres of homes, a golf course, recreational centers, and walking and biking trails. More information is available at TouchmarkEdmond.com and by calling 405-340-1975.

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