



Strengthen Your Mind Vol.2

Kristin Einberger, Janelle Sellick M.S.

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Like the popular first volume, these 87 all-new activities will stimulate the minds, memories, and senses of older adults. Designed especially for individuals with early memory loss, the short, one-page worksheets strengthen brain functioning, promote social interaction, and provide hours of meaningful enjoyment.

Developed by two adult day service professionals and field-tested with individuals with early-stage Alzheimer's disease, these activities feature trivia and reminiscence. Organized into three categories (People, Places, and Things), fill-in-the-blank, matching, and brainstorming worksheets allow older adults to test their memory and gain new knowledge on a wide variety of topics including favorite music, popular expressions, famous movies, historical leaders, prominent U.S. and world landmarks, celebrated athletes, and much more.

Strengthen Your Mind, Volume Two, can be used independently by older adults with memory loss or by activity staff and group leaders for discussion and programming ideas. Tips for engagement and an answer key are included for each activity.

Get this innovative book and provide older adults with leisure activities, learning experiences, and valuable brain exercise all at once.

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Robert Beck:

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Nathaniel Thomas:

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