

Wiser Now Products

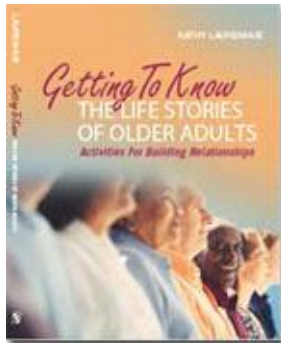
Unless otherwise indicated, all products can be found under the “shop” tab at www.WiserNow.com

For Activity Staff

The [Creative Mind Play CD series](#) from Health Professions Press is based on archived material from Kathy’s former publication, *Brain Aerobics Weekly*, based on *Chase’s Calendar of Events*.



Fishing Activities Leader’s Guide and Handouts provides comprehensive information on how to develop a fishing club, plan a fishing outing, and how to add jokes, reminiscence, crafts, and discussion topics to a program sure to please all those who enjoy this sport.



[Getting to Know the Life Stories of Older Adults, Activities for Building Relationships](#) is a book with dozens of activity ideas, handouts and scripted dialog for leading exercises related to people’s biographies and values.

More than 75 **MindPlay Connections™** are now available, all downloadable and the first three volumes (of 8-10 titles each) as CDs. Each contains more than a dozen theme-based trivia quizzes, word games, discussion topics and imaginative/ reminiscence exercises. On the “Samples” page you will find:

- A **brief printable summary of all the titles**
- More than a dozen **free samples, variations** and the chance to sign up for periodic excerpts, published as “**Just a Bite**”
- **Video demos** of two of Kathy’s favorite activity ideas (Scramble Squares® and The Clock Game)

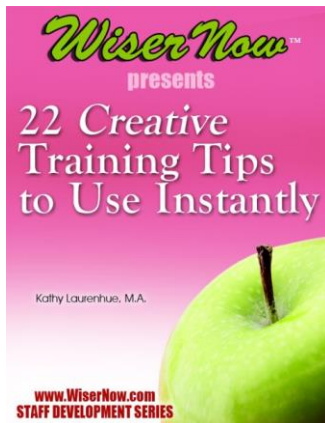


Also download there the three **free booklets** intended to enhance your use of MindPlay Connections and other Wiser Now materials:

- The Philosophy Behind Wiser Now Materials
- Using MindPlay Connections Effectively
- Adapting MindPlay Connections for Someone with Dementia

Poetry Programming Demystified is a course developed for Activity Teacher, a division of [Activity Connection](#). If you need CEUs, take it from them. Otherwise purchase it on the Wiser Now site. It was developed in part to take the Wiser Now Mind Play Connections title “**Pleasing Poetry**,” beyond the exercises and into program planning, while aiming to be as much fun as the MPC title. We think we succeeded!

For Staff Development



22 Creative Training Tips to Use Instantly is a terrific downloadable resource for easily enlivening your training programs. Many of the exercises also work with older adults or in other settings.

Check out the flash drive or the downloadable files for **Amping Up Your Activity Programming**. This comprehensive, user-friendly, 12-module training program includes lessons on 12 topics using audio files, and print and Power Point materials. It includes 12 sample MindPlay Connections titles + a wide-ranging resource list. (Part of the

Elder Care Conversations series, this is a joint project with David Troxel, co-author of “The Best Friends Approach®” books on Alzheimer’s care.)



Best Qualities is one of Kathy Laurenhue’s most popular exercises. This one builds self-esteem while giving you great insights into how others want to be seen – and therefore, how to develop stronger bonds with them. The second version helps you to reframe your thinking about someone with whom you may have a complex relationship. The handout and leader’s guide are adapted and excerpted from Kathy’s book, [Getting to Know the Life Stories of Older Adults, Activities for Building Relationships](#).

Choose One is another of the most popular exercises in Kathy Laurenhue’s repertoire for creating fun while discovering people’s interests, preferences and values. Again, the handout and leader’s guide are adapted and excerpted from Kathy’s book, [Getting to Know the Life Stories of Older Adults, Activities for Building Relationships](#). It’s great for all ages, anywhere, anytime.

New Product Line

Mood Elevators are colorful signs to be posted in your elevators, dining rooms, reception areas, waiting rooms, hallways, on bulletin boards or anywhere a cheering word is needed. Available in a half set of 26 or a full set of 52, these re-usable, letter-sized posters come packaged with an acrylic sleeve and mounting materials, creating an affordable way to instantly make a positive impact and memorable impression. Change the message weekly or as often as you choose.

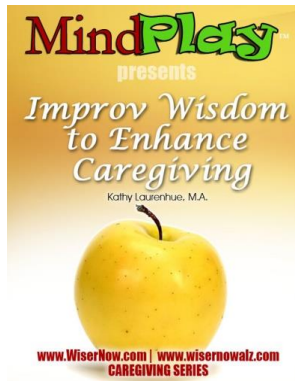
This is the first product offered through the joint consultancy of Deb Gauldin and Kathy Laurenhue called A Cheering Word.



For Helping Family and Professional Caregivers

Alzheimer's Basic Caregiving – an ABC Guide, covers basic information on Alzheimer's disease and other forms of dementia, patterns of progression, and the logic behind behaviors and communication issues. ***Activities of Daily Living – an ADL Guide to Alzheimer's Care*** focuses on bathing, dressing, grooming, continence care, nutrition and hydration (ADLs), for the person with dementia as his condition progresses. Both books are available in print from Wiser Now and on Amazon via Kindle ([Alzheimer's Basic Caregiving/Kindle](#) and [Activities of Daily Living/Kindle](#)).

Cheerful Thoughts for Stressful Days is a terrific pick-me-up for down days. It provides keys for tapping into your emotional intelligence with more than a dollop of humor. Sure to make you and others smile.



Dementia and Driving is Driving and dementia is a challenging issue for nearly everyone who interacts with people with dementia. This booklet provides practical advice on many of the issues caregivers face.

Improv Wisdom to Enhance Caregiving offers great ideas for applying the principles of improvisational theatre to caregiving. This short booklet provides practical tips while it makes you smile. A terrific training resource, too.

For questions or suggestions, author Kathy Laurenhue can be reached by writing to kathy@WiserNow.com or calling 800-999-0795 (weekdays 9:00 – 5:00 Eastern time)