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Joggin' Your Noggin: Fun and Challenging Word Games for Seniors (Volume 1)

Mary Randolph

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The “Joggin’ Your Noggin” series of word games is aimed at improving the lives of people struggling with dementia. Unlike many Alzheimer’s activities books directed to caregivers, “Joggin’ Your Noggin” is designed to be completed by a person in mild to moderate stages, independently or with some support. Written by a Speech-Language Pathologist, the games offer an opportunity not only for fun, entertainment, and a sense of accomplishment, but also for essential mental stimulation. “Complete the Song Title,”, “Name the Opposite,” “Picture the Description,” and “Fill in the Blank” are but a few examples. When shared with caregivers, family or friends, meaningful interaction is automatic. Individual questions provide a springboard to reminisce about fond memories and create moments of shared joy. Activities Directors and Recreation Therapists will find a wealth of ready-made content to incorporate into group activities. The level of difficulty, based on vocabulary, varies from the simplest in Volume I to the most advanced in Volume IV. Answers are readily accessible on the following page or at the back of the book. Each volume contains over 70 games and is sold at a more affordable price than similar products. The “Joggin’ Your Noggin” series continues to receive very positive reviews.

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