

The Power Of 5 Test Kitchen Cookbook for Caregivers

Stay Healthy and Connected Through Food and Cooking

As an award-winning Occupational Therapist and Certified Home Chef, **Melissa Bernstein, OT, FAOTA** offers her experience and wisdom based on her 40+ years career in the rehabilitation world. **Melissa** is fully devoted to eating healthy and teaching others how to do the same. Her cookbook beautifully captures the essence of her profession. The Power of 5 Test Kitchen Cookbook - Caregiver Edition, the first of it's kind and video training program companion, provides the caregivers with the tools to safely bring their care recipient into the kitchen for a meaningful activity. **Melissa's** cookbook helps the caregiver and care recipient remain healthy and connected through food and cooking. The activity of healthy meal preparation can bring enjoyment and meaning, while simultaneously benefiting the personal health and wellness of the care recipient and caregiver.

Melissa is available for presentations or educational talks, small group sessions & consultation.

Presentation Topics:

Caregivers and care recipients in the kitchen? It's a great idea!

5 surprising things that Occupational Therapists do to promote healthy and enjoyable caregiving.

Caregiver Training - Melissa's Tools for the caregiver and engagement with the care recipient.

Build Caregiver Resilience through the Power of 5 Journaling - A Positive Step Towards Living an intentional life.

Story Ideas:

What is the Power of 5 lifestyle and How can I get it?

Make caregiving more enjoyable with 5 tips from an Occupational Therapist Chef.

Discovering the benefits of cooking with people with varied disabilities.

Alzheimer's, Dementia and Parkinson's, Oh My! How cooking together can help!

Using the Power of 5 test Kitchen program to improve the lives of your loved ones.



Melissa is a graduate of Boston University, Sargent College. She enjoyed a long and diverse career in Occupational Therapy. **Melissa** continues to expand her knowledge and expertise of healthy eating and wellness.

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, low in carbohydrates and 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 Dynamic Learning/AGE GRACEFULLY provides education and resources on how to age well and live longer, healthier lives.



Interview Questions:

1. What is an Occupational Therapist and what do they do?
2. How did the Power of 5 Test Kitchen and Cookbook for Caregivers originate?
3. Why is cooking with someone with a Neurodegenerative diseases such as Dementia, Alzheimer's, Parkinson's or other like diseases beneficial?
4. Does your cookbook and related material work with those care recipients who have other disabilities?
5. What are the benefits of cooking (and other kitchen activities), when the caregiver and care recipient work together in the kitchen?



Media:

Melissa Bernstein, OT, FAOTA has been a guest on the following media outlets:

Caregiver Connection Radio Show hosted by Linda Burham,

Lifestyle by Design Podcast hosted by Dr. Karen Jacobs,

Boston University Health Matters hosted by Dr. Karen Jacobs

Navigating the World with Your Loved One, WillGather Podcast hosted by Nicole Will.

Endorsements:

My mother has an interesting type of dementia, metabolic encephalopathy. At the end of the day her diet is the biggest factor in her quality of life and survival. So, this book speaks directly to me. Thank you for writing a valuable cookbook for caregivers.

~ Ivy Slotnik, Family Caregiver

The Power of 5 Test Kitchen Cookbook - Caregiver Edition recipes have been strategically developed to foster healthy and happy senior living. This one-of-a-kind cookbook can help senior adults share the joy of cooking and eating together!

~ Susan Bazyk, PhD, OTR/L, FAOTA

I love the table of contents and the Caregiver and Individual in the kitchen with cueing techniques and levels of assistance, all of the recipes, photos, and especially the abilities inventory that is easy to understand for all caregivers. The adaptive kitchen equipment and where it can be purchased with photos is essential. All the categories of food gave me time to think of all the things I am doing right and areas where I need improvement! Godspeed to you both for enhancing people's lives.

~ Janice R. Murphy, BS CTRS PTA

