

Alcor Life Extension Foundation Newsletter

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info

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September 2012

Alcor Buliding

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WHAT'S NEW AT ALCOR

ASSOCIATE MEMBERSHIP Introducing a new class of Alcor member

Supporters of Alcor who are not yet ready to make cryopreservation arrangements can now become an Associate Member by paying \$10/month. Associate members are members of the Alcor Life Extension Foundation who have not made cryonics arrangements but financially support the organization.

We will encourage members who are having to drop their arrangements temporarily due to reduced income to remain as **Associate Members.**

HOW TO BECOME AN ALCOR MEMBER

Becoming an Alcor member is easy and surprisingly affordable, if you are in good health and eligible for life insurance, which will pay for your

CEO REPORT

2012 Annual Board Meeting

The 2012 Strategic Meeting took place from Friday September 7 until Sunday September 9. All Alcor directors attended in person, as did I. The

Strategic Meeting is the annual, intensive review of the organizations priorities and performance. You will find a more extensive discussion of several of the outcomes in a forthcoming issue of Cryonics magazine, but here are the main resolutions and priorities on which agreement was reached:

The current officers and board of directors were reelected.

The board accepted my recommendation to accept Kim Suozzi as a charity case, based on arrangements that will reduce Alcor's costs. The full allocation of \$25,000 to the patient care trust fund will be made. Alcor members have contributed to the fundraising effort to enable Kim to be cryopreserved.

The following resolution was formally passed: "Alcor shall tender to the PCT the full amount of the current PCT minimums for all underfunded cases, as soon as practicably consistent with Alcor's cash flow needs, except to the extent that the PCT board waives some amount. Any amount not immediately paid shall be recorded as a liability to be discharged as soon as practicably possible."

The allocation to the Comprehensive Member Standby (CMS) fund for whole body and neuro members was equalized.

cryopreservation.

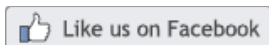
If you are not insurable, other financial arrangements can be made. Please ask us for details or visit the link below.

[ALCOR MEMBERSHIP INFORMATION AND ENROLLMENT INSTRUCTIONS](#)

To find out about: Alcor Training Sessions; Regional Cryonics Meetings as well as Non-Alcor Events in your area, please visit: the **[UPCOMING EVENTS](#)** page on our website.

ALCOR IS ON FACEBOOK

If you would like to connect with Alcor members and supporters then visit: **[OFFICIAL ALCOR FACEBOOK](#)** Become a fan and encourage interested friends, family members, and colleagues to support us too!



DONATIONS ACCEPTED ON ALCOR WEBSITE

Now our valued supporters can make a charitable donation anytime just by clicking the **["DONATE"](#)** button on

Alcor has previously offered terminal members up to \$5,000 to relocate to the Scottsdale area. Relocation close to Alcor both substantially reduces costs and improves the expected quality of procedures by greatly reducing transport time and enabling the team to go straight to cryoprotection rather than first doing a remote blood washout and long-distance transport. The board increased that allowance to \$10,000.

As minimum requirements for funding of cryopreservation inevitably go up over time, members who did not take out insurance well over the minimum of the day - or who do not regularly add to their savings in the form of a trust or other fund reserved for cryopreservation - may find it difficult to meet new, higher minimums. For older members, adding to life insurance may be too expensive or not an option. Other assets may be illiquid yet substantial, real estate being a common example. At the meeting, the board and president discussed alternative funding methods and resolved further to pursue possible options.

If cryonics is to become more widely accepted in the general scientific community, we need to add to existing evidence for the effectiveness of our procedures. One way to do this is to gather more data during all stages of stabilization, transport, and cryoprotection. We can also gather evidence of the quality and effectiveness of brain perfusion and structural preservation by routine CT scanning of neuro patients and by conducting biopsies of spinal cord and possibly other samples for all patients. The board expressed general support for carefully moving forward with this, ensuring that members understand what we propose to do.

The Strategic Meeting not only reviews current priorities, it acts as a forum to set new priorities or to reaffirm existing ones. The board and the president came up with a list of almost two dozen potential high priorities. Each person then voted for no more than three of the priorities. Five priorities emerged as the most strongly supported:

1. Fundraising. Alcor would be strengthened by bringing in new funds, primarily to be added to the Endowment Fund in order to generate operating income over the long term (the Fund allowing only a 2% annual draw), assuring funders that contributions will not be spent recklessly on a project-of-the-moment. Pursuing this goal will involve cultivating relationships with wealthy patrons and adding significantly to the endowment fund over the next couple of years.

2. SOPs and backup training. Jobs and roles at Alcor tend to be unusual. It's not easy for a new person to step in and take over at short notice. To minimize the disruption of losing a staff member, we want to produce detailed standard operating procedures (SOPs) for every staff member as well as to think about who could take over any given position. This project is to be completed within 12 months.

3. Improved communication and coordination with Suspended Animation (SA). Since SA now handles standby, stabilization, and transport for all Alcor cases outside Arizona but within the United States, it's important that the two organizations have excellent communication and coordinate their activities as fully and smoothly as possible.

4. Membership growth. Growth cannot solve all problems but it can help. This is especially true when new members are fully funded and when the organization can reap economies of scale. Currently, Alcor finds itself in something of a Catch-22 situation: Providing high quality services without running at a perpetual deficit means membership dues

the Alcor website.

Alcor has a long, proud tradition of innovation and technical excellence in the field of cryonics. Your gift will make a difference in our quest for better cryopreservations.

Your decision to [DONATE](#) is sincerely appreciated. Remember donations are tax deductible.

ALCOR AMAZON WISH LIST

You can also [DONATE](#) an item directly to Alcor from our Amazon wish list.

ALCOR NEWS BLOG

Don't forget! You don't have to wait for this monthly newsletter to learn more about happenings at Alcor.

For the most up-to-date information throughout the month. Check the [Alcor News Blog](#)

at a level that are making it difficult to retain and attract members. If we can find a way to accelerate membership growth, we should eventually be able to continue raising our quality of service while actually reducing membership dues. The board set the goal of doubling the rate of growth.

5. Structural balance in finances. Although Alcor's finances have looked good in the last couple of years, this is partly due to unusual (or at least unpredictable) income, and to some salaries being paid by donors rather than out of general operating funds. The goal here is to be able to cover all operating expenses without relying on extraordinary income.

Other topics discussed included the Underfunding Plan, research goals, the Wealth Preservation Trust, the Endowment Fund, and progress in more accurately assessing the costs of long-term cryopreservation of whole body and neuro patients.

[Max More](#)

President and Chief Executive Officer

CHANGES IN DUES DISCOUNTS

At the 2012 Strategic Meeting, the board agreed to a proposal made by Finance Director Bonnie Magee and supported by president Max More to alter the various discounts offered for membership dues. The aim is to make changes that are nearly budget-neutral but are fairer than the existing discount structure. Alcor would also like to recognize our long-term members, who have supported Alcor for many years.

From the start of 2013, this means that discounts for older students will be reduced, while members who have been with Alcor for over 20 years will receive a discount. Family member discounts remain unchanged. The revised discounts are as follows:

Full-time students:

25 and under: \$310 off annual dues
26 - 30: \$155 off annual dues
31 +: no discount

Long term members:

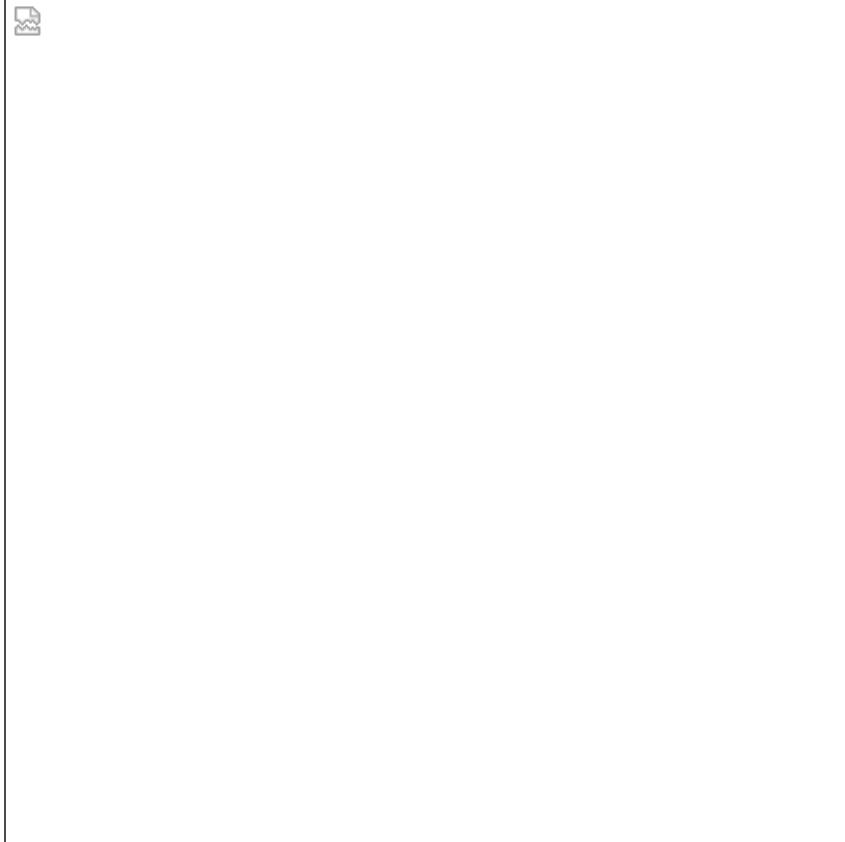
Members over 20 years receive \$186 off annual dues

Family members:

Minor family members: \$465 off annual dues
Adult family members: \$310 off annual dues

All amounts are shown as annual total dollar reductions in membership dues only (not CMS charges). Members may only receive one type of discount. Alcor will automatically select the largest discount. Discounts are not applied to life members. Family members should reside in the same residence to receive discount.

ALCOR 40TH ANNIVERSARY CONFERENCE



FRIDAY, OCTOBER 19 -SUNDAY, OCTOBER 21, 2012

Alcor is celebrating its 40th Anniversary at this conference! In trying to keep costs as low as possible, registration includes: Conference materials and all presentations; three meals at the Scottsdale Plaza Resort on Saturday; a continental breakfast at the Resort and an Open House Cookout at the Alcor Foundation on Sunday.

AS OF SEPTEMBER 30TH, WE HAVE 168 PEOPLE REGISTERED AT THIS YEAR'S CONFERENCE

Conference Registration is \$365 for Alcor members and \$385 for non-members. We will give full credit of the registration fee toward Alcor membership sign-up fees.

CONFERENCE WEBSITE LINK:

[ALCOR-40 CONFERENCE: SHAPING THE NEXT 40 YEARS](#)

[SPONSORSHIP OPPORTUNITIES](#)

[SPEAKERS AND EVENTS](#)

MEDICAL RESPONSE DIRECTOR REPORT

12 Month Overview

Case reports

Case reports for the following patients were completed during the past 12 months:

Aaron and Ice Bath

1. A-1556
2. A-1546

3. A-1608
4. A-1002
5. A-2478

Deployments, by the numbers

- 5 deployments on 6 Alcor members this past year.
- 3 of the members were provided standby and/or stabilization.
- 1 patient was shipped to us without standby or stabilization.
- 1 patient was provided standby and/or stabilization by Suspended Animation.
- 1 international member died without the family notifying Alcor of his death.
- 17 days were spent on standby for these members.
- 5 of these members were cryopreservation.

The cities where standbys/deployments were conducted include: St Louis, Mo; Las Vegas, NV; Seattle, WA; Scottsdale, AZ; St Petersburg, FL; and Younkers, NY

Training

There were three different training sessions conducted for the benefit of readiness. Team training was conducted for our teams in Southern California; Laughlin, NV; and Scottsdale, AZ.

Aaron Drake obtained his Instructor certification in CPR, AED, First Aid, Basic Life Support and Bloodborne Pathogens. The entire Alcor staff has now been certified to perform CPR and to use an AED. These skills are important to maintain not only for the large number of visitors who come to Alcor and participate in the tours but also to help fellow staff members in a time of need.

A training opportunity on a cadaver was made available for Alcor to practice its procedures. Among the list of objectives for Aaron, Hugh and Steve to accomplish was:

- Surgical access and cannulation of the femoral and carotid vessels.
- Practicing field-neuro washout techniques.
- Median sternotomy, cannulation and whole body washout.

To maintain proficiency in IV skills, Aaron volunteered to head up the IV team at the Ironman Arizona competition. For the third year in a row, the event provided a concentrated opportunity to obtain challenging IV starts on severely dehydrated athletes who compete in the 140.6 mile ultra-endurance race.

Public Education / Media

Over the course of the last 12 months, Aaron conducted 63 tours for a total of 294 attendees. Tours are offered to the public twice a week - Tuesdays at 10:00 am and Fridays at 2:00 pm. There are many local colleges that schedule class tours as part of their medical ethics, gerontology and death & dying curriculums. These include Arizona State University, Ottawa University, Glendale Community College, and Bryman College.

A media group from Argentina who was filming an episode for a series on the Discovery Channel that explores advanced technologies was welcomed to Alcor earlier this year. The interviews covered the

sequence of events that a cryonics member could typically expect during stabilization, cooldown, surgical procedures, cryoprotection and long term storage.

A week-long trip to Western Europe with CEO Max More and Aaron provided Alcor with an opportunity to evaluate the needs and resources of our international members and to strategize how best to serve them. This included stops in: the South London borough of Croydon to meet with mortuary officials; Sheffield, a city in Yorkshire in the north of England to meet with members from Cryonics-UK; and the Northwestern Portuguese district of Braga to meet with a group of individuals representing Eucro.

TECHNICAL & READINESS COORDINATOR REPORT

Upgrade to Cooldown Lids

This past month Steve Graber noticed ice buildup and fan motor vibration on our cooldown dewar lids. Over the number of days which it takes to run the cooldown procedure, the original lid would form ice underneath the motor shaft. In some cases, especially during Arizona's humid monsoon season, this buildup of ice and frost would cause the motor to lock up. Freeing the motor requires the use of a heat gun to melt the ice away around the motor and shaft. Steve resolved this issue by installing a sealed bearing carrier on the lid between the motor shaft and the lid opening. This created a diverter pipe to vent the dewar exhaust outlet away from the fan motor.

Another issue was the immense amount of vibration caused by installing the fan blade a long distance down the motor shaft to clear the lid insulation. A careful balancing and tuning of the fan blade pitch, in combination with the addition of the sealed bearing carrier and a rubber isolation mounting for the main motor housing have fully resolved all issues with the cooldown lid. After an extended run-in period at LN2 temperatures the sealed bearing below the motor housing shows no ice buildup around the shaft. This test was performed during a monsoon period of high humidity.

New Freezer and Refrigerator

Recently, our existing freezer and refrigerator reached maximum capacity. The need to stock more pre-mixed perfusate has increased. The best solution was to add more freezer and refrigerator space. Steve researched the market for the best pricing on a 3-door freezer and 2-door fridge. These were purchased at a significant savings over retail. These units are currently located in the dry lab.



New Chiller System Integration in the O.R.

The new data-acquisition system is fully integrated into the O.R. and the next step has been to tie in the new chiller pump heat exchanger. This new chiller unit cools the perfusate to our specific temperature needs via an LN2/E.G. closed loop. A Primo2x heat exchanger unit is now plumbed into the chiller line and tied into the control system and Steve is ready to begin capturing test data. This testing phase will provide an evaluative performance comparison against our large and extremely noisy compressor based chiller unit.

MEMBER COMMUNICATIONS DIRECTOR REPORT

The James Bedford Society Gifts have played a fundamental role in the cryonics movement since its earliest days. Dr. James Bedford, a man whose extraordinary vision led him to become the first person to be cryopreserved, and the first to make a bequest to a cryonics organization, exemplified the determination of the early pioneers of cryonics. We invite you to follow in his footsteps, and join the James Bedford Society.

Bedford Pin

The James Bedford Society recognizes those who make a bequest of any size to the Alcor Life Extension Foundation. Bequests can be made as part of your estate plan or by designating Alcor as the beneficiary of a financial instrument such as a 401k plan. Contact your financial planner or attorney for details on how you can establish your bequest. We welcome all gifts, regardless of size.

If you have already provided a gift for Alcor in your estate, please send a copy of your relevant documents to Alcor's Member Communications Director. If your cryopreservation arrangements have funding over the current required minimum, and that overfunding is assigned as a gift to the Alcor Research Fund, General Operating Fund, or the Endowment Fund, you also qualify -just send an email to lisa@alcor.org or call 877-462-5267 x115 and let us know.

ADMINISTRATIVE REPORT

Membership Statistics

Alcor had a total of 975 members on its Emergency Responsibility List. Four memberships were approved during the month of August, one membership were reinstated, one member was transferred to associate member, three memberships were cancelled. There were no members cryopreserved. Overall, there was a net gain of one member in August.

Applicant Statistics

Alcor had a total of 35 applicants for membership. Five new applicants were added, five applicants were converted to members and four applicants were cancelled resulting in a net loss of four applicants in August.

Associate Members

Alcor had a total of 20 associate members in August.

Information Packet Statistics

Alcor received 75 info pack requests in August. Nine were handed out during facility tours or from special requests. The average total of 70 info packs sent per month in 2012 compares to 104 in 2011. The full [Information Packet](#) is now available online.

MEMBERS - 975
PATIENTS - 112
ASSOCIATES - 20

TOTAL MEMBERSHIP - 1107

ALCOR BOARD OF DIRECTORS MEETING

The [Alcor Board of Directors](#) meeting is scheduled for **Saturday, October 6, 2012**, at 11:00 AM (PDST) at the Alcor facility (7895 East Acoma Drive in Scottsdale, AZ). Members and the public are encouraged to attend.

THE ALCOR TEAM

The Alcor Team

FRONT ROW:

Diane Cremeens

D'Bora Tarrant

Bonnie Magee

Lisa Shock

BACK ROW:

Aaron Drake, NREMT-P, CCT

R. Michael Perry, Ph.D.

Max More, Ph.D.

Steve Graber

Hugh Hixon, Jr.

End of Alcor
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