

Silver Jackets Meeting

February 10, 2015

Georgia Tech Student Center, Room 343

Minutes

Members Attending (24) Robert Green, Len Parsons, Ward O. Winer, Richard Salant, Ian Gatland, Jamie Goode, Annette Cummings, Dar-Veig Ho, Earl Cagle, Martha Farley, Sally Hammock, Mary Duncan, Sandra Thornton, Jo McIver, C. A. Johnston Folds, Susan Keenan, Mary Anne Salter, Annette Satterfield, Pat Davis, Jo Freeman, Steve Dickerson, Walter Allen

Visiting Marguerite Cagle

Business Meeting

Ward Winer, President of Silver Jackets, called the meeting to order and welcomed the members .

The Anthem “Hack” was discussed briefly. Information about this situation is available in the February 6 issue of the *Georgia Tech Daily Digest*.

Len Parsons, Vice President of Silver Jackets, presented the following brief statement about upcoming changes in the Board of Regents Health Plan:

The Board of Regents Health Plan (BPORHP) is planning to transition its Medicare-eligible retirees to a private health benefit exchange in Calendar Year 2016. Under this plan, BOHRP will offer its Medicare-eligible retirees a defined contribution which can be used to purchase a supplemental Medicare coverage plan of the member’s choice on a private health benefit exchange. Medicare-eligible retirees can buy-up or buy-down depending on each individual retiree’s needs.

Vice President Parsons announced that two meetings have been scheduled for discussion as additional information becomes available—June 9 and September 8.

The **March 10 Program** will be presented by **Regents Professor Ron Arkin**, Director of the Mobile Robot Laboratory and Associate Dean for Research and Space Planning, College of Computing. The title will be **“Ethical Robots in Warfare.”**

Program

Vice President Len Parsons, introduced **Dr. Audrey Duarte**, Assistant Professor of Psychology to speak on the topic, **“Just how different are the brains and memories of young and older adults.”**

Topics covered included the following:

Gradual shrinkage of the brain

Age related cognitive decline

Episodic memory—Long term memory for experienced events—includes “what, when, where details”—declines as we age.

What can we do?

Aerobic Exercises—Enhance brain volume, and memory in older adults but these require a moderate level of flexibility, long term commitment, and show no dynamic improvement in cognition.

Single bouts of exercise may facilitate learning

Acute stress increases secretions of neuro transmitter hormones

Episodic memory accuracy

Can we improve the way in which older adults encode and retrieve events?

Respectfully submitted,

Robert Earl Green, Secretary