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## Kathy Laenhue: A Brief Resume

### Education

- M.A. in instructional technology (training), University of Central Florida
- B.A. in English with departmental honors in journalism, University of Wisconsin/Milwaukee
- Certified in California as an activity professional; and through the University of California/San Diego as a Geriatric Activity Program Specialist
- Certified Humor Professional (C.H.P.) by the Association for Applied and Therapeutic Humor ([www.AATH.org](http://www.AATH.org))

### Most important thing for you to know about my work

My goal in everything I do is to tap into people's natural curiosity and their desire to belong to a supportive community. In other words, I help people make new connections in their brains and then new connections with one another as they have fun sharing what they're learning – whether it's for their work or their personal enrichment.

### Other things for you to know about my 21<sup>st</sup> century work

**CEO, Wiser Now, Inc.**, a publishing and staff development company primarily focused on well-being – in the past for an aging population, now for all ages. Known for providing practical lessons in a creative, upbeat manner. Examples:

- Author of the award-winning, lighthearted weekly e-newsletter **Wiser Now Wednesday** which features quirky facts, quotes, observations, and a trivia quiz all on an unusual topic. Sign up [here](#) and check out the archive of recent issues: <https://wisernow.com/wiser-now-wednesdays-archive/>
- Author of the award-winning book [\*\*Creating Delight – Connecting Gratitude, Humor and Play\*\*](#), the title of which essentially sums up my life and work goals. Provide consulting services and workshops on this theme, and the related “Cheerfulness as a Superpower.” [www.CreatingDelight.com](http://www.CreatingDelight.com).

- Author and publisher of an expanding list of dozens of visually vibrant [slide shows](#) and hundreds of **individual printable, downloadable exercises** for which I have written more than 1000 trivia quizzes, word games, discussion topics, and creative thinking/ reminiscence exercises, only some of which are available on my website. Related: **Content provider** for multiple clients.
- Provider of print training courses and on-line webinars on **customized elder-care training, most related to training staff in life enrichment**. This includes more than three dozen courses for **Activity Connection** ([www.activityconnection.com](http://www.activityconnection.com)) Note that while I have been an on-site **international presenter** on topics related to mind play, caregiving issues, and creative training techniques, since Covid 19, I usually prefer to present online.
- Author of [Getting to Know the Life Stories of Older Adults: Activities for Building Relationships](#) from Health Professions Press
- Author of: [Alzheimer's Basic Caregiving – an ABC Guide](#) and [Activities of Daily Living – an ADL Guide for Alzheimer's Care](#). Available in print, Kindle and audio format. These practical, reader-friendly books are based in part on my former, international, award-winning monthly newsletter from the 1990s, *Wiser Now Alzheimer's Disease Caregiver Tips*, and have stood the test of time. Purchased in bulk, they make a useful giveaway to families of long-term care clients.
- Author of [What's Left? Holidays and Seasons](#) – a find-the-hidden-quote puzzle book, representing one of my favorite types of word puzzles
- Author of blogs: [Creating Delight Crafts](#), [Improv Art](#), [Brain Game Product Reviews](#), and [A Cheering Word](#), the content of which sometimes makes its way into *Wiser Now* Wednesday and in-the-works e-books.

## Mantra

Laughter builds rapport.  
 Rapport builds trust.  
 Trust builds relationships.