

Sentinel

SENIOR LIVING GUIDE

2026

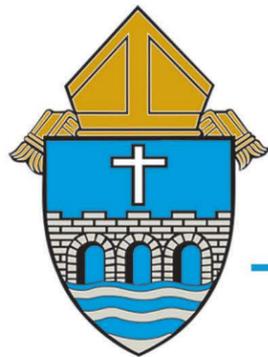
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to pay warm tribute to accomplishments and to the life — not death — of a loved one.*

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that are a sustaining source of comfort to the living.*

*A cemetery is a history of people — a perpetual record of yesterday
and a sanctuary of peace and quiet today.*

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Author — Mary Lou Brannon
Brannon Monument Co.

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Telomere Health, Strength Training, and Slowing Biological Aging

By Dr. Katie Takayasu

In integrative medicine, we often talk about the pillars of health that extend far beyond what's on the surface: nutrition, sleep, stress resilience, connection, and movement. These pillars don't just shape how we feel today - they influence how we age on a cellular level.

A fascinating new study out of Brigham Young University brings this concept into sharp focus. Researchers evaluated 4,814 U.S. adults and measured the length of their telomeres — the protective caps on our chromosomes that shorten as we age. Think of telomeres like the plastic tips at the ends of your shoelaces: when they wear down, the lace begins to fray. Similarly, when telomeres shorten, our cells are more prone to dysfunction, disease, and premature aging.

Here's what the researchers found:

Adults who engaged in regular strength training had significantly longer telomeres than those who did not.

Just 90 minutes per week of strength training was associated with the equivalent of 3.9 years less biological aging.

More was better - participants who strength trained the most had the longest telomeres of all.

These results are remarkable because they show that the benefits of strength training go far beyond muscle tone or metabolic health. On a deep cellular level, strength training may help preserve youthfulness, vitality, and resilience.

From an integrative medicine perspective, this makes sense. Resistance training reduces inflammation, improves insulin sensitivity, supports a healthy metabolism, and increases lean muscle mass - all of which are associated with less oxidative stress and slower biological aging. In fact, muscle itself acts like an endocrine organ, releasing beneficial myokines that protect our DNA and mitochondria.

At Wellness Insights, I encourage patients to view strength training not as an activity reserved for bodybuilders, but as an investment in longevity. For people in midlife, it's one of the best tools we have to preserve bone density, support hormonal balance, optimize cardiometabolic health, and enhance our independence as we age.

On a deep cellular level, strength training may help preserve youthfulness, vitality, and resilience.

Where to Begin

Start small: Two to three sessions per week is enough to see measurable benefits.

Focus on form: Bodyweight movements, resistance bands, or medium weights are powerful starting points.

Pair with protein: Your muscles need building blocks - prioritize 30g of protein per meal.

Integrate, don't isolate: Combine strength training with whole-food nutrition, restorative sleep, and stress management for maximum longevity impact.

The science is clear: by protecting your telomeres through lifestyle, you are protecting your future self. Strength training isn't just about building muscle - it's about building a longer, healthier life.

Citation: Bates, C. J. (2024). Strength Training and Telomere Length in U.S. Adults: Evidence from NHANES Data. Biology, 13(11), Article 883. <https://doi.org/10.3390/biology13110883>

Dr. Katie Takayasu is a board-certified family medicine physician and licensed acupuncturist who practices integrative medicine at Wellness Insights. She integrates traditional Western medicine with evidence-based complementary therapies, including acupuncture, botanical medicine, nutrition, mind-body medicine and lifestyle optimization, with a focus on women's health, perimenopause, fertility, pregnancy-related conditions and pain management. She completed her Family Medicine residency at Columbia University/New York Presbyterian, serving as Chief Resident, and later pursued fellowship training in Integrative Medicine through Stamford Hospital and the University of Arizona, along with medical acupuncture training at SUNY Downstate Medical Center.



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Atria SENIOR LIVING

Navigating the Journey By Russell R. Barksdale, Jr., PhD

It is a conversation many families postpone—often until time is no longer an ally. A spouse notices subtle changes. An adult child senses something is “off” during weekly phone calls. A parent insists everything is fine—until it unmistakably isn’t. As a loved one’s needs begin to evolve, families are faced with a difficult and deeply personal question: How do we protect dignity and quality of life while ensuring safety, stability, and appropriate support?

Too often, this dialogue is delayed out of fear—fear of causing offense, fear of eroding independence, fear of acknowledging that circumstances have changed. The consequence is frequently a crisis: a fall, a medication error, or an unexpected hospitalization. Decisions that deserve deliberation and collaboration are instead made hastily, under emotional duress, in emergency rooms rather than around kitchen tables.

There is, however, a better path—one that begins with recognizing change early and selecting care models designed to anticipate the future, not merely react to the present.

The Quiet Signals

Rarely does a single dramatic event announce the need for additional support. More often, the indicators emerge quietly.

Social withdrawal is frequently the earliest sign. A once-engaged parent stops attending gatherings or loses interest in familiar routines. Loneliness follows, and research consistently demonstrates that social isolation accelerates both physical decline and cognitive impairment.

Nutrition offers another important clue. An empty refrigerator, increasing reliance on packaged foods, or unexplained weight loss

or gain may signal that grocery shopping and meal preparation have become overwhelming. Medication management presents even greater risk: missed doses, double dosing, or confusion about prescriptions remain among the leading causes of emergency room visits for older adults.

Add to this diminished personal grooming, difficulty with bathing or dressing, increased falls, or a home that is no longer maintained—and a clearer picture begins to form. These are not failures of will or character. They are signals of changing needs.

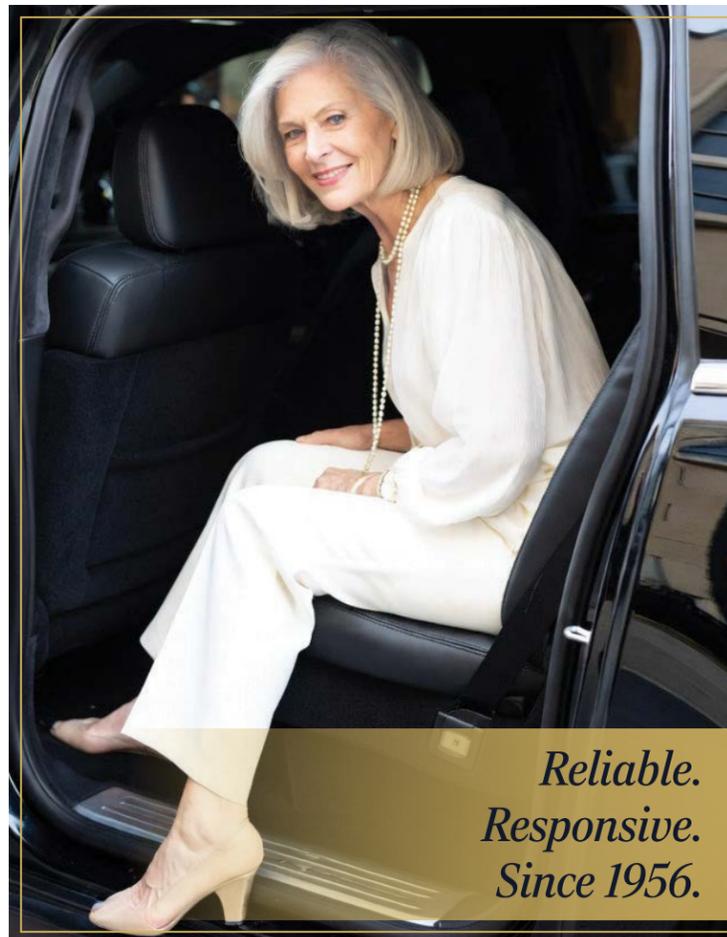
***Care is deeply personal.
Its design should be as well.***

Community as Preventive Care

For many families, the idea of moving a loved one from home can feel like a profound loss. Yet thoughtfully designed senior living communities are not institutions. Quality design does not refer to architecture or polished lobbies; first impressions can be deceiving and are not always reflective of the depth of care provided. True quality lies in the ecosystem—one built around connection, wellness, engagement, and proactive support.

In these environments, residents benefit from daily social interaction, meaningful activities, and chef-prepared meals tailored to individual medical and nutritional needs. Physical movement and

CONTINUED ON PAGE 6



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Healthcare Education

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cognitive engagement are seamlessly integrated into everyday life. Families gain peace of mind knowing that support is available early—before small concerns escalate into emergencies.

However, not all senior care options are created equal—and this is where families often make their most costly mistake.

The Risk of a Single Solution

Many families begin their search by focusing on a single licensed option—assisted living, memory care, home care, or skilled nursing. Each serves an important purpose. Yet selecting one in isolation assumes that needs will remain static. They rarely do.

A standalone solution may address today’s challenge while leaving families unprepared for tomorrow’s reality. As needs evolve, families are forced to start over: new assessments, new caregivers, new environments. Each transition compounds stress and increases the risk of decline.

Sales-driven placements can unintentionally reinforce this cycle. The more critical questions are not “Does this work today?” but rather:

- What happens when needs change?
- How long will financial resources last?
- Is the organization nonprofit or for-profit?
- Who owns the building—and who operates the building under a lease agreement? There can be three corporations for one license—owners of the building who lease to an operator and a management company, who operates the company on behalf of the operator. Each level must generate a profit margin.
- If leased by the operator, what are the annual escalators, and how will they affect future rate increases?

Also, visiting communities during evenings and weekends often reveals far more than marketing materials ever will.

Why a Continuum of Care Matters

A true continuum of care is designed with change in mind. It allows individuals to transition seamlessly—from in-home support to independent living, enhanced living, assisted living, memory care, and skilled nursing—without leaving a trusted environment. Care teams already know the individual, their medical history, choices and preferences. Transitions are thoughtful and measured, not rushed or disruptive.

Planning Is an Act of Love

Choosing senior care is not about giving something up; it is about gaining stability, connection, and foresight. It’s also about peace of mind. The most compassionate decisions are rarely reactive. They are made early, intentionally, and with the understanding that care—like life itself—is a journey, not a single destination.

Families who choose a full continuum of care are not merely solving for today. They are safeguarding tomorrow—ensuring that dignity, familiarity, and quality of life remain constant as needs evolve.

Care is deeply personal. Its design should be as well.

At Waveny LifeCare Network, leadership is defined by more than operational excellence—it is rooted in guidance, education, and meaningful engagement with our community. Waveny CEO Russell R. Barksdale, Jr., PhD, MPA/MHA, FACHE regularly contributes his expertise to The New Canaan Sentinel, offering insightful commentary on healthcare, aging, and the values that shape compassionate, person-centered care. Dr. Barksdale’s perspectives draw on decades of experience leading mission-driven organizations and reflect a deep understanding of both the challenges and opportunities present in today’s healthcare environment.

A Smoothie Called “The Cure” That Just Might Live Up to Its Name

By Elizabeth Barhydt

A smoothie developed by Darien integrative medicine physician Dr. Katie Takayasu promises more than a refreshing drink. Known as “The Cure,” the blend combines organic fruits, vegetables and plant-based ingredients designed to support gut health and balance the body’s microbiome. The smoothie is offered through Barvida and was developed in collaboration with Dr. Takayasu.

I tried one this week. The first surprise was the flavor. Despite a list of ingredients that reads like a nutrition seminar, the drink tastes closer to dessert than a health tonic. Barvida describes it as a “strawberry-pineapple mint julep.” Either way, it is refreshing, slightly sweet and layered with bright fruit and mint.

The morning after trying it, I woke up feeling terrific—clear headed, energetic and in a notably good mood. Whether coincidence or careful nutritional design, the experience made the drink’s name feel less like marketing and more like a hypothesis worth testing again.

The smoothie is built to function as a meal replacement. It delivers about 20 grams of plant protein and roughly 15 grams of fiber. According to the product description, the goal is to provide a macro-balanced option that nourishes digestion while keeping people satisfied.

Protein plays a particularly important role as people age. Nutrition researchers have noted that

older adults do not synthesize protein as efficiently as younger people, meaning we often need higher-quality and more of it to maintain muscle mass and metabolic health. A smoothie delivering 20 grams of protein helps meet that need.

The ingredient list is extensive but intentional. Organic strawberries provide vitamin C, antioxidants and fiber. Pineapple contributes bromelain, an enzyme associated with digestion and anti-inflammatory effects. Avocado adds monounsaturated fats and potassium, creating a creamy texture that balances the sharper fruit flavors.

Vegetables round out the base. Cucumbers and celery add hydration and nutrients including vitamins K and C while keeping the drink light. Fresh mint sharpens the flavor and is often associated with digestive support.

Fiber plays a central role in the formulation. Psyllium husk, known for its soluble fiber, supports regular digestion and may help stabilize blood sugar. Mesquite powder, derived from mesquite tree pods, contributes protein, fiber and minerals including calcium and magnesium while adding a subtle nutty sweetness.

Natural sweetness comes from organic maple syrup and tart cherry juice. Tart cherry juice is associated with antioxidant and anti-inflammatory properties and has been studied for benefits in sleep and muscle recovery.



The smoothie’s creamy base comes from almond milk and coconut yogurt, both dairy-free ingredients that provide additional nutrients.

Protein comes from a blend of plant sources which provide a complete amino acid profile while remaining free of common allergens.

Dr. Takayasu, who practices integrative medicine, focuses much of her work on the relationship between nutrition and overall health. Her practice combines traditional Western medicine with complementary approaches including nutrition, botanical medicine, acupuncture and lifestyle medicine.

“The Cure” reflects that philosophy. For those looking for a practical takeaway, the drink manages a rare balance. It reads like a wellness formula but tastes like a treat.

Barvida is located in Darien, New Canaan, and Greenwich. www.thebarvida.com

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Founded in 2018 by Greenwich resident J.P. Muir, we are the trusted choice for families seeking the highest standard of care at home. Our services include:

Medicare-certified nursing and therapy, private concierge nursing, home care, and hospice—all delivered with discretion and uncompromising quality. We also provide seamless support for clients transitioning from hospitals, rehabilitation centers, or post-operative recovery.

Our team of over 275 clinicians is carefully chosen for both expertise and compassion, ensuring a level of care that combines clinical excellence with genuine dedication to each client's well-being.

Understanding Hospice: What Families Often Wish They Knew Earlier

By JP Muir

Families usually begin looking into hospice during a moment of crisis. A hospitalization, a sudden decline, or a physician explaining that treatment options are limited often leads to hurried decisions and unfamiliar terminology.

One of the most common things we hear afterward is simple: "I wish we had understood this sooner."

Hospice is not the absence of care. It is a change in the goal of care. When an illness can no longer be controlled, the priority becomes comfort, clarity, and time together.

Many people assume hospice is only for the final days of life. In reality, patients often benefit most when hospice begins earlier. Pain and breathing symptoms can be managed before they escalate, medications are simplified, equipment is delivered to the home, and families receive guidance so they

Tutu Olomola, RN, our President and Administrator with over 20 years of nursing experience, notes that the reassurance this provides is significant.

"Knowing support is available brings a sense of calm," she says. "Families can focus on being present rather than managing a medical situation alone."

Comfort does not mean heavy sedation or withdrawal from life. Comfort means controlling pain, easing breathing, addressing anxiety, and allowing meaningful moments to occur without medical urgency dominating the room. It often allows more conversation, not less.

In addition to hospice, our team also provides Medicare covered home health nursing and therapy for patients recovering from illness who may still be pursuing treatment. For others who are not hospice

medical decisions they were never trained to make.

My own family experienced this personally. The difference between a chaotic passing and a calm one was not advanced technology. It was preparation, communication, and steady guidance.

Families often worry they will be alone at critical moments. Hospice teams are available at all hours, but equally important is teaching families what is normal. Confidence replaces fear when people understand what they are seeing.

There is also flexibility. Some patients stabilize and even improve with supportive care. Hospice is not a permanent decision. If a condition changes, a patient may leave hospice and resume treatment.

After living in Greenwich for more than 25 years, I have seen how strongly people value remaining in familiar surroundings. Photographs, favorite chairs, and everyday routines provide comfort that cannot be replicated elsewhere.

Hospice allows care to come to the patient rather than the patient repeatedly going to care.

What I hope families understand is this: hospice does not shorten life and it does not prolong suffering. It guides a natural stage of life with as much comfort, dignity, and support as possible.

The conversation is difficult, but learning about hospice earlier does not force a decision. It simply gives families options before they need them urgently.

And in nearly every case, knowledge brings relief.

JP Muir is a Greenwich resident of 25 years and founder of Greenwich based Health Care Connectors, a Medicare approved and accredited home health and hospice program serving Fairfield County. Contact information: www.HealthCareConnectors.com | 203-489-0919 | info@HealthCareConnectors.com

And in nearly every case, knowledge brings relief.

are not navigating uncertainty alone.

Carol Rogers, RN, who leads our hospice program and has more than 35 years of nursing experience, often explains that education is as important as treatment.

"Families are less afraid when they understand what is happening," she says. "We help them recognize normal changes so they are not reacting to every moment with worry."

Another common misconception is that hospice requires leaving home. Most hospice care actually takes place in a patient's residence or assisted living community. Medicare covers hospice services, including nurses, aides, medications related to the illness, medical equipment, and emotional support for both patient and family.

eligible but want symptom relief and guidance, we follow a palliative approach focused on comfort and support alongside ongoing medical care.

Some families also want additional presence beyond what Medicare hospice provides. In those cases, private nursing and home health aide services can supplement care so patients may remain safely at home even during periods of greater need. The intention is continuity rather than multiple disconnected providers entering the home.

Across Fairfield County, the most peaceful experiences share a similar pattern. Expectations are explained clearly. Symptoms are managed early. And families have permission to simply sit with their loved one rather than feeling responsible for

Edgehill | Where Life Meets Style

With a rich 25+ year history of excellence, Edgehill is an award-winning continuing care retirement community in Stamford, near Greenwich. Residents enjoy a sophisticated lifestyle that combines comfort and engagement with a vibrant array of cultural, wellness-focused and philanthropic opportunities.

The Edgehill difference is evident in every aspect of daily life. From the elegantly designed landscaping to the impeccable service provided by a dedicated team of experienced associates, every detail reflects a commitment to quality. “What I like best about Edgehill is the camaraderie of the people and the support of the wonderful associates,” shared resident Joan W.

Independent Style

Residents embrace the joy of maintenance-free Independent Living at Edgehill with a wide variety of beautifully designed one- and two-bedroom floor plans. Thoughtfully appointed residences feature private balconies or outdoor terraces, generous living areas and luxury finishes like stone counters and full kitchens. With pets’ welcome and ample storage included, Edgehill’s apartment homes are where cherished routines continue, and new memories begin.

Culinary Style

Dining at Edgehill is led by Director of Food and Beverage Jay Shankar and Executive Chef Anthony Napolitano, where they transform daily meals into memorable experiences. Residents savor inventive, nutritious and delicious cuisine, served in an upscale yet welcoming atmosphere.

Chef Anthony brings expertise in technique, flavor and the art of comfort and indulgence, crafting menus that are as satisfying as they are imaginative. Jay ensures that service, presentation and ambience are flawless, creating dining experiences that residents look forward to every day. “What I

Edgehill’s reputation for award-winning style and exceptional living is best appreciated in person.

really love is that, after having raised three active boys, I do not have to cook anymore. The food is wonderful. The camaraderie of the dining room is great,” shared resident Mary G.

Equally important is the emphasis on choice and personalization. Residents can select gourmet dishes that reflect their tastes and dietary preferences, ensuring that every meal feels tailored and special. From intimate dining rooms to elegant communal spaces, the culinary offerings at Edgehill elevate everyday living to an art form.

Active Style

“I am blessed that I have a lot of friends who have chosen to come to Edgehill just as I have. There are so many things that we can be engaged in. I have wanted to participate in everything that is available here.” — Resident Bobbie H.

Edgehill offers a wealth of opportunities for intellectual, cultural and social engagement. Residents can participate in wellness programs, fitness classes, lectures and cultural excursions, all designed to stimulate mind, body and spirit. The community also offers easy access to the culture in nearby Greenwich and the excitement of Manhattan, allowing residents to maintain a vibrant, connected lifestyle.

Residents at Edgehill continue to lead lives of meaning through hands-on philanthropic and volunteer opportunities that foster connection and purpose. From participating in the Social Action Committee and organizing community donation drives to supporting local nonprofits, arts organizations and regional outreach initiatives, residents remain actively engaged beyond the campus.

Award-Winning Style

Edgehill has once again been recognized by U.S. News & World Report, earning Best Continuing Care Retirement Community, Best Independent Living, Best Short-Term Rehabilitation and Best Long-Term Care. These distinctions reflect the exceptional lifestyle and extensive range of services available.

With Edgehill’s Lifecare plan, residents have priority access to the continuum of care, including Assisted Living, Memory Care, Sub-Acute Rehabilitation and Skilled Nursing, at a more predictable cost. This plan offers peace of mind to both residents and their families. Couples benefit from the assurance that if one partner requires a higher level of care, the other can continue enjoying the comfort of their Independent Living apartment.

Edgehill’s on-campus Sub-Acute Rehabilitation program offers expert, short-term recovery in a comfortable, familiar setting. Residents receive personalized therapy plans delivered by skilled clinicians specializing in post-hospital recovery, orthopedic rehabilitation and restorative care. Individuals can focus fully on healing while staying within the community they call home.

Schedule a Personal Visit

Edgehill’s reputation for award-winning style and exceptional living is best appreciated in person. A visit to the campus is the ideal way to tour the beautifully designed apartments, explore amenities and experience the warmth and attentiveness of associates firsthand.

Schedule a tour today to see why Edgehill is more than a community; it is a place to call home.

“I wanted to remain close to the community I love. My roots are here in Greenwich, and Edgehill lets me stay connected to everything I care about. My children visit, and it is such a comfort knowing I am happy, secure and thriving.”

—Resident Bobbie H.



Independent Style

With a rich history of excellence, Edgehill residents enjoy award-winning service from a dedicated team of associates. Edgehill’s Lifecare plan provides priority access to the continuum of care at a more predictable cost, offering residents and their families peace of mind.

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Meadow Ridge | Distinctive Senior Living

Located in Fairfield County, CT, Meadow Ridge is a distinctive continuing care retirement community for discerning individuals seeking a fresh perspective on senior living. The scenic landscape spans 136 acres nestled among rolling hills, natural woodlands and open meadows for the best of Connecticut country living. Conveniently located, you have access to a wealth of local amenities like restaurants and pharmacies, allowing you to enjoy the best of Senior Living in Connecticut.

From the moment you arrive, Meadow Ridge feels distinct. Stepping into the stunning three-story atrium, filled with natural light, the community is designed for connection, engagement and refined living. The rhythm of life here is fueled by opportunities to connect, learn and grow.

“It’s luxury living in a beautiful setting. We live a very free and relaxed lifestyle. That’s just as it should be.” – Resident Mary Madelyn A.

Residences Designed for Living Well

Apartment homes are thoughtfully designed, beautifully appointed and some of the largest residences of any senior living community in Connecticut. Floor plans range from 850 to an expansive 2,600 square feet and are available in one-bedroom, two-bedroom and two-bedroom with den layouts, allowing residents to choose the space that best suits their lifestyle.

Each apartment home features premium finishes throughout, including fireplaces, crown molding, stone countertops, high-end appliances, custom closets and fully monitored call systems for added peace of mind. Private patios or balconies extend the living space outdoors, offering tranquil views of the surrounding landscape. These well-designed homes make it easy to entertain family, add your personal

We’re not reinventing education. We’re remembering it.

touch and enjoy everyday life.

Refined Wellness, Inside and Out

Life at Meadow Ridge is rich with opportunity for connection and wellness. From swimming laps in the indoor heated saltwater pool to refining your short game or teeing off at Ridge Range (Meadow Ridge’s state-of-the-art golf simulator), you can enjoy an abundance of amenities and activities designed to support an active and engaged lifestyle. A fully equipped fitness center, group exercise classes and outdoor tennis, pickleball and bocce courts further support strength, balance and vitality.

Wellness is at the heart of daily life. Whether relaxing in the light-filled atrium, browsing the well-stocked library, tending to plants in the Laurel garden, taking a morning walk along scenic paths or visiting Bark Ridge dog park with a four-legged companion, there are countless ways to engage the mind, body and spirit.

Equally important is time to unwind. The on-site spa offers a tranquil retreat for relaxation and renewal with offerings such as massages and facials, while the salon provides convenient personal care for your hair and nails just steps from home. Alongside a full calendar of social clubs, educational programs and cultural experiences, Meadow Ridge creates an environment where residents can explore new passions, nurture well-being and build lasting connections with neighbors who share similar values. “Meadow Ridge has such a rich diversity of people. Everyone has lived such interesting lives; you always hear wonderful stories at dinner,” shared

resident John S.

A Dining Experience That Delights

Dining at Meadow Ridge is an experience to savor. Under the direction of Executive Chef Tom Villa, each meal is expertly crafted using fresh, locally sourced ingredients and inspired culinary techniques. Residents enjoy restaurant-quality cuisine served in the elegant formal dining venue or the casual Bistro setting, with menus that change seasonally and accommodate a variety of preferences and dietary needs.

The Height of Senior Living

Meadow Ridge has consistently been recognized by U.S. News & World Report as one of the nation’s best continuing care retirement communities. As a Lifecare community, Meadow Ridge offers residents unparalleled peace of mind, providing access to the full continuum of care at a more predictable cost—should needs change in the future. This Lifecare promise allows residents to focus on enjoying today, confident that tomorrow is thoughtfully planned for.

Distinctive Care at Ridge Crest

Ridge Crest is the health center at Meadow Ridge where the Assisted Living, Mind & Memory Care, Sub-Acute Rehabilitation and Skilled Nursing neighborhoods are located. Residents and patients at Ridge Crest experience exceptional care and comfort, with personalized, licensed support from a familiar, friendly and experienced team.

Experience Meadow Ridge for Yourself

We welcome you to experience all that Meadow Ridge has to offer with a personal tour. Enjoy a gourmet lunch and guided viewing of the spacious and elegantly appointed residences. Discover what makes Meadow Ridge a distinctive Lifecare community.



“There’s a real sense of community at Meadow Ridge. The amenities are amazing, and the food is fantastic. There’s quality care here; should my mom need it, that gives us great peace of mind.”

— Greg Z., son of resident Ingrid Z.

Picture the pinnacle of senior living.

Meadow Ridge offers a refined, maintenance-free lifestyle with exceptional service and wellness-focused living. Whether practicing your swing at Ridge Range, socializing in our three-story atrium or exploring creative pursuits, there’s always something to enjoy. With our Lifecare plan, residents also benefit from access to the continuum of care at a more predictable cost.

To learn more or schedule a tour, call 203-826-8368 or visit LifeAtMeadowRidge.com



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A Thoughtful Next Chapter at Parsonage Cottage

There often comes a time when daily routines and household responsibilities prompt an important question: Is my current living situation still the best fit for the lifestyle I want going forward?

Or, just as often, we find ourselves asking the same question about an older adult in our lives. Whether conversations happen in person or over video calls, these moments can bring clarity about changing needs, safety, and the desire for greater connection and support.

Experts consistently advise that the smoothest transitions happen when individuals begin exploring options and planning ahead, rather than waiting until a sudden health event or crisis forces quick decisions. Taking time now to understand what independent senior living communities offer allows decisions to be made thoughtfully and comfortably, rather than under pressure.

In Greenwich, many people discover that Parsonage Cottage offers the right balance of independence, connection, and support for this next chapter of life.

Parsonage Cottage partners with residents in maintaining independence within a warm, welcoming environment. Choosing a residence is more than selecting a new address; it's about finding a place where life continues to be engaging, social, and fulfilling. Here, residents enjoy a lifestyle designed to help them thrive—surrounded by caring staff, supportive leadership, and neighbors who quickly become friends and community.

Comfort and convenience are part of daily life. Bright, well-appointed rooms with private baths and accessible features provide ease and dignity, while housekeeping removes everyday burdens. Residents gather for three nutritious meals prepared daily with fresh, seasonal ingredients, and special dietary needs

receive individual attention. Coffee, snacks, and social hours create natural moments for connection throughout the day.

Life at Parsonage Cottage also means staying connected—to friends, loved ones, and the larger Greenwich community. An extensive network of community partners brings energy and engagement into daily

active and confident, while casual recreation areas invite friendly competition and daily enjoyment.

Equally important is peace of mind. Residents live independently while knowing attentive support is available if needs change. It is a balance of freedom and

Life at Parsonage Cottage also means staying connected—to friends, loved ones, and the larger Greenwich community.

life. Students from Greenwich Country Day School regularly visit to spend time with residents through crafts, trivia, and shared activities that create meaningful intergenerational connections. Partnerships with organizations such as the Greenwich Botanical Center also provide opportunities for gardening programs, nature-based activities, and seasonal projects that residents enjoy throughout the year.

The social calendar ensures there is always something to look forward to: arts and crafts, games and brain challenges, music, themed events, movie nights, and gatherings with neighbors. Worship services, discussion groups, and both virtual and in-person programs keep minds active and spirits engaged.

Outdoor spaces are equally inviting, with landscaped grounds, walking paths, gardens, rocking chairs, and terraces that encourage fresh air and conversation. Fitness and wellness opportunities—such as chair yoga, meditation, dance, and other instructor-led programs—help residents stay

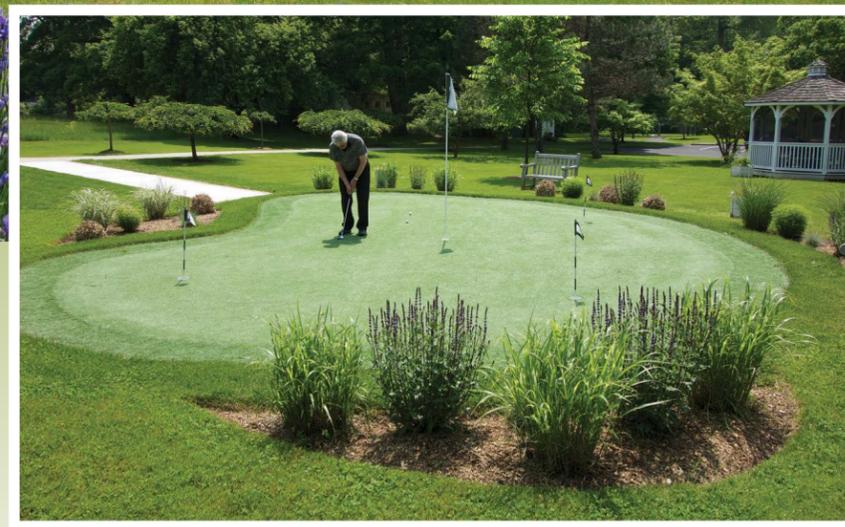
reassurance—living fully today while feeling secure about tomorrow.

For those considering a move for themselves or someone they love, this may be an especially good time to explore the opportunity. Parsonage Cottage currently has limited availability—a rarity for this sought-after residence—offering a unique chance to join the community without a wait. Scheduling a tour now allows individuals and families to make decisions comfortably and proactively rather than under urgent circumstances later.

What many discover is that moving to a community like Parsonage Cottage is less about change and more about gaining something new: freedom from daily worries, richer connections, and more time to enjoy the people and activities that matter most.

At Parsonage Cottage, residents truly live life their way—supported by community, connection, and comfort as they begin their next chapter.

Living Life Your Way



Parsonage Cottage is a highly rated, state-of-the-art, Senior Residence located on parkland acreage in beautiful Greenwich, Connecticut, that provides a full spectrum of services and activities to enrich and enhance daily living. At Parsonage Cottage residents live life their way. Parsonage Cottage values the happiness, the dignity, the pride, the independence, the interests and the health of every member of our community. Contact us today for a tour of our facility.

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Dena Zarra is one of the few Certified Senior Advisors in Greenwich. Russ Pruner has a nationwide network of top agents and Mark Pruner has the law background to help with complicated issues. With fellow agents Felipe Dutra & Tim Agro for full service anytime.

Call for a complimentary, confidential conversation, or scan to learn more about Compass Plus.



Greenwich Streets Team

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TEAM AT COMPASS



The Greenwich Streets Team is a team of real estate agents and brokers affiliated with Compass Connecticut, LLC a licensed real estate broker and abides by Equal Housing Opportunity laws. CTBOR@Compass.com

Seniors & Real Estate: Planning the Next Chapter

By Dena Zarra, GRI®, Certified Senior Advisor (CSA®)

Real estate decisions later in life are rarely just about property.

Greenwich has a mix of historic homes, waterfront properties, and strong village communities making these moves often reflect deeper needs such as independence, safety, financial security, and peace of mind.

As a Certified Senior Advisor (CSA®) and Graduate, REALTOR® Institute (GRI®) designee, I can help seniors and their families navigate these transitions with clarity and compassion. Whether you are planning or facing an immediate move, understanding your options, and having the right professional support makes all the difference.

Planning well in advance is incredibly helpful. Even when a move may be years away, early conversations allow seniors to stay in control of their choices, explore multiple options, and avoid making rushed decisions during stressful moments. Importantly, the guidance I provide through my CSA training comes at no additional cost, it's simply part of how I serve my clients.

Greenwich Real Estate Market

Greenwich continues to stand apart as one of Fairfield County's most sought-after markets, offering everything from in-town neighborhoods and coastal communities to extremely high-end enclaves with private associations. Its proximity to New York City makes Greenwich especially attractive to buyers seeking space, privacy, and quality of life while remaining connected to Manhattan.

Today's inventory remains extremely low, creating strong demand across nearly all property types. In today's market, homes at every price point can perform well when positioned and priced correctly.

Downsizers are increasingly drawn to smaller homes, condominiums, and residences closer to village centers such as Greenwich, Old Greenwich, Riverside, and Cos Cob, where accessibility and convenience matter most.

For seniors, this creates meaningful opportunity. Many longtime homeowners hold substantial equity, making strategic timing and preparation especially important. Homes that are thoughtfully positioned tend to achieve excellent results, while properties needing updates can benefit from targeted improvements if the owner is willing and able.

Compass Concierge

Compass Concierge is available if needed. Compass Concierge allows homeowners to make strategic improvements before selling, with Compass covering the upfront costs and getting repaid at closing, helping maximize value without out-of-pocket expenses.

Compass Private Exclusive

In some cases, Compass Private Exclusives provide a discreet way to test the market before going public an appealing option for homeowners who value privacy. Compass Private Exclusives offer a private way to introduce your home to serious buyers within the Compass network before going public, providing discretion and helpful market insight.

The Growing Senior Population and Expanding Services in Greenwich

Greenwich continues to see growth in its senior population, increasing demand for specialized services. These services can include healthcare and home modifications to financial planning, elder law, and housing support. As more residents age in place or consider downsizing, access to knowledgeable professionals becomes increasingly important, and I'm supported by a trusted network of qualified resources to help ensure every transition is handled with care, expertise, and efficiency.

Why Seniors Decide to Move

- Large homes becoming difficult to maintain
- Stairs or layouts no longer supporting mobility
- Desire to simplify daily living
- Health changes requiring safer environments
- Wanting to be closer to family or medical care
- Using home equity to support retirement or care

Housing Options for Today's Seniors

Aging in Place - Home modifications such as main-level living, walk-in showers, improved lighting, and wider doorways can extend independence.

- Downsizing - Smaller homes or condominiums reduce upkeep while maintaining autonomy.
- 55+ Communities - Active adult communities offer amenities, social connection, and low-maintenance lifestyles.
- Assisted Living and Continuing Care - These provide increasing levels of support while preserving dignity and quality of life.

Why Senior Real Estate Requires Specialized Expertise

A senior move is not just a transaction. As a Certified Senior Advisor (CSA®), I'm part of a very small group of real estate professionals who have completed extensive training across multiple disciplines, including aging, health, family dynamics, and financial transitions.

For seniors and their families, this level of specialized training is invaluable. It ensures decisions are guided not only by market knowledge, but by a true understanding of life-stage needs, resulting in smoother transitions and greater peace of mind. Providing CSA-informed guidance is

simply part of my commitment to my clients, and something I find both rewarding and meaningful.

In addition to this training, I've built a trusted network of Greenwich and Fairfield County professionals, including legal and financial advisors, contractors who help prepare homes for sale, downsizing specialists, movers, and care providers. I also maintain a national referral network of CSA®-designated professionals.

My role is to bring all these moving parts together, so clients aren't managing everything on their own, taking some of the stress out of the situation as possible.

This is where my real estate expertise, combined with the strength of my team, makes a difference. A senior-focused approach includes:

- Honest property evaluations
- Strategic preparation to maximize value
- Guidance on what truly needs repair or renovation before selling
- Access to Compass Concierge when appropriate
- Referrals to vetted professionals
- Support in identifying appropriate housing and care options
- Clear communication throughout the process

The Emotional Side of Selling

Selling a longtime home often means closing a deeply meaningful chapter, one filled with decades of memories. Through personal experience, I understand how emotional this transition can be. My role is to be here with patience, compassion, and steady support, helping make the process feel as comfortable as possible, and manageable every step of the way.

Start the Conversation Early

Don't wait for a crisis. Even if a move is years away, starting the conversation early helps seniors remain in control of their choices. I'm here to listen, share thoughtful guidance from real-life experience, and provide support whenever you're ready.

About the Author

Dena Zarra is a REALTOR®, Certified Senior Advisor (CSA®), and GRI® designee, and one of the principals of the Greenwich Streets Team at Compass Connecticut.

The Greenwich Streets Team principals also include Russell Pruner, CRS®, GRI®, known for his extensive national referral network, and Mark Pruner, who holds a law degree and frequently works with homeowners facing complex legal and family situations. Team members Timothy Agro and Felipe Dutra further support clients.

Contact Dena Zarra, GRI®, CSA® by Call or Text: 203-943-2357 or Email: dena.zarra@compass.com for A Complimentary Senior Housing Strategy Session

Staying Active, Fit, and Connected at the YMCA

By Liz Whitney

Maintaining a healthy lifestyle—by staying active, social, and connected—is important at every stage of life, especially as we age.

In an era where many older adults may face increased loneliness or health challenges, the New Canaan YMCA offers a supportive community. The Y recognizes that aging well isn't just about longevity; it's about quality of life: staying active, forming meaningful relationships, and having opportunities to stay connected to the community. Through its welcoming atmosphere and variety of programs and activities specifically designed for older adults, the Y is here for seniors in the New Canaan community.

With healthy aging at the forefront, there are many opportunities for older adults to stay active, build healthy routines, and remain socially connected through the Y's ForeverWell initiative. Members of all ages fill the Y's group exercise classes, which combine fitness with community and camaraderie. Featuring over 100 weekly classes, there are options for

every fitness level, including classes specifically designed for older adults, such as chair yoga, qigong, and aquatic fitness.

In addition to group classes, our community's seniors can often be found playing a game of pickleball, swimming, building strength in the Wellness Center, and chatting with friends over coffee in Dante's Café. The Y also hosts special events for the whole family, where grandparents, parents, and kids can come together to enjoy Grandparents' Day, Family Dinner Night, Family Field Day, family swim time in the pool, and more.

While physical activity is important, socialization and connection play equally important roles in supporting our health and well-being as we age. The Y's monthly ForeverWell lunch and learn events provide social opportunities for older residents to come together, meet new friends, and enjoy guest speakers and activities on a range of engaging topics. Throughout the year, many local organizations and businesses partner with the Y to inform, enrich, and bring the community together through this program.

"I've been a member on and off at the New Canaan YMCA for about 45 years, and it's been such a wonderful experience for me. There are so many programs I've participated in, and the benefits are unbelievable. One of the wonderful programs that the Y has here is ForeverWell, a lovely program that gives me the opportunity to network and where I've met so many friends," shared a Y current member.

The Y also offers specialized chronic disease programs, providing support and community for older adults facing a variety of health conditions. Cancer survivors reclaim their strength through a 12-week, small-group physical and well-being program that has benefited over 200 individuals in the community. Individuals with Parkinson's disease come together at the Y for various activities, including exercise and cycling-based programs. The Y's highly effective diabetes prevention program is a lifestyle program that supports individuals with prediabetes. Adults with arthritis can also increase flexibility, range of motion, and balance through the Y's arthritis aquatics class. The Y's most

recent addition to its chronic disease support programs is a blood pressure monitoring program designed to help adults reduce high blood pressure.

In addition to these specialized programs that promote physical health, the Y also hosts various health lectures throughout the year through its partnership with Stamford Health. Lecture presentations cover topics such as breast cancer, healthy aging, fall prevention, heart health, stroke awareness, and more.

The Y serves as a place where seniors can stay physically active and socially connected through a variety of programs and activities offered in a supportive community. To learn more about senior programming at the New Canaan YMCA, including its ForeverWell initiative, visit www.newcanaanymca.org. Financial assistance is available for membership and program fees. Learn more at www.newcanaanymca.org/financial-assistance.

Liz Whitney is the Director of Marketing & Communications at the New Canaan YWCA.

Island Meanders and Gentle Swings: A Bermuda Escape for 55+

Long before the sun sets over the Atlantic, Bermuda has already won over even the seasoned traveler's heart. A beautiful tapestry of pink-sand beaches, pastel villages and leisurely ways of life, this island archipelago is a perfect match for visitors seeking relaxation with a touch of adventure.

For those whose ideal vacation blends scenic strolls with world-class golf, Bermuda delivers wonderfully varied experiences. Their signature Railway Trail National Park alone represents some of the island's natural charm. What once was a railroad path linking east to west has evolved into an 18-mile network of multi-use trails that traverse lush landscapes and coastal reaches untouched by cars. The rail bed that once carried the "Old Rattle and Shake" train now invites walkers and cyclists alike, with several sections that range from easy 1- to 4-mile stretches — ideal for those who prefer to explore at a gentle pace. Be prepared to find occasional slopes, scenic benches and glimpses of coastal life from these winding paths, as well as hidden beaches and flowering greenery that call for slow, attentive travel.

Some 55+ visitors find it easiest to sample the Railway Trail a section at a time — for instance, beginning near Somerset or Hamilton and setting a half-day schedule with stops at picturesque bays or historic relics along the way. Pack comfortable walking shoes, water and a camera: Bermuda's Railway Trail isn't just a path, it's a quiet invitation to recalibrate to island time.

After a morning enjoying the Railway Trail's serenity, it's time to explore another of Bermuda's great passions — golf. Though a relatively small island, Bermuda boasts an outsized reputation among golfers, and several courses provide the convenience of golf carts for travelers who prefer not to walk every fairway.

Among accessible, beautifully maintained courses that welcome visitors is Ocean View Golf Course, a scenic nine-hole course perched above the sparkling Atlantic. Cart rentals are available here, making it a great choice for those who want to enjoy Bermuda's famed greens without the strain of a long walk between holes.

For a more classic Bermuda links experience, Port Royal Golf Course is a must-

play stop. Designed by Robert Trent Jones and regularly hosting professional tournaments, this 18-hole layout showcases ocean breezes and rugged views, with carts available on weekends and holidays for those who request them.

Bermuda is now just a few hours away from Fairfield County with nonstop service three times weekly from convenient and uncrowded Westchester airport. Bermuda's flag carrier BermudAir is currently offering 20% off fares for summer travel, from May 1 through August 31, when booked by March 16 using the promo code 'SUMMER20' at check-out at www.flybermudair.com. Hotel and golf packages are available also at www.bermudairholidays.com.

Pairing the Railway Trail's unhurried island exploration with afternoons on Bermuda's inviting golf greens gives 55+ travelers the best of both worlds — soulful landscape hikes and spirited rounds under swaying palms. Whether you're pedaling along a shaded rail path or teeing off beside turquoise waters, Bermuda insists you slow down, soak in every view, and let each moment linger just a little longer.



WHERE THE COMMUNITY COMES TOGETHER

The New Canaan YMCA is where our community's seniors come together to have fun, stay physically active, form meaningful relationships, and remain connected to our community.






STAY ACTIVE, STAY FIT, & STAY CONNECTED AT THE Y

- 100+ weekly group exercise classes for all ages and abilities including classes specially designed for seniors
- Adult sports including pickleball, basketball, volleyball, and badminton
- Lap and therapy swimming
- Chronic disease support programs for those with Parkinson's, prediabetes, high blood pressure, and cancer survivors
- Monthly lunch and learn events on a range of engaging topics through the Y's ForeverWell program
- Special events for the whole family throughout the year
- Financial assistance available for membership and program fees

www.newcanaanymca.org
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Concrete Steps to Take to Stay in Your Home

By Mimi Santry

Interview with Bob Moore of Collins Accessibility Solutions

There is often a turning point for older people when they recognize that their home is no longer working for them. Accessibility and safety are often key factors. It might be a steep driveway that is now a barrier to taking walks in the neighborhood or getting the mail. The deep bathtub that was once a place of relaxation now looks like a death trap. Doorways and hallways may feel too narrow, especially if the individual is using a wheelchair or rollator. That grand staircase that made the house look stately is now insurmountable. The list goes on.

I have many clients that want to stay in their beloved home, but safety ultimately becomes the deal breaker.

Wouldn't it be great if there was a solution? I reached out to Bob J. Moore, VP of Collins Medical Solutions, an industry expert who I know is a trusted resource for many eldercare advisors and hospital discharge planners.

Collins Accessibility Solutions is a division of Collins Medical Equipment located in Bridgeport. Family owned and operated; the company has been in business 94 years. Originally a soda fountain and drug store, the business has changed considerable and now focusses almost entirely on providing home medical equipment and serving as an "Age in Place Specialist". Bob and his team act as consultants and contractors for families who want to make changes that will increase safety and maintain independence in the home.

Prevention - When I asked Bob what steps families can take to stay in their homes longer, I shouldn't have been surprised by his answer---it wasn't renovate--it was prevention. Bob started his career as a physical therapist---he is very focused on holistic solutions. "Prevention is the first thing, I stress to my clients that the best way to avoid a crisis is

by maintaining their strength, flexibility and overall health. Seniors need to be very mindful to stay active, stretch regularly, and see their physician religiously. They need to be disciplined about taking their meds, getting their blood checked every 3-6 months to make sure their body is tolerating the meds, and asking for a comprehensive med review annually. It is common for physicians to add prescriptions ----but often the care team doesn't suggest stopping a prescription. Many seniors would benefit from a careful review of all their meds and supplements"

Other factors that keep seniors healthy are proper hydration, nutrition and regular socialization. Isolation has been cited by the U.S. Surgeon General as having a health effect equivalent to smoking a pack of cigarettes a day. Prevention also includes removing clutter and tripping hazards such as small rugs and cords.

Home Modifications - Physical alterations to the home are the next line of defense. Bob says his team will do a complimentary evaluation of the home, often by video, and suggest modifications. "Eighty percent of falls occur in the bathroom, and the next highest incidence is on the stairs. Those are two major areas where we focus our attention." Using the Collins in-house team of contractors, homeowners can add grab bars, widen doorways, and create walk-in showers. They can modify bathtubs so that access is easy for those who are mobility-challenged. Kitchens can be modified to accommodate a wheelchair. Collins is certified to install electronic stair lifts (they now match your décor) and they regularly work with a licensed elevator specialist, if that's the preferred solution. They can install ramps so that folks using wheelchairs or those unable to manage stairs can still enter their homes.

Technology - Adding technology to the home care also

There is often a turning point for older people when they recognize that their home is no longer working for them.

enhance safety ----particularly for individuals living alone. Adding fall and motion detection sensors can improve oversight of patients and shorten the response time to a crisis. Enhancing lighting and having it triggered by motion is also helpful in fall prevention. Creating an emergency card to be displayed on the refrigerator can also be a life saver. There are several options. Vial of Life is an emergency template that you fill out that "speaks for you when you can't speak or don't feel well". Another option is a digital App by a company called tendercare (full disclosure - I consult with their team on matters of senior care). Personal information is uploaded to a secure digital vault, and this info is used to create an emergency ready file. With a quick scan of a QR code, EMTs

can see information on the patient including health conditions, implants, allergies, blood types, current list of medicines, and important contacts. This radically improves the first responder's ability to provide the correct intervention.

In summary, aging is inevitable but needing to move out of one's home is not. Families can prolong their independence and stay in their homes longer if they take certain concrete steps including staying healthy, decluttering, modifying the home to be more accessible and adding smart technology. We are grateful to Bob Moore and Collins Accessibility Solutions for his wisdom on this topic.

Mimi Santry is an eldercare and senior living advisor and owner of Assisted Living Locators.



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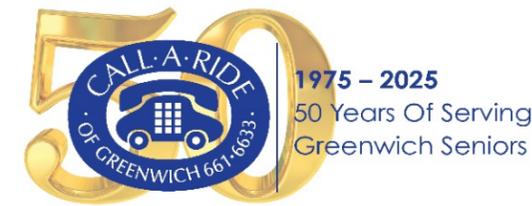
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Fueling Smarter for Cardiometabolic Health

By Natalie Gould

What Is Cardiometabolic Health?

Cardiometabolic health refers to how well the heart, blood vessels, and metabolic systems work together to regulate blood sugar, cholesterol, blood pressure, body fat, and inflammation. Strong cardiometabolic health lowers the risk of conditions like heart disease, type 2 diabetes, stroke, and metabolic syndrome and supports steady energy, hormonal balance, and long-term vitality.

Fueling Smarter

Instead of focusing on a specific diet or rigid rules, cardiometabolic health is best supported by a flexible, protein-forward, fiber-rich approach to eating. Each meal is an opportunity to stabilize blood sugar, support heart health, and reduce inflammation by combining lean protein, high-fiber carbohydrates, and healthy fats while staying mindful of overall energy intake.

This approach prioritizes consistency over perfection, emphasizes food quality alongside calorie balance, and supports long-term metabolic health without extremes or restriction. The most supportive eating pattern prioritizes:

1. Lean Proteins

Adequate protein helps stabilize blood sugar, preserve lean muscle mass, and support metabolic rate. All of these are critical for insulin sensitivity and long-term heart health. Lean protein sources provide satiety without excess saturated fat, helping manage both appetite and cholesterol levels. We recommend 0.7g - 1g per pound of ideal body weight.

Examples include: Poultry (chicken, turkey); Seafood (wild salmon, cod, shrimp, scallops); Dairy (eggs and egg whites, low-fat Greek yogurt or cottage cheese); Plant-based options (tofu and legumes)

2. Whole-Food, Fiber-Rich Carbohydrates

Fiber-rich carbohydrates such as vegetables, fruits, beans, and whole grains slow digestion, reduce blood sugar spikes, improve cholesterol, and nourish the gut microbiome. These foods support cardiometabolic health by improving insulin response and lowering chronic inflammation, especially when they replace refined carbohydrates. We recommend a minimum of 25g of fiber per day for women and 35g per day for men.

Examples include: Non-starchy vegetables (leafy greens, broccoli, artichokes, green beans, Brussels sprouts); Starchy vegetables (potatoes and sweet potatoes); Beans and lentils; High-fiber fruits (berries, apples, pears, kiwi, avocado); Whole grains (oats, quinoa, farro, or high-fiber breads)

3. Heart-Healthy Fats

Unsaturated fats from foods like olive oil, nuts, seeds, avocado, and fatty fish help improve lipid profiles and reduce cardiovascular risk. Rather than avoiding fat altogether, cardiometabolic health improves when saturated fats are balanced with, and often replaced by, fats that support vascular function and inflammation control.

Examples include: Fruit oils (olive oil, avocado oil, flaxseed oil); Nuts and seeds (walnuts, almonds, pistachios, pecans, pumpkin seeds, flaxseeds, chia seeds); Fatty fish (salmon, mackerel, sardines, black cod, anchovies)

4. Overall Calorie Balance

Even high-quality foods can work against cardiometabolic health when intake consistently exceeds the body's needs. Maintaining an appropriate calorie balance supports healthy body fat levels, particularly visceral fat, which plays a major role in insulin resistance, blood pressure, and inflammation.

5. A Simple Plate Formula

½ plate vegetables + ¼ plate lean protein + ¼ plate fiber-rich carbohydrates + a thumb-sized portion of healthy fats for flavor

This structure helps naturally regulate blood sugar, appetite, and energy intake, all key drivers of cardiometabolic health.

Natalie Gould, NBC-HWC is a National board certified HEALTH + WELLNESS COACH at Wellness Insights.

Knee'd To Know: Advancements in Surgery

By Dr. Isaac Livshetz

It is estimated that about 1 million total knee replacement surgeries are performed in the U.S. each year, with approximately 75% of those done for patients over the age of 65.

It is also estimated that “millions” of American seniors are choosing instead to live with knee pain. An inexact number, to be sure, and one that obscures the simple fact that, in most cases, settling for co-existing with easily corrected pain is not necessary.

The leading reason for knee surgery in seniors is osteoarthritis. The most common type of arthritis, OA occurs when the cartilage that lines your joints is worn down or damaged, causing the bones to rub together when using that joint. Other reasons include irreversible damage from fractures, ligament tears, and other injuries, and the failure of medications, injections, or physical therapy to supply the necessary relief.

Studies have shown that nine out of 10 patients wait too long to have knee replacement surgery, which can prolong and complicate recovery. While it may be true that no one likes the idea of getting surgery, such concerns may be tied to dated perceptions of how knee surgery actually works today.

New advancements in technology have transformed the way knee replacement surgeries are performed, with improved outcomes and faster recovery.

Nothing I see on an X-ray is going to say, “You must have knee replacement surgery.” Instead, the patient must consider the level of pain, how it limits their function, and whether they’ve tried such other remedies as weight loss, medications, injections, and exercise.

BETTER GET MAKO

Incredible advances in knee surgery have increased the appeal of the procedure. A particular game-changer is MAKO Robotic-Arm Assisted Surgery, which allows for

improved precision both preoperatively and in real time.

Knee replacement surgery involves removing the damaged cartilage and bone and resurfacing the joint with a durable implant made of metal and polyethylene. The

These newer implants allow the bone to grow into the implant and form a solid bond without the need for cement.

MAKO robotic arm assists the surgeon in very precisely shaping the bone and placing the latest-generation implants that effectively fuse with the bone.

Modern implants have a more biologic fixation by integrating into the bone rather than being cemented in. With a traditional implant, cement is used to hold the implant in place. But that cement degrades with time, allowing the implant to loosen, which could lead to another surgery down the road.

These newer implants allow the bone to grow into the implant and form a solid bond without the need for cement. We expect that they will provide a more durable and long-lasting knee replacement.

All of this begins a few days before surgery, when my team and I review a virtual 3D model of the patient’s knee to determine the exact position and orientation of the implants. Then, with the robotic arm, we can adjust the bone cut and implant position in 0.5-degree increments, to balance out the knee during surgery, which makes it feel as natural as possible.

MINIMIZING MEDS

The robotic-assisted surgery allows us to exercise more pain control, minimize blood loss during surgery, and use fewer—if any—

narcotics, which results in a much faster path to healing.

I am a proponent of a protocol for pain management that combines various classes of medications, pain management techniques, and other palliative methods

to target different pain pathways. By using multimodal analgesia, we have made great advances in managing pain after surgery. The approach provides a synergistic effect, which means we can better control pain with lower doses of medications, sometimes eliminating narcotic medications altogether.

Our highly tailored regimen often gives patients the confidence to walk within hours of their surgery. Because we’re getting patients up and moving so quickly, we don’t need to prescribe strong blood thinners; instead, they are usually asked to take a baby aspirin rather than something stronger.

In addition, most patients go home to recover, sometimes on the same day as the surgery. A return to “typical” activity can take four to six weeks, depending upon the patient’s adherence to a proper exercise and therapy plan.

Dr. Isaac Livshetz, Orthopedic Surgery, Adult Reconstruction, Hip and Knee Surgery at White Plains Hospital

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on growing old(er)

By Icy Frantz

I woke up old.

Just yesterday, in my mind, I was young; not quite a girl in her teens or twenties or even a young bride, but maybe a new mom toting little children, strollers, and car seats, with the capability of balancing a toddler on one hip, a coffee in a free hand, and looking great while doing it.

Or perhaps I am closer to the more seasoned mom of teenagers, sometimes ornery, dressed in yoga pants and running shoes, cheering on the sidelines of an athletic field.

But this morning, when I woke up in a home eerily quiet save for a snoring dog, I suddenly realized that something had shifted. Surely it didn’t happen overnight...but it felt that way.

I have always had a number in my head - an age that would confirm that I am indeed still young - and although I have moved that goalpost a few times over the course of countless birthday cakes with candles that have given off increasingly hazardous heat, this morning there was no ignoring it.

Now, one could say that age is just a number, or that relatively speaking, I am still younger than some (and of course this is true; I am sure at 65, 70, or 75 - if I am so lucky - I will think I had no business writing this piece), but there comes a time when the warning signs are deafening. And although my hearing is not what it used to be, I can hear them, and I am forced to accept the inevitable.

Instagram algorithms have determined that content such as anti-aging miracle creams promoting radiant wrinkle-free skin and garments that hold in unwanted bulges will increase my user satisfaction. It takes me longer to scroll through the years to find 1965 in the drop-down menu on applications. Seeing a sign for senior parking, I had to ask my husband - does this apply to us? The signs, both physical and abstract, are there.

I was reading a magazine at the doctor’s office (a place that I now frequent more often - not because I am sick, thankfully, but because as we get older our health demands more time, more tests, and more attention) and landed on a piece about middle age. The author, a newly minted 40-year-old, was complaining about becoming middle-aged, and I wanted to scream, “Not at 40!”

I was 40 when I gave birth to our daughter. I was 40 when I ran a marathon. I was also 40 when I started to wear readers -

0.25 strength! - that I needed at night because, as my ophthalmologist told me then, my eyes are perfect, but the muscles that help them focus are weary after a long day of everything that a 40-year-old does.

These days, those muscles are weary when I wake up, and it’s not limited to those around my eyes. And where I once needed very weak readers, I now have an entire restaurant routine that includes stronger ones, the flashlight on my iPhone, a magnifying card, and - worst case scenario - an offspring that can read the menu to me.

I have spent the last month in physical therapy; as we age, our muscles need more too - more planks, more crunches, more stretching - and we need to be more aware of the mechanics of sitting at a desk or driving a car. In essence, we need to do more for less return (if we were a stock, our future would be questionable). It turns out my mother was right: posture does matter. And as I have learned, we can even tweak our back while sleeping - that just doesn’t seem fair.

Perhaps it is a good thing that we no longer have small children to watch over, because being older takes an enormous amount of time (not to mention being tough on a back tweaked in slumber). Note to my children, though - said back will be happily sacrificed for grandchildren.

I told a friend I was writing a piece about growing older and she made me promise that I would mention the mysterious advent of chin hairs that accompany aging, so here you go...chin hairs. This is for you, friend.

And while chin hairs are living their best life, the hair on our head begins to retreat like an army in the throes of defeat, and if you are like me - not gifted with a thick mane to begin with - it’s important to hold onto what we’ve got (even if it’s thinning).

And though our hair may be thinning...the rest of our body is not.

Now, the physical part of getting older has its challenges - it can feel like we are running on a treadmill that is increasing in speed with the bright red emergency kill switch tempting us - but the emotional part requires deep reflection.

When Kirstie Alley died at the age of 71, a friend told me she saw this headline - “Kirstie Alley Lived a Good Long Life” - and thought, 71?! That would mean 15 more years for me, and there is just so much still to do.

We begin to think of our bucket list and realize that, where we once kicked that can of

dreams down the lengthy block, there is now less block. So, we take action.

And knowing that there is less time, we can hone into what is personally important - people and places we love - and learn to let go of the rest.

At the age of 95, my rebellious grandmother let go of the laws that no longer applied to her. She would park her car anywhere - in front of a store, the beauty parlor, the no parking and tow away zones - it didn’t matter. In her mind, she had earned the right to break a few rules.

I may not be 95, but age does give us some freedom to buck the system; some constraints and guardrails we felt when we were younger evaporate. We care less about what others think and lean into what we want. I mean, if we ruin our reputation, we have fewer years to live with the shame, right?

I had a coach in high school - an older, wiser man I adored - and he used to say, “Age before beauty,” and walk onto the squash court in front of me. Well, Ronnie, I’m first in now, too. You taught me how to enjoy that honor.

Thankfully, I can look back on my youth and hold tight to those awesome memories. When I could stay up to midnight and wake up spritely the next day or get out of a low-riding sports car with my knees intact or walk into the pantry and recall exactly what I set out to find.

I saw a quote in an article in The New York Times and I think it is applicable here: “Expiration dates are not expiration dates.” The piece was about food, but it made me think - do we ever become irrelevant, past our prime, bruised and forgotten? I think not. In fact, there are many foods that simply improve with age - time is what is needed to enhance flavor, to allow for the many facets to blend and marinate, which ultimately results in an exceptional and enriched dish.

So, together with the soups, stews, sauces, cheeses, and wine, I am on my way to becoming an exceptional and enriched dish. And that is not so bad.

“Wrinkles only go where the smiles have been.” - Jimmy Buffett

Editor’s Note: Our friends at the Society of Professional Journalists awarded this column by Icy Frantz a First Prize. It was first published in the Sentinel newspaper and we reprint it here for your enjoyment.



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