

# WESTERN OREGON UNIVERSITY

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## **Psychology professor receives honors award**

**MONMOUTH** – Western Oregon University will honor psychology professor Rob Winningham, Ph.D., with the 2005 Mario and Alma Pastega Faculty Honors Award for Scholarship.

Winningham will deliver an address and be presented with the award at the Honors Faculty Award for Scholarship Presentation on Tuesday, May 17 at 7:00 p.m. in the Columbia Room of the Werner University Center.

WOU's psychology department added Winningham to its team in the fall of 2000. He teaches courses such as Human Growth and Development, Cognitive Psychology, Learning and Memory for Instructors, Developmental Psychology, Theories of Learning and Clinical Gerontology.

"I feel honored that the Honors Committee chose me, especially since there are so many scholars at this university," Winningham said. "I'm excited about the opportunity to present research on ways to retain memory ability as we get older."

The scientific community recognizes Winningham as an expert in the area of human memory and aging. Recently, he has been researching and designing memory improvement programs for older adults as well as acting as co-director of the Geriatric Wellness Center in Salem, Ore.

Winningham's award presentation address will discuss recent research on the "Use It or Lose It" theory of memory, including evidence that lifestyle factors can delay or even prevent memory problems associated with dementia. He will also discuss cognitive exercises and practical ways to improve memory in addition to nutrition related to memory and brain-healthy foods.

Winningham holds a Doctorate in Neuroscience from Baylor University. He has given over 50 presentations about memory and aging at various conferences and workshops around the country as well as been published in numerous publications.

The May 17 Honors Faculty Award Presentation is free and open to the public.

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# Dr. Rob Winningham



More information about Dr. Rob Winningham can be found at:  
<http://www.wou.edu/las/psychology/winningham/>