

## Our Own Little Galaxy

Each year, our parent organization of Thompson Health celebrates the top 2 percent of its associates with Shining Star Awards, and we're excited to announce that three of our own were among this year's recipients!

Lured to the May 10 awards ceremony under false pretenses and then surprised by family and friends were: Administrative/Marketing Assistant Michele Chiaverini, Housekeeper Bonnie Ellis, and Executive Chef Matt Laurence.

Congratulations to all three! We're so proud of you!

## Tops in Taste Management

Congratulations to our very own Tony Cafarelli and Jamison Gorton-Jones! During the May 7 Kiwanis Club of Canandaigua's Chef & Sip Challenge, they won the award for "Best Taste" for their Porchetta with Salsa Verde & Pickled Red Onion.

This marked the fifth straight time our chefs have shined at this event!

## FERRIS HILLS & CLARK MEADOWS

*Independent and Enriched Senior Living*  
One Ferris Hills, Canandaigua, NY 14424

*Ferris Hills*  
*Spring Alive at*

"May, more than any other  
month of the year, wants  
us to feel most alive."  
- Fennel Hudson

MAY 2023



# Learning So Fun You Can Taste It!



Many people – even those who don't cook – are hooked on cooking shows these days but Ferris Hills residents have the chance to experience them in-person, enjoying the aromas and the tastes!

In recent months, Ferris Hills Executive Chef Matt Laurence – known to residents simply as “Chef Matt” – has been offering demonstrations. In March, for example, he cooked up Artichokes French while sharing the history of the dish and also sharing a little of his own background.

A graduate of the Western Culinary Institute in Portland, Oregon, Matt worked his way up from intern to executive chef at the Harbor Court Hotel in Baltimore. After returning to Fairport, he purchased the Green Lantern Inn, opening the Cellar Door Restaurant in its lower level and continuing operations there for 10 years. Following time as a chef at both SUNY Geneseo and the New York Wine and Culinary Center, he served as the executive chef for Woodcliff Hotel & Spa before arriving at Ferris Hills in 2020.

“The kitchen here is just unbelievable,” said Lee Frank, who attends the cooking demos.

Emilie Miller agrees. Joined at the Artichokes French demo by her husband Jim, she described her sample as “absolutely delicious.”

“This is a treat,” she said of the presentations. “It’s just fun!”

## Off to the Races

Residents gathered two days before the “Run for the Roses” to enjoy a Kentucky Derby-themed party.

