

Wiser Now, Inc.

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Websites: www.WiserNow.com and www.WiserNowAlz.com
www.ElderCareConversations.com and www.Letters4Elders.com

Kathy Laenhue: A Brief Resume

Education

- M.A. in instructional technology (training)
- B.A. in English
- Certified in California as a geriatric activity professional

Current:

CEO, Wiser Now, Inc., a training/development company primarily focused on aging well, now with a particular emphasis on keeping an active mind. Known for practical advice provided in an upbeat manner. Current and recent work includes:

- Author and publisher of ***Mind Play Connections***[™] an outgrowth of my *Brain Aerobics Weekly*, now offered as themed, downloadable 25 – 30 page pdf files with a dozen+ trivia quizzes, word games, discussion topics, and creative thinking and reminiscence exercises in each. More than 75 booklets will ultimately be available. Working on variations for other audiences in other formats. CDs of past issues of *Brain Aerobics Weekly* are available through Health Professions Press under the label ***Creative Mind Play***.
- Partner with David Troxel (co-author of *The Best Friends Approach to Alzheimer's Care* book series) in **Elder Care Conversations** for staff training. The first offering is a self-contained, entirely downloadable 12-part series called "**Amping Up Your Activity Programming**," that consists of MP3 audio files, Power Point slides and multiple print materials in each module.
- Creator of **Letters for Elders**, a friendly, cheerful service for older adults
- Writer and consultant for multiple companies in the U.S. and Australia
- Presenter and workshop leader (in person and through webinars and teleseminars) on numerous topics related to aging well

Past work:

- Author of ***Getting to Know the Life Stories of Older Adults: Activities for Building Relationships*** (Health Professions Press)
- Author and publisher of two books on Alzheimer's disease: ***Alzheimer's Basic Caregiving – an ABC Guide*** and ***Activities of Daily Living – an ADL Guide for Alzheimer's Care***

- Formerly author and publisher of the monthly newsletter ***Wiser Now Alzheimer's Disease Caregiver Tips***, which was published for 8 years
- Worked with many clients in the U.S. and Australia to develop multi-media customized elder-care training on topics from general aging and dementia-specific topics to programming, communication and creating family partnerships.
- Contributing writer for Activity Connection (www.activityconnection.com)
- Taught "Physical Aspects of Aging" at the University of South Florida, Tampa.
- Former instructor for major pharmaceutical company on "Older Adult Sensitivity Training" and "Art of Active Listening."
- Director of Learning Development, Mather Institute on Aging.
- President of Better Directions, Inc., a multi-media company which created training materials (text, newsletters, videos), provided consultation services and conducted training seminars, with a special emphasis on Alzheimer's disease and related forms of dementia. Clients throughout US and Australia.

Most significant influence on career

Caregiver for parents for 10+ years. Father had chronic heart, lung and kidney disease and was diabetic. Mother had Alzheimer's disease. Both were seriously injured in a car accident in 1991. Experiences included home health care, private live-in caregivers, hospitalization, nursing home, hospice and years of hands-on care in my home performing all IADL's and ADL's. In more recent years, I have continued that caregiving role with others.