



Summit's Food Services Director Creates Menus to Please the Palate

WHITEFIELD — Summit by Morrison residents may be in for a treat over the Christmas holidays. The new Director of Food Services, Ann Apicelli, is noted for the 1,000 or so Christmas cookies she makes each year with her daughter. One can only hope that some of those delicious goodies make their way into residents' hands and tummies!

Apicelli, a longtime Littleton resident, who recently relocated to Lisbon after eight years in Connecticut, admits to a creative flair in all her endeavors, with cooking right at the top of the list. During her career she has been the Executive Chef at the elegant Chebeague Island Inn in Chebeague Maine, a chef at a senior living community in Mystic, Conn., a professional floral designer in Littleton, and a staff member at WREN in Bethlehem. The mother of three, she enjoys gardening, antiquing, floral designs (parties a specialty), cooking (of course), and making jams and pickles and flavored alcohol using local produce.

"I am excited to be part of the new senior community at Summit by Morrison since it is the first of its kind here in the North Country," says Apicelli. "My background is in senior living and I am enjoying getting to know the residents and hearing their stories. They have a lifetime of experiences to share and I hope to add to their enjoyment through my culinary efforts."

"We are lucky to have Ann join us at Summit by Morrison," says Executive Director Shannon Lynch. "Her culinary expertise and warm personality are a wonderful addition to our home here and the residents are certainly enjoying her delicious menus."

Apicelli oversees around 10 culinary staff, creates menus and orders supplies. "I meet with residents and ask what they like to eat," she says. "They have a lot of input. For instance, one resident asked if we could have lamb on the menu and another asked for fresh produce as she remembered picking vegetables from her garden. I do my best to incorporate their requests like adding a lamb dish on occasion and, in the case of the vegetable lover, we now partner with a purveyor who works with local farms to deliver fresh vegetables in season."

"Food is the common denominator in bringing people's backgrounds and cultural histories together," says Apicelli. "We all have favorite foods and traditions to share with

each other and I'm going to do my best to bring those to the table here at Summit." She isn't making any promises about those Christmas cookies, but one can just imagine her creating new varieties after listening to residents talk about their favorites.

The Summit by Morrison is part of Morrison Communities. The Morrison Communities is a non-profit 501©(3) charitable community that has been providing quality healthcare to residents of New Hampshire's North Country since 1903. For more information, go to www.themorrisoncommunities.org