



Kristin Einberger & Janelle Sellick

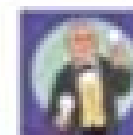
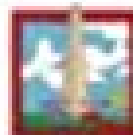
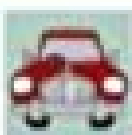


# STRENGTHEN YOUR MIND

Volume Two



Activities for People Concerned  
About Early Memory Loss



Kristin Einberger

## Strengthen Your Mind Vol.2



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Organized into three classes (People, Places, and Points), fill-in-the-blank, coordinating, and brainstorming worksheets allow older adults to check their storage and gain new knowledge on a wide variety of topics including favorite music, popular expressions, well-known movies, historical leaders, prominent U. Strategies for engagement and a remedy key are included for each activity. Produced by two adult day time service specialists and field-tested with individuals with early-stage Alzheimer's disease, these actions feature trivia and reminiscence. Like the popular initial volume, these 87 all-new activities will stimulate the minds, recollections, and senses of older adults. S. and world landmarks, celebrated athletes, and much more. Strengthen Your Mind, Volume Two, may be used independently by older adults with memory loss or by activity personnel and group leaders for debate and programming concepts. Designed especially for individuals with early memory loss, the short, one-page worksheets strengthen mind functioning, promote social interaction, and provide hours of meaningful enjoyment. Get this innovative book and offer old adults with leisure actions, learning experiences, and valuable brain exercise all at once.



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Fun Brain Exercises Difficult however easy, this book definitely works the mind, and it's fun!Great mind exercises To strengthen my cognitive memory Very helpful Great activities for caregivers dealing with early stage dementia.



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