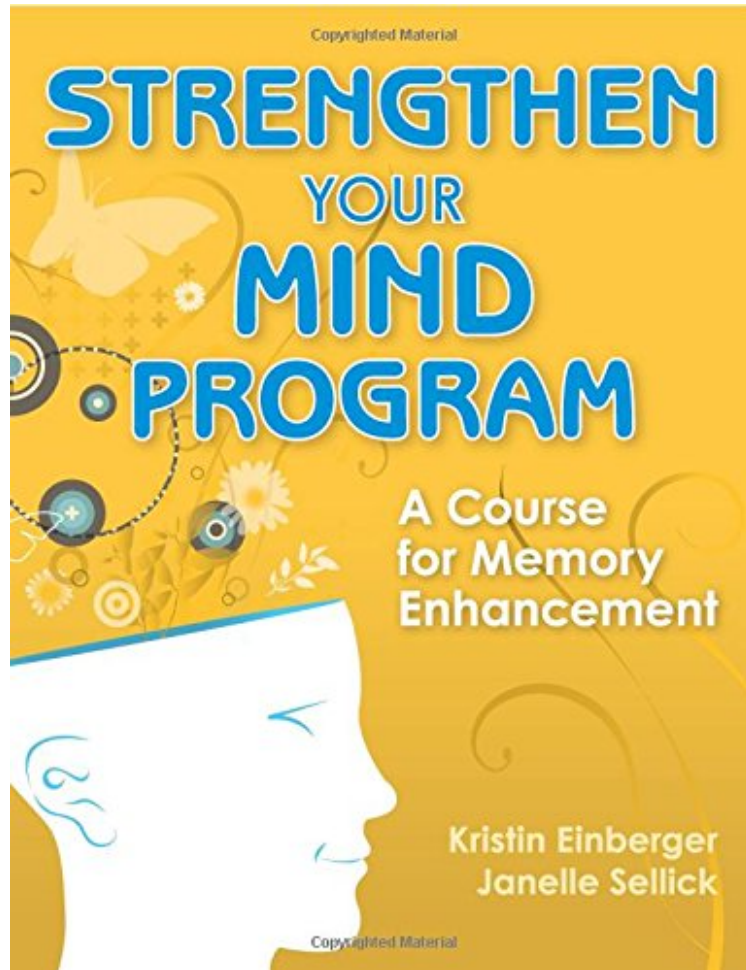


Strengthen Your Mind Program

Kristin Einberger, Janelle Sellick M.S.
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Kristin Einberger, Janelle Sellick M.S. : Strengthen Your Mind Program before purchasing it in order to gage whether or not it would be worth my time, and all praised Strengthen Your Mind Program:

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Meet the growing demand for memory-enhancement programs with this ready-to-use course for boosting brain function! If you have thought about creating a memory enhancement course but don't know where to start - or you need to spice up your existing program - then this is the resource for you. Become an instant expert with all the latest research on brain health and memory at your fingertips - along with fun, interactive games and exercises for participants to use to learn about and practice the techniques.This all-in-one resource includes complete lesson plans

for teaching 12 engaging topics, including: * How memory works * How stress, exercise, humor, and nutrition affect memory * What strategies increase memory capacity - from interacting with friends to expanding your learning styles. Here's everything to help participants tune up their memories: * Detailed background information on each class topic * Step-by-step leader instructions * All participant materials including quizzes, worksheets, interactive activities, and homework assignments. Activity staff in retirement and assisted living communities, and program directors in senior and adult day centers, area agencies on aging, and adult continuing education programs can all make use of this course's robust content.

Strengthen your mind program; a course for memory enhancement. Einberger, Kristin and Janelle Sellick. Health Professions Press, 2010 218 p. \$42.95 RC394 978-1-932529-55-5 Writing for activity staff in retirement and assisted living communities, program directors in senior and adult day centers, area agencies on aging, and adult continuing education programs, Einberger and Sellick, who have worked with older adults with memory loss in educational and social programs and have taught memory-enhancement classes, offer a resource for use in memory enhancement courses. The resource contains lesson plans for 12 classes on how the memory works; memory and aging; learning styles; types of mental aerobics; brain dominance; the senses; how stress, optimism, exercise, socialization, humor, and nutrition affect memory; and strategies to increase its capacity. Each class has instructions and activities, quizzes, handouts, and homework. (Annotation 2010 Book News Inc. Portland, OR) (Book News, Inc. 2010-06-09) "Once again, Kristin Einberger and Janelle Sellick have provided an innovative, comprehensive and practical tool for anyone interested in providing classes in improving memory and cognitive performance. The easy to follow format includes relevant research supporting pertinent topics, along with enjoyable activities and practical suggestions for overcoming challenges and enhancing the experience. This unique contribution to the rapidly growing field of memory education and enhancement is an invaluable resource for all who want a concise guide to providing a program for their clients that is both entertaining and has the potential to improve everyday functioning." (Judy Filippoff, MSW, Early Stage Program Coordinator Alzheimer's Association of Northern California and Northern Nevada 2001-01-01) "As the U.S. population ages, interest in maintaining brain health is sweeping the nation. But how do we keep our brains healthy? This manual is designed to help staff at Adult Day Programs, Senior Centers, and other settings create programs to assist people to preserve their cognitive skills. The manual is a superb resource. The curriculum is well organized, clearly written, and provides step-by-step instructions for practitioners who are building their programs from the ground up. The volume is a successful translation of scientific findings into meaningful, highly interesting, and effective activities to keep mind and brain fit! The focus on individuals' strengths, use of activities involving creativity, reliance on optimism and humor, and emphasis on positive social interactions among participants is especially laudable. It reflects an underlying care philosophy, subtly woven throughout the text: the value placed on person-centered care. I recommend this "how to" manual without reservation." (Thomas Fritsch, Ph.D., Cognitive Psychologist and Lifespan Epidemiologist, Director Parkinson Research Institute, Aurora Sinai Medical Center 2001-01-01) "This comprehensive and well-structured book provides education about brain fitness while also exercising it. Grounding their material in recent research as well as professional practice, the authors package their fun, interesting activities into an easy-to-follow format that will be most appreciated by program facilitators." (Kristin Einberger and Janelle Sellick's Strengthen Your Mind provides programming themes, ideas, and insights geared to Early Memory Loss (EML) members' acuity and interest levels. The twelve sessions, complete with agenda, quizzes, and answer sheets, serve as an inspiration and creative template for program development. Adult --Robyn Yale, LCSW, Clinical Social Worker Early Stage Alzheimer's Consultant 2001-01-01) "This book is written with an authentic approach to memory loss that is uplifting and encouraging. Its helpful tools and 'road maps' for the practitioner provide guidance for setting up community programs focused on brain health and memory. I would certainly recommend that adult day services owners and directors read this book as they develop and plan for brain fitness and early onset memory loss services." --Beth Meyer-Arnold, Director Adult Day Services, Luther Manor 2001-01-01 "Ms. Einberger and Ms. Sellick have provided a useful resource for all professionals working in the aging field that wish to provide a useful tool for boosting brain functioning in a fun and easy to use format. Their dedication and commitment in the field of memory enhancement gives hope to all those wishing to continue to thrive in our every day lives as we age. Congratulations Kristin and Janelle on another fine resource. It is a pleasure to work with you in this field." --Jane Kibbey, Senior Service Program Coordinator and President California Association of Senior Service Centers About the Author 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 Alzheimers 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 Alzheimers 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*