On January 28, Center for BrainHealth bestowed Linda and Joel Robuck with the 2020 Legacy Award, which recognizes individuals who have been instrumental in advancing BrainHealth’s vision to explore the vast potential of the human brain. Among their many contributions, Linda and Joel are among the greatest champions of the Center’s Adolescent Reasoning Initiative, which to date has trained middle school teachers to provide cognitive training to reach more than 82,000 at-risk students.

“We are grateful beyond words for the investment the Robucks make to support the cognitive development of our students, professional development of our staff, and general well-being of the families we serve,” said Jonathan Smith, principal of D.W. Carter High School.

Joel shared that he and Linda are “pleased to be involved with BrainHealth’s meaningful work, particularly in support of its programs for active duty and veteran military service members and at-risk youth in South Oak Cliff. We see tremendous value in the research and programs delivered by BrainHealth, both across the country and right here in our community.”

Mother-daughter dinner chair duo Anne Mewhinney Monning and Sarah Monning Schoellkopf transformed the Dallas Country Club’s ballroom for the event to feel like Jackson Hole, the Robucks’ favorite place to spend the summer and holidays, and made sure to include plenty of nods to UT Austin, Joel’s beloved alma mater, in everything from Longhorn wine charms at the head table to playing the UT fight song when Linda and Joel came to the podium to accept their award.

Mary McDermott Cook and Georgeann and Adm. (Ret.) William McRaven served as the event’s honorary co-chairs. Patrons were: The Eugene McDermott Foundation, Carol Heller, Carolyn and David Miller, Susie and John Adams, Karen and Charles Matthews, Robin and Eric Bennett/Tolleson Wealth Management, Center for BrainHealth, Debbie and Jim Francis, and The University of Texas System.

More information at centerforbrainhealth.org/summer-camp
Since it opened in December of 2019, multiple studies are already underway at the state-of-the-art UTD BrainHealth Imaging Center. To name just two, Dr. Francesca Filbey’s lab is studying the effects of marijuana on the brain, and Dr. Sandra Chapman’s lab is examining the effectiveness of cognitive training on breast cancer survivors suffering from “chemo brain”, the cognitive fog that can follow chemotherapy.

Magnetic Resonance Technologist Jason Grubb, RT (R) (MR) and Research Scientist Sergey Cheshkov, PhD, provide crucial research support, implementing and testing novel pulse sequences as well as analyzing data quality. Grubb manages scanning procedures and safety, while Cheshkov designs optimal MR environments for specific research needs.

“We are excited to be at the forefront of neuroimaging centers,” said Grubb. “Our equipment provides a valuable resource to support cutting-edge studies in neuroimaging.”

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UTD BrainHealth Imaging Center Contributing to New Science

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Co-authored by Dr. Daniel Krawczyk, Deputy Director of Center for BrainHealth, and hedge fund manager George Baxter, this just-published book describes the financial biases most relevant to investing, as well as practical strategies that can help investors improve their performance by minimizing the negative influence of bias.

From idea generation to constant improvement, the book categorizes biases and suggests thought processes to overcome them based on fundamental brain science.

Available on Amazon.com

This information comes from two perspectives, basic fundamental research about the mind and how it impacts our actual wealth, which is active investing as well as things like your 401k.

Dr. Krawczyk
Lindsay Wilson is President of Corgan, a global architecture firm that promises clients Agility in Design. Lindsay has spent her career focused on workplace strategy and design. Technology has transformed the role of the office, enabling today’s workforce to work wherever, whenever. The dark side of the tech revolution is the barrage of information, interruption and distraction it brings. The stress on workers today led Lindsay to Center for BrainHealth and the brain science that holds the key to great workplace design. The science tells us about the importance of focused space for the type of deep thinking that enables innovation (hunting elephants!). By engaging with Center for BrainHealth, Lindsay believes that Corgan can positively impact the brain-healthy workplace of the future.

Catelyn and Andrew Fox learned of Center for BrainHealth through their philanthropic work with a young professionals organization. They immediately fell in love with the mission to improve brain health, and more specifically the Discovery Group’s strengths-based approach to caring for loved ones with Alzheimer’s. Catelyn’s mom, Anne Cappleman, was diagnosed with early onset Alzheimer’s in 2008, and the couple lovingly served as her caregivers and advocates over the next decade. Anne’s positive attitude and refusal to give up aligned seamlessly with the Center’s mission and values, and would ultimately be their motivation to join the advisory board.

NEW BOARD MEMBERS
Highlights from February Lecture Series

FEBRUARY 4
The Greystone Foundation Lecture
Charles J. Limb, MD
Music and the Brain – A Window into Creativity

Almost every organ in our body has its own clock; the function of our brain clock is to act as a master conductor. So when the brain clock is much better, the symphony of our other clocks is better as well.

Areas in the brain involved in conscious self-monitoring and effortful planning turn off when musicians start improvising… Jazz musicians are very good at letting this happen, not because they’re geniuses, but because they train their brains to do this.

FEBRUARY 11
The Linda and Joel Robuck Lecture
Satchin Panda, PhD
When to Eat to Sleep Better

A circadian lifestyle is when you have better rhythms and our brain and body are in balance, as we are in a healthy state.

FEBRUARY 18
The Caliber Home Loans Lecture
Sandra Chapman, PhD; Ian Robertson, PhD; Geoff Ling, MD, PhD; Tom Leppert, MBA
Unlocking Human Potential: Inside The BrainHealth Project

When you look at how we have done in terms of improving longevity of the brain, we are lagging tremendously behind the longevity that is associated with the heart. Your heart lets you live longer; your brain lets you do longer.

For the first time ever, we are producing more knowledge than the capacity of our collective brains. If we don’t expand the capabilities of our brain, we risk losing the value of knowledge and solving the challenges in front of us.

FEBRUARY 25
The Janis and Roy Coffee Lecture
Igor Grant, MD
The Therapeutic Potential of Cannabis: Fact vs. Fiction

In most countries, including the USA, it isn’t that easy to move forward with cannabis. We need to separate out discourse on medicinal cannabis from that of broader social policy on recreational use, as we have done with other abusable drugs.

Cannabis has the potential to reduce opioid use in the United States. We are learning that the optimal dosage of THC can be minimal. It may mean that you may be able to get the benefits at very low dosages.

The quality of our consciousness is defined by the quality of our sleep.

Russell G. Foster