



## Brief Bio – Kathy Laenhue



Kathy Laenhue's company, Wiser Now, Inc., is a multi-media publishing and staff development company focused on wellbeing in aging that aims to be practical and lighthearted in everything it produces. The means that a course on continence care for people with dementia began by noting, "We can't be anal about this."

As the creator of hundreds of brain-stimulating activities, Kathy is more focused on connecting people to one another than right answers. She figures it's more fun, less-threatening, and more conducive to lively conversation to write a trivia quiz on the history of beer than the geology of Georgia.

On the practical side, Wiser Now provides online courses, webinars and other consulting services to a variety of clients in the U.S. and Australia. Her brain-stimulating writing includes more than 75 titles for MindPlay Connections™. Those titles are theme-based, downloadable, printable files of trivia quizzes, word games, discussion topics, and imaginative/ reminiscence exercises that can be adapted into multiple formats. Kathy is also the author of four books, including her latest, *Creating Delight – Connecting Gratitude, Humor, and Play*, which essentially sums up her life and work goals. Learn more at ([www.WiserNow.com](http://www.WiserNow.com)).