

AEROSPACE MEDICAL ASSOCIATION FOUNDATION NEWSLETTER

Volume 12 / Spring 2020

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WELCOME FROM THE FOUNDATION CHAIR

Like most of us who are revising our lives daily, this is a revised column. All of us in the medical profession are facing unique personal and professional challenges in this time of pandemic. As we pass through this crisis, I wish continued health to all, especially the many of you who will be on the front lines fighting COVID19.

Please take a moment to enjoy the great success YOUR AsMA Foundation has had over the past year. The Foundation's "Reach for the Stars" campaign was launched last year at the AsMA Scientific meeting in Las Vegas, and we have exceeded our \$50,000 goal! With your generosity, we flew right by the Blue Giant and went beyond the Supernova level. The Board of Directors and I wish to thank everyone who helped make this happen. As we enter a stretch of challenging times in the investment world, your contributions will keep the Foundation's support of the next generation of aerospace medicine professionals going strong. The Treasurer and I recently reviewed our conservative investment policy with our funds' managers, and the Foundation is optimistic we will weather the current economic crisis better than most.

There are now more convenient ways than ever to donate to the Foundation. Please consider a contribution when you register for the annual meeting. And please visit our new website at asmafoundation.org, where you can securely donate on-line. For those who have given and those who will soon, thank you for supporting the Foundation in its work to support YOUR chosen field.

I hope to see you in October in Atlanta. Don't forget to wear proudly your "Foundation Donor" ribbon!

David K. Broadwell, M.D, M.P.H.



AsMA FOUNDATION “REACH FOR THE STARS” PROGRAM GOES SUPERNOVA!



A big thank you to all who have stepped up to fulfill our Reach for the Stars goal!

Your generosity reached and surpassed the campaign goal of \$50,000 with total contributions in early 2020 totaling \$63,452 to support scholarships and build the fund base which will assure the future of the Foundation scholarship, grants, research, and educational programs!

Contributions were made by many of you through the meeting registration, and the introduction of our new capability to take credit card donations helped the Foundation to receive nearly \$13K between the two options. Both are quick and easy and our thanks to the home office and to Bob Laurent for making this possible.

In 2020 we introduced a new category for Reaching the Stars, the Dragon, for donations of \$10,000 or above. The first to achieve



Dragon status are Richard and Issy Jennings who reported that the Foundation and his 401k custodian made the Qualified Charitable Contribution process seamless. Others have previously contributed at this level including Pam Durham-Belland, the Goldenrath estate, and Tom Tredici. Thanks for your previous contributions.

The Foundation manages an unrestricted fund that supports the Fellow scholarships and other activities as determined by the Board. The Foundation also manages through the pooled investment fund the accounts for several of the AsMA constituent organizations. New this year is the American Society of Aerospace Medicine Specialists (ASAMS) fund that has already collected over \$12,400. Special thanks to Al Parmet and Chuck Mathers for their lead contributions. ASAMS is partnering with AMSRO to create scholarship and other opportunities to support student and resident members of AsMA. The Space Medicine Association added an additional \$10,000 to their corpus that will enable them to offer larger scholarships or additional scholarships. A significant amount was also donated in memory of Mary Foley and the future use of this fund will be determined shortly.

Don't forget to add a donation to the Foundation with your meeting registration or plan to donate at the meeting in October. The Foundation is designed to assure future excellence in Aerospace

Medicine and allied fields by funding the next generation in the discipline. They are counting on us to help them and lead the way toward their success. *Genie Bopp and Robert Laurent*

FOUNDATION THANKS 120 DONORS IN 2019

The Foundation supports the field of aerospace medicine and the Aerospace Medical Association through the generosity of members and friends of AsMA. In 2019 120 donors supported the Foundation. We wish to thank the following individuals for helping the Foundation support the Association, aerospace medicine and the allied fields in 2019. The mission of the Foundation could not be possible without generous support from the members and friends of AsMA. The Foundation appreciates gifts of any amount, but we will specifically recognize our more generous donors through AsMA Foundation Orbit donor categories unless they prefer anonymity. *While we make every effort to include each donor, if your name was inadvertently omitted from the lists or you are listed incorrectly, please let us know.*

Saturn V Donors (\$5000+)

Pamela Durham-Belland
The Foley Foundation
Richard and Issy Jennings
Charles Mathers
Al Parmet

Titan Donors (\$2500-\$4999)

Thomas Tredici

Atlas Donors (\$1000-\$2499)

Robert Johnson
Karen Klingenberger
Bob Laurent
Jeff Myers
Charles Shurlow
Margaret Trumbo
James Webb

Redstone Donors (\$500-\$999)

D. Kim Broadwell
Richard DeLorenzo
James Elliot
Vishakh and Shuba Mantri
Philippe Souvestre
Jeff Sventek
James Vanderploeg

X-15 Donors (\$100-\$499)

Melchor Antunano
Andrew Breuder
Jeffrey Davis
Leonid Hrebein
Smith Johnston
William Klein
Gordon Landsman
Daniel Lestage
Marinelli Trust
Geoffrey McCarthy
Royce Moser
Justin Nast
Joe Ortega
Mary Ann Przygoda
Aenor Sawyer
David Schroeder
Courtney Scott

Other Foundation Donors

Nomy Ahmed	Timothy Donahoe	Howard Keller	Michael Schmidt
William Albery	Gretchen Dunkleberger	Mads Klokke	William Scott
Jan Alaart	Mattias Eriksson	Randolph Knipping	Marian Sides
Paulo Alves	William Fraser	James Kurrle	Per-Marten Stenlund
Russell Andrews	Michelle Frieling	Julian Levin	Carol Jean Stegall
George Atwell	Doug Fuller	Mikael Linnerman	Yuval Steinman
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Volker Damann	Kenneth Ingham	Phil Scarpa	Ramon Yambo-Arias
Jason David	Eleanor Ivory	Christopher Schenk	

HERITAGE SOCIETY MEMBERS

The Society Heritage Society honors colleagues and friends who make a commitment to the Foundation by will, revocable living trust, life insurance, life-income gift, retirement account designation or a deferred gift arrangement. Qualifying commitments may be of any amount, and may be directed to support existing programs and endowments, qualified new programs of the donor's choice, or may be undesignated. If others meet these criteria, please notify Dr. Broadwell or any of the Board members.

Charles Billings*	Walter and Sylvia Goldenrath*
David K. Broadwell	Richard Jennings
Jeffrey R. Davis	Al Parmet

**deceased*

FOUNDATION ANNUAL FINANCIAL REPORT FOR YEAR ENDING 2019

Secretary/Treasurer Genie Bopp reports that the Foundation experienced significant growth in number of donors and donations in 2019. The Foundation continues to remain on solid financial footing with assets growing from \$408,087 on December 31, 2018 to \$497,459 on December 31, 2019. This total includes assets held for affiliated and constituent organizations. The Foundation's investment advisors at Tufton Capital Management reported 7.1% annualized return on the Foundation's pooled investment funds for 2019. Tufton Capital continues to provide independent, professional management of the investment portfolio for the Foundation's assets to limit volatility and provide a sound strategy for the future of the Foundation. The Foundation's asset allocation is conservative to assure scholarship and award distributions under varying market conditions. Scholarships, awards, and grants in 2019 totaled \$11,500 including \$1,500 provided to support the Trumbo Run/Walk. New donations totaled \$42,692, including the creation of a new fund for ASAMS with contributions totaling \$12,406.

ANAHPS ANNOUNCES THE MARY F FOLEY ENDOWMENT ANNUAL EVENT ON LEADERSHIP OF WOMEN IN AVIATION AND AEROSPACE MEDICINE

The Mary F. Foley Endowment campaign is rapidly progressing toward reaching the endowed-status goal of \$10,000 by the 91st Annual Scientific Meeting in Atlanta on October, 2020. The following update contains specific information on the potential benefits of this initiative and value added to the membership of AsMA.

Upon her death in April 2019, the family of Mary (Bunny) Foley donated a generous sum of money to the AsMA Foundation. Their wish is to establish an endowment in her honor that would perpetuate her passion and career-long work in profiling women in aviation and aerospace medicine and to encourage other women to follow in her path. The Aerospace Nursing and Allied Health Professional Society (ANAHPS) is graciously and gratefully championing this challenge to preserve the legacy of Mary, a nurse, AsMA Fellow, commercial and instrument-rated pilot, life member of the 99's, and a certified aerospace physiologist. As a member of AsMA for more than 50 years, she contributed to many constituent organizations, including aerospace nursing, space medicine, human factors and aerospace physiology, working on issues of zero-gravity, hypoxia, acceleration, human factors and aeromedical research.

The Society is developing a conceptual framework for an annual scientific event, with women in leadership as a fundamental construct. The event will be called, "The Mary F. Foley Annual Event on Leadership of Women in Aviation and Aerospace Medicine." Funds from the endowment will be used to support this program. The format for each event will vary among a series of lectures or panels whereby fundamental principles or core values of leadership will be portrayed through enactment of the outstanding contributions women have made to enhance the landscape of the discipline of aviation and space medicine. The abstracts will be submitted to the Scientific Program Committee and will be a part of the annual program. The Mary F. Foley Endowment annual event will be a unique and stimulating component to the annual meeting and will add an invaluable opportunity for personal leadership development for all categories of membership.

We are pleased to report that we are nearing an 80% threshold for reaching the initial endowment goal of \$10,000. We believe that small individual contributions from our membership to complete our financial journey would empower us to proceed with this educational, leadership, and career development program. It would also give each of us a sense of pride and ownership in participating in this enriching initiative, and a feeling of accomplishment each year when we can celebrate the success of an enlightening event. We will come away with a tool or two to add to our own leadership skill sets as we model the past leaders of this great organization, this nation and the international aerospace medicine community.

If anyone wishes to contribute to this fundraising effort to help us finish the last lap, please use the form at the end of this newsletter and mail it to the address listed. A huge thank you to all who have already contributed. *Marian B Sides PhD FAsMA, Past President AsMA*

WINNERS ANNOUNCED FOR THE 2019 FELLOWS SCHOLARSHIP



Dr. Lonnie G Petersen

Dr. Lonnie Grove Petersen was the 1st place winner (\$2,000) for her presentation and publication of a manuscript “Mobile Lower Body Negative Pressure Suit as an Integrative Countermeasure for Spaceflight.”

The 2nd place winner (\$1,000) was Jordan B Dixon for his presentation and publication in AMHP of a manuscript on “Integration of a Vestibular Model for Disorientation Research Device Motion Algorithm Application.”



Jordan B Dixon

The AsMA Fellows Scholarship is funded by the AsMA Foundation through the generous support of the AsMA Fellows. The awards are presented annually to two AsMA members who are students in an aerospace medicine residency program, graduate program in aerospace medicine (Master or Ph.D.), medical certificate or aerospace diploma course, or in a full-time education/training program in the allied fields of nursing, physiology, human factors, psychology, ergonomics, and engineering. Selection criteria include delivering a slide or poster presentation as a first author at the AsMA Annual Scientific Meeting and then submitting a manuscript as first author for publication in AsMA’s Aerospace Medicine & Human Performance (AMHP) Journal based on the same topic and/or material covered in the slide or poster presentation. The winners are selected by the AsMA Fellows Scholarship Committee based on the highest scientific value, originality, quality and relevance of the applicant’s presentation and AMHP manuscript related to the field of aerospace medicine (including allied scientific disciplines). Special consideration is given to those applicants who are at an early stage in their career development. The scholarship monetary awards are used for the purpose of underwriting, in whole or in part, the cost of registration fees, transportation, hotel accommodations, or any other valid fees or expenses incurred by the winners in relation to their attendance at one or more scholarly meetings on topics related to aerospace medicine. *Melchor Antunano, M.D., M.S., Chair, Fellows Scholarship Committee*

AWARDS SUPPORTED BY THE ASMA FOUNDATION ANNOUNCED

Anita Mantri, PhD Memorial Travel Scholarship



Ben Johnson

The Anita Mantri, PhD Memorial Travel Scholarship was created to honor the life of Anita Mantri and her energetic contributions to AsMA and aerospace medicine. The award is presented annually to an AMSRO member to support travel to an aerospace medicine meeting in any country. Ben Johnson was selected to receive the 2020 Anita Mantri Memorial Travel Scholarship. He holds an M.Sc. from the University of Edinburgh School of Philosophy, Psychology, and Language Sciences, Edinburgh, UK and a B.S. in Human Science from Georgetown University School of Nursing and Health Studies, Washington, DC.

He is currently working on another M.Sc. at King's College London, Faculty of Life Sciences and Medicine, in London, UK. He is also attending Johns Hopkins University School of Medicine, Baltimore, MD, and expects to graduate with an M.D. in May 2023. He has served as a Laboratory Assistant at Van Gelder Lab, University of Washington, in 2014 and 2015, as an Astrobiology Lab Assistant at Johnson Biosignatures Lab, Georgetown University, from 2016-2017, and in 2017 he also spent the summer as a volunteer Emergency Medical Technician for the Clear Lake Emergency Medical Corps in Houston. That same summer, he was a Behavioral and Performance Intern at NASA's Johnson Space Center. In 2018, he served as a Psychiatry and Behavioral Sciences Lab Assistant, Davis-Takacs lab, Johns Hopkins School of Medicine. His honors include being chosen for the Georgetown Undergraduate Research Opportunities Program, a GUROP Summer Fellowship, a Sally Ride Internship, Honorable Mention in the Space Medicine Association's Jeff Myers Young Investigator Award, and the William Walker Award for Psychiatric Research. He is a member of AsMA, the Space Medicine Association, and AMSRO. He is also a member of the American College of Physicians, the AMA, the Wilderness Medical Society, and the American College of Preventive Medicine.

Stanley R. Mohler, M.D., Aerospace Medicine Endowed Scholarship



Stefan McAllister

The Mohler Award and Endowed Fund were created to honor Stanley R. Mohler and his enduring legacy and commitment to students and residents in aerospace medicine. It is granted annually to support travel and grants for students and residents internationally. The 2020 Mohler award was granted to Stefan McAllister who completed a B.S. degree in psychology and a M.S. degree in biology with a concentration in molecular genetics and biochemistry at Georgia State University. He also completed an M.S.P.H. degree (honors) at Meharry Medical College. After graduating, he interned at the NASA Ames Research

Center in the Psychophysiological Research Laboratory and the Vision Science and Technology Group. He was also a certified trainer for the NASA sponsored Global Learning and Observations to Benefit the Environment (GLOBE) Soil Moisture Active Passive program. His involvement in the

AsMA includes serving as one of the pioneer organizers of the first and second Speed Mentoring Sessions, which took place during the 87th and 88th annual scientific meetings. Additionally, his participation in AsMA includes serving as deputy chair of the AsMA Ad Hoc Committee on Career Development and co-chair/moderator of an AsMA scientific meeting session titled “Operative Performance in Aerospace Interface Operations.” In addition, he held the office of treasurer-membership coordinator of AMSRO from 2017 through 2019. His other contributions to AMSRO include serving as chair/co-chair of the AMSRO scientific paper award committee and being a member of the AMSRO’s International Outreach Committee, Mentorship Committee, and the Outstanding Mentorship Award Committee. He served as the founder and chair of the AMSRO Chapter Establishment and Coordinating Committee and championed the establishment of the first chapter located at a university, along with seven other chapters. He aspires to become a research scientist within the field of aerospace medicine.

PLANS FINALIZED FOR THE RICHARD B. “DICK” TRUMBO PREVENTIVE MEDICINE RUN/WALK IN ATLANTA TO FEATURE INTERESTING COURSE



Plans are underway for the Richard B. “Dick” Trumbo 5K Preventive Medicine Run/Walk to be held at 6:00 AM most likely on Sunday, October 11. For many years, Dick Trumbo personally supported the annual fun run held in conjunction with AsMA’s scientific meeting. When he became unable to attend the meeting, the run was dropped for several years. Starting with the 2015 meeting in Orlando, the Richard “Dick” Trumbo 5K Preventive Medicine Run/Walk has been held in honor of Dick, and

his wife Peggy has continued the tradition of support. The AsMA Foundation also supports through proceeds generated from the Richard B. and Peggy Trumbo Endowment. AsMA Executive Director Jeff Sventek and the arrangements team have finalized logistical support to get runners from the host hotel to the park and back in time for opening ceremonies. The site for the 5K is still being discussed with the Centennial Olympic Park or Piedmont Park as the best options. Centennial Olympic Park is within walking distance from the Hyatt and Piedmont Park is a 12-15 minute bus ride from the hotel and buses would need to depart at 5:30 AM. UTMB Aerospace Medicine will be providing shirts for runners/walkers and overall race support.



Piedmont Park's Lake Clara Meer with Midtown skyline in the background

FOUNDATION BOOTH IN ATLANTA

The AsMA Foundation will be hosting a booth in the display area at the annual scientific meeting in Atlanta. Members of the Board will periodically staff the booth and hope to answer any questions that AsMA members may have. We also plan to seek input from members regarding perceived needs the Foundation may address or suggestions to improve the Foundation's function in the future.

THE SECURE ACT OF 2019 AFFECTS RETIREMENT PLANNING

The SECURE Act of 2019 has several implications that may affect retirees. There are 29 new provisions or changes that may affect individuals and businesses. These include:

- The maximum age for contributions to an individual retirement account (IRA) has been eliminated. Contributions can continue after age 70 ½ if an individual is still working.
- The age for mandatory distributions from your retirement accounts has been increased from 70 ½ to 72 for those that turn 70 ½ in 2020 and beyond.
- There is no early withdrawal penalty to use up to \$5000 to pay for a qualified birth or adoption.
- Certain long-term part-time employees may now be eligible to participate in an employee sponsored retirement plan.
- The Stretch IRAs provision has been eliminated. Americans who inherit an IRA must now withdraw the money within 10 years of the account owner's death, along with paying taxes. There are certain exceptions.

Qualified Charitable Distributions (QCD) of up to \$100,000 (\$200,000 with a spouse) given directly to a charitable organization from an IRA are still allowed at age 70 ½ and do not generate taxable income or a tax deduction. For that reason, there can be tax benefits even if you do not itemize your deductions. QCDs also count toward all or part of your required minimum distributions. It is prudent to talk to your CPA or tax advisor to determine how this new legislation affects your personal retirement strategy.

SUPPORTING THE AsMA FOUNDATION

The AsMA Foundation supports aerospace medicine and its allied fields through providing scholarships, awards, grants, and other activities.

Several named endowed funds have been created to support awards, scholarships, and events in perpetuity, but unrestricted gifts are always appreciated. It is easy to support the Foundation through several methods. Gifts may include the donation of cash, securities, bequests, life insurance, savings bonds, retirement plan assets, or real estate. Those that designate future gifts to the Foundation may be added to the Heritage Society, if desired. Many types of gifts can limit tax liability, but it is prudent to consult a tax advisor. For more Foundation information, visit the [AsMA Foundation website](#).

CONTACTING THE FOUNDATION

AsMA Foundation
320 S. Henry St.
Alexandria, VA 22314

One person can make a difference, and everyone should try...John F. Kennedy

Thank You for Supporting the AsMA Foundation

Donation Amount: _____

Name: _____

Address: _____

Payment:

Check to AsMA Foundation is enclosed

Please Charge my credit/debit card

Card Number _____

Exp Date _____

Name on Card _____

CVC Code (3 numbers on back) _____

Mail to: AsMA Foundation
320 South Henry St.
Alexandria, VA 22314

Signature: _____