

THE Zekelman HOLOCAUST CENTER

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The Zekelman Holocaust Center to Host ‘From Kisvárdá to the Kitchen: A Story of Survival and Healing’ Virtual Cooking Demonstration Jan. 31

Culinary Art Therapist and granddaughter of a Holocaust survivor, Julie Ohana is passionate about food and its ability to navigate trauma and the healing process

Farmington Hills, Mich., Jan. 17, 2023 – [The Zekelman Holocaust Center](#) (The HC) will host a virtual cooking demonstration, *From Kisvárdá to the Kitchen: A Story of Survival and Healing*, on Jan. 31 at 7 p.m. led by culinary art therapist Julie Ohana, who is passionate about helping clients heal from trauma through mindful food preparation and therapeutic cooking.

The granddaughter of a Hungarian Holocaust survivor, Ohana will use food as a vehicle to discuss her family’s experiences during the Holocaust. She will prepare her grandmother Dorothy’s diosh, a traditional Hungarian pastry often enjoyed by her grandfather with his morning coffee. Ohana will be joined in the kitchen by her mother and daughter to highlight the importance of sharing memories across generations.

Popular food blogger and cookbook author Chanie Apfelbaum of Busy in Brooklyn will also make a special appearance.

Ohana is in private practice locally, working in person and virtually with a wide range of clients. She received her B.A in Counseling from SUNY Empire State College in 2001, and earned her M.S.W from Yeshiva University's Wurzweiler School of Social Work in New York City in 2004. The founder of [Culinary Art Therapy](#), Ohana has been featured on CNN, CNBC and in The Washington Post.

“Food is a way to connect to your loved ones past and present. Demonstrating this recipe brings to life the vibrancy that existed in pre-war Europe – getting a glimpse of that culture helps us to appreciate the magnitude of the loss of Jewish community during the Holocaust. It also is a symbol of triumph for survivors who remade lives for themselves in the United States, and who can now transmit their family history to the

next generation. That's a powerful statement of survival," said Rabbi Eli Mayerfeld, CEO, The Zekelman Holocaust Center.

Program supporters for the event are Robin & Leo Eisenberg, Susan & David Feber, Barbara & Edward Klarman, Stewart Shear, Sara Guyer & Scott Straus, Shelley & Joel Tauber, and Stacey & Marc Wittenberg. The Program Sponsor is the PNC Foundation. The Community Partner is Oakland Community College, Culinary Studies Institute.

Registration for *From Kisvárdá to the Kitchen: A Story of Survival and Healing* is available at <https://www.holocaustcenter.org/January>. The class will be held as a virtual event. A confirmation email will be sent with an ingredient list to bake along with Ohana upon registration.

About The Zekelman Holocaust Center

The Zekelman Holocaust Center (The HC) is a 55,000 square foot museum and Library Archive in Farmington Hills that teaches about the senseless murder of millions and why each of us must respect and stand up for the rights of others if we are to prevent future genocide and hate crimes.

The lessons of history are used to create a call to action, teaching visitors through the examples of those who risked their lives to save others, and asking our guests to react to contemporary challenges such as racism and prejudice.

Exhibits include artifacts such as an authentic WWII-era boxcar, video testimonies, films, paintings, and a sapling from the tree located outside Anne Frank's hiding place window that is described in her diary.

Located on the second floor above the museum, the Library Archive is an important resource for academics, the media and families researching their heritage. A national leader in innovative genocide education, The HC serves over 100,000 Michiganders each year.

Hours: Sunday through Thursday 9:30 am to 5:00 pm and Friday 9:30 am to 3:00 pm. The last admission is one hour before closing. Wheelchair accessible. Free parking. For additional information, visit www.holocaustcenter.org or call 248-553-2400.

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