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August 2019

From the MRD Desk

by Chris Diver



Greetings all,

Several of you have contacted the Alcor staff to express an interest in a wearable device that could detect a medical emergency and notify not only emergency services but also your next-of-kin. While several variations of wearable devices have come and gone, there is finally one on the market that may offer our members an opportunity for additional peace-of-mind.

According to the 100Plus website:
100Plus is a Personal Emergency and Remote Monitoring watch.

It functions like an everyday watch - shows you the time and allows you to set an alarm - but it also automatically monitors your heart health and activity, can detect if you fall, and continuously shares this information with your doctor. If you push the emergency button, the watch contacts emergency dispatch and your loved ones to get you emergency help.

Simply wear it on your wrist at all times - and stay independent and active with peace of mind knowing your watch is with you every step of the way.

As part of Medicare's Remote Patient Monitoring programs, the watch and services are provided at no cost to Medicare patients, and there are no ongoing fees.

You must have Medicare along with a secondary insurance to ensure that you do not receive any co-pay fees.

Please take some time to look at their website and see if you think this is a good investment for yourself or a loved one.
www.100plus.com/watch

A big thank you to member Alvin Steinberg for his studious determination in finding this product for our membership.

Disclaimer: Reference to the above-mentioned product, trade name, trademark, or manufacturer does not necessarily constitute or imply its endorsement, recommendation, or favoring by Alcor, its officers, staff, or members of the Alcor Board of Directors.

Until next month,

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Highlights Cryonics Symposium International by R. Michael Perry, PhD

This article is also to appear in Charles Tandy, ed., *Death and Anti-Death*, vol. 17

Organized by longtime cryonicist and cryonics insurance agent Rudi Hoffman, the Cryonics Symposium International was held at the Church of Perpetual Life (CoPL), 1855 McKinley Street, Hollywood, FL, Jul. 27, 2019. As Rudi put it in a handout (and had the audience repeat twice over as a "responsive reading"): "The Symposium is designed to provide an opportunity for leaders in the cryonics field to share their visions and knowledge with clients, and with members of the public; to build relationships; and to enhance the credibility of cryonics." The day-long event featured 15 speakers devoted to such cryonics topics as history, techniques, practice, problems, and how to do better. Here is a brief summary of the speakers' talks, followed by a question-and-answer session. Interested readers may view the full presentation at:

<https://www.youtube.com/watch?v=OtUQ7Ut4XCM>

Linda Chamberlain:

In 1972 Linda and her husband, Fred Chamberlain, started Alcor Life Extension Foundation (as Alcor Society for Solid-State Hypothermia) 1972, with Linda as the first CEO. Her decades-long involvement in cryonics continues; currently she is employed at Alcor, now in Scottsdale, AZ, where she handles case reports and helps members set up funding and revival trusts while also doing tours and media interviews. Just recently, it was Linda who had the idea of holding a meeting in Florida that developed into the Cryonics Symposium. Today, as the first speaker, she gave a brief summary of cryonics, its rationale and practices, then focused more specifically on Alcor, its technology, capabilities, and current procedures. Alcor is a full services cryonics provider, offering both neuro (head only) and whole-body cryopreservation. Well-covered were what happens from SST (standby, stabilization, transport) of the member/patient, on to cryoprotection, cooldown, and longterm maintenance. Just recently Alcor acquired a CT scanner to be used in-house to assess the quality of cryopreservations. At the end she spoke briefly about advantages of the neuro option: lower cost, smaller mass, in-field neuro capability not currently matched with whole body.



Joe Kowalsky, J.D.:

Joe's 40+ years of involvement with the Cryonics Institute (now in Clinton Township, MI) and cryonics more generally began at age 13, and he has been a CI director for 25 years. An attorney by profession, among his cryonics-related activities is heading the Organ Cryopreservation Prize or "CryoPrize." This is a volunteer enterprise to make organ transplants safer, less costly, and more available to those who need them. An ulterior but worthy motive is to make cryonics more acceptable to the public. This would be expected to occur if, as hoped, transplantable organs could be safely stored at low, cryogenic temperature, where they could be kept viable for far longer than the day or so (or less) that is now possible. Kowalsky's talk today emphasized the need for support (including donations!) for the CryoPrize, whose main goal is to demonstrate reproducible, reversible suspended animation of a mammalian organ, including normal functioning after reimplantation.



Max More, Ph.D.:

Dr. More has been Alcor's CEO for more than seven years, with a Ph.D. in philosophy and a dissertation emphasizing long-term personal survival, as in successful cryonics. Today he spoke on Alcor and his involvement, touching on areas not covered in Linda's talk. Topics covered included Max's promotional appearances, Alcor's membership statistics, the Patient Care Trust Fund which supports Alcor's patients independently of the organization itself, and plans for rehabilitation of the patients, which would go beyond mere revival. On the latter, Max suggests that an initial adjustment period in a virtual reality setting might be helpful. He also talked about technical advances at Alcor such as a new, large-size dewar developed by employee and car designer Steve Graber, and a backup power supply to keep cryoprotectants and cooldowns going in an emergency. He then asked the question, so often raised, of how to make cryonics more acceptable to the public. His answer in part, again echoing others, would be to present cryonics as "an extension of emergency medicine," applicable to people who are not dead (despite the legal status) if they can be revived. Also, he emphasized, the future will not be bad as some think.



Jim Yount:

President of American Cryonics Society, and involved in cryonics since 1972, Jim has a background in life insurance, and pioneered helping others use it for cryonics arrangements. Today's talk was about money, specifically, "how to be cold, and rich, and financially support evidence-based science," illustrated with imaginative examples based on experience. First was "Ms. Peggotty." With wealth provided at her husband's passing, she provided \$4 million to (amply) cover her cryopreservation, with surplus to be returned on revival. Next was "Buzzy the Crow," who buys and sells stocks and serves as his own money manager. One of Mr. Crow's investments was in a house that was purchased for \$24,000 and is now worth millions. "Flip the Frog," on the other hand, has made money by being a "nice guy" including working with his ex-wife after their divorce to jointly rent their house. "Tom Swift" is worth millions and has both wife and children who are cryonicists. "Prof. Freud" taught five extra years when he could have retired to provide more funds for cryopreservation. His wife, Jill, was cryopreserved before him; their joint estate eventually helped fund cryonics research. "Ebenezer Scrooge" is very thrifty and provided funds specifically for both cryopreservation and revival.



Rudi Hoffman introduces Sayer Johanson (left) and Ryan Levesque of Suspended Animation, Inc.

Ryan Levesque. Ryan spoke briefly about his organization and his part in their services. For several years he has served as the Client Services and Donor Recovery Manager for Suspended Animation, Inc. With offices in Boynton Beach, FL and Rancho Santa Margarita, CA, SA is used by both Alcor and the Cryonics Institute for US cases that are remote from their respective headquarters. It is deployable 24/7 and goes to the patient's bedside to provide standby, stabilization, and transport services so the patient, body washed out with base perfusate and cooled to near water-ice temperature (0°C), is transported to his/her cryonics provider for cryoprotection and cooldown. Ryan and his assistant, Operations Manager Sayer Johanson, demoed their procedures with actual equipment during breaks.

Mark Laucks and Regina Monaco: Head cooling device proof of concept



Regina talked about a simple, homemade device she and Mark Laucks have developed to speed cooling of the head in cases where a team such as SA's could not reach the patient before pronouncement. (Regina and Mark are members of the Alcor group of the NYC area.) Their "Real Cool" device consists of a submersible water pump, 3/4 inch regular or flat propylene tubing (recommended), ice + water, and a large cooler. The tubing is used to circulate cold water around the head and thereby reduce the temperature. Even a modest reduction could be important for cryopreservation to follow. For example, with a 10°C reduction in temperature, reaction rates are cut approximately in half (the "Q10" rule).

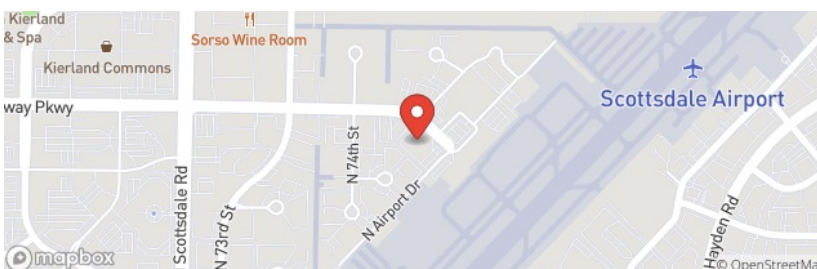
[Stay tuned for Part II in Alcor News September edition](#)

UPCOMING EVENTS

Annual Meeting of the Alcor Board, September 14, 2019, 1:00-2:45 pm

The 2019 Alcor Annual Meeting will be held on Saturday September 14, 2019, starting at 1:00 pm (MST) at the Thunderbird Suites Best Western conference room (7515 E Butherus Dr, Scottsdale, AZ 85260). The elections of directors and officers will be conducted at this meeting and a wide range of topics will be discussed publicly until 2:45 pm. Members and the public are encouraged to attend this meeting. The 2019 Strategic Meeting is also scheduled the same weekend, including Friday and Sunday sessions. Some sessions are closed but a summary of the topics discussed at the 2019 Strategic Meeting will be posted to our blog and newsletter.

Please note: The start time of the public meeting may change. If you cannot attend in person, you can use our teleconference system to call in using just audio or audio and video. Send a request to marji@alcor.org for call-in information.



CRYONICS MAGAZINE

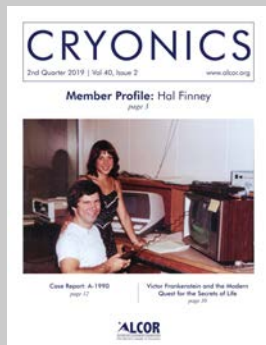
Printed version of *Cryonics magazine*

Cryonics magazine is back on schedule as a quarterly magazine at this time. If you have any questions about your subscription or want to make changes to your email or mailing address please email marji@alcor.org.



MEMBERSHIP NUMBERS

2019	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Members	1237	1241	1246	1256	1251	1252	1263	1269				
Patients	165	165	167	168	170	170	170	171				
Associate	296	285	287	284	281	282	281	291				
Total	1698	1691	1700	1708	1697	1704	1714	1731				



One of the benefits of Associate Membership is receiving *Cryonics* magazine.

Already a member, refer a friend.

Click **here** to join today or forward this email.

