

SOMEONE TO KNOW - CASSANDRA WELCH

Children often learn to cook simple things from their mothers. Once they can read and follow the directions on Jell-o and cake mix boxes, they enjoy making the family dessert.

Cassandra learned to cook as a little girl helping her mother prepare meals for their large family. Gradually, she could prepare the entire meal when her mother came home late from work. Cassandra loved cooking then – for one brother, 4 sisters, her mother and herself. There were 9 nephews and 2 nieces who were often at the table.

She was born in Peekskill in 1974, and still lives there with her mother and her 13 year-old daughter Faith. Her father is deceased.

Cassandra graduated from Peekskill High School in 1992. Her first job was at Westledge Nursing Home working as a Dietary Aide, eventually she was promoted to cook! In time, Cassandra decided to pursue a degree and in 2002 she graduated cum laude from Westchester Business Institute where she majored in Business Administration/Accounting. She then obtained a bookkeeping position at the facility which she held until the birth of her daughter in 2004.

Through the years Cassandra has worked for various companies including Allstate Insurance, State Farm, a property management company, and even a small internet company. But four years ago Cassandra decided to return to the kitchen and “pursue a permanent career” as a cook.

“After being dissatisfied in the business field, I resigned from my position and obtained a cooks job at a restaurant in New Rochelle. That's when I realized my true passion for being in the kitchen.”

The Seabury

When Cassandra heard that there was a vacancy in the kitchen of The Seabury she applied and was hired as a cook. “I enjoy it all – the work, my fellow workers—cooks and waitresses, as well as the residents who come for their 3 meals a day!”

Her goal now is to go to Culinary School to become a Chef. “I never attended culinary school but I realize that it would be helpful to enhance the craft I love.”

Favorite Meal

“My favorite meal to prepare would have to be Soul Food – a dinner of fried chicken, collard greens, macaroni & cheese, etc.”

“Soul Food brings me back to my Roots!”



Cassandra at The Seabury



Seabury residents helped the Yorktown Leo's make sandwiches for Midnight Run. The Leo's delivered the sandwiches to the needy the following night.

The Seabury News

January 2018

at Fieldhome

Established 1879



2017 Holiday Open House

The Seabury invitation to the residents said to bring “family and friends” to the December Open House. The photos show they did just that! Many thanks to Bob Martinson and the Epic Dance Center in Mahopac for providing entertainment.

Happy New Year!

