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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 by the Association for Applied and Therapeutic Humor (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 the work or their personal enrichment.

Relevant Experience, 2003 - present

CEO, Wiser Now, Inc., a publishing and staff development company primarily focused on well-being in aging. Known for practical advice provided in a creative, upbeat manner. Current and recent work includes:

- Author of the award-winning ***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.
- Author and publisher of ***MindPlay Connections***[™] and its offshoots, for which I have written hundreds of themed trivia quizzes, word games, discussion topics, and creative thinking and reminiscence exercises. **Content provider** for multiple clients.
- Work with clients in the U.S. and Australia to develop multi-media (print, video, audio, online, webinars) **customized elder-care training, most related to training**

staff in life enrichment.

- **Contributing writer for Activity Connection** (www.activityconnection.com) including developer of the majority of their Activity Teacher courses. (25+)
- **International presenter** on topics related to mind play, caregiving issues, and creative training techniques
- Partner with David Troxel (co-author of *The Best Friends Approach to Alzheimer's Care* book series) in Elder Care Conversations, a series of MP3 audio files and print materials for staff training, including a 12-part module called "**Amping Up Your Activity Programming.**" (www.ElderCareConversations.com)
- Author of ***Getting to Know the Life Stories of Older Adults: Activities for Building Relationships*** (Health Professions Press)
- Author of the ***Creative Mind Play*** CD series (Health Professions Press) based on material created for *Brain Aerobics Weekly* (former publication from Wiser Now)
- Author of ***What's Left? Holidays and Seasons*** – a word-game puzzle book
- Author and publisher of: ***Alzheimer's Basic Caregiving – an ABC Guide*** and ***Activities of Daily Living – an ADL Guide for Alzheimer's Care***. Books were updated in 2015 and are based in part on my former, international, award-winning monthly newsletter *Wiser Now Alzheimer's Disease Caregiver Tips*.
- Taught "**Physical Aspects of Aging**" at the University of South Florida, Tampa, College of Aging Studies
- Former instructor for Pfizer Pharmaceuticals on "**Older Adult Sensitivity Training**" and "**Art of Active Listening**"

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 multiple 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 relatives and friends. I have walked the walk and know that a sense of humor is our best survival tool.