

NEWS RELEASE



For immediate release

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For more information:

Jan Bellis-Squires, Touchmark, 503-646-5186

Nationally known researcher to speak on brain health **Rob Winningham, Ph.D., brings presentations to Touchmark**

PORTLAND, Ore. — Can you train your brain to delay memory problems associated with aging? What can you do if someone in your family is already experiencing memory issues or living with dementia? Rob Winningham, Ph.D., a professor in the Psychological Sciences and Gerontology departments at Western Oregon University (WOU), will answer these questions during two presentations at Touchmark in the West Hills on Tuesday, August 21.

Winningham's first presentation will be at 11 a.m. He will discuss mounting evidence that lifestyle factors, including staying mentally active, can delay memory problems. He will also highlight recent research related to the “use it or lose it” theory of memory and aging as well as share cognitive stimulation interventions that can be used to exercise targeted regions of the brain. Finally, he will present the latest research on the effects of physical exercise, nutrition, and social support on the likelihood of developing memory problems.

Winningham's second presentation will be at 3 p.m. In addition to providing brain-health ideas similar to those in the first presentation, he will offer practical tips for families who have a loved one living with dementia.

Touchmark is located at 840 SW Touchmark Way in Portland, adjacent to Southwest Barnes and Leahy roads. The presentations are open to the public, and there is no charge, but seating is limited. To RSVP, call 503-954-1640 by August 16.

“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.”

Winningham has over 20 years of experience researching human memory, mostly focusing on older adults and ways to enhance mental functioning and quality of life. At WOU, he has served as Dean of the College of Liberal Arts and Sciences and Chair of the Behavioral Sciences Divisions. He has trained thousands of professionals, published many peer-reviewed articles about human memory and given more than 1,000 presentations at conferences and workshops. His books include “Train Your Brain: How to Maximize Memory Ability in Older Adulthood” and “Cranium Crunches.” He received his doctorate in neuroscience from Baylor University and his master and bachelor degrees in psychology from Western Washington University.

About Touchmark in the West Hills

Located on a wooded hillside in the West Hills near Forest Heights, the new full-service retirement community offers unparalleled services, commanding views and a range of active-adult living and award-winning wellness offerings. More information is available at TouchmarkPortland.com.

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Full-service Retirement Community

840 SW Touchmark Way • Portland, OR 97225

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