



# BENSON MEMBER SPOTLIGHT

## SPRING 2026 **LISA ROCHON** *A Renaissance Woman*



Lisa Anne Rochon was born in New Orleans, LA. She attended Saint Mary's Academy for high school and after graduation, the University of New Orleans, earning a bachelor's degree in business with a concentration in Hotel, Restaurant and Tourism Management. She comes from a family of fabulous cooks and restauranteurs where her creativity and entrepreneur spirit were evident early.

After graduation, Lisa moved to New York and opened two restaurants in Manhattan, a Popeyes franchise in Harlem and a restaurant at the South Street Seaport in the Fulton Market Building called "Naturally N'Awlins," specializing in classic New Orleans food with a twist. After 3 years, an opportunity to move back to New Orleans presented itself and she took it!

Back in New Orleans, she opened The Riverside Cafe, a 182-seat restaurant as well as a catering service operation for up to one thousand people. House specialties included Traditional New Orleans Gumbo, Crab Stuffed Shrimp and Bread Pudding with Vanilla Whisky Sauce. Both businesses thrived for 11 years.

After closing her New Orleans operations, she decompressed by traveling the world for a few years. After returning to the US in late 1996, she settled in the Atlanta area to be closer to family and because of its great international airport,

Cooking is in her blood, so now living in Atlanta, she started a private event and catering business called Lisa Rochon Ltd. and Cuisine, a farm to table to home meal service. She also went back to school and earned another bachelor's degree in interior design from the Savannah College of Art and Design (SCAD Atlanta). Of course, designing kitchens is her specialty! Her cooking and special recipes have been featured in the food section of the Atlanta Journal Constitution (AJC) and Atlanta Magazine on several occasions.

She's been a member of the Benson Center for about 10 years. She had heard about the center's Aqua Bikes and because of knee issues, her doctor recommended water exercises instead of walking Stone Mountain every day. In addition to the bikes, what she also found was a great outlet for her creative passions; pottery, painting, mixed media, creative writing, knitting, sewing, etc.

Over the years she's taken just about every art and exercise class offered at the center. She's also a valued volunteer. Over the last 3 years, she has served as the sewing class instructor and managed the raised garden beds. Last year, the garden grew sweet potatoes, tomatoes, cucumbers, okra, greens and herbs. Most of the produce grown in the garden are shared with center members and the center's kitchen. This year, the goal is to also add beets, lettuce, white potatoes, and corn.



Lisa has found the center to be a fabulous social outlet. "You get to meet so many varied people. You get to learn things from them and share your passions with them. It expands your mind. It's an excellent alternative to the very small social circle many people have as they age.

When asked what she would say to someone considering joining the center, she replied "Don't hesitate! It's one of the most enriching things you can do at this stage of life. It will keep you active, challenged, and young!!"



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**What cookies will you put on Santa's plate this year? Here are four of Lisa Rochon's favorite holiday treats.**

**ESPRESSO SHORTBREAD, CHEDDAR KALE CHIP, LEMON SPRITZ, ROSEMARY CRISP**

