The University of Arizona Retirees Association Invites You To Attend the Spring Program Luncheon

THURSDAY, APRIL 18, 2019
THE ARIZONA INN, 2200 EAST ELM STREET
DOORS OPEN AT 11:30AM FOR REGISTRATION
PROGRAM LUNCH NOON-2:00 PM

Speaker: Dr. Stephen Cowen, Assistant Professor of Psychology, College of Science
Title of Talk: “How Age Impacts Dopamine, Sleep, and Memory”

Aging is not easy on our bodies or our minds. Even so, our brains can be amazingly resilient to age-associated changes. One of those changes is the gradual reduction of neuromodulators in the brain such as dopamine and acetylcholine. We will discuss the interesting roles that these neuromodulators play in learning, movement, decision making, and mood. We will also discuss how age impacts these functions. Special attention will be paid to the contribution of sleep and neural activity in the hippocampus on our ability to form new memories. Cowen website: cowen.faculty.arizona.edu

MENU
Starter—Wedge Salad, Iceberg Wedges, Marinated Tomatoes, Crispy Pancetta and Gorgonzola, Peppercorn Buttermilk Ranch Dressing. Freshly House Made Bread and Butter
Choice of Entrée: (1) Natural Chicken Breast with Artichoke Hearts, Tomato and Caper Relish, Meyer Lemon Beurre Blanc, Garlic Mashed Potatoes, and Seasonal Vegetables; (2) Scottish Salmon with Ginger Jicima Slaw and Tangelo Beurre Blanc, Garlic Mashed Potatoes and Seasonal Vegetables; (3) Vegetable Stuffed Eggplant Filled with Artichoke Hearts, Eggplant, Oven Roasted Tomatoes, Red Onion and Kale With Sauce Vera Cruz, Mushroom Cauliflower Cous Cous, and Seasonal Vegetables
Dessert—Chocolate Mocha Mousse with Freshly Whipped Cream; Beverages—Tea and Coffee

Please complete the section below the dotted line and mail with your check, payable to UARA, NO LATER THAN APRIL 11. Mail to: UARA, PO Box 42391, Tucson AZ 85733. Your cancelled check guarantees your reservation. The cost is $33.00 per person. No refund is possible unless the cancellation request is received three days prior to the event. No part of this event is tax-deductible. For questions, or a last-minute RSVP, call 520-626-6936. For on-line registration/payment, go to: https://www.eventbrite.com/e/uara-2019-spring-luncheon-tickets-58401370070

RSVP FOR UARA SPRING LUNCHEON PROGRAM, THURSDAY, APRIL 18, 2019

Please Return this portion, and print name as you would like it on your nametag:

Retiree/Surviving Spouse ______________________________ Telephone ________________
Former Dept ______________________________ Email ______________________________

Choose entree: ___ (1) Chicken Breast ___ (2) Scottish Salmon ___ (3) Stuffed Eggplant

Guest Name #1 ______________________________________________ Option (Circle one)

Guest Name #2 ______________________________________________ Option (1) (2) (3)

Guest Name #3 ______________________________________________ Option (1) (2) (3)

Enclosed is a check for $________ payable to UARA ($33.00 each).
Mail to: UARA, PO Box 42391, Tucson AZ 85733.
Please mail prior to April 11, 2019. We look forward to seeing you!

We will be collecting donations again for the Food Bank. Your generosity is very much appreciated. Thank you!