

The Power of 5 Test Kitchen Cookbooks

Staying Connected and Healthy

Living Your Best Life Through Food and Cooking

The Power of 5 Test Kitchen Cookbook - Caregiver Edition, the first of its kind, providing caregivers with the tools to bring their care partner into the kitchen for a meaningful and safe activity. Melissa's cookbook helps the care partner remain healthy and connected through food and cooking. The activity of preparing a healthy meal can bring enjoyment and meaning, while simultaneously benefiting the personal health and wellness of the care partner.

The Power of 5 Test Kitchen Cookbook: Your Guide to Healthy Cooking and Eating is your source for making the right choice of what and how to cook to maximize your wellness without compromising flavor. These delicious and nutritious, Mediterranean-inspired recipes are easy to cook and easy to adapt to any eating preference and dietary restrictions with options for each recipe. **Melissa's Modifications**, her signature on each recipe, provides easy ingredient adjustments that will satisfy any palate regardless of eating lifestyle.

Melissa has dedicated herself to developing recipes consistent with the recommendations of The Power of 5 Formula: promoting reducing sugar, carbohydrates and processed foods, while encouraging eating more whole grains, fresh fruits, vegetables, legumes, and proteins such as tofu and fish.

Story Ideas

- What is the Power of 5 Lifestyle and where can I learn more?
- Sex in the kitchen: Is mixing socialization and cooking healthy?
- Delicious recipes and meals you don't have to die for.
- Cooking for great taste and longevity.
- Cooking for the health of it.
- Making caregiving more enjoyable: 5 tips from an Occupational Therapist Chef.
- Alzheimer's, Dementia and Parkinson's, Oh My! How cooking together can help!
- Care partnership in the kitchen? What a great idea!
- Promoting health and wellness in the kitchen: 5 surprising things that Occupational Therapists can demonstrate.
- Caregiver Training - Melissa's tools for the care partners.
- The Power of 5 Test Kitchen Formula improves the lives of your loved ones.



Melissa has a lifelong passion for healthy cooking and eating: for herself, her family, and her friends. A graduate of Boston University, she brings her long-standing commitment to helping others; first as a “seasoned” occupational therapist and entrepreneur, and later as a certified chef. She is devoted to eating healthy and teaching others how to do the same. Her cookbook beautifully captures the essence of her compassion as a professional.

The Power of 5 Test Kitchen sprouted from the concept of the 5 “S’s” from the Power of 5 Formula - Get MORE Sleep, Sweat, Socialization and LESS Stress and Sweets.

The Power of 5 Test Kitchen promotes healthy cooking and eating a diet high in protein, whole grains, fruits and vegetables, and low in carbohydrates with little or no sugar.

Melissa teamed up with her husband, David Bernstein, MD, Physician, Author and Speaker to promote the Power of 5 lifestyle. Together they co-authored *The Power of 5 A Journal for Health, Longevity and Wellness* providing a guide to integrating The Power of 5 formula into one's life. Their company Power of 5 Life, provides education and resources on how to age well and live longer, healthier lives.

Melissa is available as a presenter for educational talks, group sessions and workshops, and consultations and coaching.

Media

Caregiver Connection Radio Show
Lifestyle by Design Podcast
Health Matters, Boston University Podcast
Navigating the World with Your Loved One Podcast
Aging GreatFully Podcast
Jewish Sacred Aging Podcast
Chapter X Podcast

Endorsements

This book offers an excellent way for caregivers to engage with the individuals they support by preparing and eating healthy meals together. The author provides outstanding tips for collaborating safely and effectively in the kitchen. There are recipes provided for many different skill and ability levels, with modifications offered to suit different diets. Also, the section featuring adaptive kitchen tools is extremely helpful for those with changing fine- and-gross motor skills. I would recommend this book for caregivers seeking new opportunities for connection with those they support.

- Teepa Snow, MS, OTR/L, FAOTA Dementia Care and Education Specialist, Author of Positive Approach to Care

I am pleased to endorse Melissa Bernstein, who is an occupational therapist, chef and caring soul; whom I interviewed on my caregiver podcast and she has presented at my semi-annual caregiver conference. She is an engaging guest who blends her warmth, kindness, intellect, and creativity providing great recipes and actionable tips for seniors and caregivers in my audience.

- Linda Burhans, Host Connecting Caregivers Radio

Melissa's work speaks volumes to me. The Power of 5 approach to cooking is a strong foundation for a healthy lifestyle and it encourages dishes with some of my favorite ingredients to cook and to eat. This cookbook belongs in every household looking to have fun cooking and to nourish the body, the mind, and the soul.

- James Beard Award-Winning chef, Zachary Engel Executive Chef, Co-owner, Galit Restaurant, Chicago, IL

Melissa has applied her 45+ years of experience as an occupational therapist with her knowledge about healthy eating and expertise as a chef into creating a cookbook with easy to follow delicious recipes. I highly recommend The Power of 5 Test Kitchen Cookbook. Melissa is engaging, easy to talk to and is passionate about everything she does, especially healthy cooking and eating! She is a great guest who has lots of meaningful and helpful information to discuss.

- Karen Jacobs, EdD Associate Dean of Digital Learning & Innovation and Boston University

