



Adam Soya / Concord Reserve

I'm the Executive Chef for Independent Living at Concord Reserve. I knew at a young I wanted to be a chef, I had been cooking since I was sixteen. In the culinary industry, you're really busy, but it's less stressful working as a chef in senior living and a testament to be able to pursue things outside of work. Concord Reserve is a unique place for me to be creative and bring my fine dining experience to seniors. People don't think of fine dining when they picture senior living, but it's a part of it.

I've worked in the industry for over 20 years, mostly in restaurants, and I am trying to bring those dishes I've learned in my past into the kitchen here at Concord Reserve. I also went to culinary school down in Nashville, Tennessee and earned a B.S. in Culinary Arts Management, which allows me to know the numbers side of things and hammer in the deals before doing it.

We do a monthly cookoff between the chefs, where we pick a menu item and have residents from all levels of living come together and vote on our dishes. We want to build the community aspect for everyone, because you move through the continuum of care, you don't get forgotten or left behind just because you're in a different level of living.

A quality dining experience is made of good food and smiles! I want to create a wow factor for our residents and have them happy to have these experiences. You can tell it on their faces every day! I love when they come spend time with others instead of being alone in their room. We're really pushing the boundaries of what a lot of people would consider senior living food to be. We want them to have the best possible service and meals. It should be an exciting experience, and I like the challenge.

I worked at a private high school previously, where I had to have two entree options and vegetarian options. I've used a lot of that knowledge to make sure that not only the food looks and tastes good, but it's nutritionally fulfilling and inclusive. We have plenty of substitution options, such as the impossible burger. We want the options to be overwhelming. We want vibrant colors and variety in our meals.

This is my first job in senior living ever, and I'm really enjoying my position. I have a lot of free reign I would have at a restaurant and get the backing of residents and management to accomplish our goals.



Loretta McMullen / Concord Reserve

I'm an Executive Chef at Concord Reserve. My first job at sixteen was as a nurse's aide. I always liked healthcare and love to cook, and my family encouraged me to explore these interests twenty years ago. I never thought I'd be an Executive Chef one day and worked my way up from Sous Chef.

I love that we're a nonprofit community that offers all kinds of care and experiences for our residents. After I came here for my interview, I told my friend it blew my mind! It's really like a community, not what you think of when you hear senior living. It's the best thing you can do for a resident to create an experience and give them a great quality of life.

We focus on home cooking and occasional fancy meals, something our residents can relate to and love. I meet with residents once a month to get feedback about the menus and how we can improve to make them happier. We like to provide variety in the quality of food we serve them. They deserve to be treated like they're at a restaurant with food that's properly plated. You eat with your eyes, so we want to give them public dining experiences from the comfort of our community. We like to create menus that are nutritional, customizable, and at a variety, so I collaborate with our dietician to make sure it's meeting all the marks.

We're in the process of remodeling Memory Care and Assisted Living to be an even higher quality for our residents with a gorgeous accessible kitchen and dining room so they can experience fine dining. We have six dining rooms across campus and make sure everyone is served quality meals on fine china with warm greetings in a nice setting. The happiness you see on their faces for being recognized and receiving attention and quality service is everything.

Concord Reserve is very respectful of our diverse group of residents with different cultural and dietary backgrounds. When new residents come in, our team works with them to go over what they like and need. It's important to provide options that are accessible and give dignity. We want to go above and beyond their needs, from meals to care. We want to accommodate them and make them feel at home.

You've got to have passion and care for residents and what you're doing for them! I love what I do and have always had the passion to care for others. I love people and greatly respect our residents.