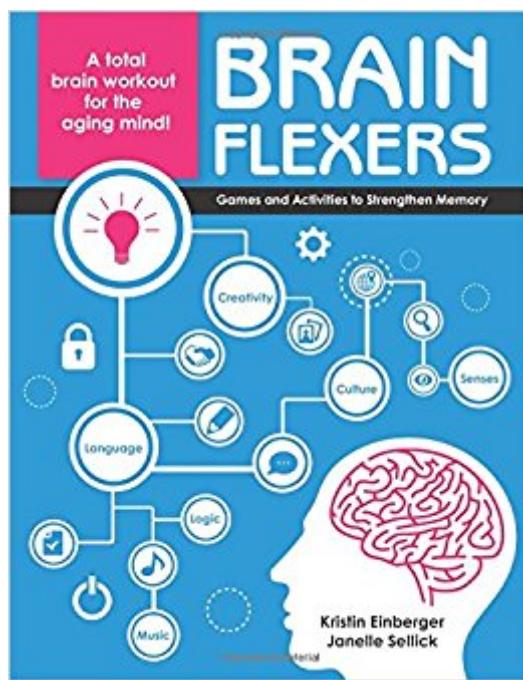


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# Brain Flexers: Games And Activities To Strengthen Memory



## **Synopsis**

This book is a collection of 86 one-page activities designed especially for individuals with early memory loss to help strengthen brain functioning, promote social interaction, and provide hours of meaningful entertainment. Using trivia, reminiscence, and word association, individuals can test their memory and gain new knowledge on a wide variety of topics related to people, places, and things. Activities use an assortment of matching, fill-in-the-blank, and brainstorming skills and can be enjoyed either by individuals or with groups. The book is divided into the following themes: Warm-ups, Sharpening Your Senses, Language, Geography, Creativity, History and Culture, Logic and Sequence, Music. Each activity includes answers as well as facilitator instructions.

## **Book Information**

Paperback: 224 pages

Publisher: Health Professions Press; This collection of 86 one-page activities is designed especially for individuals with early memory loss to help strengthen brain functioning, promote social interaction, and provide hours of meaningful entertainment. Using trivia, reminiscence, and word association, individuals can refresh their memory and gain new knowledge on a wide variety of topics related to people, places, and things. Whether enjoyed by individuals or with groups, these activities stimulate an assortment of matching, fill-in-the-blank, and brainstorming skills. Each one includes answers as well as facilitator instructions for enhancing engagement. The contents are grouped around eight themes, including geography, creativity, sharpening your senses, history and culture, and more. edition (June 16, 2015)

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Average Customer Review: 5.0 out of 5 stars 1 customer review

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## **Customer Reviews**

"In Brain Flexers, Kristin Einberger and Janelle Sellick provide an easy to follow, comprehensive

resource of enjoyable cognitive exercises that tap in to a diverse range of capabilities and challenges, for adults wishing to enhance mental functioning. This book has an array of options to consider, from questions that elicit a quick one word response, to group exercises and longer discussion points, all promoting socialization while working multiple areas of the brain. There is truly something here that will appeal to everyone. Especially appreciated are the suggestions for leaders at the beginning of each section that clearly describes the benefits, and provides hints on how to use the materials in a way that elicits the best response. If one section has a particularly robust reaction from participants, ideas for expanding on the subject matter are provided. This is a perfect tool for engaging participants with fun exercises that flex multiple areas of memory and cognition, while also promoting social engagement." (Judy Filippoff, MSW, Director, Early Stage Services The Alzheimerâ™s AssociationÂ®Northern California and Northern Nevada Chapter

2015-04-01)"Impressively well written, organized and presented, 'Brain Flexers: Games and Activities to Strengthen Memory' will prove to be an enduringly useful and popular addition to personal, professional, community, and academic library collections. Indeed, no senior citizen center should be without a copy of 'Brain Flexers' and it would be an invaluable addition to Alzheimer's and Adult Memory Loss supplemental studies reading lists." (Mary Cowper, Reviewer The Midwest Book Review 2015-08-19)

Kristin Einberger has worked with older adults for 30 years, most of it with people with cognitive impairment. In the last few years, she has focused her time on early memory loss. She developed and facilitated two social day programs for people experiencing early memory loss and assisted in starting another. Currently, she facilitates one of these programs in Fairfield, California. She is also the program coordinator for a senior day program in Northern California. Kristin has presented at numerous local, state, and national conferences, including the Alzheimerâ¢'s Association, Brookdale Foundation, American Society on Aging, and the California Council for Adult Education. She has partnered with Janelle Sellick to author a technical manual for the Brookdale Foundation on Creating an Early Memory Loss Program. In addition, she has written an activity card set titled Sharpen Your Senses. Kristin has also written many articles on the same subject. Janelle Sellick, M.S., RTC/CTRS, has worked with people with cognitive impairment for the past 10 years, and specifically with people with early memory loss for the past 4 years. She developed and facilitated two social/educational programs for people with early memory loss and has also developed educational classes for caregivers. In addition, she has taught numerous memory enhancement classes and seminars to independent seniors. Janelle has presented at many local,

state, and national conferences, including the Alzheimer's Association, the California Park and Recreation Society, the Brookdale Foundation, and the American Therapeutic Recreation Association. She is the author of many newsletter and magazine articles on memory loss and the author of the book *Traditions: Improving Quality of Life in Caregiving*. Most recently, she has partnered with Kristin Einberger to author a technical manual for the Brookdale Foundation on Creating an Early Memory Loss Program

This book has been helpful for us at the skilled nursing home where I am the activity director. We have residents who range from those with early memory loss, to those who have no memory loss whatsoever. Because of this we need to stimulate every residents brain at or a bit beyond their own level. The fact that the book is a collection of different categories is great, because they have a different appeal to all the different levels of residents, as well as following different themes. The book is divided into the following themes--Warm-ups, Sharpening Your Senses, Language, Geography, Creativity, History and Culture, Logic and Sequence, and finally, Music. There are answers as well as facilitator instructions. There are a total of 86 activities designed especially for individuals with dementia to help strengthen their brain function, and provide hours appropriate mind stimulating activities. By using trivia, reminiscence, and word association, your residents can test their knowledge on a wide variety of topics related to many areas of interest. The included activities use fill-in-the-blank, brainstorming skills and matching activities and can be enjoyed either with one on ones, or with groups.

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