

Date: January 24, 2007

Re: News Item for Release in the Sunday NewsPress January 28th edition

WHO: LIFE Adult Day Center Participants

WHAT: Culinary Creations group

WHEN: 2-3 times a month

WHERE: Life Adult Day Center
411 West Mathews

HIGHLIGHTS:

The recent ice storm that hit Oklahoma didn't stop Participants from coming to the Life Adult Day Center. During the week, a few people ventured out to attend the program. Attendance went from two people on Monday to nineteen people on Friday. The usual attendance is between 30-35 people per day.

Normally, the Center picks up meals from the Mobile Meals program. However, with Mobile Meals closed due to the weather, the Participants who attended decided to plan and prepare their own meals. This daily group was part of the Center's Culinary Creations classes that Nutrition Coordinator Melissa Kennedy plans and is normally offered two to three times a month to program Participants who enjoy preparing food.

The Culinary Creations group offers Participants the opportunity to utilize current cooking skills and also provides education in foods, history, other cultures and nutrition. Participants have prepared "down home" foods, such as bread, jams and cookies, and also "uncommon" recipes that have included salsa, Irish soda bread, pumpkin soup, stir-fry and miso (tofu) soup.

Cooking programs assist people who may have physical or cognitive limitations due to trauma or illness to maintain or possibly rehabilitate affected skills. Culinary activities provide opportunities for these individuals to work on fine motor skills, hand- eye coordination, organization, sequencing, decision making, problem solving, access long-term memory, stimulate short-term memory, and promote new learning.

For more information on the Culinary Creations Group or other programs offered at the Life Center, please call 377-0978 or view the website at www.lifecenterads.org.