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LOCAL NEWS BRIEFING

LOCAL BUSINESSES AND NONPROFITS

Free Medicare Counseling

Free Medicare counseling is available to New Canaan residents at the Lapham Community Center two Thursdays each month, with weekday sessions offered during the Oct. 15 to Dec. 7 enrollment period. In 2025, volunteer counselors met with 374 residents and helped 157 change plans, saving a total of \$758,599. The program is seeking volunteers interested in training as certified Medicare counselors through the CHOICES program.

Paul Starr Speaks at Library



As part of the America 250 program series at the New Canaan Library, Princeton University professor and Pulitzer Prize-winning author Paul Starr gave a lecture on themes from his book American Contradiction and issues affecting modern American society. Photo credit: New Canaan Library.

SCHOOLS

NCHS Scholarship Foundation

The New Canaan High School Scholarship Foundation is holding its first Giving Week to raise \$50,000 for student scholarships, with local businesses matching community donations up to set amounts. Donations can be made at <https://www.nchs-sf.org/giving-week>.

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Your Charter Your Survey

The Charter Commission has opened a public questionnaire, and residents should take the time to complete it.

The survey is at <https://www.surveymonkey.com/r/8QXBNNK>

New Canaan Event Highlights Legacy of Designer Eliot Noyes and the Continuing Influence of Modernism

By PETER BARHYDT

A gathering of about 200 designers, educators and community members in New Canaan recently celebrated the legacy of influential architect and industrial designer Eliot Noyes, while looking ahead to how his ideas about design and creativity can shape future generations.

The event, held downtown at The Playhouse, featured a screening of "Modernism, Inc." about Noyes followed by a wide-ranging discussion led by his son, architect Fred Noyes, along with colleagues and family members. The conversation touched on the

origins of the film, the cultural moment that produced the group of modernist architects known as the 'Harvard Five,' and the role New Canaan played in fostering one of the most significant design communities of the mid-20th century.

Fred Noyes opened the evening by announcing that the Eliot Noyes Center www.eliotnoyescenter.org is now actively developing programs to connect students and designers with New Canaan's architectural heritage.

"We're looking to establish connections with students

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The Playhouse featured "Modernism, Inc." about Eliot Noyes followed by a wide-ranging discussion led by his son, architect Fred Noyes. (see page 11 for more about Eliot Noyes)



Jill Oberlander served as Greenwich Selectwoman from 2019 until 2021 with First Selectman Fred Camillo and Selectwoman Lauren Rabin.



Joe Kelly applauds during a slideshow before accepting a lifetime achievement award.

Oberlander, Kelly Each Hope to Succeed Fazio

By SENTINEL STAFF

Ryan Fazio's decision to run for governor has opened one of Connecticut's most closely watched legislative seats, setting the stage for a competitive race in the 36th State Senate District.

For the past several years, Fazio has represented Greenwich, New Canaan, and portions of Stamford in Hartford, building a profile as a Republican focused on affordability, energy costs, and fiscal discipline. His departure from the Senate to pursue a statewide campaign leaves voters in the district facing a familiar civic moment:

the task of choosing the next steward of a seat that has long carried influence in Connecticut politics.

The communities that make up the 36th District—Greenwich, New Canaan, and the northern neighborhoods of Stamford—share a tradition of local engagement, where residents scrutinize budgets, attend town meetings, and expect their elected officials to approach government with seriousness.

Two candidates have stepped forward so far to make their case. Greenwich Democrat Jill Oberlander, a former member of the Board of Selectmen and a veteran of local government, has entered the race with a record

of municipal service that spans more than a decade. Republicans, meanwhile, are expected to rally behind Joe Kelly, a longtime civic volunteer, former Greenwich Board of Education chairman, and current Board of Estimate and taxation member known for his work building consensus.

Each brings a distinct biography and governing style shaped by years of involvement in the community. Each also reflects a broader conversation unfolding across Connecticut's suburbs, where voters increasingly weigh practical concerns about taxes, schools, infrastructure, and affordability against the shifting currents of national politics.

Oberlander Files Paperwork for State Senate Run

Jill Oberlander, a longtime Greenwich civic leader, attorney, and former member of the Board of Selectmen, has formed a campaign committee with the Connecticut State Elections Enforcement Commission to seek the State Senate seat in the 36th District in the 2026 election.

Oberlander filed her candidate committee, **Oberlander2026**, on Feb. 27, formally entering what is expected to be an open race for the seat. Her decision follows more than a decade of service in Greenwich government, including roles on the Board of Selectmen, the Board of Estimate and Taxation, and the Representative Town Meeting.

Her career in public service

has focused on municipal finance, environmental policy, and civic engagement. Oberlander served on the Board of Estimate and Taxation, the town's finance board responsible for reviewing and approving Greenwich's municipal budget, where she became the board's first Democratic chair in recorded history in 2018.

In 2019, she ran for First Selectman and joined the Board of Selectmen as the lone Democrat on the three-member body. The Board of Selectmen oversees many of the town's executive functions, including municipal operations, contracts, and appointments.

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Kelly Announces Campaign for State Senate

Joe Kelly, a longtime Greenwich civic leader known for building consensus in local government and strengthening community institutions, announced that he will seek election to the Connecticut State Senate in the 36th District.

Kelly said his campaign will focus on restoring a tone of civility and cooperation in public life while advancing the fiscal discipline and community-first approach that has defined his public service.

"Public service should bring people together to solve problems," Kelly said. "Too often politics divides neighbors who share the same goals. I believe we can work with everyone who truly wants to represent all the people, not just some of the people."

Greenwich First Selectman Fred Camillo said Kelly's reputation as a unifier and community leader made him a natural choice to carry forward the district's tradition of practical leadership.

"As we turn our attention towards the November elections, here in Greenwich, I am proud to support one of Greenwich's biggest champions, and most active volunteers, Joe Kelly," Camillo said. "Whether on the athletic fields, or the halls of local government, Joe can always be counted on to be front and center when duty calls."

Kelly's campaign message reflects themes that have guided his years of service in Greenwich: constructive

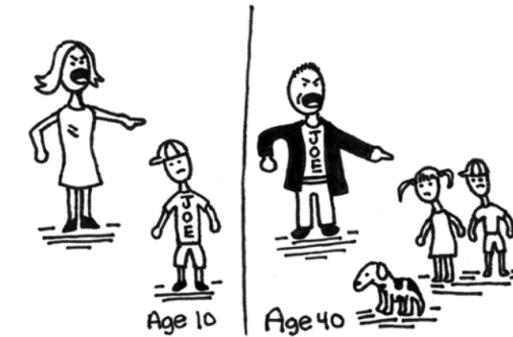
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Learn the Story

By JILL S. WOOLWORTH, LMFT

Hurt people hurt people. No one chooses to be hurt; however, all of us have some degree of injury from experiences of loss and rejection. It helps to take the time to understand our own stories. If our stories focus on blaming others or circumstances, we can rewrite them with professional help. Children who are abused often need coaching to not repeat the pattern they learned. Whatever we don't transform, we will transmit.

All behavior makes sense when we understand a person's story, including our own. The behavior may not be legal or moral, or even something we can tolerate, but learning others' stories will take away our judgment card and help us make wiser decisions about



Illustrated by Wajih Chaudhry

how to interact with people who do or say hurtful things. It will also free our brain space for more productive purposes.

Loading her suitcase in the overhead bin of an airplane, Meghan lightly grazed the head of a woman seated on the aisle. The woman screamed as if Meghan had hit her. People glared. After a short apology,

Meghan sat for 25 minutes before tapping the woman ever so gently on the arm to ask her how her head was feeling. The woman replied, "I'm sorry I yelled like that. My head has been so tender since I started chemotherapy." Meghan learned the story of the woman's cancer treatment. She was free to feel compassion.

New Canaan Budget Debate Turns on Trust, Transparency and the Cost of Excellence

By PETER BARHYDT

Budget debates in local government rarely hinge on a single number. More often they revolve around a handful of competing truths: the cost of maintaining what works, the limits to what taxpayers will accept, and the challenge of making complex financial systems understandable to the people paying for them.

Those factions were evident during a recent New Canaan Board of Finance meeting as officials and residents wrestled with the proposed education budget, and the town's broader fiscal picture.

Board chairman Todd Lavieri opened the discussion and tried to clarify what he described as a common misunderstanding about taxes and spending.

"We need \$173 million from the taxpayers regardless of the mill rate," he said. "The grand list can go up, the mill rate can go down, but the amount we need to pay the bills doesn't change."

The mechanics of property taxation, he suggested, often obscure the underlying reality. Even if the mill rate changes, the

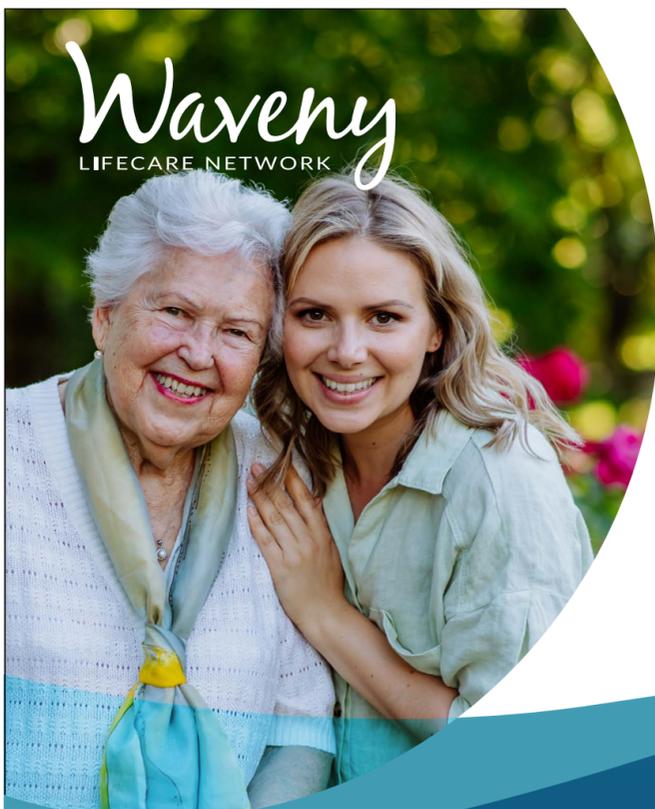
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Eat This, Drink That: A Winter Respite

Recipes, Wines, and Some Thoughts In Between

BY CARL FRANCO

There's no doubt about it; we're in the middle of an old-school New England winter. The snow, the ice, and those bitter days when you are so bundled up it feels like you just landed the part of Yuri in the NC Town Players production of Doctor Zhivago.

Sometimes I manage to escape to a warmer climate for a mid-winter break, but when I can't, I partake in the one small comfort the cold brings us, the enjoyment of a delicious, hearty meal. So, I take a break from worrying about shoveling, frozen pipes, icy sidewalks, screaming at the squirrels attacking the birdfeeder and I get myself behind the stove. As I stood there this week, my winter comfort came in the form of a Braised Beef Short Rib Ragù.

Beef short ribs were never meant to be fancy. Back in the day, tender cuts of meat went to people with money while the tough, fatty cuts went to people with time and patience. But as it turns out, time and patience were the secret ingredients all along. You cooked them low and slow all day in an effort make them palatable, and in the process, they turned into something rich and comforting that could feed a family. Fast-forward a few decades, celebrity chefs "discover" them, put them on white plates, with an artistically placed spring of rosemary and suddenly your bargain cut of meat is \$18/pound and influencers snapping mouthwatering pictures of an item your grandmother would turn out on a daily basis.

Leaving all that behind, let's talk about the meal itself. To me, Braised Beef Short Rib Ragù is the

Sometimes I manage to escape to a warmer climate for a mid-winter break, but when I can't, I partake in the one small comfort the cold brings us, the enjoyment of a delicious, hearty meal.

perfect cold-weather meal, warm, deeply satisfying, and it quietly adds coziness to the kitchen as it simmers all afternoon. The house smells incredible, and suddenly winter doesn't seem quite so cruel.

If you have never braised beef short ribs in tomato, you are missing out on a simple and delicious meal. After seasoning your short ribs with salt and pepper, you brown them, then sauté some onions. Once the ribs have browned, remove them, add some tomato paste and toast it up, then your canned tomato and a healthy dose of red wine. Once that all comes to a simmer, reintroduce your ribs back into the sauce with a bay leaf or two, some black pepper, pop on the top and let it slowly simmer for a couple of hours. Likewise, you could also throw it into a low temperature oven (250 degrees). After that the beef will tenderize, you shred it, add it back into the sauce, cook your pasta and dinner is ready.

Now we get to the good part,



Braised beef short rib ragù.

the wine. A comfortable day with a comfortable meal deserves a comfortable wine. Domenico Clerico is a prestigious estate based in Piemonte, Italy, founded in 1976 on a modest four-hectare farm

that quickly became known for pioneering single-cru Barolos. Over time, the estate expanded to roughly 21 hectares of prime vineyard land across some of the region's most important sites. I could go on and

explain exactly why this winery is so incredible until your eyes glaze over, but while they're famous for their high-end Barolos, what I actually want to talk about today is their Dolcetto. For those unfamiliar with Dolcetto, it's another classic wine of Piedmont made from the Dolcetto grape. Many Barolo producers make Dolcetto as an everyday expression of the region. As the saying goes in northern Italy, *Piedmontese drink Dolcetto while they wait for their Barolos to age*, and one sip of the 2023 Domenico Clerico Langhe Dolcetto "Visadi" makes that feel less like a proverb and more like common sense. Sourced from estate vineyards in Monforte d'Alba, it's exactly the wine you want with a dish like braised beef rib ragù as it is all at once comfortable, easy-drinking, and quietly impressive. It shows a vivid ruby color with fresh aromas of black cherry, raspberry, violet, and subtle herbal spice. On the palate it's medium-bodied with soft tannins, and juicy red-fruit flavors that carry through to a clean, savory finish. Unfussy, food-friendly, and unmistakably Piedmontese, the Clerico Dolcetto delivers depth and polish without losing the easygoing charm that this very humble grape does best.

Dolcetto not your style? Here are some other wines that would also work well with this meal:

2011 Famiglia Anselma Barolo Lean yet powerful on the palate, this wine is layered with aromas of leather, orange zest, dried cherry, and spice, showing off bright acidity, firm tannins, and a long, earthy finish.

2019 Poggiotondo Brunello di Montalcino Focused, round, and ready to drink, with soft, velvety tannins that give it both length and grandeur. Full-bodied and textured, it finishes with a strong intensity.

2023 Jacopo Biondi Santi Castello di Montepò Sassoalloro A beautifully balanced and structured expression of Sangiovese Grosso, offering rich fruit, smooth tannins, and a refined, approachable style. Its depth and harmony make it complex yet enjoyable even in its youth.

Don't be intimidated by the recipe, or by the grape. Both are as easygoing and comforting as Italian culture itself. What I hope this article shows is how simple the food-and-wine connection can be: once you start to familiarize yourself with grapes and their general style, matching wine to a menu becomes far less mysterious and a lot more intuitive. I'll be the first to admit I'm terrible at giving out recipes, but this one is genuinely forgiving, and you'd have to work pretty hard to get it wrong. And that's really the point as good food, good wine, and a little confidence always goes a long way.

Carl Franco is the proprietor of Francos Wine Merchants.



Gather your ingredients.



A selection of reds for chasing the winter blues away.



Brothers Doug and Alex Stewart in their market on Elm Street. John Kriz photo.

Stewart's Market: Serving Our Town

By JOHN J. KRIZ

The General Store, with its wide porch and rocking chairs, a woodstove inside with a few upturned peach crates nearby, and shelves creaking under the weight of wares, is a New England classic. Overseeing it all is the cheerful shopkeeper, always there to help, or just visit with well-known customers.

While New Canaan has no general stores left, there is Stewart's Market, www.walterstewart.com, an anchor on Elm Street, owned and operated by brothers Alex and Doug Stewart, which carries the same general store DNA of personal service.

History

Irish-born Walter Stewart started his grocery on Main Street in 1907, later establishing eight more in nearby towns, which were lost when the Depression hit. His son, another Walter, took charge in 1933 and expanded the market, moving it to its current location and overseeing the construction of its iconic building in 1957, designed by noted architect Victor Christ-Janer, with its domes meant to resemble a French farmers market.

The next generation, son Bailey, expanded the building, adding a wine and liquor shop. The fourth generation – Bailey's nephews Alex and Doug – took over 26 years ago. They have redesigned and upgraded the store, moved the wine shop across the parking lot, and expanded the fresh produce section and prepared foods kitchen.

"Our brand is very important to us," noted Doug. "Walter Stewart's Market—that's our family business. And I think it's a brand that means something in New Canaan. So for us, it's really important to have that independent identity."

Service "Part of Our Fabric"

"We're not a big chain. We don't have the corporate backing and buying power and all that," acknowledged Alex. What to do? "We really focus on the experience, and taking care of our customers and making sure that it's an enjoyable experience to come in here, shop."

A key means of delivering that experience is the market's team. "We put a lot of effort and investment into bringing our team together," continued Alex, "and bringing good people on board. I mean, that's the backbone of our businesses." Furthermore, "we are able to be responsive to customer needs. We don't have to wait around until corporate decides whether something makes sense."

"There are things throughout the day, every day," said Alex when discussing service, "odd things that we don't really think too much of. Maybe giving somebody a ride home because they lost their keys or locked the keys in their car. Or somebody is housebound and running a delivery to them."

Another aspect of service is getting people in and out. While a chain grocer might have fifteen checkout lanes but only two open, Walter Stewart's Market has four always-staffed lanes and two express lanes, plus baggers. "Everyone understands the importance of getting people in and out quickly," stressed Alex, with Doug adding that the "parking lot's not getting any bigger."

"The convenience piece is a big part of what our business model is and what our customers appreciate," remarked Alex. "They know we're going to ... I mean, we're going to do our best to get people in and out quickly, help them find what they're looking for." If that means asking Doug or Alex – or anyone on staff—for help finding an item, or special ordering one, it's done.

Merchandise

Many of the decisions about what to stock on the shelves are made at the department level. "Our department managers, we encourage them to operate their departments like an entrepreneur, like that's their business," notes Alex. "We don't need ten different [varieties] of one type of ketchup. We want to pick the best items, what the most important items are for our customers. We're always looking for something that's new, potentially trendy."

Continuing on the topic of customers seeking unique, unusual, premium products, Doug and Alex highlight the large cheese selection, with Alex stressing the grocer's talented butchers "who could break down a whole animal and probably would love to if we'd allow them, but they know how to." Custom cuts to meet customers' special needs are also part of the comprehensive service ethos. Prepared foods have also become more popular.

"During the summer we try to have as many local farms as possible" supply produce, added Alex.

Challenges

"The biggest challenge has got to be the human resources piece, the personnel, the people, at least it is for us," said Alex. "And with any small business, I think everything from staffing to development to retention; the

"We are able to be responsive to customer needs. We don't have to wait around until corporate decides whether something makes sense."



people are what drive the business and that's a big focus for us." He went on to note that "it's been hard over the last couple of years if we're just reaching out sort of blindly trying to find people. We're fortunate that our team... in a lot of ways, our team members are ambassadors and recruiters. And so a lot of the people—key people—in the store that we have, have been brought in by friends or family who worked here or knew us."

Doug added that "we have a really good staff, and I think Alex and our managers do a pretty good job of hiring people."

Eco & Civic Mindedness

"We've been doing composting for I think about four or five years now," noted Doug, adding

"spoiled produce will go to the compost." The market also provides compostable produce bags to customers.

"Our prepared foods—if it's still good to eat, but it's on the last day—we'll donate that to Food Rescue, www.foodrescue.us, for local food pantries. [Food Rescue is a charity focused on keeping nutritious food out of landfills, and providing it to social service groups to help people with food insecurity.]

Some about-to-expire food is sold to Too Good to Go, www.toogoodtogo.com, which aggregates it and sells it at a discount to people, also helping keep food out of the waste stream. It has 120 million registered users in 21 countries.

First choice is Food Rescue, then Too Good to Go, then composting.

The market also has shelving on the right as you exit where customers can leave food donations, which are directed to New Canaan's Food Pantry. The market partners with the town's highway department, which comes by at least weekly to collect donations and take them to St. Mark's Episcopal Church, which hosts the Food Pantry.

In addition, the market runs promotions with its T-Bill frequent shopper loyalty benefit program, with customers donating those store credits to local charities. Doug and Alex also offer discounts or in-kind donations to charity fundraisers.

Doug noted that "New Canaan is a big volunteer town," and the market wants to support the groups its customers care about.

In addition, the market has been a regular supporter of the New Canaan Scholarship Foundation, ABC House of New Canaan, Filling in the Blanks, the Young Women's League of New Canaan, and the New Canaan Community Foundation, among other charities.

Civic support goes on. Doug and Alex have both served on the board of the Chamber of Commerce. Doug is currently on New Canaan Library's board, and Alex is on the board of Lakeview Cemetery.

What's Next?

Besides the daily tasks of acting on customers' ideas and constantly trying to be better, not much came to mind to Doug and Alex. That said, there are many children, nieces and nephews, and it is Alex's and Doug's hope that "somehow we're able to keep this in the family, and keep it going."

"I'd say it is an awful lot of fun," said Alex. "There are different challenges that come up every day, and we meet some terrific people—really interesting, thoughtful people, both on our team side and with our customers. We're fortunate to be able to be here, serving this community. And I don't know... this is a good business for me. I don't like to sit still and there's always something to get your hands on and rearrange, change, improve. We're always trying to improve. And for me, that's fun."

Concluded Doug, "it's an unusual thing to be able to continue a family business through generations. And I think it really speaks to the people that we have working for us, but also the town. New Canaan's a special town."

A Century of Creativity: Silvermine on the Leading Edge of Art

By Laura McCormick

Like a diamond in the rough, the Silvermine Arts Center is one of the area's best-kept secrets. Tucked away in the historic Silvermine section of New Canaan, it is a veritable gold mine of art and a treasure for arts and culture enthusiasts.

Since 1908, Silvermine has been a magnet for artists. Luminaries such as Milton Avery and Helen Frankenthaler exhibited there; the New York Philharmonic performed on its grounds, and dance icons Merce Cunningham and Alvin Ailey taught there, building its reputation as a cultural force.

While Silvermine has evolved significantly from a single barn to a five-acre campus, it is more vibrant than ever as it builds on its founding ideals of nurturing artists, fostering education, and making art accessible to everyone. It boasts a remarkably broad array of art disciplines in the region, providing exceptional opportunities for artistic expression and exploration. The Center's School of Art has more than 4,500 annual enrollments, its Guild of Artists has over 300 juried members, and its five galleries present contemporary art, affording a dynamic venue for community programs, lectures, and film screenings.

On a recent visit, CEO Barbara Linarducci and Board Co-Chair Rose-Marie Fox discussed the programs and why the Arts Center continues to thrive.

"Our broad range of art forms, coupled with our academic discipline, is unique," says Linarducci. "We offer contemporary art, printmaking, digital photography, ceramics, jewelry, and even bronze casting. Our instruction covers the fundamentals while giving students a pathway to proficiency and innovation."

Silvermine supports a lifetime of artistic development through more than 1,100 courses, workshops, and youth programs serving students from early childhood through their nineties. Members and visitors are even encouraged to bring young children to the galleries,



Silvermine's 2026 Instructors Salon

"Our instructors and artists are constantly pushing boundaries and exploring what is happening in culture and society. That creativity, coupled with their passion, keeps Silvermine vibrant."

Rose-Marie Fox

fostering an early appreciation for art.

"And our influence is not just on our campus," Linarducci adds. "We believe the arts have the power to shape and strengthen every aspect of a community. Our Community Outreach and Partnerships deepen our relevance. We are proud of our Art Partners Program, which reaches over 2,000 at-risk urban youth annually with curriculum-based arts education. As arts education faces increasing pressure in schools, we remain committed to ensuring access."

For Fox, a key aspect of Silvermine's relevance comes down to passion:

"Our instructors and artists are constantly pushing boundaries and exploring what is happening in culture and society. That creativity, coupled with their passion, keeps Silvermine vibrant."

On View at Silvermine

Unveiled on Valentine's Day, *The Power of Love*, on view through March 13, is an inspiring celebration of love as an active, generative force that heals, connects, uplifts, and transforms.

Viewers are invited to experience works that explore love as an energy that moves between individuals and community, emphasizing the way artists communicate



Child views art at Silvermine



Barbara Linarducci, Rose-Marie Fox, Roger Mudre in gallery

through color, form, light, texture, and process. Each artwork includes interpretive

materials that illuminate the artist's intentions and process.

"The exhibition explores

love as a creative and connective force," says Gallery Director Roger Mudre. "The interpretive elements offer visitors a deeper understanding of how artists translate emotion, experience, and ideas into visual form."

In partnership with the New Canaan Library, *The Silvermine Effect: A Century of Creative Community*, on view at the library through March 23, celebrates the Art Center's legacy of artistic innovation, education, and cultural impact. Visitors will encounter a vibrant narrative of creativity, demonstrating how Silvermine has shaped lives and continues to expand access to the arts.

"This exhibition showcases how we thrive, from inspiring artists in the discovery of innovative ideas to giving students of all ages and backgrounds the chance to find their creative voice," says Mudre. "We are grateful to New Canaan Library for helping us share the Silvermine Effect with the broader community."

Kicking off March 21 is the 2026 Instructors Salon, featuring work produced by the Center's esteemed instructors.

Blueprint for the Future

Silvermine is committed to maintaining its vibrant and supportive arts community that enriches the lives of artists, students, and the public at large.

Rather than chasing trends, Silvermine's leadership emphasizes continuity, artistic rigor, and community engagement as guiding priorities.

"Silvermine has always been a place where artists, students, and the public intersect," Linarducci says. "That sense of creative community remains at the core of who we are and how we continue to evolve."

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Treasurer's Independence Center Stage at Charter Review

Commission hears calls for stronger checks and balances as debate grows over the future of the town treasurer's role.

By SENTINEL STAFF

The architecture of local government rarely draws a crowd, but Tuesday night's Charter Revision Commission meeting revealed how much the design of that architecture matters.

The commission met at Town Hall and on Zoom to review potential updates to New Canaan's charter, the document that defines how town government functions. The discussion quickly turned to the role of the town treasurer and whether that position should remain independently elected or become an appointed administrative role.

Public comment opened the evening with several residents urging structural reforms.

Resident John Amarillos called for expanding the Board of Selectmen from three members to five or more, arguing that the current structure discourages robust debate.

"The current system basically... it's a two-tone situation which basically leaves one person to fend for themselves," Amarillos said.

He also suggested adding a mechanism allowing voters to recall elected officials and proposed additional safeguards when the town forecloses on property for unpaid taxes.

Another resident warned against weakening financial oversight.

"Our financial function must remain independent," Roy Abramowitz told commissioners while arguing the treasurer should remain elected.

That set the stage for a lengthy presentation from current Town Treasurer Andrew Brooks, who has held the position for 13 years.

Brooks framed the role as a guardian of taxpayer interests.

"The treasurer is an independent watchdog and taxpayer advocate," he

"When you're talking about public funds, the bar is far higher than a corporation."
— Town Treasurer Andrew Brooks

told the commission.

Under Connecticut law, the treasurer receives town funds, authorizes payments and oversees the investment of municipal cash. Brooks said the position also plays an important oversight role in reviewing payments, managing banking relationships and signing off on municipal bond issuances.

Over the course of his tenure, he said, the town has managed more than \$2 billion in taxpayer funds.

Brooks emphasized that independence is the key feature of the role.

"Dual control is a cornerstone principle of any worldclass finance organization," he said.

In New Canaan's current structure, the town's finance department reports through the chief financial officer to the first selectman, while the treasurer operates independently as an elected official.

Brooks argued that separation creates an important layer of oversight.

"When you're talking about public funds, the bar is far higher than a corporation," he said.

Commission members questioned Brooks about the practical operation of the job, including his role in reviewing payments and working with town finance staff.

Brooks cited an example of discovering a banking error that resulted in additional income for the town.

"I did an investigative project and discovered that we had been underpaid \$125,000 in interest," he said.

The discussion occasionally veered into broader governance questions, including Brooks' concern that he no longer has direct access to the town attorney, something he suggested should be clarified in the charter.

Beyond the treasurer's role, Brooks also offered other potential charter changes, including expanding the Board of Selectmen to five members and clarifying that the Town Council holds ultimate budget authority.

Commission members did not reach conclusions Tuesday night but agreed to continue reviewing draft language related to financial governance.

They also began a separate discussion about standardizing term lengths for boards and commissions, with preliminary support for extending some two-year terms to three years.

The Charter Revision Commission will continue its work in upcoming meetings as it prepares recommendations that could ultimately be presented to voters in a referendum.

Why the Treasurer Debate Matters

The Charter Revision Commission is examining whether New Canaan's treasurer should remain an elected position or become an appointed administrative role.

Current System

- The treasurer is elected every two years.
- The position operates independently from the town's finance department.
- Duties include receiving town funds, authorizing payments and investing municipal cash.

Arguments for Keeping the Position Elected

Supporters say independence provides an additional safeguard for taxpayer funds.

"Dual control is a cornerstone principle of any worldclass finance organization," Treasurer Andrew Brooks said during the meeting.

They argue that having a separate elected official reviewing financial transactions strengthens oversight.

Arguments for an Appointed Role

Some towns appoint treasurers and place the function inside the finance department.

Supporters of that model say it can streamline management and integrate financial operations more closely.

What Comes Next

The commission is considering several related questions:

- Should the treasurer remain elected or be appointed?
- Should the term length change from two years to four?
- Should the charter define the treasurer's responsibilities more explicitly?

Any proposed changes to the charter would ultimately be decided by New Canaan voters.

NEWS BRIEFS From Page 1

NCCS "Celebrity Chef"

At New Canaan Country School, Meaghan Mallin, head of Early Childhood and Lower School, served as the school's "Celebrity Chef"

for the day and helped lead the lunch service. The menu included tacos, soup, and more.

ACROSS CT

About 81,000 Hisense Babysense Max View baby monitors (model VBM55) have been recalled because the display unit can overheat or spark while charging, posing a fire hazard. The camera unit is not affected. Consumers should stop using the display unit, contact Hisense for a free replacement, and dispose of the device through

approved hazardous waste programs. Email support@recallsecure.com for more information.

OUR NEIGHBORS

Online Resource KidsSafeHQ

The Rowan Center in Stamford has launched KidsSafeHQ, an online resource for parents and caregivers about children's internet safety. The platform provides guidance and interactive tools about online risks. More information is available at <https://therowancenter.org/kidsafehq/>. Photo credit: New Canaan Police Department.



LEGAL NOTICES

LEGAL AD

March 5, 2026

ADVERTISEMENT FOR BIDS

The Selectmen for the Town of New Canaan, Connecticut, will receive sealed bids for "Pave 2026 - New Canaan Local Roads #2 - Aquarion Re-Paving", New Canaan, Connecticut, until 10:00 a.m. Local Time on March 26, 2026, at the Department of Public Works Office, Town Hall, 77 Main Street, New Canaan, CT, 06840, at which time and place all bids will be publicly opened and read aloud.

Contract documents are available for review at the Department of Public Works Office, TOWN OF NEW CANAAN, Town Hall, 77 Main Street, New Canaan, Connecticut 06840. Copies of the contract documents for the work may be obtained in person during business hours from 7:30 a.m. to noon and from 1:00 p.m. to 3:30 p.m. at the following location: Department of Public Works Office, Town Hall, 77 Main Street, New Canaan, Connecticut 06840.

Bidders attention is called to the requirements as to the conditions of employment to be observed and to the requirements for the prompt commencement and completion of the work.

No bidder may withdraw his bid within 90 days after the actual date of the bid opening.

The Town reserves the right to reject any and all bids or any part thereof, to waive defects in the same, or to accept any proposal or any part thereof deemed to be in the best interest of the Town of New Canaan, Connecticut.

All bidders are requested to note that the award of this Contract is subject to the following conditions and contingencies:

- 1) The approval of such governmental agencies as may be required by law.
- 2) The appropriation of adequate funds by the proper agencies.

TIGER MANN
DIRECTOR OF PUBLIC WORKS
TOWN OF NEW CANAAN, CONNECTICUT

LEGAL AD

The Town of New Canaan, Connecticut Department of Public Works Request for Bids

The Public Works Department of the Town of New Canaan, Connecticut, will receive sealed Bids for "NEW ACCESSIBLE RAMP AND STAIRS" until 10:00AM Local Time on Thursday March 26, 2026 at the Department of Public Works Office, Town Hall, 77 Main Street, New Canaan, CT, 06840, at which time and place all proposals will be publicly opened and read aloud.

Specification documents are available at the Department of Public Works Office, Town of New Canaan, Town Hall, 77 Main Street, New Canaan, Connecticut 06840, or by calling William Oestmann, Facilities Superintendent at 203-594-3710. Specifications may also be obtained by e-mailing to william.oestmann@newcanaanct.gov.

There will be a mandatory site visit required for this project. Please contact

Bill Oestmann at 203-594-3710 to make an appointment.

No contractor may withdraw his Bid within 90 days after the actual date of the Bid opening. Additionally, the contract documents require the prompt commencement of the work.

The Town reserves the right to reject any and all Bids or any part thereof, to waive defects in the same, or to accept any Bid or any part thereof deemed to be in the best interest of the Town of New Canaan, Connecticut.

All contractors are requested to note that the award of this Contract is subject to the following conditions and contingencies:

- 1) The approval of such governmental agencies as may be required by law.
- 2) The appropriation of adequate funds by the proper agencies.

Tiger Mann
Director of Public Works
Town of New Canaan, Connecticut

LEGAL AD

TOWN OF NEW CANAAN INLAND WETLAND COMMISSION NOTICE OF PUBLIC HEARING THIS MEETING WILL BE HELD IN PERSON and ON-LINE

NOTICE IS HEREBY GIVEN that the INLAND WETLAND COMMISSION of the Town of New Canaan will hold a PUBLIC HEARING on Monday, March 16, 2026 - Town Meeting Room, 77 Main Street, starting at 7pm to hear the following application:

1. Application Number 25-53- 677 South Avenue-Town of New Canaan-Waveny Park. Map 30 Block 51 Lot 121. Waveny Park Conservancy is requesting to remove approximately 50, 10" in diameter or larger, Norway Maple trees and selective shrubbery in the adjoining areas to the north, east and south of the existing Anderson pond and re-plant with native species in the Spring 2026. Stone steps and additional sections of foot paths will also be added to provide better viewing access to the pond. Agent: Tiger Mann, Director Public Works & Michelle Crookenden, Waveny Conservancy, Executive Director.

Sandy Reddin
Secretary

NOYES From Page 1

and institutions who want to engage with the richness that's here in New Canaan," Noyes said.

He introduced two students involved in early outreach efforts: June Lee, a Harvard senior studying urban design, and Lucas Lou, an industrial design student at the Rhode Island School of Design (RISD). Lee has been working with the center over the past year and recently brought a group from the Harvard Architectural Undergraduate Society to New Canaan to explore the town's modernist landmarks.

Noyes said similar collaborations are being explored with RISD, the Pratt Institute and other universities. The goal is to encourage informal exchanges among students and the town's design community, and to help younger generations see design as a broad way of thinking.

"Design is a way of looking at the world," Noyes said. "You design when you get dressed in the morning, when you plan a dinner party, when you decide how things relate to each other."

The film itself grew out of a long-standing belief among colleagues that Noyes' father deserved a documentary. The project was ultimately produced by filmmaker Jason Cohn, known for a documentary about Charles and Ray Eames, another pair of influential modernist designers.

During the discussion, audience members asked what it was like growing up in New Canaan during the formative years of the Harvard Five — the group of architects including Philip Johnson, Marcel Breuer, John Johansen, Landis Gores and Eliot Noyes who helped define American Modernism. (Eliot Noyes lived in New Canaan with his family for many years and built an iconic house here.)

Fred Noyes said that when he was a child in New Canaan, the architects who would later become internationally known were simply neighbors building careers and raising families.

"They weren't famous," he said. "They were just out of school trying to figure out how to make a living."

The period following World War II proved fertile ground for experimentation, he explained. New materials such as steel, glass and concrete were becoming widely available, while social and economic changes were reshaping how homes were designed.

"You didn't have the servant class anymore. Housewives were in the kitchen. Labor was different. Materials were different. Economics were different," Noyes said. "It was almost

BOARD OF FINANCE From Page 1

total amount required to fund the town's obligations remains fixed.

"We still need \$173 million," he said. "I think people got confused by that."

The largest driver of those obligations is the New Canaan Public Schools. "On the cost side, the board of ed budget now represents 67% of the total budget," Chairman Lavieri said.

For the Board of Finance, he argued, the task is to balance two responsibilities: maintaining the school district's excellent reputation while ensuring the broader budget remains sustainable.

"This board has diligently spent two decades building a leading school district with this administration," he said. "We aren't passive participants."

At the same time, he said, the Board of Finance must provide "financial guardrails and guidance for the taxpayers."

Chairman Lavieri emphasized that the Board of Finance had not reduced school spending below the prior year's level.

"Regarding the school budget, the board hasn't cut anything," he said. "This board hasn't cut anything from the Board of Education's budget."

Instead, he described a longstanding process in which the Board of Finance asks the NCPS administration to trim a small portion of its requested increase.

"Every year we ask the administration to reduce 1% to 2% of the budget request. And every year they have," he said.

This year's request follows the same pattern, he added. NCPS sought an increase of roughly \$4.5 million, bringing the total proposed education budget to about \$124.5 million. The Board of Finance has asked the NCPS's administration to reduce that increase by about \$2 million.

"In other words," he said, "we ask for a 1.6% or \$2 million decrease from the requested \$4 million increase right in the middle of the 1% to 2% range."

Still, the discussion has drawn unusual attention from residents, in part because of an issue uncovered during the review process.

"The second difference this year is we've discovered an accounting of headcount discrepancy," Chairman Lavieri said.

He stressed that the Board of Finance does not believe the issue involved wrongdoing. "Nothing unethical or fraudulent in our opinion... just a transparency and process problem that has now been addressed."

The discovery, however, raised questions

inevitable that there would be invention."

His sister, Meredith Noyes Bruce, reflected on how the family environment shaped their sensibilities. Though she pursued a career in nursing rather than design, she said both parents instilled a deep awareness of aesthetics and relationships between objects.

"Every single thing you looked at, you had an opinion about its appearance, its shape, its color, its size and how it fit with everything else," she said. "It becomes second nature."

Speakers also discussed the broader cultural atmosphere that allowed New Canaan to become a hub for Modernist architecture. With proximity to New York City and a small population at the time, the town attracted designers, writers and thinkers who influenced each other's work.

"There are moments in history where things come together," Noyes said. "Florence had Michelangelo and Leonardo. Amsterdam had Rembrandt. In a smaller way, something like that happened here in New Canaan."

But he emphasized that the town should not treat its architectural history as a museum piece.

"There's no reason New Canaan has to be frozen in time," he said. "Ideas have to keep moving forward."

The evening also highlighted Eliot Noyes' impact beyond architecture. His work as a design consultant to companies such as IBM helped shape the concept of corporate design and identity.

John Iwata, former chief brand officer at IBM, said Noyes' writings in the company archives helped inspire a renewed investment in design decades later.

"He talked about the character of the company," Iwata said. "It wasn't about marketing or advertising. It was about something deeper."

Others emphasized the importance of education and creative thinking in carrying those ideas forward. Industrial designer Gordon Bruce, who worked with Eliot Noyes early in his career, described applying similar principles when helping develop design education programs in Japan and at Samsung.

"Design is about relationships," Bruce said. "It's about understanding how things connect and making the highest quality judgments about those relationships."

Organizers said the newly active Eliot Noyes Center hopes to continue hosting programs and partnerships that encourage that kind of thinking — both in New Canaan and beyond.

"Education is key," Bruce said. "The goal is to give people the opportunity to expand their creativity and learn how design can shape every part of life."

about staffing levels in the school district.

According to Chairman Lavieri, NCPS had 752 staff members serving 4,176 students in the 2021 fiscal year. The current request reflects a larger staff serving fewer students.

"This budget, we have a request for... 51 more staff for 223 fewer students," he said.

The discrepancy highlighted what Chairman Lavieri described as a challenge inherent in the town's budgeting structure. Each year the Board of Finance allocates a single lump sum to the Board of Education.

"The Board of Finance provides a lump sum of your money to the board of ed," he said.

Once that amount is approved, the Board of Finance does not control how the money is distributed internally within the NCPS.

"It's important to remind people the Board of Finance does not determine by law where and how the lump sum is spent," he said. "If programs are added or programs are cut, the administration does that, not this board."

Residents who addressed the Board of Finance offered differing perspectives on how aggressively the budget should be scrutinized.

One parent praised the board for "challenging the evident and significant expansion of the NCPS budget even as the number of students declines," adding that responsible financial management is essential to maintaining the district's long-term stability.

Others urged caution, arguing that further reductions could weaken the public education system that draws families to New Canaan.

"Our schools are not just a line item in a budget," one resident said. "They're truly the heart of our community."

Another speaker warned that education cuts often have cumulative consequences. "Once quality declines, rebuilding it is far more expensive than maintaining it," she said.

The discussion also touched on the tone of recent budget meetings. A Board of Education member suggested the dialogue had become more adversarial than in past years.

"I felt like the tone was a little bit different," she said. "The tone seemed more adversarial than it has been."

Before closing the meeting, Chairman Lavieri reiterated that the Board of Finance's objective remains unchanged.

"Our goal is the best school district in the state," he said. "That's our core. That's our center point."

The Board of Finance is scheduled to continue deliberations and vote on the budget at a subsequent meeting.

OBERLANDER From Page 1

When her two-year term concluded in 2021, Oberlander reflected on more than a decade of service in Greenwich government during her final meeting on the board.

"I am supremely grateful for the honor of serving the people of the Town of Greenwich on this board for two years and other elected positions for an additional 10 years," Oberlander said at the time. "Public service has been my calling both professionally, and like many in this community, as a volunteer. I thank you for your trust in me."

During her tenure, Oberlander framed her policy priorities around what she described as the "Three E's": environment, education, and economy.

"I've talked a lot about our success on environmental issues throughout these past two years, and also about how much work remains," Oberlander said during her final Selectmen meeting in 2021. "These issues need to be a priority this next budget term, and I hope the First Selectman's budget will include funding to both add a staff person to cover sustainability and energy, which I might add, will pay for itself through cost savings."

She also emphasized the need for planning to position Greenwich for infrastructure investment.

"We can't be shovel-ready for infrastructure improvements if we haven't done the necessary planning work," she said.

On education, Oberlander called for community support for educators and students during a period marked by the COVID-19 pandemic and heightened public debate over school policy.

"This was not the conversation on education that I expected to have going into this term," she said in 2021. "The pandemic changed things, and opened my eyes to the needs of our youth and young adults. Namely, to be in school, in-person, learning with their peers and adults who can identify and address social issues."

She also urged residents to focus on cooperation rather than conflict.

"Knowing that there are different opinions in how to respond to the challenges of a COVID

students and athletes.

Camillo said Kelly's leadership style stands out at a time when many voters are looking for a more constructive path forward.

"Just as important, he serves with a smile and eagerness that is very much welcome in an age where obstruction and division seems to be the preferred method for many who seek office," Camillo said.

For Kelly, the campaign will focus on listening to residents and building a coalition that reflects the shared priorities of the district's communities.

"The 36th District includes people with different viewpoints and experiences," Kelly said. "But we all want strong schools, safe neighborhoods, and a government that respects taxpayers and works responsibly on their behalf."

Kelly said he intends to continue the tradition of pragmatic leadership that has defined the district's Senate

world, I ask that we not get distracted by divisive tactics, name-calling and threats, but rather band together for the good of our children and our community," Oberlander said.

Economic development was another focus of her work. She advocated for a pedestrian corridor along Greenwich Avenue and supported expanded outdoor dining during the pandemic as a way to support local businesses.

"I advocated for a pedestrian corridor along Greenwich Avenue, and now, we have outdoor dining and more to come," she said at the time. "There's a lot of opportunity to do more to revitalize our community."

Over the course of her service, Oberlander added a fourth theme to the framework she described in 2019.

"A fourth 'E' came about over the last two years," she said in 2021. "We need equitable systems and situational awareness to how we might experience things differently from others. The work on these issues has only just begun."

Town leaders recognized Oberlander's contributions when she left the Board of Selectmen. During her final meeting, she was presented with a Certificate of Recognition from the town and a Greenwich flag by First Selectman Fred Camillo.

Camillo thanked her for her work on the board.

"I've enjoyed working with you, and certainly you've helped push a lot of things forward," Camillo said. "Even when we didn't agree, which was often at times, it was actually good because it showed people that this board wasn't a rubber stamp for anything. I truly appreciate it, and all your counsel the past two years."

Oberlander's campaign for the State Senate seat builds on a record of local service that spans more than a decade. Her work in town government placed her at the center of discussions on budgeting, sustainability initiatives, education policy, and economic development in Greenwich.

She is currently working to secure the endorsements of the Democratic Town Committees in Greenwich, New Canaan, and Stamford, the municipalities that make up the 36th Senate District.

The 36th District seat is expected to draw attention in the 2026 election cycle, and Oberlander's early filing signals the beginning of what will become a closely watched race.

KELLY From Page 1

dialogue, fiscal responsibility, and a belief that government works best when leaders focus on solving problems rather than scoring political points.

Those priorities closely align with the work Senator Fazio has championed in Hartford, particularly his focus on affordability, responsible budgeting, transparency and thoughtful policymaking.

"Ryan Fazio has been a strong advocate for affordability and responsible, transparent government," Kelly said. "Those priorities are important to families across the 36th District. If elected, I will continue working to ensure Connecticut lives within its means while strengthening the communities we call home."

Kelly's record in Greenwich reflects that approach. As chairman of the Greenwich Board of Education, he was unanimously elected by a politically divided board and pledged to ensure every voice at the table was heard. The board's decision highlighted Kelly's reputation for bridging divisions and encouraging cooperation among members with differing views.

That approach also helped bring one of the town's most visible community projects to completion. As a Board of Education leader and liaison to the Cardinal Stadium effort, Kelly helped unite town officials, school leaders, community advocates, and donors to complete the long-awaited renovation of Greenwich High School's Cardinal Stadium. The project replaced aging bleachers, added modern facilities, and reopened the stadium to students and residents in 2021, restoring a central gathering place for the community.

During his tenure on the Board of Education, Kelly worked to foster transparency, improve accountability, and encourage a governing style focused on solutions rather than partisanship. He has also served the town as a youth mentor and coach, most notably leading the Greenwich High School rugby program to nine championships in just ten years while mentoring generations of

representation.

"Joe proudly follows in the tradition of the 'happy warrior,' and that is needed now more than ever," Camillo said. "Joe will make a great state senator and follow in the footsteps of such noted Greenwich legends as Michael Morano, Benny Benvenuto, Bill Nickerson, Scott Frantz, and Ryan Fazio."

The 36th Senate District includes Greenwich, New Canaan, and portions of Stamford.

Kelly said his campaign will center on meeting residents across the district, listening carefully to their concerns, and building a positive movement focused on results.

"Our communities succeed when people come together with good ideas and a willingness to serve," Kelly said. "That is the spirit I will bring to Hartford."

Additional campaign details will be announced in the coming weeks.

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THE PLAYHOUSE



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CINEMALAB.COM
for showtimes and tickets

TOWN OF NEW CANAAN Board of Finance Public 2026-2027 Budget

A Vote will be held by the Board of Finance of the Town of New Canaan in the Town Hall Meeting Room and via Zoom, on **Thursday March 5th, 2026 at 7:00 PM** on the tentative budget recommendations for the Town and the Sewer Utility for Fiscal Year July 1, 2026 through June 30, 2027.

Expenditures	2026 ADOPTED	2027 PROPOSED	26 to 27 \$	26 to 27 %
General Government				
Selectmen	677,798	721,129	43,331	6.4%
Finance	1,209,906	1,237,716	27,810	2.3%
Assessor	425,451	412,411	(13,040)	-3.1%
Tax Collector	188,688	251,877	63,189	33.5%
Legal	425,000	465,000	40,000	9.4%
Human Resources	474,884	482,475	7,591	1.6%
Information Technology	756,925	816,105	59,180	7.8%
Town Clerk	520,158	524,724	4,566	0.9%
Registrar of Voters	200,461	199,825	(636)	-0.3%
Parking	391,161	411,657	20,496	5.2%
Town Commissions	68,250	3,145	(65,105)	-95.4%
Non-Departmental	80,000	110,028	30,028	37.5%
Expenses - General Government	5,418,682	5,636,094	217,412	4.0%
Benefits and Insurance				
Health & Security Benefits	6,672,778	6,674,678	1,900	0.0%
Pensions & Other Post Employment Benefits	612,465	507,878	(104,587)	-17.1%
Insurance Liability	1,572,924	1,621,112	48,188	3.1%
Expenses - Benefits and Insurance	8,858,167	8,803,668	(54,499)	-0.6%
Public Safety				
Police	8,063,967	8,373,157	309,190	3.8%
Animal Control / Park Ranger	95,179	93,491	(1,688)	-1.8%
Fire & Fire Marshal	4,789,020	4,844,000	54,980	1.1%
EMS	640,805	647,903	7,098	1.1%
Emergency Management	154,737	171,067	16,330	10.6%
Building	543,813	540,772	(3,041)	-0.6%
Land Use	611,445	617,256	5,811	1.0%
Expenses - Public Safety	14,898,966	15,287,647	388,681	2.6%
Public Works				
Administration	353,997	342,822	(11,175)	-3.2%
Highway	3,981,635	4,134,531	152,896	3.8%
Engineering	504,160	515,090	10,930	2.2%
Town Buildings	1,489,261	1,563,266	74,005	5.0%
Town Utilities	600,460	564,275	(36,185)	-6.0%
Transfer Station	1,903,461	1,731,643	(171,818)	-9.0%
Parks	2,385,475	2,462,183	76,708	3.2%
Public Works cont.				
Nature Center	69,057	78,008	8,951	13.0%
Tree Service	539,489	539,489	-	0.0%
Expenses - Public Works	11,826,995	11,931,308	104,313	0.9%
Recreation				
Administration / Programs	590,276	695,488	105,212	17.8%
Waveny	103,978	118,760	14,782	14.2%
Paddle Tennis	26,900	26,350	(550)	-2.0%
Park Buildings	289,800	301,304	11,504	4.0%
Lapham Community Center	370,558	377,419	6,861	1.9%
Pool Operations Kiwanis	82,996	67,246	(15,751)	-19.0%
Expenses - Recreation	1,464,508	1,586,566	122,058	8.3%
Health & Human Services				
Health	582,921	545,397	(37,524)	-6.4%
Human Services	448,225	338,648	(109,577)	-24.4%
Expenses - Health & Human Services	1,031,146	884,046	(147,100)	-14.3%
Human Services Agencies				
Getabout	25,000	25,000	-	0.0%
Kids In Crisis	70,000	-	(70,000)	-100.0%
New Canaan Cares	5,000	2,000	(3,000)	-60.0%
Domestic Violence Crisis Centre	10,000	10,000	-	0.0%
Meals On Wheels	5,000	5,000	-	0.0%
Community Program Mental Wellness	1,500	-	(1,500)	-100.0%
New Canaan Urgent Assessment	15,000	15,000	-	0.0%
Expenses - Human Services Agencies	131,500	57,000	(74,500)	-56.7%
Other Agencies				
Health/Welfare	250,000	250,000	-	0.0%
Day Care Center	32,000	32,000	-	0.0%
New Canaan Historical Society	25,000	25,000	-	0.0%
Trans Private Schools	280,000	310,000	30,000	10.7%
Channel 79 TV	40,500	40,500	-	0.0%
Probate Court	12,000	12,000	-	0.0%
Expenses - Other Agencies	639,500	669,500	30,000	4.7%
Library				
Library Operating	3,013,500	3,119,000	105,500	3.5%
Expenses - Library	3,013,500	3,119,000	105,500	3.5%
Town Only Operating Expense	47,282,964	47,974,828	691,864	1.5%
Contingencies				
Contingencies	691,084	723,171	32,087	4.6%
Expenses - Contingencies	691,084	723,171	32,087	4.6%
BOE Benefits				
BOE Pension	168,427	106,192	(62,235)	-37.0%
BOE 401A Match	208,060	235,000	26,940	12.9%
Expenses - BOE Benefits	376,487	341,192	(35,295)	-9.4%
Total Operating Expense	48,350,535	49,039,191	688,656	1.4%
Expenditures				
Tax Supported Capital Projects				
Transfer to Tax Funded Capital Projects	472,500	496,343	23,843	5.0%
Expenses - Tax Supported Capital Projects	472,500	496,343	23,843	5.0%
Debt Service				
Town	12,834,742	12,834,742	-	0.0%
School	4,904,029	4,904,029	-	0.0%
School IT Lease	646,401	434,000	(212,401)	-32.9%
Expenses - Debt Service	18,385,172	18,172,771	(212,401)	-1.2%
Board of Education				
Operating Expense	95,385,365	99,732,391	4,347,026	4.6%
Health Internal Service Fund Transfer	18,411,906	18,551,374	139,468	0.8%
Expenses - Board of Education	113,797,271	118,283,765	4,486,494	3.9%
Total Town Operating, All Debt Service, All Capital Expenditures, and Board of Education Operating Exp	181,005,478	185,992,070	4,986,592	2.8%
Revenues				
General Government				
Parking Permits, Fees, Tickets	918,700	974,200	55,500	6.0%
Investment Income	1,800,000	1,800,000	-	0.0%
Conveyance Fees	1,600,000	1,600,000	-	0.0%
Tax Collections - Prior Yrs	300,000	300,000	-	0.0%
BOE Excess Cost Grant	916,577	1,000,000	83,423	9.1%
Building Permits	900,000	900,000	-	0.0%
Educational Cost Sharing	473,399	473,399	-	0.0%
Tipping Fees	415,000	350,000	(65,000)	-15.7%
Other State Aid	188,985	188,985	-	0.0%
Bond Premium	1,800,000	-	(1,800,000)	-100.0%
Transfer from Other Funds	380,000	100,000	(280,000)	-73.7%
All Other Revenues	1,513,627	1,575,877	62,250	4.1%
Total Estimated Revenue	11,206,288	9,262,461	(1,943,827)	-17.3%
Contribution from Fund Balance				
Contribution from Fund Balance	5,750,000	5,000,000	(750,000)	-13.0%
Expenses - Contribution from Fund Balance	5,750,000	5,000,000	(750,000)	-13.0%
Amount to be Raised by Taxation for General Fund (Budgeted Expenses less Est. Revenue)	164,049,190	171,729,609	7,680,419	4.7%

New Canaan Sentinel

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The Citizenship New Canaan Knows Well

Fisina “Fiz” Tomaselli and Dr. Thomas Garrett Flynn lived lives that became part of the everyday story of New Canaan.

They served in different places—one in parish life and youth athletics, the other in the practice of medicine—but together they represent a kind of citizenship that sustains communities across generations. In New Canaan, it is a kind of citizenship that is not uncommon.

Fiz Tomaselli was one of those figures whose presence seemed to follow the path of young people through town life.

“Show me the manner in which a nation or community cares for its children, and I will measure with mathematical exactness the tender mercies of its people.” – Sir Winston Churchill

She was born here and graduated from New Canaan High School in 1949, where she played varsity sports and served as captain of the girls’ basketball team. Athletics remained part of her life long after graduation. Yet her influence on sports in New Canaan came not from competition but from the traditions she helped build.

In 1972 she “adopted” the New Canaan High School hockey team. She opened her home to players, coaches and managers, hosting dinners—lasagna and pizza meals that soon became part of the season’s rhythm and part of what it meant to belong to the team. Years passed, players graduated, new teams formed, but the tradition endured. Generations of athletes remember those evenings as part of their experience growing up in New Canaan.

With her husband Larry, she also founded the annual New Canaan High School alumni ice hockey game. The event supported the junior varsity hockey program and brought former players back to the rink, reconnecting them with teammates and with the town that shaped them.

Her service to the school extended across its daily life. She served on the Parent Faculty Board, the Sports Council Board and the Hall of Fame Committee. She volunteered in both the guidance department and the athletic department. In 2000 she was inducted into the New Canaan High School Hall of Fame.

Another center of her life was St. Aloysius Church.

There she served for decades as volunteer bookkeeper, worked on the parish financial committee and numerous boards, and became the first woman to serve on the Parish Council Board. Parish life was woven into the structure of her days and into the rhythm of her family life.

Dr. Tom Flynn served the town in another place familiar to families: the pediatrician’s office.

For decades he practiced pediatrics in New Canaan. Parents brought newborns through his doors and returned year after year as those children grew. In many cases he cared for more than one generation within the same family.

That kind of medical practice becomes part of a town’s shared memory. Parents remember the advice given when a fever spiked late at night. Children grow up recognizing the doctor who watched them grow.

Churchill once wrote, “Show me the manner in which a nation or community cares for its children, and I will measure with mathematical exactness the tender mercies of its people.”

In towns like New Canaan, that care takes many forms.

It appears in a physician who devotes a lifetime to the health of local families. It appears in a volunteer who feeds a hockey team and in doing so creates a tradition that binds generations together.

What stands out about New Canaan is not that lives like these existed here.

It is that they are part of a pattern.

Look across the institutions that shape the town—churches, youth sports, civic boards, charities—and you see it again and again. Residents step forward. They give time. They take responsibility. They build traditions that strengthen the institutions serving the next generation.

The passing of people like Fiz Tomaselli and Dr. Tom Flynn reminds us how much of the town’s character has been shaped by such lives.

The best way to honor them is both to remember what they did and to continue the work.

Editorial Page

OP ED

Partner Abuse: New Canaan’s #1 Crime and #1 Public Health Issue

JANE FOX

The following is the text of a highly informative and important presentation given by Dede Bartlett, Co-Chair, New Canaan Abuse Prevention Partnership to The Rotary Club of New Canaan on February 26, 2026. Sgt. Mike O’Sullivan, the head of the NCPD Special Victims Unit and Jacqueline D’Louhy, LCSW, Co-Chair of the New Canaan Abuse Prevention Partnership provided additional perspective as well. Most important, at the end of her talk, Dede reminded us that The Rotary Club’s support and that of individuals in New Canaan makes a big difference!

Good Afternoon! It’s been a year since I was last here and thank you for inviting me back.

Of all the crimes in our town, Domestic Violence is New Canaan’s #1 violent crime and our #1 public health issue. Whether boyfriend vs girlfriend; parent vs child; husband vs wife; same sex couples, it’s partner abuse. Be it in person, online or both. This affects the quality of life in our town.

Bullying is serious and can be deadly. This is not a rite of passage that any child or teen should have to deal with. Bullies are batterers in training.

At least once every four weeks a domestic violence incident is reported in our local press in town. Last year’s Community Health & Well-being Survey reported that 9% of respondents – or 134 people - had safety concerns about someone in their home! Equally concerning is that 34% of survey responders reported they were unaware of where to get advice and support about domestic violence issues.

Let me remind you of the extent of this abuse in the United States: 1 in 4 women and girls will be a victim of abusewhether it is physical, online or more likely both. 1 in 3 teens will experience sexual, physical or emotional abuse from someone they are in a relationship with regardless of age, ethnicity, religion, or socio-economic status. And in Connecticut, 26% of students surveyed reported that some one they were dating or going out with purposely tried to control or emotionally hurt them. Sadly, it gets worse: Partner abuse is such a significant factor in suicides that some criminologists believe these deaths should be reclassified as homicides!

Survivors and their families bear scars that last a lifetime! 50% of the incidents Sgt Mike O’Sullivan, the head of New Canaan’s Special Victims Unit, and his officers respond to are recurring. This underscores the viciousness of the cycle of violence and the importance of having healthy relationships programs in our schools. That is one of the primary reasons School Resource Officers are in all our schools to give students from Kindergarten through High School added support.

Our town is fortunate in so many ways with a quality of life that most Americans can only dream of. But many of us fear New Canaan is falling back into the complacency that was widespread 22 years ago when the



Dede Bartlett, Rotary President-elect Charles McCool, and NCPD’s Sgt. Mike O’Sullivan.

New Canaan Abuse Prevention Partnership was founded.

- We fear New Canaanites do not understand that partner abuse is our town’s #1 violent crime!
- We fear New Canaanites do not realize that partner abuse is our town’s #1 public health issue!
- We fear that the graphic content and violence children and young people are exposed to online is contributing to the rising rates of sexual abuse and teen dating violence.
- We fear for the 1 in 3 teens who experience abuse and how this will impact their lives.
- We fear that AI will exacerbate the viciousness cyber abuse.
- We fear that the bullying shown by some of our national leaders is normalizing toxic behavior and shaping bad behavior for generations to come.
- We fear the recent disclosures in the Epstein files condition young people toward patterns that degrade women and girls and perpetuate sexual violence.

So, what concrete steps can you take to stop this abuse that affects all our citizens and our town’s quality of life?

1. If someone tells you they fear for their safety, believe them. Do not say “why don’t you leave?” It’s neither simple, nor easy nor safe. It took me 2 years working with Jackie D’Louhy, the Co-Chair of the New Canaan Abuse Prevention Partnership and the head of health and human services for the Town of New Canaan and Sgt O’Sullivan to help a prominent New Canaan mom leave an abusive relationship and make a new life. And she had a well-paying job. Many survivors don’t.
2. If you see something say something. Report any violence you witness.

3. Offer people in crisis practical, low risk help, be it a place to charge their phones or make a call or help with child care, pets, rides, or groceries. Help them keep copies of documents and create a code word if they don’t want a partner to see their messages.

4. Help people access services before things get out of control. Share the information on dvcct.org, the website of the Domestic Violence Crisis Center with your networks. In last year’s Community Health and Wellbeing Survey, 34% of respondents were not aware of services or counseling for domestic violence.

5. Please support organizations that are helping teens and adults lead safer, healthier lives – such as the following:

- New Canaan Cares newcanaancares.org offers leadership programs for youth and behavioral counseling for parents.

- New Canaan Health & Human Services – newcanaan.info/departments/human_services Their website directs people to ways to help people in general and domestic violence survivors in particular by giving to:

- i. The Food Pantry
- ii. Domestic violence services
- iii. Holiday toys program
- iv. Help with fuel costs
- v. Help with back to school supplies & support

- The Rowan Center – therowancenter.org Their SAFE KIDS HQ program helps kids stay safe online. The Community Foundation is launching an event to make parents and kids aware of this resource.

- The Domestic Violence Crisis Center dvcct.org which offers free legal, advocacy & counselling services

- Kids In Crisis <https://kidsincrisis.org> provides 24-hour support and shelter for children and teenagers

The Rotary’s support and your individual support make a big difference. Thank you!

SUBMITTED

Voices Center for Resilience Announces Building Bridges Luncheon: Honoring Stewards of Memory

VOICES CENTER FOR RESILIENCE

New Canaan, CT – Voices Center for Resilience (VOICES) will host its 2026 Building Bridges Luncheon, Honoring Stewards of Memory, on Friday, April 17th at the Country Club of New Canaan. The annual event recognizes individuals who make a meaningful difference in the lives of others. This September marks both the 25th Anniversary of 9/11, and the founding of VOICES in response to the attacks. In recognition of this milestone year, the Building Bridges Luncheon shines a light on the enduring

importance of remembrance and commemoration of the lives lost and the resilience of those who survived.

Veteran journalist and news anchor Brian Williams will serve as Master of Ceremonies. The 2026 Building Bridges Award will be presented to Alice Greenwald, former President and CEO of the 9/11 Memorial & Museum, and James E. Young, world-renowned historian of memory and Professor Emeritus at University of Massachusetts Amherst. Their distinguished careers and leadership, along with their contributions to creating a magnificent 9/11

Memorial & Museum, reflect a deep commitment to preserving history for future generations. Mary Fetchet, VOICES Executive Director noted, “The milestone of the 25th Anniversary is an important time to recognize those whose dedication and stewardship honors the memory of those who died, the resilience of those who survived, and the way our country came together. In the face of unspeakable tragedy, Alice and James have devoted their careers to this sacred work.”

Special guests include Dede Bartlett, who will speak about the impact of Voices Center for

Resilience, and Craig Schubert, who was working in the South Tower at the WTC on 9/11, will reflect on his experience evacuating the building and his enduring path of resilience. Broadway star Ciarán Sheehan, known for his acclaimed performances as the Phantom in The Phantom of the Opera on Broadway and in Toronto, will provide a special musical performance.

Sponsorship opportunities and tickets for the Building Bridges Luncheon are available at voicescenter.org. For inquiries contact: Sarah Green at sgreen@voicescenter.org or call 203-966-3911.

Proceeds from the luncheon will support VOICES steadfast commitment to provide long-term support for victims’ families, responders and survivors as well as community-based programs that assist those impacted by loss and grief.

About Voices Center for Resilience:

Voices Center for Resilience (VOICES), formerly Voices of September 11th was co-founded in 2001 by Mary Fetchet, whose son Brad died in the attacks, and Beverly Eckert whose husband Sean Rooney perished. From 9/11 to today, VOICES provides long-term support and access to resources for thousands of victims’ families, responders and survivors, and is equally committed to collaborating with partners to help communities prepare for, respond to, and recover from tragedy, in the

COLUMN

By Rev. Gilbert Burgess

“If anyone, then, knows the good they ought to do and doesn’t do it, it is sin for them.” James 4:17

Earlier in the text, around the eighth verse, James says that life is trivial, fragile and a “mist” or “vapor” – disappearing – and that we don’t know what tomorrow will be. Therefore, we cannot be the master of our own destiny. James critiques those of us who make plans without consulting God, pointing out that it’s insanity to believe that we are self-sufficient, and transitions to a call to duty in the present.

Do you have a heart of action? Or do you basically just speak rhythmic sounds, with dramatic performances, of outwardly religious actions of crafted works, void of good, productive, actions?

James, in Chapter 4, highlights his brother Jesus’s teachings by stating that simply not doing harm is insufficient. Rather, we must actively do good. James mirrors Jesus’s call to love all people equally. Jesus commands equality by mandating proactive, impartial love for one another.

In Jesus’s early ministry, James was a skeptic. But then, after Jesus was rejected and despised, betrayed, crucified, and risen, James became one of the

Actions Speak Louder Than Words

James exhorted his listeners then, and I exhort you now, to not to let “another sun rise” before a task or a service of good is complete.

first-century church’s strongest leaders.

And he declared that failure to uphold justice, failure to treat others equally, ignoring the needs of others, and prejudice against others are direct sins of omission. Knowing the right thing to do, he says, and not doing it is sin.

A sin of omission is a failure to do something good or right that is commanded or required and is within your power to perform. James brings to our attention the urgent duty of using the present moment for God’s glory, and the gravity of “sins of omission.”

James exhorted his listeners then, and I exhort you now, to not to let “another sun rise” before a task or a service of good is complete.

Because “the time is short,” James 4:17 is a call to immediate action, a warning against the “arrogance” of planning a future without God. James raises awareness of the fact that true wisdom and power is recognizing our dependence on God’s divine will.

Because if you are truly going

to do good works, you must consult the one who knows what tomorrow holds. Presenting your plans before the Lord positions you to light your tomorrow with today’s good actions.

“If anyone, then, knows the good they ought to do and doesn’t do it, it is sin for them.” The sin of omission is neglecting moral responsibilities, which is just as sinful as committing a wrong action.

And, with actions that are God’s will, all plans become good “if it is the will of God.” It’s qualified to be the right thing to do. “If it is the will of God,” your words are no longer used as a vocalized catchphrase, but they become a lifestyle of witnessing to the goodness of God.

James warns us that knowing the right thing to do and not doing it is sin. If God puts a good intent in your heart, you are expected to translate it into action.

And if you want to put good intent, your words into actions that reflect the goodness of God.

You need to have your mind right, if you’re going to reflect God’s character and heart.

Consider what Paul says in Philippians 4:8. He talks about praiseworthy things that we are to actively meditate on. Whatever is true, honorable, just, pure, lovely, and commendable – Paul says that meditating on these things cultivates a mindset that promotes a mental well-being by replacing negativity with constructive, virtuous thoughts.

This is because they are God-honoring thoughts, fostering peace within and positive action.

Paul also noted in Galatians 5:22-23 that the fruit that comes from having the Holy Spirit in our lives is love, joy, peace, not giving up, being kind, being good, having faith, being gentle, and being the boss over our own desires. The law is not against these things.

With the Holy Spirit living within, His transformational power mandates an outward obedience to actively carry out the divine instructions given by God. He, the Holy Spirit, helps us carry our daily responsibility and fulfill God’s purpose.

Action speaks louder than words, and your actions must happen at once, rather than

putting them off or waiting for a “future time that may never come to pass”

When the Holy Spirit is nudging you to do good that you know you should do – like forgiving someone, or being long-suffering and not giving up on someone, or showing kindness – Brothers and Sisters, children of God, we must embrace the reality that we are ambassadors demonstrating “The Goodness of God,” by demonstrating our faithfulness in Him to work a miracle through us in the lives of others.

So when the Holy Spirit moves your spirit to have self-control, trust God, and exercise restraint over your desires, thoughts and actions, by bringing them into alignment with God’s will rather than yielding to the impulses of worldly pride, allow the power of the Holy Spirit to master your emotions. Self control, in most situations, can be a common denominator that determines a positive or negative outcome, and good deeds or good works require the right attitude.

Remember: Action that speaks louder than words must

happen at once, rather than waiting for a “tomorrow, a time that may never come to pass.” So start today with actions of good works, not sound bites or catchphrases, but actions that are in line with the will of God, which never disregards the welfare of others.

Jesus said in John 13:34-35, “A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”

And on Calvary, He put His words into action and saved a wretch like me.

Always remember that in order to fulfill our daily obligations, we too must apply actions, not just words. Start today with actions of obedience to God’s will, with an understanding that actions are more important than religious regulations.

James 4:17: “If anyone, then, knows the good they ought to do and doesn’t do it, it is sin for them.”

Action Speaks Louder Than Words.

Rev. Gilbert Burgess is the pastor at Community Baptist Church. View his digital business card at: popl.co/profile/18EHEDID/dash.

Worship Directory and Services

UPDATE SERVICES AND ADD SPECIAL EVENTS TO THIS CALENDAR AT
www.NewCanaanSentinel.com/worship-calendar-updates

Church of Jesus Christ of Latter Day Saints

682 South Avenue 203.966.5849
www.ComeUntoChrist.org
Sunday Service: 12 PM

Congregational Church

23 Park Street 203.966.2651
office@godsacre.org
www.godsacre.org

Sunday Services: 8:00 AM and 10:00 AM. The 10:00 am service is also live streamed and recorded, the video replay will be available throughout the week. Church School is available on Sundays for children ages 3 through 7th grade each Sunday from September through mid-June.

Recurring Events:

Tuesdays at 9:30 AM: Women’s Bible Study
Wednesdays at 9:30 AM: Bible Study
Fourth Thursday from 12-2:30 PM: Meet at the Open Door Shelter in Norwalk to serve a meal.

First Church of Christ, Scientist

49 Park Street 203.966.0293
christiansciencet.org/newcanaan

Sunday 10:30 AM, in person only. Sunday School is available during Sunday Service and is open to children and young people up to the age of 20. There is also childcare available for children too young for Sunday School.

Wednesday Testimony Meeting: 1st Wednesday of each month, join by zoom or by phone 646 558 8656. Reading Room Hours: Open Mondays 11-2, Call to confirm hours 203-966-0293. All are welcome to the Sunday and Wednesday services, Sunday School, and the reading room.

First Presbyterian Church

178 Oenoke Ridge Road 203.966.0002
fpnc.org

Sunday Service: 10am in person or via LocalLive. All are welcome. Coffee Hour after the service is also available in person or via Zoom. Dedicated childcare is available for all children via Wee Care Nanny Agency from 8:45-11:30am in the Nursery School. Transcripts of previous sermons are also available via the First Presbyterian Church of New Canaan’s website. Recurring Events: Every Saturday 9:15am (closed) and 10:30am (open): Alcoholics Anonymous. Every Tuesday 8pm: Men’s A.A.

Third Wednesday from 6-7:30 PM: Wednesdays at the Well are intergenerational opportunities to learn and grow in faith together. Dinner will be served and all ages are invited.

Upcoming Events:

Now through March 29: Lenten Food Drive. You can pick up a brown grocery bag with a list of items from the back of the church. All items will be donated to the New Canaan Food Pantry.

March 8 at 4 PM: Charis Chamber Voices Concert. Tickets available at <https://www.charisvocals.com/tickets.html>.

Saint Aloysius Roman Catholic Church

21 Cherry Street 203.966.0020
www.starcc.com
Service Schedule:

Saturday: Vigil for Sunday 5:00 p.m.
Sunday: 7:00 a.m., 8:30 a.m. 10:00 a.m., 11:30 a.m. and 5:00 p.m. The Sunday 8:30 a.m. mass is live-streamed and recorded.
Monday-Friday: 7:00 am and 5:30 pm
Saturday: 7:00 am

Recurring Events:

Last Monday of every month 7pm: Women’s Praise & Worship Holy Hour
Fridays 7:30am-6pm: Eucharistic Adoration (September-June)
Saturday 8:30am: St. A’s Healing Rosary Prayer Group

St. Mark’s Episcopal Church

111 Oenoke Ridge 203.966.4515
churchoffice@stmarksnewcanaan.org
www.stmarksnewcanaan.org

Sunday Services: 8:00am: Indoor Holy Eucharist Rite I; **9:00am:** Outdoor Holy Eucharist Rite II; **10am:** Indoor Holy Eucharist Rite II (Live Stream also available on the St. Mark’s website). Coffee Hour follows the 10am service.

Church School during the 10am service: Godly Play for children in kindergarten through second grade; Holy Moly for third and fourth grades; Meet in the Middle for fifth, sixth and seventh grades. Professional childcare is offered for children ages four and under. Families with children who are not yet ready to separate for childcare are invited to use the rocking chairs at the rear of the chapel.

Weekday Services: Monday-Friday, 8:30am: Morning Prayer/Rite II by Zoom.
Wednesday at 12:05pm: Noonday Eucharist in the chapel.

Recurring Events:

First Wednesday at 1pm: Laundry Love volunteering opportunity to come alongside people who are struggling financially by assisting them with their laundry.

First & Third Wednesdays from 6-7:30pm: Youth Group

Upcoming Events:

March 15 at 5 PM: A Service of Evensong for Lent featuring works for the penitential season of Lent. All are welcome and no registration is required.

St. Michael’s Lutheran Church

5 Oenoke Ridge 203.966.3913
office@stmichaelslutheran.org
www.stmichaelslutheran.org

Sunday Service at 10:00 am. Following the service there is coffee, cookies and conversation in the Fellowship Hall.

Recurring Events:

Thursday 12 PM: Alcoholics Anonymous

Trinity Church New Canaan | Darien

1800 E. Putnam Ave, Old Greenwich
203.618.0808
info@trinitychurch.life
www.trinitychurch.life

Join us Sundays at 10 a.m. at Greenwich

Hyatt Regency for lively worship, thoughtful and applicable teaching, weekly Communion, and an opportunity to make friends and grow in community. Trinity Kids (infants through fifth grade) and Trinity Youth (middle and high schoolers) take place during the service, and coffee and refreshments are served following worship. The service is also available on livestream via Youtube, Sundays at 10:00 a.m.; learn more at www.trinitychurch.life.

United Methodist Church

165 South Avenue 203.966.2666
frontdesk@umcofnewcanaan.org
www.umcofnewcanaan.org
Join us for Sunday Worship!
Sunday Service begins at 10:00 a.m.

Come for uplifting music and a relevant, inspiring message – and stay after for coffee and conversation during Fellowship Time.

Sunday School for ages 3 through high school. Child care is available for children from infancy through age 5.

Recurring Events:

First Sunday at 8:45 AM: All men are invited to our monthly Men’s Breakfast – a time of warm fellowship, good food, and meaningful conversation as we grow together in faith and friendship.

Community Baptist Church

174 Cherry Street 203.966.0711
cbcnewcanaan@gmail.com
www.cbcnewcanaan.org

Youtube: https://www.youtube.com/channel/UCoZ2UNa8aHI30_Syp_X0KDg

Facebook: <https://www.facebook.com/CBCNewCanaan/>

Sunday School at 10:00am

Worship Service at 11:00am

Live Facebook Broadcast 11:30 am

Upcoming Events:

March 11 from 7-11 PM: Annual Lent and Passion Week Service with Rev. Dr. Phillip Joubert.

Grace Community Church

9:30am Service @ New Canaan High School,

11 Farm Road, New Canaan

203-966-7600

info@gracecommunity.info

www.gracecommunity.info

Welcome to Grace Church, where we strive to build a church of action, founded on Biblical truth, characterized by faith, grace, community, service, authenticity, clear thinking, and cultural relevance. Grace Community Church is an exercise in knowing God, knowing truth, and building community that extends to our full lives, not just to our Sunday mornings.

Join us **Sunday mornings at 9:30am** or via GCC’s Facebook page or YouTube page. Nursery care and Sunday school/teen programming is available for babies through 12th grade. Coffee and bagels available in the lobby after the service, all are welcome.

Talmadge Hill Community Church

870 Hollow Tree Ridge Road; Darien, CT

203.966.2314

talmadgehillchurch@gmail.com
www.talmadgehill.org

Ministers: Rev. Carter Via and Rev. Cheryl Bundy **Sunday worship service at 10:00am** in person. All are welcome! We encourage everyone to stay for coffee hour after the service. Sunday School is every Sunday during the service and uses the Godly Play curriculum. Please reach out with any questions utilizing information listed above!

Recurring Events:

Thursdays at 9:30am: Bible Study
First Saturday at 8am: Men’s Group
Second Saturday at 10am: Women’s Circle

Chabad New Canaan Jewish Center

137 Putnam Rd

info@chabadnewcanaan.org
www.newcanaanjewish.org

The Chabad New Canaan Jewish Center is dedicated to strengthening and building the New Canaan Jewish Community by offering local Jewish resources that bring more positivity, Jewish education, charitable activity, good deeds and blessing to our lovely town.

We are about Judaism, not affiliation. Regardless of your background, and however you choose to define your level of Jewish observance or identity, the Chabad New Canaan Jewish Center can add spirituality, joy, study, community and connection for you and your family. The programs of the Chabad New Canaan Jewish Center are held in various locations, all located in New Canaan.

Upcoming Events:

March 3 at 5 PM: Purim Carnival. More information is available on Chabad’s website.

Temple Sinai (Reform Synagogue)

458 Lakeside Drive; Stamford, CT 06903
203.322.1649

www.templeinaistamford.org

Service Schedule:

1st, 3rd & 5th Friday – 6pm in person and via zoom
2nd & 4th – 7:30pm

Recurring Events:

Fridays at 12 PM: Torah Study
Second Saturday at 10:30 AM: Mussar
First and Third Fridays at 5:30 PM: Shabbat Service for Families with Young Children
First Saturday at 8 AM: Avodat Halev Discussion Group

Temple Shalom

300 E. Putnam Ave. Greenwich, CT 06830
203-869-7191

www.templeshalom.com

Services: In-person and virtual Friday night Shabbat services, 6:30pm & Saturday morning Shabbat services, 10:30am.

Recurring Events:

Saturdays at 9 AM: Shabbat Study via zoom at <https://zoom.us/j/94358392426?pwd=bFJQem9HWFcxU0EzZUM2VENEZmgYU09#success>



Obituaries

JOSEPHINE AYSSEH



Josephine Lynn Aysseh (Jodie) passed away peacefully at home on Sunday, February 22, 2026. Jodie was born April 24, 1943 in Chicago, Illinois. Daughter of Joseph Whitwell and Josephine Parizek Whitwell, she grew up in Northfield, IL where she attended New Trier High School in Winnetka, IL. She went on to study at Bennett Junior College followed by Penn Academy of Fine Arts in Philadelphia. She then worked at Young and Rubicam Advertising Agency in New York.

Jodie met her late husband, Emil Aysseh, in 1966, and they married in Rome, Italy later that year. Jodie and Emil lived in New York City until 1968 when they moved to Tehran, Iran where Emil worked in family businesses and where they began to raise their family. In 1974 they returned to the US and settled in New Canaan, CT where they raised their four sons. Jodie moved to Fairfield, CT when her husband passed in 2017 after 50 years of marriage.

She is survived by her four sons: Charles Aysseh (Suzanne) of Cos Cob, CT; Alex Aysseh (Jessica) of Fairfield, CT; Gordon Aysseh (Kesti) of Darien, CT; and Nicholas Aysseh (Christina) of Fairfield, CT. She was the proud grandmother to 10 grandchildren: Emily, Dillan, Tommy, Benjamin, Peter, Skylar, Lily, Coco, Austin, and Charlotte. Jodie's brother, Gordon Whitwell, resides in New Mexico.

Jodie was a devoted volunteer in her children's schools and sports teams over the years as well as for many charitable organizations. She was a member of the New Canaan Garden Club, The New Canaan Artisans, and the AAUW. She taught nursery school for 21 years at First Presbyterian Nursery School in New Canaan. She was a loving daughter, wife, mother, grandmother, and friend to so many.

Family will receive friends at Hoyt Funeral Home in New Canaan on Monday, March 9, 2026 from 4pm to 7pm. A mass will be held at St. Aloysius Catholic Church in New Canaan on Tuesday, March 10, 2026 at 9:30am with burial at Lakeview Cemetery in New Canaan immediately following.

In Lieu of flowers, donations can be made to the Tunnels to Towers Foundation or the Wounded Warrior Project.

THOMAS FLYNN



Thomas Garrett Flynn, MD, Dr. Thomas G. Flynn, 96, of New Canaan, CT passed away peacefully on February 21, 2026, with family by his side. He was born December 5, 1929, in Boston, Mass. to the late William and Evelyn Flynn. Tom was the second of six children. His father's career took the family from Boston to Providence, Rhode Island and then to Westfield and North Andover, Massachusetts. Tom's formative years were in Westfield, where he enjoyed playing sports - especially baseball - and excelled in school. His father carried a newspaper clipping in his wallet describing the day Tom both pitched a no-hitter and was named class valedictorian. He graduated from St. Mary's High School in Westfield in 1947 and was a 1951 cum laude graduate of the College of the Holy Cross, Tom served in the United States Navy as a midshipman from 1948 to 1952 while in Holy Cross' ROTC Program, and as an officer from 1952 to 1955. His service took him to ports around the world on a battleship,

a heavy cruiser, and a destroyer escort. After the Navy, Tom moved to Washington DC to attend medical school at Georgetown University. In the summer of 1957, he met the love of his life Elizabeth (Betty) Belson. They were married a year later. In the summer of 1959, Tom graduated from Georgetown, having served as President of the Student Medical Association and been elected a member of the Alpha Omega Alpha honor society. His medical training included an internship at the Mary Imogene Basset Hospital in Cooperstown, New York and a pediatric residency and fellowship at The Johns Hopkins Hospital in Baltimore, Maryland. In 1963 the family - now with four young sons - moved to New Canaan where Tom began his 31-year pediatric practice with the New Canaan Medical Group.

Medicine was Tom's vocation and he loved his work. He considered himself fortunate beyond measure to care for the many families in his practice and to work alongside great medical professionals. During his practice and retirement, he served as a Clinical Professor of Pediatrics at the Yale University School of Medicine and trained residents at Yale University Hospital. In the early 1970's, to address serious injuries in sports, especially heat-related injuries, he organized symposiums to teach coaches and trainers about the new prevention and treatment theories still practiced today. Physicians in other states followed his model, and he was invited to serve on the American Academy of Pediatrics Sports Medicine Counsel. Tom and Betty's deep Catholic faith guided their lives. All nine of their children attended St. Aloysius School and went on to Catholic high school and colleges. Tom served for many years as a Eucharistic Minister and provided pastoral care to several local hospitals and senior care centers. He also chaired the committee for the Diocese of Bridgeport's annual White Mass for medical professionals. In 1992, Tom and Betty joined the Knights of Malta. They acted as co-Hospitalers, coordinating the Knights' many charitable projects in Connecticut. Tom had a strong desire to help the less fortunate in other parts of the world and the opportunity came when he retired from practice in 1994. He worked with the Catholic Medical Mission Board and Americares, traveling to Armenia, Honduras and Cuba. In 1995, Tom and Betty started volunteering at Hôpital Sacré Coeur in Milot, Haiti. From 1996 to 2012 he was a member of the board of the CRUDEM Foundation (now "Haiti Health Promise") that operates the hospital and was its President from 2003 to 2006. After the 2010 earthquake in Haiti, the hospital quickly expanded from 70 to 400 beds and five operating rooms. At 80 years of age, Tom returned to the hospital to coordinate NGO and medical volunteers to provide the best care possible to the 1,000 earthquake victims transported from Port Au Prince. Among many honors, Tom received the inaugural Donald Cameron Award for Human Kindness (1980), Moffly Media's Light a Fire Award (2011), and the New Canaan Community Foundation's Spirit of New Canaan Award (2015). In accepting the Light of Fire Award, Dr. Flynn shared that: "When I left Johns Hopkins for New Canaan, ... I vowed to one day serve in a Third World country as payback for the many blessings I have received." He kept that vow, in gratitude to God, for all he received before and after he made it. He enjoyed gardening, golf, reading, and cheering for the Notre Dame Fighting Irish. He treasured his friendships throughout the years, including those made in the Senior Men's Club and his poker group, while his greatest joy and treasure was his family.

Tom is survived by his children Tom Jr. (Lisa) of Katonah, NY; Bill (Marnie) of New Canaan; Jim (Young) of Redding; Rob of Middletown; Brian of Brookfield; Kathleen of McLean, VA; David (Yvette) of Wilton; Greg (Pam) of Trumbull; and Andrew (Ryoko) of Tokyo, Japan; along with 22 grandchildren, four great-grandchildren, and his brother, the Honorable Terence Flynn of Little Silver, NJ. He was predeceased by his wife of 63 years Betty, his parents, four siblings, Barbara Kallaugher, Dr. William Flynn, Eleanor Reilly and Robert Flynn, and by his daughter-in-law, Karen Hobert Flynn (Rob).

A Mass of Christian Burial will be held at St. Aloysius Roman Catholic Church, 21 Cherry Street, New Canaan on Friday, March 6 at 11:00 a.m. Visiting hours will be held at Hoyt Funeral Home, 199 Main Street, New Canaan, on Thursday, March 5, from 4-7 p.m. In lieu of flowers, memorial gifts may be made to the Holy Name Foundation (Haiti Health Promise) <https://crudem.org/you-can-help/give/> or to the charity of your choice. The Family is being compassionately cared for by the staff at Hoyt Funeral Home, 199 Main Street, New Canaan, CT 06840.

MARY AMATULLI



Mary Elizabeth (Mangan) Amatulli, 78, passed away peacefully on February 19, 2026, surrounded by her loving family.

Born on June 19, 1947, at Fort Totten in Queens, New York, to John F. Mangan and Alice M. Mangan-Mueller (Leider), Mary, affectionately known as "Mary Beth," was predeceased by her parents and her sister Margaret "Peggy" Doub.

She graduated from St. Agnes Academic High School, Class of 1965, and married the love of her life, Richard P. Amatulli, on December 28, 1966, at Holy Trinity Chapel at West Point. Together they shared nearly sixty years of devoted marriage, raising their three sons with faith and love.

Mary came from a proud tradition of service to our nation. Her husband, her father, her brother, and two of her uncles were all West Point graduates. She and Richard met at West Point and were stationed there early in their marriage, where she developed a deep and lasting connection to the Academy and its community. Throughout her life, she remained close with the West Point Class of 1966, treasured those friendships and honoring the bonds forged through shared service and sacrifice. Her appreciation for all who served was unwavering.

In the late 1970s, Mary and Richard settled in New Canaan, Connecticut, where they would make their home for forty-five years. Together they built and ran an Oriental rug and home furnishings business, working side by side as partners in both life and livelihood. Mary became a respected member of St. Aloysius Parish, where she was actively

involved in CCD religious education, guiding children in their faith and lovingly helping them make rosaries for their confirmations.

Mary was a cherished mother to Richard (Laurie) Amatulli of Danbury, CT; John Amatulli of Flat Rock, NC; and Christopher Amatulli of Scottsdale, AZ. She was a loving Nana to Isabella Brielle, Gabriella Grace, and Ava Loretta, who brought her endless joy.

A devoted Catholic, Mary found great comfort in her faith, her family, and the simple blessings of everyday life. She will be remembered for her kindness, warmth, and unwavering love.

She is survived by her beloved husband, her sons and granddaughters, her sisters Louise (Michael) Valentino and Jacqueline (Robert) Truet, her brother John Mangan, her dear cousins from the Leider family, and her many nieces and nephews whom she loved deeply.

Mary's faith was her foundation and her love will remain in the hearts of all who knew her.

A Funeral Mass will be celebrated at Immaculate Conception Catholic Church in Hendersonville, NC, on Thursday, March 5, 2026, at 2:00 p.m., preceded by the Rosary. A reception will follow. Mary will be laid to rest at West Point Cemetery in late April. Information regarding remembrance Masses at St. Aloysius Parish in New Canaan and Holy Trinity Chapel at West Point, as well as details for the committal and reception, will be announced at a later date.

Memorial contributions may be made in Mary's honor to the Tunnel to Towers Foundation. Founded to support America's first responders, military service members, and Gold Star families, the foundation provides mortgage-free homes to the families of fallen heroes and builds specially adapted smart homes for catastrophically injured veterans and first responders.

The New Canaan Sentinel does not charge for obituaries. Every member of the community deserves to be remembered and honored without families facing added financial burdens. Obituaries may be sent to Caroll@GreenwichSentinel.com.

The cost of publishing obituaries is covered by The Sentinel Foundation, a nonprofit that supports the local Top 5 Things to Do Today daily email, obituaries, education and entertainment pages, worship pages, and sponsorship of charitable organizations and events.

PERGOLESI STABAT MATER

HANDEL
Organ Concerto in d minor
with Chamber Orchestra

Sunday, March 22 | 3pm
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soprano **Christi Bye**
mezzo soprano **Barbara Zay**
conductor **Marnus Greyling**

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Tickets on eventbrite
or email aarango@stbarnabas.org



Design, Nature and the Shape of Modern Life

By PETER BARHYDT

In the middle of the 20th century, a handful of young architects arrived in New Canaan with little experience, a new set of ideas and a willingness to experiment. The houses they built would quietly change the way Americans thought about living space.

One of them was Eliot Noyes. After a recent screening of a documentary about his father, Modernism, Inc., The Eliot Noyes Design Story, Fred Noyes reflected on the unlikely path that brought Eliot Noyes from Harvard classrooms to archaeological digs, and eventually to a career that reshaped both architecture and corporate design.

“My father was in architectural school,” Noyes recalled, “sort of with a bee in its bonnet that there was a lot of stuff going on that people really needed help with, and the architectural school was really addressing stuff that was more like an 18th century.”

At the time, architecture schools still focused heavily on classical traditions — columns, symmetry and historical models that had dominated design education for decades. But the world beyond the classroom was already changing.

Eliot Noyes had originally studied classics and had thought about becoming a painter. But eventually he reconsidered.

“He kind of liked painting and miscellaneous other things,” Fred Noyes said, “and thought he might be a painter, but then realized that there are other people at it — Picasso, Miró, that crew — who were better at it than he was.”

A pivotal opportunity soon appeared. While still a student, Noyes was invited to join an archaeological expedition to Persepolis in Iran, documenting

ruins through drawings and watercolors.

“They tapped him on the shoulder and said, ‘would you like to go to Persepolis?’” Noyes said. “And he responded, ‘oh boy, would I ever?’”

The experience broadened his understanding of culture and design. Soon afterward, the famed Bauhaus architect Walter Gropius arrived at Harvard after leaving Germany.

Noyes became one of Gropius’ standout students, absorbing the Bauhaus belief that design should be simple, functional and rooted in modern materials.

That philosophy soon carried him to New York, where he was asked to launch a new industrial design program at the Museum of Modern Art.

“Design is about design,” Noyes said, recalling the spirit of that moment. “It’s not about one thing or architecture.”

World War II interrupted the work. Noyes served as a glider pilot and later worked in Washington during the war. But afterward he returned to design and eventually moved his family to New Canaan.

That decision helped create one of the most remarkable architectural communities in the country.

After building his own house in town, Noyes invited several colleagues to join him. Among them were Philip Johnson, Marcel Breuer, Landis Gores and John Johansen — a group later known as the “Harvard 5.”

“They were young Turks,” Fred Noyes said. “They didn’t have any experience except for a year or something out of school.”

But they were working at a moment when architecture itself was changing.

The war had transformed



Glass House by Philip Johnson (exterior) in New Canaan.

“We can think of a house as being part of nature, not against it, but integral with it.” — Fred Noyes

American society. New materials such as steel, concrete and large sheets of glass were becoming widely available. At the same time, social structures were shifting.

“The war changed everything,” Noyes said.

Architects began designing houses that reflected these new realities — simpler homes that connected more directly with the landscape.

Eliot Noyes’ own home became one of the clearest examples of that idea.

“With these new materials and these new techniques,” Noyes said, “we can think of a house as being part of nature, not against it, but integral with it.”

The house opened itself to the surrounding woods through expansive glass and an arrangement of connected

pavilions. Rather than standing apart from nature, the structure allowed its occupants to experience it — the sound of birds, the changing seasons, even the snow outside the windows.

Yet Noyes’ influence would extend far beyond residential architecture.

Through his work with IBM, he helped create one of the earliest examples of a comprehensive corporate design program. Working alongside IBM chairman Thomas Watson Jr., he helped unify everything from product design to graphics and advertising.

“He develops a program for IBM which touches on all of IBM’s face,” Fred Noyes said. “It is the graphics, it’s the way the advertisement works.”

Other companies soon followed, including Westinghouse, Mobil Oil

and Cummins.

The underlying idea was that design could shape not only objects and buildings but organizations themselves.

Now Fred Noyes hopes to continue that legacy through the Eliot Noyes Center, an initiative intended to bring together thinkers from different fields to address modern challenges.

The goal, he said, is not to replicate the past.

“If you are looking at Eliot Noyes or Philip Johnson and saying, ‘wow, weren’t they terrific? We ought to be practicing the way they practice,’ the answer is no,” he said. “That was just right for their time.”

Instead, the aim is to carry forward the same spirit of experimentation that once turned a small Connecticut town into a laboratory for modern design.

New Canaan Varsity Sports Roundup

By CHRISTOPHER DEMUTH

Girls Hockey

The New Canaan girls hockey team put together a strong run in February, winning three straight games and showing balanced scoring and solid defense.

On Feb. 16, the Rams defeated Avon 4-1 at home in a non-conference matchup. New Canaan controlled the pace of play and limited Avon’s scoring chances for most of the game. The Rams’ offense produced four goals, giving the team a comfortable win.

On Feb. 21, New Canaan beat Narragansett 5-1 in a conference game. The Rams started fast with two goals in the first period and kept pressure on throughout the game. They added one goal in the second period and two more in the third to secure the win.

On Feb. 25, the Rams earned a dramatic 3-2 overtime victory against Greenwich in a conference tournament game. Both teams traded goals and remained tied after regulation. New Canaan scored the winning goal in overtime to advance.

Boys Hockey

The New Canaan boys hockey team had an impressive stretch in February, winning five games and scoring frequently while keeping opponents under control defensively.

On Feb. 16, the Rams defeated Xavier 6-2 at home in a non-conference game. New Canaan’s offense stayed active throughout the

“When you’re talking about public funds, the bar is far higher than a corporation.”

— Town Treasurer Andrew Brooks

game and built a clear lead. The team finished with six goals while holding Xavier to just two.

On Feb. 18, the Rams beat Simsbury 4-1 in another non-conference matchup. The game was close early, but New Canaan took control later. The Rams scored three goals in the third period to secure the

win.

On Feb. 21, New Canaan defeated rival Darien 6-2 on the road in a conference game. The Rams scored in every period and gradually pulled away from the Blue Wave. Their offense stayed consistent while the defense limited Darien’s opportunities.

On Feb. 28, the Rams finished the

stretch with a 5-1 home win against Ridgefield. New Canaan once again controlled the game and kept pressure on offense. The defense held Ridgefield to one goal while the Rams added five of their own.

Boys Basketball

The New Canaan boys basketball team played three conference games during this stretch, finishing with one win and two losses.

On Feb. 17, the Rams lost a close game to Trumbull 56-55 on the road. The game stayed tight throughout and came down to the final moments. Trumbull edged out the win by a single point.

On Feb. 20, New Canaan fell to Ridgefield 58-43 at home. Ridgefield maintained the lead for much of the game and held the Rams to 43 points. Despite the loss, New Canaan continued to compete throughout the game.

On Feb. 26, the Rams bounced back with a 53-38 win over Danbury on the road. New Canaan controlled the pace and built a steady lead. Strong defense helped hold Danbury under 40 points.

Girls Basketball

The New Canaan girls basketball team played three conference games in February, earning one win during the stretch.

On Feb. 17, the Rams lost to Trumbull 79-45 at home. Trumbull’s offense was strong throughout the game and built a large lead. New Canaan continued to compete but was unable to close the gap.

On Feb. 20, New Canaan fell to Ridgefield 38-29 on the road. Both teams played strong defense, keeping the score relatively low. Ridgefield held the lead and secured the win.

On Feb. 26, the Rams defeated Danbury 59-50 at home. New Canaan scored consistently and maintained

Date	Team (School – Gender – Sport)	Opponent	Score
2/26	New Canaan – Boys – Basketball	Danbury	New Canaan 53 – Danbury 38
2/28	New Canaan – Boys – Basketball	Fairfield Ludlowe	New Canaan 56 – Fairfield Ludlowe 57
2/28	New Canaan – Boys – Hockey	Ridgefield	New Canaan 5 – Ridgefield 1
2/26	New Canaan – Girls – Basketball	Danbury	New Canaan 59 – Danbury 50
2/25	New Canaan – Girls – Hockey	Greenwich	New Canaan 3 – Greenwich 2
2/25	St. Lukes – Boys – Basketball	Greenwich Country Day	St. Lukes 52 – Greenwich Country Day 62
2/25	St. Lukes – Girls – Basketball	Greenwich Country Day	St. Lukes 73 – Greenwich Country Day 57
2/28	St. Lukes – Girls – Basketball	Sacred Heart	St. Lukes 73 – Sacred Heart 57

Men’s Club to Hear Cardiac Arrest Survivor Todd Boe

The New Canaan Men’s Club will host sudden cardiac arrest survivor Todd Boe on Friday, March 6, for a presentation on emergency preparedness and life-saving medical response techniques during the club’s regular meeting at Morrill Hall in St. Mark’s Episcopal Church.

The meeting begins at 10 a.m., with Boe scheduled to begin speaking at approximately 10:40 a.m.

Boe’s remarks will focus on the importance of immediate response to sudden cardiac arrest, including cardiopulmonary resuscitation (CPR), the use of Automated External Defibrillators (AEDs), and community preparedness for medical emergencies.

Boe survived a sudden cardiac arrest in 2018 after his heart stopped without warning. According to the

New Canaan Men’s Club, his family immediately began CPR, applied an AED, and used other emergency interventions that helped save his life.

Since that event, Boe has become an advocate for heart-health awareness and emergency readiness.

He now works with Code One Training, a provider of CPR and emergency response training, where he helps equip individuals, businesses, and community organizations with training designed to improve response to cardiac emergencies. Boe also serves as Executive Impact Manager with AED Team, a nurse-owned company that promotes access to life-saving defibrillator equipment in public spaces.

Through his work with AED Team, Boe advocates expanding the

availability of defibrillators through outdoor AED enclosures designed to provide round-the-clock public access to the devices in parks, sports fields, and other high-traffic locations where cardiac arrests may occur.

His presentation will emphasize the unpredictable nature of sudden cardiac arrest and the role that early intervention plays in survival.

“Sudden cardiac arrest can happen to anyone, anywhere,” Boe argues in his public advocacy work, emphasizing that preparation and access to equipment such as AEDs can determine whether a person survives.

Heart health and CPR awareness are receiving additional attention in New Canaan this month through a community initiative led by the New Canaan Health Department.

According to town officials, the department is participating in a regional “Hands-Only CPR Challenge” in partnership with other local health departments. The effort includes a video demonstrating the simplified CPR technique and a short two-question survey. The town that receives the greatest number of participants will be recognized as the challenge winner.

Hands-Only CPR encourages bystanders to begin chest compressions immediately when someone collapses from cardiac arrest rather than waiting for emergency responders. Public-health officials say widespread familiarity with the technique can improve survival rates because immediate intervention is critical during the first minutes after a cardiac arrest.

Boe’s presentation will address those same themes, focusing on the importance of public training and the availability of AEDs in community spaces.

The New Canaan Men’s Club, which sponsors the event, is a long-standing civic organization that hosts weekly meetings featuring speakers on public affairs, health, community issues, and history.

The club is open to men aged 55 and older and is currently accepting new members.

Those interested in joining the organization may contact the club by email at ncmens@ncmens.org



Look what the snow plow left! Nichola Bott. Photo by husband Buzz Moore.



Joey Schubert getting good use with his ski goggles in the blizzard!



Peter Hanson clearing snow with Ariens Sno-Thro.



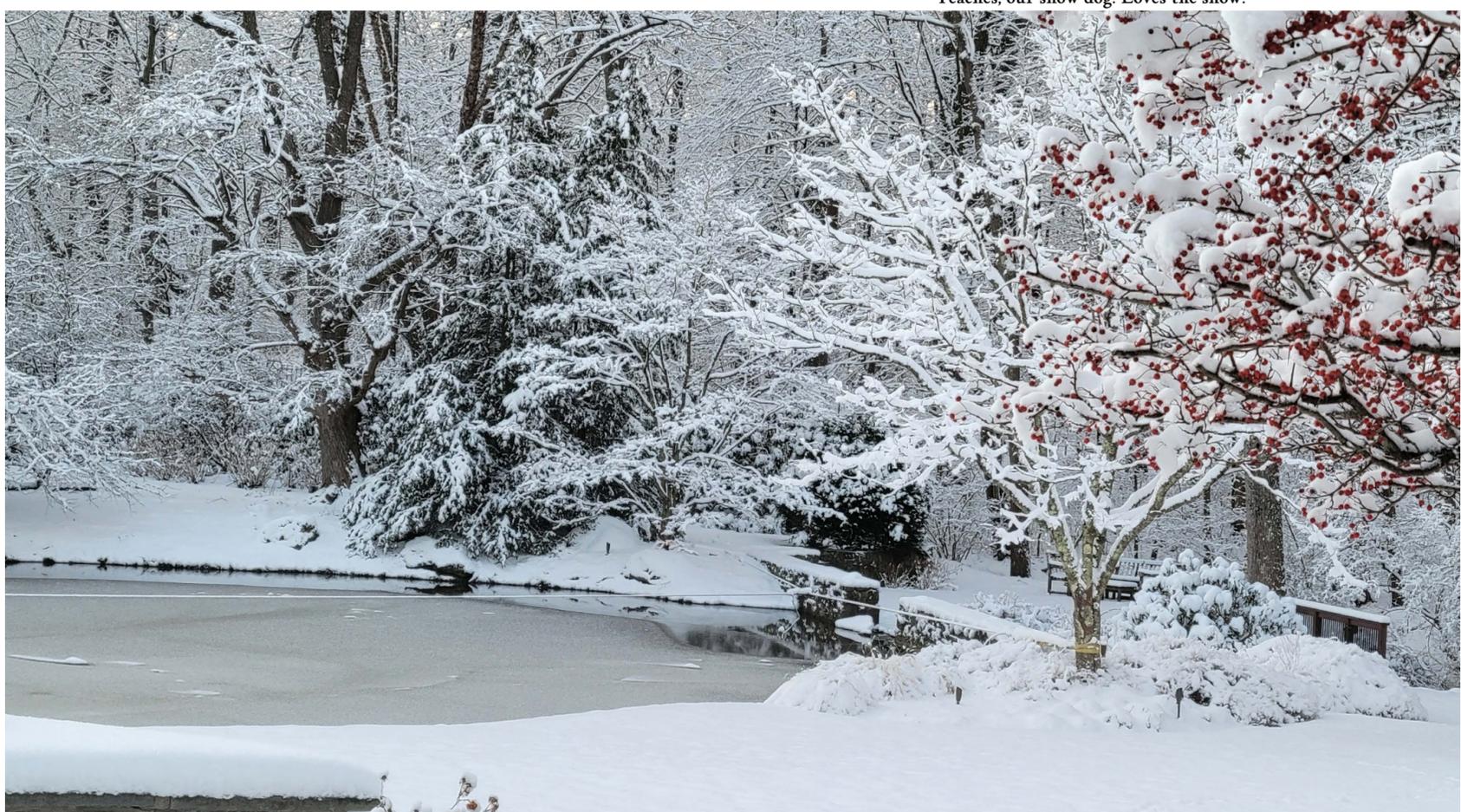
Daisy plowing through the snow in our backyard



Table for four- Mitchell Mailman



Peaches, our snow dog! Loves the snow!



Hawthorne tree berries -- Dinner for the winter robins.



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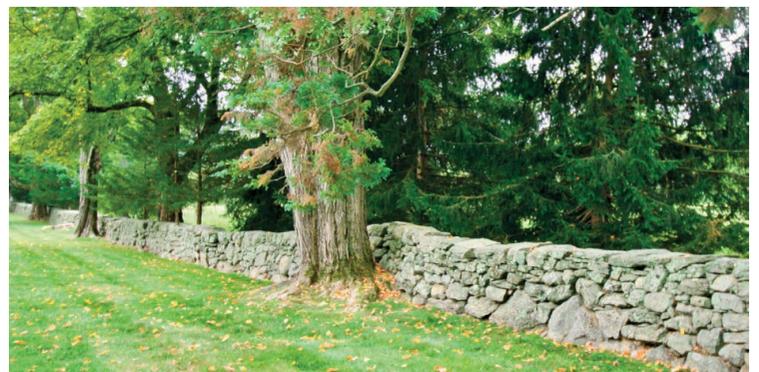
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Discover Timeless Elegance.

For the first time since its construction in 1939, the historic Beinecke estate is on the market, offering an unparalleled opportunity to own a piece of Greenwich history.

Listed at \$35 million, this 66-acre estate remains a rare example of preserved architectural and environmental heritage amidst the modern era's relentless development.



Commissioned by renowned business magnate Edwin John Beinecke, this 9,300-square-foot Georgian Colonial mansion is a masterpiece of architectural design and landscape planning. With grand 10-foot ceilings, custom wood paneling, and multiple fireplaces, the mansion embodies the elegance and grandeur of early 20th-century elite homes. Designed with both luxury and functionality in mind, the estate boasts a harmonious integration of indoor and outdoor spaces, featuring panoramic views of the meticulously maintained gardens.

A Legacy of Land Conservation and Architectural Beauty

Originally part of Cragholme Farms, the estate's agricultural roots date back to at least 1934. The estate has preserved several original structures, including a barn circa 1900, caretaker's cottage, greenhouses, and small animal stables. These underscore the estate's long-standing commitment to land conservation that continues to define the property.

Exquisite Landscape Design by Renowned Architect Rudy J. Favretti

The estate's landscape, designed by celebrated landscape architect Rudy J. Favretti, reflects a unique blend of aesthetic beauty and environmental stewardship. Recognized by the Smithsonian Institute, Favretti's work on the estate includes formal terraced gardens, man-made ponds, and private trails, all seamlessly integrating the grounds

into their natural surroundings. His designs preserve the historical and environmental essence of the land, making 10 Clifffdale Road a living piece of history.

Stewardship and Preservation: A Commitment to History

Under the careful stewardship of John R. and Barbara G. Robinson since 1982, the estate has been meticulously preserved, aligning with mid-20th-century movements in historic preservation. The Robinsons' have maintained the estate's architectural integrity.

An Opportunity to Own a Legacy

At a time when rapid development threatens to erase historical landmarks, this estate is a reminder of a different era — at the intersection of luxury and conservation. Owning the Beinecke estate means becoming a part of a legacy, where architectural beauty, environmental stewardship, and history converge.

Explore the Opportunity

Don't miss this unique opportunity to own a piece of Greenwich's storied past. Experience the timeless elegance and historical significance of 10 Clifffdale Road. Contact Peter Janis today to schedule your private tour of this extraordinary estate.

10 Cliffdale Road, Greenwich, CT 06831

10CliffdaleRoad.com



Meet Peter Janis: Trusted Real Estate Partner

Top-Ranked Agent in Connecticut

Peter Janis is consistently ranked as a top agent for Berkshire Hathaway HomeServices New England Properties in Connecticut — he was number one just last quarter — for a good reason. He is uniquely committed to building long-term relationships that often last a decade or more.

Local Expertise and Experience

As a Greenwich native with over 25 years of real estate experience, Peter brings a deep understanding of the local market. He has worked with buyers, sellers, developers, and investors, offering invaluable guidance for the real world.

Community-Focused

Living in North Mianus with his wife and three children, Peter enjoys fishing, hiking, and embracing Greenwich's close-knit community lifestyle. He knows Greenwich extremely well.

Strong Relationships

Peter's extensive knowledge of home construction and renovation, paired with his strong relationships with skilled local tradespeople, equips him to help his clients long after the sale has been completed, giving home-buyers an exceptional level of comfort and follow through.

Superior Negotiation Skills

His focused negotiation skills facilitate swift, successful transactions. Peter believes in personal service. He knows his clients well, often working with them over decades and multiple moves. Experience the difference.



Peter B. Janis

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WHAT TO DO: COMPREHENSIVE COMMUNITY CALENDAR

SPOTLIGHT on FAMILIES

Thursday, March 5, 2026

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Calendar of Events for Your Fridge

Submit your events at: newcanaansentinel.com/submit-an-event/

TOWN MEETINGS

Monday, March 9

Planning & Zoning Commission - Special Meeting
7-9 p.m., Town Hall Meeting Room

Tuesday, March 10

Board of Assessment Appeals
10 a.m. - 2 p.m., Town Hall Conference Room B

Fire Commission

5-6 p.m., Town Hall

Zoning Regulation Update Subcommittee

7-9 p.m., Town Hall Meeting Room

Wednesday, March 11

Parks and Recreation Commission
7-8 p.m., Location not posted at time of publication.

Thursday, March 12

Conservation Commission
12-2 p.m., Town Hall Board Room

Town Council

7-9 p.m., Town Hall Meeting Room

Friday, March 6

COFFEE AND CONVERSATION
8:30 - 9:30 AM at the Lapham Center
Sponsored by the New Canaan Sentinel for a weekly community coffee and conversation.

William Shakespeare's Macbeth

7 PM at New Canaan High School
Experience the dark allure of ambition and fate in New Canaan High School's production of William Shakespeare's Macbeth. Tickets will be available on the NCHS Theatre website.

One Man, Two Guvnors

7:30 PM at the Powerhouse Theater
A fast-paced, laugh-out-loud farce set in 1960s Brighton, England. Follow Francis Henshall, a down-on-his-luck man who finds himself working for two bosses at the same time - without either of them knowing. Tickets are available at <https://tpnc.org>.

Saturday, March 7

Paint & Pause: A Watercolor and Sound Bath Experience

10 AM at the Carriage Barn Arts Center
Join for a soothing and creative morning designed to help you slow down, relax, and reconnect—with yourself and your creativity. Begin with a sound bath meditation, allowing calming tones and vibrations to gently quiet the mind and relax the body. Following the sound bath, you will be guided through an expressive watercolor painting experience. Tickets are \$75 and available at <https://carriagebarn.org/event/paint-and-pause/>.

William Shakespeare's Macbeth

2 & 7 PM at New Canaan High School
Experience the dark allure of ambition and fate in New Canaan High School's production of William Shakespeare's Macbeth. Tickets will be available on the NCHS Theatre website.

Grace Farms Lectures with Concert | Dr. Robin Wall Kimmerer

3-5 PM at Grace Farms
Join Dr. Robin Wall Kimmerer, a writer of "rare grace," for powerful and poetic explorations of connection. Kimmerer weaves together indigenous wisdom, science, and profound spiritual insight to reimagine our connection to the living world. The talk will be followed by a chamber music concert. Tickets are \$45/members, \$60/non-members, and available at <https://gracefarms.org/event/grace-farms-lectures-robin-wall-kimmerer>.

Broadway Concert Series featuring Kara Lindsay

7 PM at the Carriage Barn Arts Center
Go hear Kara perform some of her hits and crowd favorites. Join at 6pm for a pre-show cocktail hour included in your ticket purchase. Stay after the performance for a Q&A with Kara and Dan. Tickets are available at <https://www.connecticutstagecompany.org/tickets>.

One Man, Two Guvnors

7:30 PM at the Powerhouse Theater

A fast-paced, laugh-out-loud farce set in 1960s Brighton, England. Follow Francis Henshall, a down-on-his-luck man who finds himself working for two bosses at the same time - without either of them knowing. Tickets are available at <https://tpnc.org>.

Sunday, March 8

One Man, Two Guvnors

2 PM at the Powerhouse Theater

A fast-paced, laugh-out-loud farce set in 1960s Brighton, England. Follow Francis Henshall, a down-on-his-luck man who finds himself working for two bosses at the same time - without either of them knowing. Tickets are available at <https://tpnc.org>.

Former Intelligence Officer Dr. Anthony Vinci Presents "The Fourth Intelligence Revolution"

2 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
Dr. Anthony Vinci discusses his new book, *The Fourth Intelligence Revolution: The Future of Espionage and the Battle to Save America*, with celebrated scientist Nicholas Donofrio. Register at <https://www.newcanaanlibrary.org/event/anthony%20vinci-177185>.

Tuesday, March 10

Vaccines: Effectiveness, Safety and Side Effects

12 PM at the Lapham Center
Join Dr. Pierce and Shannon Vallerie from the New Canaan Health Department for a presentation exploring diseases and vaccinations. They will discuss how vaccines work, their effectiveness and adverse reactions. This is a lunch and learn sponsored by Staying Put in New Canaan. Free. To register, call 203-594-3620.

Legislative Priorities in CT: Session Kickoff with our Legislators

6:30 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
Local legislators will share their priorities for the current legislative session in Hartford, hear your concerns, and answer questions regarding the issues facing our state. Register at <https://shorturl.at/sK6Yu>.

Wednesday, March 11

Wicked Strange New England with Jeff Belanger

7 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
Wicked Strange New England offers a tour of haunts, monsters, aliens, and weird history from our region, and Jeff's engaging storytelling will show you that the bizarre is closer than you think. Register at <https://www.newcanaanlibrary.org/event/wicked-strange-new-england>.

College Bound & Ready to Thrive

7 PM at New Canaan High School, Wagner Room
Help your child build a strong foundation for your wellness before starting college. You will learn how families can proactively support emotional wellbeing before and after graduation, Tools & strategies to help students thrive, and more. Register at <https://newcanaancares.app.neoncrm.com/np/clients/newcanaancares/eventRegistration.jsp?event=1632&>.

Thursday, March 12

Eat Well - Live Well With Mike Bacon

1 PM at the Lapham Center
Join Mike for a presentation of simple eating ideas designed to promote vitality. Healthy eating means a focus on the major food groups and the recommended daily. Free. To register, call 203-594-3620.

Mocktails

6:30 PM at Grace Farms
Follow Chef Leah's recipes to create three seasonal mocktails. Tickets are \$22/members, \$28/non-members, and available at <https://gracefarms.org/event/mocktails-2/2026-03-12>.

Authors Allison Pataki and Deborah Goodrich Royce In Conversation

7 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
Join for a conversation between bestselling authors Allison Pataki and Deborah Goodrich Royce. They will discuss their new books, *It Girl* and *Best Boy*, respectively. Register at <https://www.newcanaanlibrary.org/event/hold-allison-pataki-175314>.

Friday, March 13

COFFEE AND CONVERSATION
8:30 - 9:30 AM at the Lapham Center
Sponsored by the New Canaan Sentinel for a weekly community coffee and conversation.

Afternoon Tea

3 PM at Grace Farms
Enjoy a pot of warm tea with an assortment of bites that fuse traditional English and Japanese flavors. Tickets are \$38/members, \$48/non-members, and available at <https://shorturl.at/h7EoM>.

Stand Together Against Racism Annual Fundraiser | SOUL-FÊTE

6-9:30 PM at the Carriage Barn Arts Center
Celebrating a century of black history through food, music, and culture. There will be live music, a bourbon tasting, silent auction, and more. Tickets are available at <https://www.star-ct.org/soulfete>.

One Man, Two Guvnors

7:30 PM at the Powerhouse Theater
A fast-paced, laugh-out-loud farce set in 1960s Brighton, England. Follow Francis Henshall, a down-on-his-luck man who finds himself working for two bosses at the same time - without either of them knowing. Tickets are available at <https://tpnc.org>.

Saturday, March 14

Syrup Saturday: A Pancake & PJ Party
8:30-11 AM at the New Canaan Nature Center
Join for the NCNC's annual syrup season celebration, complete with TONS of fun syrup-related activities. More information and registration is available at <https://newcanaannature.org/syrup-saturday/>.

Organized Chaos, Coffee & Cares

9-11 AM at New Canaan Country School
Join New Canaan CARES for a relaxed and fun-filled Saturday morning. There will be coffee, donuts, supervised crafts, indoor sports (for ages 3-11), and more. Register at <https://forms.gle/TLcaibtV1HZMVAm88>.

One Man, Two Guvnors

7:30 PM at the Powerhouse Theater
A fast-paced, laugh-out-loud farce set in 1960s Brighton, England. Follow Francis Henshall, a down-on-his-luck man who finds himself working for two bosses at the same time - without either of them knowing. Tickets are available at <https://tpnc.org>.

Sunday, March 15

One Man, Two Guvnors

2 PM at the Powerhouse Theater
A fast-paced, laugh-out-loud farce set in 1960s Brighton, England. Follow Francis Henshall, a down-on-his-luck man who finds himself working for two bosses at the same time - without either of them knowing. Tickets are available at <https://tpnc.org>.

Bourbon Expert Fred Minnick Presents "Bottom Shelf": A Journey from Trauma to Triumph

2 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
In *Bottom Shelf: How a Forgotten Brand of Bourbon Saved One Man's Life*, world-

renowned bourbon expert and combat veteran Fred Minnick shares that while wrestling with the invisible wounds of war, he used "taste mindfulness" to calm his mind, reconnect with his senses, and rebuild his life. Register at <https://www.newcanaanlibrary.org/event/fred%20minnick-200289>.

Tuesday, March 17

Celebrate St. Patrick's Day with an Irish Dance Performance

10:30 AM at the Lapham Center
The Anam Cara Students return to help celebrate St. Patrick's Day in style. Enjoy Irish treats while being awed and entertained by these talented young performers. Free. Call to register: 203-594-3620.

Wednesday, March 18

Blood Sugar & Blood Pressure Clinic

12:30 PM at the Lapham Center
Ellen Samai, RN, from New Canaan's Department of Health provides in-person blood sugar and blood pressure testing. Walk-ins welcome. If you plan to have your blood sugar level tested, it is recommend you fast for four hours prior to testing. Free.

New Canaan Charter with Kathleen Corbet

1 PM at the Lapham Center
Join Kathleen Corbet, Chair of the Charter Revision Commission, to hear what potential revisions are being discussed. The Town Charter of New Canaan outlines the governance structure and procedures for the Town: specifically, how responsibilities are distributed, decisions are made and accountability enforced. Free. Call to register: 203-594-3620.

Journey into the World of Tea | Oolong and Pu-erhs

3 PM at Grace Farms
Explore the fascinating world of oolongs and pu-erh, tasting samples of green oolongs, dark oolongs, and compare the stark differences between a raw and a cooked pu-erh. Tickets are \$20/members, \$25/non-members, and available at <https://shorturl.at/sXOTI>.

Thursday, March 19

Free Medicare Counseling

By appointment at the Lapham Center
A CHOICES certified Medicare counselor, provides free, objective, information about Medicare options and related benefits. Available to New Canaan residents and Town employees. Free. Call (203) 594-3620 to schedule an appointment.

Friday, March 20

COFFEE AND CONVERSATION
8:30 - 9:30 AM at the Lapham Center
Sponsored by the New Canaan Sentinel for a weekly community coffee and conversation.

Monday, March 23

Ways of Listening: The Consoling Beauty of Music Presented by David Stein
1 PM at the Lapham Center

Continues on page 7

Book our world class limosines, car services, and airport transportation.
Reserve online at HoytLivery.com
Or call our client management team 24/7
(800) 342-0343

Sudoku for Kids

6		5	3		2
		4			1
1		6		3	
4			2		6
	4	1			3
3			1		4

2		1		3	
	3			1	5
1		4		5	
3				6	1
	1	2	5		3
5				2	

4	1		2	3	
3				1	
5		4	3		1
	3			2	
2		1		4	3
	4			5	

1		6	2		
	5			3	1
6		1	4	5	
3				2	
		3			4
5		4	3	6	

SUDOKU

Each row, column, nonet can contain each number only once. Answers below.

Easy

			9					
8		4		5		9		
		5	7		2		4	
		3	4		9		8	
	9		3		8	1		
	3		6		7	4		
		6		9		3		1
				5				

Hard

		4			3			5
	3		8	1				
8		9	5	2	4			
					9		7	
7								8
	4		7					
			4	6	2	5		9
				8	5		1	
5		1			8			

Very Hard

				1				
		5		2		7		
	2	9	3			1	8	
						6		
9	4			8			3	5
		2						
	6	7			9	4	2	
		3		7		9		
				6				

Easy

		8				2	1	
			2				3	
9			3		8		6	
		3		1	7			
7								4
			6	4		3		
6		9		7				1
	5				4			
	2	1				6		

Hard

	3	6	8		1		2	
				4		8	9	
	5				2			
	2				9	3		
		4		3		1		
		3	1				6	
			3				5	
	9	7		2				
	6		9		8	2	4	

Very Hard

				2	1	3	6	7
			6					
5		8				2		
6	7	3		8		5	4	9
		9				6		8
					6			
2	9	4	5	1				

COLORING MANDALA



Sudoku answers

4	8	1	2	3	5	7	9	6
7	5	6	8	9	4	3	2	1
2	3	9	6	1	7	8	5	4
1	8	7	4	6	2	5	3	9
5	9	4	1	7	3	8	6	2
6	4	8	5	7	1	2	3	9
3	2	8	6	9	5	4	1	7
8	7	9	5	2	4	1	6	3
9	1	4	6	3	8	7	5	2
2	3	4	8	1	9	6	5	7
6	1	4	9	7	3	2	8	5
5	6	3	1	9	7	8	2	4
4	9	1	8	6	2	5	7	3
2	5	3	1	7	4	9	8	6
8	6	7	5	3	9	4	2	1
1	3	2	6	9	5	8	7	4
9	4	1	7	3	8	6	5	2
3	2	8	6	7	1	4	9	5
7	8	4	2	5	9	3	6	1
5	9	6	7	8	1	4	3	2
4	8	5	9	2	1	3	6	7
3	7	8	4	9	6	2	1	5
6	1	2	7	3	5	8	4	9
9	4	3	6	1	7	2	5	8
8	5	9	6	7	2	4	1	3
7	1	2	5	4	3	8	9	6
6	2	1	7	5	9	3	8	4
5	8	4	2	3	6	1	7	9
4	3	9	1	8	4	5	6	2
3	6	5	9	1	8	2	4	7
2	4	8	3	6	7	9	5	1
1	9	7	5	1	4	3	8	6
8	3	9	8	2	2	3	6	8
6	3	9	8	2	2	3	6	8
5	1	8	6	2	5	7	3	4
4	9	1	8	6	2	5	7	3
3	6	5	9	1	8	2	4	7
2	4	8	3	6	7	9	5	1
1	9	7	5	1	4	3	8	6
8	3	9	8	2	2	3	6	8
6	3	9	8	2	2	3	6	8
5	1	8	6	2	5	7	3	4
4	9	1	8	6	2	5	7	3
3	6	5	9	1	8	2	4	7
2	4	8	3	6	7	9	5	1
1	9	7	5	1	4	3	8	6
8	3	9	8	2	2	3	6	8
6	3	9	8	2	2	3	6	8
5	1	8	6	2	5	7	3	4
4	9	1	8	6	2	5	7	3
3	6	5	9	1	8	2	4	7
2	4	8	3	6	7	9	5	1
1	9	7	5	1	4	3	8	6
8	3	9	8	2	2	3	6	8
6	3	9	8	2	2	3	6	8
5	1	8	6	2	5	7	3	4
4	9	1	8	6	2	5	7	3
3	6	5	9	1	8	2	4	7
2	4	8	3	6	7	9	5	1
1	9	7	5	1	4	3	8	6
8	3	9	8	2	2	3	6	8
6	3	9	8	2	2	3	6	8
5	1	8	6	2	5	7	3	4
4	9	1	8	6	2	5	7	3
3	6	5	9	1	8	2	4	7
2	4	8	3	6	7	9	5	1
1	9	7	5	1	4	3	8	6
8	3	9	8	2	2	3	6	8
6	3	9	8	2	2	3	6	8
5	1	8	6	2	5	7	3	4
4	9	1	8	6	2	5	7	3
3	6	5	9	1	8	2	4	7
2	4	8	3	6	7	9	5	1
1	9	7	5	1	4	3	8	6
8	3	9	8	2	2	3	6	8
6	3	9	8	2	2	3	6	8
5	1	8	6	2	5	7	3	4
4	9	1	8	6	2	5	7	3
3	6	5	9	1	8	2	4	7
2	4	8	3	6	7	9	5	1
1	9	7	5	1	4	3	8	6
8	3	9	8	2	2	3	6	8
6	3	9	8	2	2	3	6	8
5	1	8	6	2	5	7	3	4
4	9	1	8	6	2	5	7	3
3	6	5	9	1	8	2	4	7
2	4	8	3	6	7	9	5	1
1	9	7	5	1	4	3	8	6
8	3	9	8	2	2	3	6	8
6	3	9	8	2	2	3	6	8
5	1	8	6	2	5	7	3	4
4	9	1	8	6	2	5	7	3
3	6	5	9	1	8	2	4	7
2	4	8	3	6	7	9	5	1
1	9	7	5	1	4	3	8	6
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4	9	1	8	6	2	5	7	3
3	6	5	9	1	8	2	4	7
2	4	8	3	6	7	9	5	1
1	9	7	5	1	4	3	8	6
8	3	9	8	2	2	3	6	8
6	3	9	8	2	2	3	6	8
5	1	8	6	2	5	7	3	4
4	9	1	8	6	2	5	7	3
3	6	5	9	1	8	2	4	7
2	4	8	3	6	7	9	5	1
1	9	7	5	1	4	3	8	6
8	3	9	8	2	2	3	6	8
6	3	9	8	2	2	3	6	8
5	1	8	6	2	5	7	3	4
4	9	1	8	6	2	5	7	3
3	6	5	9	1	8	2	4	7
2	4	8	3	6	7	9	5	1
1	9	7	5	1	4	3	8	6
8	3	9	8	2	2	3	6	8
6	3	9	8	2	2	3	6	8
5	1	8	6	2	5	7	3	4
4	9	1	8	6	2	5	7	3
3	6	5	9	1	8	2	4	7
2	4	8	3	6	7	9	5	1
1	9	7	5	1	4	3	8	6
8	3	9	8	2	2	3	6	8
6	3	9	8	2	2	3	6	8
5	1	8	6	2	5	7	3	4
4	9	1	8	6	2	5	7	3
3	6	5	9	1	8	2	4	7
2	4	8	3	6	7	9	5	1
1	9	7	5	1	4	3	8	6
8	3	9	8	2	2	3	6	8
6	3	9	8	2	2	3	6	8
5	1	8	6	2	5	7	3	4
4	9	1	8	6	2	5	7	3
3	6	5	9	1	8	2		

Universal Crossword

Edited by Jared Goudsmit

ACROSS

- 1 Type of boat in "The Old Man and the Sea"
- 6 Black gunk
- 9 After-school helper
- 14 Group of judges
- 15 Primate such as Dr. Zaius
- 16 Egyptian dam city
- 17 Act overdramatically
- 18 Arroz ___ leche
- 19 Knightley of "Colette"
- 20 Starts of French cabarets?
- 23 "Big Little Lies" ailer
- 24 Nintendo console
- 25 Off-___-wall
- 28 "Billy, Don't Hero" ('70s song)
- 31 (I'd like to speak now)
- 34 Most intense point in a story
- 36 Last word in a story
- 37 Disco performed while doing the limbo?
- 39 Union's foe
- 41 Ear: Prefix
- 42 Dark green superfood
- 43 Digit used to beat a drum?
- 48 "Parks and ___" (Amy Poehler show, casually)
- 49 Like a beefcake
- 50 Fuss
- 51 "The A-Team" actor
- 52 Capital of Japan?
- 53 Icky stuff
- 55 "Absolute garbage water," per Ted Lasso
- 57 Big baseball events ... and a hint to 20-, 37- and 43-Across
- 64 "This is so sad, ___ play Despacio" (meme)
- 66 Owed
- 67 Gwangju's region
- 68 Ocean explorer
- 69 #MeToo or Mesozoic
- 70 Doctor going to work sick, e.g.
- 71 Use a debit card
- 72 Biodegrade
- 73 "Cheep" homes?

DOWN

- 1 Architect's deet
- 2 "___ Sutra"
- 3 Privy to
- 4 "Get the stick, Rover!"
- 5 Phoebe Waller-Bridge series
- 6 Crunchy Tex-Mex food
- 7 Each
- 8 Ask for more Time?
- 9 Get sick, quaintly

- 10 App downloader
- 11 "Make me do it"
- 12 Rowing tool
- 13 Genetic messenger
- 21 NYC neighborhood near Greenwich Village
- 22 "Awesome!"
- 26 Big rig
- 27 Anticipate
- 28 Words before an expiration date
- 29 "Again!" at a concert
- 30 Apple consumers?
- 32 Award quartet for Rita Moreno
- 33 Insects drawn to light
- 35 Kind
- 38 Boxing round
- 40 Texter's "Also ..."
- 44 Defensively alert
- 45 "Butt out," briefly
- 46 Tiny arachnid
- 47 Force the door open
- 54 Further on in years
- 56 Love to bits
- 58 Yoked beasts
- 59 Bread in Brussels
- 60 Beat the ___ (keep cool in the summer)
- 61 Cupid : Rome :: ___ : Greece
- 62 "I'll Cover You" musical
- 63 "Simon ..."
- 64 Spots for Spotify, say
- 65 Back talk

PREVIOUS PUZZLE ANSWER

A	P	P	U	S	E	S	E	N	D	O	W	S		
C	H	O	W	L	I	N	E	T	O	U	C	H	E	
T	A	K	I	N	G	D	E	L	I	G	H	T	I	N
M	E	M	O	A	N	U	C	L	A	A	P	S	O	
G	R	O	W	I	N	G	O	L	D	B	L	U	R	
M	S	N	G	O	G	H	B	E	E	P	S			
B	I	K	E	R	B	O	H	R	G	P	A			
E	V	E	N	N	E	I	G	H	B	O	R	O	N	
W	A	N	D	O	A	T	S	B	O	L	D			
I	N	N	A	T	S	S	P	A	C	E				
T	H	E	F	I	F	T	H	E	L	E	M	E	N	T
C	O	L	A	D	A	A	L	A	C	A	R	T	E	
H	E	S	T	E	R	T	I	P	S	Y	A	M		

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Think Twice by Desiree Penner and Jeff Sinnock

1	2	3	4	5	6	7	8	9	10	11	12	13	
14						15			16				
17						18			19				
20					21			22					
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68						69				70			
71						72				73			

Horoscopes

Horoscope: March 5-11, 2026

This week falls in Pisces season, a period of heightened intuition, emotional insight, and creative sensitivity. Pisces energy encourages compassion, reflection, and dissolving barriers between head and heart. The week follows a total lunar eclipse (Blood Moon) in Virgo on March 3, a powerful lunation that emphasized releasing old patterns related to routine, health, and perfectionist tendencies. Eclipse energy can linger for up to six months, prompting ongoing adjustments, especially in areas where clarity was gained on March 3. Throughout March, Mercury remains retrograde in Pisces, influencing communication with nuance, inviting deeper listening and introspection before firm commitments are made. This week unfolds in the softer, more intuitive currents of Pisces energy, encouraging deliberate expression and emotional honesty.

Weekly Forecast by Sign

Aries (March 21 - April 19)

Creative and professional cycles continue to refine after the eclipse. This week invites emotional clarity within your ambitions. Practical advice: before launching new plans, pause for reflection – thoughtful insight now strengthens long-term purpose.

Taurus (April 20 - May 20)

This week focuses on connection and inner security. Conversations with loved ones may carry deeper meaning than usual. Practical advice: embrace heart-to-heart talk to reinforce trust and shared values, especially where past misunderstandings linger.

Gemini (May 21 - June 20)

Your communication sector remains nuanced under Pisces and Mercury retrograde. This week benefits from reflective listening and gentler phrasing. Practical advice: slow down before responding – clarity comes from calm examination rather than speed.

Cancer (June 21 - July 22)

Home and domestic rhythms may invite tenderness, care, and practical nurturing. Use this week to adjust routines that support emotional well-being. Practical advice: plan one small change to your daily life that brings comfort or clarity.

Leo (July 23 - August 22)

Intuition is strong now. Trust your instincts when dealing with shared resources or joint commitments. Practical advice: before making decisions involving others' contributions or expectations, communicate your needs with compassion and precision.

Virgo (August 23 - September 22)

The recent eclipse in your sign marked a turning point. This week continues the evolution of emotional awareness and self-worth. Practical advice: refine how you express your boundaries – gentle honesty fosters mutual respect.

Libra (September 23 - October 22)

Social bonds and friendships may feel emotionally meaningful. Pursue shared experiences that foster connection and support. Practical advice: revisit conversations you paused earlier this month with openness and curiosity.

Scorpio (October 23 - November 21)

Learning, travel, or long-range plans gain clarity through reflective insight this week. Practical advice: slow down your pace to listen and absorb information – understanding deepens before action.

Sagittarius (November 22 - December 21)

Financial and value matters invite emotional attunement. Practical advice: review budgets or spending plans with awareness of both heart and logic, especially where intuition flags hesitation.

Capricorn (December 22 - January 19)

Partnerships take on deeper resonance. This week is ideal for meaningful dialogue that honors both roles in the alliance. Practical advice: speak your intentions clearly and listen to understand, not merely to reply.

Aquarius (January 20 - February 18)

Daily routines and wellness may benefit from compassionate recalibration. Practical advice: schedule mindful breaks, nourishing habits, or small emotional checkpoints – your peace of mind supports productivity.

Pisces (February 19 - March 20)

This is a week of heightened intuition and emotional depth. Mercury's retrograde invites you to gather your thoughts before expressing them. Practical advice: journal your feelings and revisit them before sharing; this builds clarity and protects connection.

Summary:

March 5-11 guides you through emotional refinement, compassionate communication, and thoughtful expression under Pisces season. The influence of the recent lunar eclipse continues to illuminate areas ripe for release and realignment. This is a week to listen more deeply, speak with intention, and ground intuition with practical clarity.

Family Time Crossword

The (K) Clues Are for Kids

Created by Timothy E. Parker

ACROSS

- 1. Dinner discards
- 5. What X marks
- 9. (K) Paid athlete, briefly
- 12. (K) Not cluttered at all
- 13. (K) Fruit with green pulp
- 14. What attorneys practice
- 15. Important musical notation (2 words)
- 18. Initial phase
- 19. Was relentless, as a storm
- 20. (K) Soft throw
- 22. (K) Guy's girlfriend
- 23. (K) Comics or video games, for two
- 26. Habitation of wild animals
- 28. Newspaper commentary page
- 32. Sweets and candy
- 35. Carry by hand
- 36. Dedicatory poems
- 37. (K) "We ___ happy with this, right?"
- 38. Convent lady
- 40. Airwaves broadcasting regulatory grp.
- 42. Eyeglasses
- 45. Pond organisms
- 49. Toddlers (3 words)
- 53. Japanese currency unit
- 54. (K) Decays
- 55. Wet bar?
- 56. (K) Bighorn's mom
- 57. (K) Work a pacifier
- 58. TV production award
- 3. Glasgow hats
- 4. (K) Super-strong building material
- 5. (K) Glide down a snowy mountain
- 6. (K) Peppa or Porky
- 7. "To thine ___ self be true"
- 8. Heavy pageant prop
- 9. (K) Sink-stopper
- 10. (K) Not common
- 11. Was obligated to
- 16. (K) Was a thief
- 17. (K) Eagle part
- 21. (K) Breakfast meat
- 22. (K) "Good ___!" (Charlie Brown's catchphrase)
- 23. (K) Perform
- 24. (K) Tigger's pal
- 25. Dynamite stuff
- 27. "I thought ___ help"
- 29. (K) Green edible veg
- 30. Goof
- 31. (K) Easter egg colorer
- 33. (K) Backyard border
- 34. (K) Film award
- 39. Consumers
- 41. (K) Nearby
- 42. Eyelid bump
- 43. "That almost ran over my foot!"
- 44. Fish-eating raptor
- 46. Snatch
- 47. Eve's man
- 48. Catch a glimpse of
- 50. (K) Not me or them, then who?
- 51. And so on, for short
- 52. (K) One way to get an answer

Can you find the answer to this riddle within the solved puzzle?

Sticks around the house?

Look for the answer in next week's paper.

PREVIOUS PUZZLE ANSWER

E	D	I	T	A	P	P	E	C	H	O	
V	I	N	E	R	O	E	T	H	A	N	
N	F	E	R	I	O	R	H	A	L	L	
L	E	I	O	D	D	E	I	T	Y		
N	O	D	E	A	R	N	O				
A	R	I	A	S	E	A	T	R	O		
T	A	T	O	O	C	A	S	E	I	N	
E	Y	E	B	L	A	H	K	A	L	E	
S	P	O	O	N	T	I	C				
S	M	I	L	E	G	E	E	A	B		
L	I	M	A	D	O	W	N	H	I	L	L
L	R	A	N	A	R	E	H	O	T	A	
D	E	L	E	B	A	R	S	N	O	B	

Previous riddle answer:

Every relative? 24-D) EACH

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16				17			
18							19				
20				21			22				
23	24	25		26		27		28	29	30	31
32			33				34				
35				36				37			
				38	39		40		41		
42	43	44				45		46	47	48	
49					50	51	52				
53				54				55			
56				57				58			

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The answers to this week's puzzles can be found in the next issue.

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7 LITTLE WORDS

Find the 7 words to match the 7 clues. The numbers in parentheses represent the number of letters in each solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

CLUES

- 1 well-rounded (8)
- 2 common jam flavor (5)
- 3 without dissent (9)
- 4 1973 Eagles classic (9)
- 5 defeat (8)
- 6 like lightning storm noise (10)
- 7 not these (5)

SOLUTIONS

- _____
- _____
- _____
- _____
- _____
- _____
- _____

AN	BAL	GRA	OUS	UNA
PE	DES	TH	DER	VAN
THO	OUS	CED	PER	QU
SE	ISH	UN	ADO	NIM

Previous Answers: TRUDGES 2. SAFDIE 3. PORTENTOUS 4. SKITTISH 5. CHEEKBONES 6. POLICE 7. LUMINARY 7/31

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THE HOUSE AT POOH CORNER BY A.A. MILNE

CHAPTER III

IN WHICH A Search Is Organized, and Piglet Nearly Meets the Heffalump Again

Pooh was sitting in his house one day, counting his pots of honey, when there came a knock on the door.

"Fourteen," said Pooh. "Come in. Fourteen. Or was it fifteen? Bother. That's muddled me."



"Hallo, Pooh," said Rabbit.

"Hallo, Rabbit. Fourteen, wasn't it?"

"What was?"

"My pots of honey what I was counting."

"Fourteen, that's right."

"Are you sure?"

"No," said Rabbit. "Does it matter?"

"I just like to know," said Pooh humbly. "So as I can say to myself: 'I've got fourteen pots of honey left.' Or fifteen, as the case may be. It's sort of comforting."

"Well, let's call it sixteen," said Rabbit. "What I came to say was: Have you seen Small anywhere about?"

"I don't think so," said Pooh. And then, after thinking a little more, he said: "Who is Small?"

"One of my friends-and-relations," said Rabbit carelessly.

This didn't help Pooh much, because Rabbit had so many friends-and-relations, and of such different sorts and sizes, that he didn't know whether he ought to be looking for Small at the top of an oak-tree or in the petal of a buttercup.

"I haven't seen anybody today," said Pooh, "not so as to say 'Hallo, Small,' to. Did you want him for anything?"

"I don't want him," said Rabbit. "But it's always useful to know where a friend-and-relation is, whether you want him or whether you don't."

"Oh, I see," said Pooh. "Is he lost?"

"Well," said Rabbit, "nobody has seen him for a long time, so I suppose he is. Anyhow," he went on importantly, "I promised Christopher Robin I'd Organize a Search for him, so come on."

Pooh said good-bye affectionately to his fourteen pots of honey, and hoped they were fifteen; and he and Rabbit went out into the Forest.

"Now," said Rabbit, "this is a Search, and I've Organized it——"

"Done what to it?" said Pooh.

"Organized it. Which means—well, it's what you do to a Search, when you don't all look in the same place at once. So I want you, Pooh, to search by the Six Pine Trees first, and then work your way towards Owl's House, and look out for me there. Do you see?"



"No," said Pooh. "What——"

"Then I'll see you at Owl's House in about an hour's time."

"Is Piglet organized too?"

"We all are," said Rabbit, and off he went.

As soon as Rabbit was out of sight, Pooh remembered that he had forgotten to ask who Small was, and whether he was the sort of friend-and-relation who settled on one's nose, or the sort who got trodden on by mistake, and as it was Too Late Now, he thought he would begin the Hunt by looking for Piglet, and asking him what they were looking for before he looked for it.

"And it's no good looking at the Six Pine Trees for Piglet," said Pooh to himself, "because he's been organized in a special place of his own. So I shall have to look for the Special Place first. I wonder where it is." And he wrote it down in his head like this:

ORDER OF LOOKING FOR THINGS

1. Special Place. (To find Piglet.)
2. Piglet. (To find who Small is.)
3. Small. (To find Small.)
4. Rabbit. (To tell him I've found Small.)
5. Small Again. (To tell him I've found Rabbit.)

"Which makes it look like a bothering sort of day," thought Pooh, as he stumped along.

The next moment the day became very bothering indeed, because Pooh was so busy not looking where he was going that he stepped on a piece of the Forest which had been left out by mistake; and he only just had time to think to himself: "I'm flying. What Owl does. I wonder how you stop——" when he stopped.



Bump!

"Ow!" squeaked something.

"That's funny," thought Pooh. "I said 'Ow!' without really oo'ing."

"Help!" said a small, high voice.

"That's me again," thought Pooh. "I've had an Accident, and fallen down a well, and my voice has gone all squeaky and works before I'm ready for it, because I've done something to myself inside. Bother!"

"Help—help!"

"There you are! I say things when I'm not trying. So it must be a very bad Accident." And then he thought that perhaps when he did try to say things he wouldn't be able to; so, to make sure, he said loudly: "A Very Bad Accident to Pooh Bear."

"Pooh!" squeaked the voice.

"It's Piglet!" cried Pooh eagerly. "Where are you?"

"Underneath," said Piglet in an underneath sort of way.

"Underneath what?"

"You," squeaked Piglet. "Get up!"



"Oh!" said Pooh, and scrambled up as quickly as he could. "Did I fall on you, Piglet?"

"You fell on me," said Piglet, feeling himself all over.

"I didn't mean to," said Pooh sorrowfully.

"I didn't mean to be underneath," said Piglet sadly. "But I'm all right now, Pooh, and I am so glad it was you."

"What's happened?" said Pooh. "Where are we?"

"I think we're in a sort of Pit. I was walking along, looking for somebody, and then suddenly I wasn't any more, and just when I got up to see where I was, something fell on me. And it was you."

"So it was," said Pooh.

"Yes," said Piglet. "Pooh," he went on nervously, and came a little closer, "do you think we're in a Trap?"

Pooh hadn't thought about it at all, but now he nodded. For suddenly he remembered how he and Piglet had once made a Pooh Trap for Heffalumps, and he guessed what had happened. He and Piglet had fallen into a Heffalump Trap for Poohs! That was what it was.

"What happens when the Heffalump comes?" asked Piglet tremblingly, when he had heard the news.

"Perhaps he won't notice you, Piglet," said Pooh encouragingly, "because you're a Very Small Animal."

"But he'll notice you, Pooh."

"He'll notice me, and I shall notice him," said Pooh, thinking it out. "We'll notice each other for a long time, and then he'll say: 'Ho-ho!'"

Piglet shivered a little at the thought of that "Ho-ho!" and his ears began to twitch.



"W-what will you say?" he asked.

Pooh tried to think of something he would say, but the more he thought, the more he felt that there is no real answer to "Ho-ho!" said by a Heffalump in the sort of voice this Heffalump was going to say it in.

"I shan't say anything," said Pooh at last. "I shall just hum to myself, as if I was waiting for something."

"Then perhaps he'll say, 'Ho-ho!' again?" suggested Piglet anxiously.

"He will," said Pooh.

Piglet's ears twitched so quickly that he had to lean them against the side of the Trap to keep them quiet.

"He will say it again," said Pooh, "and I shall go on humming. And that will Upset him. Because when you say 'Ho-ho' twice, in a gloating sort of way, and the other person only hums, you suddenly find, just as you begin to say it the third time—that—well, you find——"

"What?"

"That it isn't," said Pooh.

"Isn't what?"

Pooh knew what he meant, but, being a Bear of Very Little Brain, couldn't think of the words.

"Well, it just isn't," he said again.

"You mean it isn't ho-ho-ish any more?" said Piglet hopefully.

Pooh looked at him admiringly and said that that was what he meant—if you went on humming all the time, because you couldn't go on saying "Ho-ho!" for ever.

"But he'll say something else," said Piglet.

"That's just it. He'll say: 'What's all this?' And then I shall say—and this is a very good idea, Piglet, which I've just thought of—I shall say: 'It's a trap for a Heffalump which I've made, and I'm waiting for the Heffalump to fall in.' And I shall go on humming. That will Unsettle him."

"Pooh!" cried Piglet, and now it was his turn to be the admiring one. "You've saved us!"

"Have I?" said Pooh, not feeling quite sure.

But Piglet was quite sure; and his mind ran on, and he saw Pooh and the Heffalump talking to each other, and he thought suddenly, and a little sadly, that it would have been rather nice if it had been Piglet and the Heffalump talking so grandly to each other, and not Pooh, much as he loved Pooh; because he really had more brain than Pooh, and the conversation would go better if he and not Pooh were doing one side of it, and it would be comforting afterwards in the evenings to look back on the day when he answered a Heffalump back as bravely as if the Heffalump wasn't there. It seemed so easy now. He knew just what he would say:

Heffalump (gloatingly): "Ho-ho!"

Piglet (carelessly): "Tra-la-la, tra-la-la."

Heffalump (surprised, and not quite so sure of himself): "Ho-ho!"

Piglet (more carelessly still): "Tiddle-um-tum, tiddle-um-tum."

Heffalump (beginning to say Ho-ho and turning it awkwardly into a cough): "H'r'm! What's all this?"

Piglet (surprised): "Hullo! This is a trap I've made, and I'm waiting for a Heffalump to fall into it."

Heffalump (greatly disappointed): "Oh!" (After a long silence): "Are you sure?"

Piglet: "Yes."

Heffalump: "Oh!" (nervously): "I—I thought it was a trap I'd made to catch Piglets."

Piglet (surprised): "Oh, no!"

Heffalump: "Oh!" (Apologetically): "I—I must have got it wrong, then."

Piglet: "I'm afraid so." (Politely): "I'm sorry." (He goes on humming.)

Heffalump: "Well—well—I—well. I suppose I'd better be getting back?"

Piglet (looking up carelessly): "Must you? Well, if you see Christopher Robin anywhere, you might tell him I want him."

Heffalump (eager to please): "Certainly! Certainly!" (He hurries off.)

Pooh (who wasn't going to be there, but we find we can't do without him): "Oh, Piglet, how brave and clever you are!"

Piglet (modestly): "Not at all, Pooh." (And then, when Christopher Robin comes, Pooh can tell him all about it.)

While Piglet was dreaming this happy dream, and Pooh was wondering again whether it was fourteen or fifteen, the

Search for Small was still going on all over the Forest. Small's real name was Very Small Beetle, but he was called Small for short, when he was spoken to at all, which hardly ever happened except when somebody said: "Really, Small!" He had been staying with Christopher Robin for a few seconds, and he started round a gorse-bush for exercise, but instead of coming back the other way, as expected, he hadn't, so nobody knew where he was.



"I expect he's just gone home," said Christopher Robin to Rabbit.

"Did he say Good-bye-and-thank-you-for-a-nice-time?" said Rabbit.

"He'd only just said how-do-you-do," said Christopher Robin.

"Ha!" said Rabbit. After thinking a little, he went on: "Has he written a letter saying how much he enjoyed himself, and how sorry he was he had to go so suddenly?"

Christopher Robin didn't think he had.

"Ha!" said Rabbit again, and looked very important. "This is Serious. He is Lost. We must begin the Search at once."

Christopher Robin, who was thinking of something else, said: "Where's Pooh?"—but Rabbit had gone. So he went into his house and drew a picture of Pooh going on a long walk at about seven o'clock in the morning, and then he climbed to the top of his tree and climbed down again, and then he wondered what Pooh was doing, and went across the Forest to see.



It was not long before he came to the Gravel Pit, and he looked down, and there were Pooh and Piglet, with their backs to him, dreaming happily.



"Ho-ho!" said Christopher Robin loudly and suddenly.

Piglet jumped six inches in the air with Surprise and Anxiety, but Pooh went on dreaming.

"It's the Heffalump!" thought Piglet nervously. "Now, then!" He hummed in his throat a little, so that none of the words should stick, and then, in the most delightfully easy way, he said: "Tra-la-la,

tra-la-la," as if he had just thought of it. But he didn't look round, because if you look round and see a Very Fierce Heffalump looking down at you, sometimes you forget what you were going to say. "Rum-tum-tum-tiddle-um," said Christopher Robin in a voice like Pooh's. Because Pooh had once invented a song which went:

Tra-la-la, tra-la-la,
Tra-la-la, tra-la-la,
Rum-tum-tum-tiddle-um.

So whenever Christopher Robin sings it, he always sings it in a Pooh-voice, which seems to suit it better.

"He's said the wrong thing," thought Piglet anxiously. "He ought to have said, 'Ho-ho!' again. Perhaps I had better say it for him." And, as fiercely as he could, Piglet said: "Ho-ho!"

"How did you get there, Piglet?" said Christopher Robin in his ordinary voice.

"This is Terrible," thought Piglet. "First he talks in Pooh's voice, and then he talks in Christopher Robin's voice, and he's doing it so as to Unsettle me." And being now Completely Unsettled, he said very quickly and squeakily: "This is a trap for Poohs, and I'm waiting to fall in it, ho-ho, what's all this, and then I say ho-ho again."

"What?" said Christopher Robin.

"A trap for ho-ho's," said Piglet huskily. "I've just made it, and I'm waiting for the ho-ho to come-come."

How long Piglet would have gone on like this I don't know, but at that moment Pooh woke up suddenly and decided that it was sixteen. So he got up; and as he turned his head so as to soothe himself in that awkward place in the middle of the back where something was tickling him, he saw Christopher Robin.

"Hallo!" he shouted joyfully.

"Hallo, Pooh."

Piglet looked up, and looked away again. And he felt so Foolish and Uncomfortable that he had almost decided to run away to Sea and be a Sailor, when suddenly he saw something.

"Pooh!" he cried. "There's something climbing up your back."



"I thought there was," said Pooh.

"It's Small!" cried Piglet.

"Oh, that's who it is, is it?" said Pooh.

"Christopher Robin, I've found Small!" cried Piglet.

"Well done, Piglet," said Christopher Robin.

And at these encouraging words Piglet felt quite happy again, and decided not to be a Sailor after all. So when Christopher Robin had helped them out of the Gravel Pit, they all went off together hand-in-hand.

And two days later Rabbit happened to meet Eeyore in the Forest.

"Hallo, Eeyore," he said, "what are you looking for?"

"Small, of course," said Eeyore. "Haven't you any brain?"

"Oh, but didn't I tell you?" said Rabbit. "Small was found two days ago."

There was a moment's silence.

"Ha-ha," said Eeyore bitterly. "Merriment and what-not. Don't apologize. It's just what would happen."

An Incredibly Rare Prairie Denizen



By JIM KNOX

In 1981, in Meeteetse, Wyoming, a ranch dog by the name of Shep made history by rediscovering a species which had been declared extinct. The day after Shep's encounter with the creature, his owners, John, and Lucille Hogg, discovered its small carcass and the story of this creature—and it's amazing return from the extinction. With no idea as to the identity of the animal, they brought it to the town's taxidermist who correctly identified it as a mammal presumed lost by all—the Black-footed ferret.

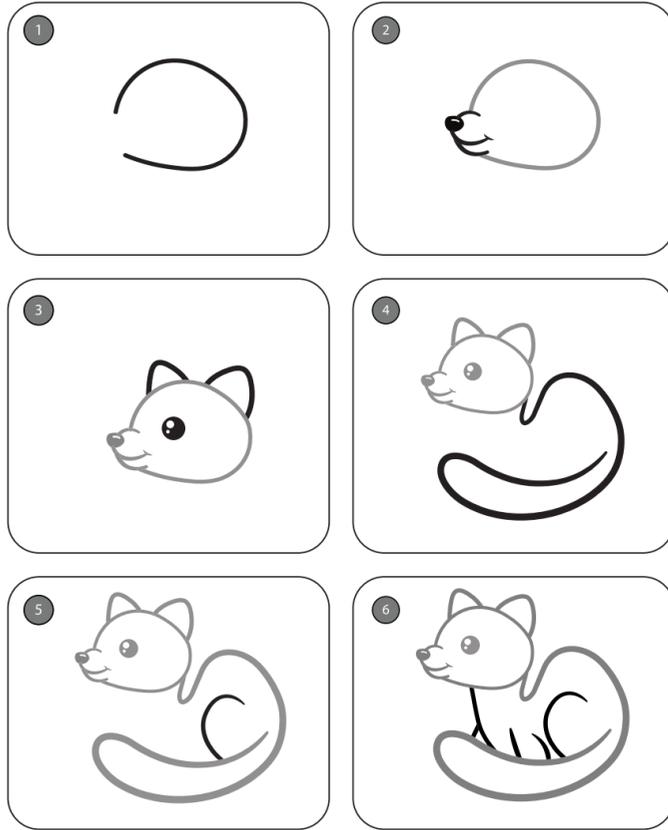
The Black-footed ferret, *Mustela nigripes*, is a member of the weasel family, and represents this group as North America's sole ferret species. With its Latin name meaning, "black-footed weasel," it is well-named. Possessing a long, slim build, this shy carnivorous mammal reaches just 2.5 pounds in weight and 24 inches in length and bears a characteristic golden coat, black feet, a white snout, and an unmistakable black "bandit's mask". So just how did this obscure little creature pass into seeming extinction and reappear before our eyes?

The story of the Black-footed ferret is one which parallels the "Taming of the American West". As a highly specialized solitary nocturnal carnivore which relies on prairie dogs for its very survival, the ferret's fate is inexorable linked to that of its rodent prey. With prairie dogs accounting for fully 90% of its diet—and excavating the very burrows utilized by the ferret, the ferret's fortunes follow those of the prairie dog. As ranchers settled the American West, they converted wild prairie to range land for domestic stock and commenced a campaign of extinction on the prairie dog. With burrows dotting the land to the horizon, and each one of them representing a potential broken leg for a cow or sheep, prairie dog eradication campaigns proliferated, becoming the driving force behind the disappearance of the ferret. Poisoning and trapping took its toll. As prairie dog colonies disappeared and fragmented across the American West, the specialized habitat



The Black-footed Ferret

In 1981, in Meeteetse, Wyoming, a ranch dog by the name of Shep made history by rediscovering a species which had been declared extinct.



needs the ferret required vanished, and with them, the ferret.

Originally found across 12 western states and neighboring habitat in Canada and Mexico, the ferret's range and population contracted precipitously throughout the twentieth century until, by 1971 the ferrets were restricted to one small declining population. When the last captive ferret died in 1979, the species was feared extinct.

So why is this little carnivore vital to the health of the prairie and, by extension, to its human neighbors? As herbivores, prairie dogs feed on prairie grasses and other plants, stimulating new growth and spreading seeds, promoting biodiversity of plant species and environmental balance and resilience. Additionally, the rodents' droppings fertilize these vast wild grasslands. As carnivores, the ferrets keep prairie dog populations healthy by preying upon disease-sickened individuals, thus serving as a driving engine for these ecosystem engineers. Healthy ferret populations equate to healthy prairie dog populations, which results in a healthy prairie ecosystem. Furthermore, such healthy populations limit the potential spread of species-sylvatic diseases, such as Sylvatic plague.

Though sad in one sense, the

freshly killed ferret deposited at the feet of the Hogg Family was anything but tragic for the species. With a correct identification of the mystery creature came a startling reversal of the ferret's fate. This discovery led the U.S. Fish and Wildlife Service (USF&W) to enact an immediate intensive conservation program for the ferret—without a moment to spare.

When the last known wild population of this species in Mellette County South Dakota was hit by a wave of Canine distemper, further reducing this foundering population from 129 ferrets to a mere 18 animals, a crucial moment had been reached. With such a vulnerable population, the USF&W made the difficult decision to bring these animals—the last known members of their species—in from the wild and place them under human care.

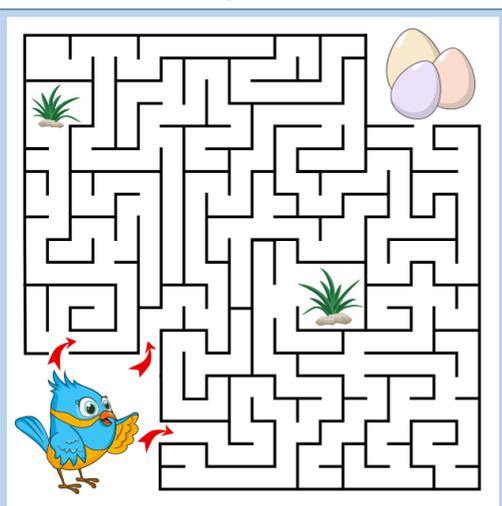
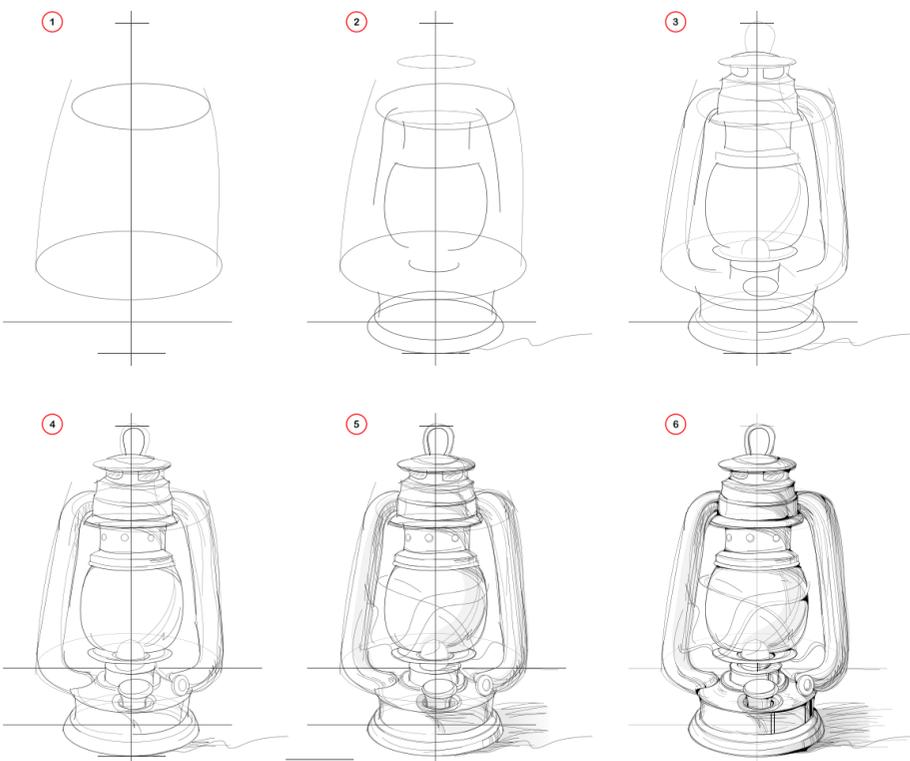
Joined by a coalition of collaborating tribal, state, and federal agencies, as well as nonprofit partners, the Service has led the efforts to save the species. The captive breeding efforts at five accredited zoos are led and bolstered by the Service's National Black-footed Ferret Conservation Center in Wellington, Colorado. Scientists reintroduce captive-bred ferrets at 28 selected western sites, including Canada and Mexico, monitor them, and work to reduce threats facing this imperiled species. With several hundred animals roaming 8 western states, Mexico, and Canada and a population of 280 ferrets in the captive breeding program, the species is moving in the right direction, but with a threshold of 3,000 animals needed for a secure wild population, the ferret has a long way to go.

With the ferret anchoring the prairie ecosystem it evolved to shape, the 130 unique species of plants and animals within that system are afforded biological protection and stability.

In 1981, who would have thought that a single ranch dog would be responsible for saving a species and protecting an ecosystem ranging from Canada to Mexico? With time comes wisdom, and often hope, for even the world's rarest creatures.

Jim Knox is the Curator of Education for Connecticut's Beardsley Zoo and serves as a Science Adviser for The Bruce Museum. He has a passion for sharing his work with endangered species here in Connecticut and beyond.

GRAB YOUR SKETCH BOOK



Q WORD SEARCH PUZZLE | MINI GAME FOR KIDS

letter Q

Q	I	A	S	L	E	N	E	O	D	P
U	P	Q	U	I	N	C	E	V	E	E
E	I	U	P	O	T	A	T	O	Q	A
S	N	C	N	Q	C	L	L	Y	U	C
T	E	S	U	U	L	A	Q	N	A	H
I	A	E	R	I	K	T	U	E	R	S
O	P	B	W	V	C	E	E	E	T	N
N	P	M	H	E	K	R	E	D	Z	O
G	L	P	U	R	P	P	N	Z	K	A
Q	U	I	L	L	N	G	I	E	H	E
N	P	U	E	T	Z	Q	U	I	L	T

Quince, Quartz, Quiver, Quill, Quilt, Queen, Question

FIRST LETTER

Calendar of Events for Your Fridge

Join David Stein and listen to the masterpieces of Beethoven, Mozart and others in which composers encounter their grief and shape it into musical experiences. Using performance clips and illustrations at the keyboard David will explore what we can understand and harvest from their music. Free. To register, call 203-594-3620.

NC Focus: Paths to Affordable Housing

6:30 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
This presentation by Town officials will explore the paths New Canaan has taken to meet its Affordable housing needs and State requirements by focusing on three specific projects. Register at <https://www.newcanaanlibrary.org/event/nc-focus-affordable-housing>.

Tuesday, March 24

Medicare and You - Medicare Basics and How To Use Medicare.gov
11 AM at the Lapham Center
This presentation is for Medicare beneficiaries, caregivers, and individuals approaching retirement who want to gain a better understanding of their Medicare coverage options and learn how using Medicare.gov can help them compare plans, and manage their benefits. Free. To register, call 203-594-3620.

The Art of American Independence: Beyond the Declaration

12 PM at the New Canaan Museum & Historical Society
Bring your sandwich, soup or snack and learn from Robin Hoffman, of Artscapades. ArtScapades has developed a special lecture which ties in with the 2026 celebration of the signing of the Declaration of Independence. Tickets are available at <https://shorturl.at/thR43>.

A History of the Sonnet: Lecture and Discussion

6:30 PM at the New Canaan Library, Craig B. Tate Conference Room
This talk will provide an overview of the form's origins followed by a discussion of significant examples from the English Romantics, the Harlem Renaissance, and the current practitioners who have reinvigorated the form. Register at <https://shorturl.at/0lhEz>.

CARES Spring Community Program: Raising Curious Kids

6:45 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
Attend Raising Curious Kids with Rebecca Winthrop. Rebecca is the author of *The Disengaged Teen: Helping Kids Learn Better, Feel Better, and Live Better*, a widely discussed book examining why many students today feel disconnected from school and learning. Ideal for parents of children pre-K through high school. Register at <https://www.newcanaanlibrary.org/event/raising-curious-kids-198366>.

Thursday, March 26

Japanese Gardens
1 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
Award-winning landscape designer and photographer Emily Kelting presents a journey through the rich history and design of Japanese gardens, including

its connection to Buddhism, significance of tea houses, and concepts of water, moss, pine. Register at <https://www.newcanaanlibrary.org/event/hold-japanese-gardens>.

Medicare 2026: Understanding Changes and Coverage Options

1 PM at the New Canaan Library, Craig B. Tate Conference Room
Lou and Jessica Pelletier will help you navigate the complexities of Medicare in 2026, including the Parts and the important new changes to Medicare drug plans rolling out in 2026. Register at <https://www.newcanaanlibrary.org/event/hold-medicare-200593>.

Tech Workshop with Cooper Young and George Geist of Good Kid Tech

2 PM at the Lapham Center
The program will begin with a fifteen-minute presentation on a tech-related topic, followed by time to answer your personal tech questions. Free. To register, call (203) 594-3620.

Friday, March 27

COFFEE AND CONVERSATION
8:30 - 9:30 AM at the Lapham Center
Sponsored by the New Canaan Sentinel for a weekly community coffee and conversation.

Saturday, March 28

Introduction to LinkedIn Learning
1 PM at the New Canaan Library, Craig B. Tate Conference Room
In this class, learn how to get started with LinkedIn Learning, the library's newest resource that you can use to learn new skills at your own pace, with over 16,000 professionally designed courses available for free. Register at <https://shorturl.at/YG2SF>.

Tuesday, March 31

Open Mic Night by Especially Everyone
6:30-8:30 PM at Gates Restaurant & Bar
Join for a welcoming night of live music and community, led by a 3-piece house band. Go share a song, try something new, or cheer someone on.

SAVE THE DATE

Wednesday, April 1

Blood Sugar & Blood Pressure Clinic
12:30 PM at the Lapham Center
Ellen Samai, RN, from New Canaan's Department of Health provides in-person blood sugar and blood pressure testing. Walk-ins welcome. If you plan to have your blood sugar level tested, it is recommend you fast for four hours prior to testing. Free.

Thursday, April 2

Free Medicare Counseling
By appointment at the Lapham Center
A CHOICES certified Medicare counselor, provides free, objective, information about Medicare options and related benefits. Available to New Canaan residents and Town employees. Free. Call (203) 594-3620 to schedule an appointment.

Wednesday, April 8

Hearing Aids: More Than Just Better Hearing
1 PM at the Lapham Center
Hearing loss is highly treatable, and addressing it early is essential. Left untreated, hearing loss has been linked to cognitive decline, increased risk of dementia, social isolation, depression and balance issues. Join Robert Katz and Lori Pokladowski to explore ways to amplify your life through better hearing. Free. To register, call 203-594-3620.

Intergenerational Spring

Bingo
2-3:30 PM at the Lapham Center
Spend a fun-filled afternoon playing spring bingo with Special Guest NCPD Officer Castro. Cookies will be served. Prizes for all ages. Free. To register, call 203-594-3620.

Thursday, April 9

Name that Brand with Mike Bacon
1 PM at the Lapham Center
Test your recall and have some fun with this fast paced identification game of big company LOGOs. Free. Call to register: 203-594-3620.

Tuesday, April 14

History of New Canaan and Surrounding Area
12:30 PM at the Lapham Center
Local historian and landscape architect Keith Simpson provides in-depth insights into New Canaan's development, focusing on its evolution from 18th-century rural roots to a modern suburb. A lunch and learn sponsored by Staying Put in New Canaan. Free. To register, call: 203-594-3620.

Moneco Advisors Present: Tax Planning Strategies
6:30 PM at the New Canaan Library, Jim and Dede Bartlett Auditorium
Join for a Tax Planning Strategies workshop where you'll be given specific strategies to consider for helping you and your family secure a better financial future. Register at <https://www.newcanaanlibrary.org/event/hold-moneco-171959>.

Wednesday, April 15

Blood Sugar & Blood Pressure Clinic
12:30 PM at the Lapham Center
Ellen Samai, RN, from New Canaan's Department of Health provides in-person blood sugar and blood pressure testing. Walk-ins welcome. If you plan to have your blood sugar level tested, it is recommend you fast for four hours prior to testing. Free.

Friday, April 17

Breeches & Bowties Spring Gala
6:30-10:30 PM at the Wee Burn Country Club, Darien
Join the New Canaan Mounted Troup at their 2026 Spring Gala with guest speaker Drew Doggett. Enjoy a night of community, inspiration, and purpose - and help ensure their horses and programs continue to serve those who need them most. Tickets are available at <https://newcanaanmountedtroup.org>.

Monday, April 20

New Canaan Nature Center: Past, Present, and Future
11 AM at the Lapham Center
Bill Flynn, the Executive Director of the Nature Center, will share his enthusiasm for the natural world around us, with a presentation about all the ways in which the Nature Center has supported the local environment and the flora and fauna that inhabit it. This lively interactive discussion will include a Q&A - as well as a visit from a live animal or two from the Center. Free. To register, call 203-594-3620.

Wednesday, April 22

Genealogy Using Ancestry.com presented by Gail Junion-Metz
1 PM at the Lapham Center
Find out everything you wanted to know about your rich history with Gail's help. Learn how to navigate Ancestry.com, in order to unlock the story of your family. Free. Space is limited, call 203-594-3620 to register.

Wednesday, April 29

Yale Redhot & Blue Sing A Cappella
7 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium

Celebrate America 250 with the sounds of classic American jazz, together with newer sounds that chase the bounds of musical possibility. Register at <https://www.newcanaanlibrary.org/yale-red-hot-blue-singers>.

Thursday, April 30

The Merritt: Masterpiece of Design and Planning Opening Reception and Lecture
6 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
The Executive Director of the Merritt Parkway Conservancy will discuss the history of the Merritt Parkway's complex design and the Conservancy's role in preserving Connecticut's iconic landmark for the enjoyment of future generations. Register at <https://www.newcanaanlibrary.org/event/merritt-opening-lecture>.

Saturday, May 2 & Sunday, May 3

Next to Normal
Show times vary at the New Canaan Library
With an electrifying pop/rock score and an honest, gut-wrenching script, *Next to Normal* explores how one suburban household copes with crisis and mental illness. Tickets are available at <https://www.connecticutstagecompany.org/tickets>.

Monday, May 4

Revolutionary Connecticut presented by the Connecticut Museum of Culture and History
11 AM at the Lapham Center
This presentation will draw from the Museum's rich collection of artifacts and documents to tell the story of the struggle for American independence through the eyes of ordinary citizens, and discuss the various ways Connecticut residents have commemorated our independence over the past 250 years. Coffee and treats will be served. Free. Call to register: 203-594-3620.

Thursday, May 7

NCNC Annual Lecture & Luncheon
11:30 AM- 2 PM at the Country Club of New Canaan
Join for the 9th Annual Lecture & Luncheon to benefit the New Canaan Nature Center. Kathryn Herman will be the featured speaker. Register at <https://newcanaannature.org/lecture-luncheon/>.

Friday, May 22

Breakfast BINGO
10 AM at the Lapham Center
Join Aggie, Kathy and Steph for breakfast goodies, beverages, Bingo and spring themed prizes. \$10/person. To register, call (203) 594-3620.

Saturday, June 27

NC250 Parade
9:30 AM from South Avenue to NCHS
The parade is part of the town's 250th Independence Day celebration.

BLOOD DRIVES

Friday, March 6

Stamford Hospital
1 Hospital Plaza
Stamford, CT 06902
10:00 AM - 3:00 PM

Saturday, March 7

United Church of Rowayton
210 Rowayton Ave
Norwalk, CT 06853
8:00 AM - 1:30 PM

Sunday, March 8

Jewish Community Center
1035 Newfield Avenue
Stamford, CT 06905
9:00 AM - 2:00 PM

Tuesday, March 10

Norwalk Inn

99 East Ave
Norwalk, CT 06851
11:00 AM - 4:00 PM

First Congregational Church of Darien
14 Brookside Road
Darien, CT 06820
1:00 PM - 6:00 PM

Hilton Stamford Hotel & Executive Meeting Center
1 First Stamford Place
Stamford, CT 06902
8:00 AM - 1:00 PM

Support Services & Meetings

Monday, March 9

First Aid Training by New Canaan EMS
6:30 PM at the New Canaan Library, Jim and Dede Bartlett Auditorium
Learn First Aid from New Canaan EMS and save a life. First aid training is designed to teach people the basic principles and techniques for providing immediate help if and when they witness a serious injury or illness. Register at <https://shorturl.at/MsWUG>.

Friday, March 20

Suicide Prevention Training: Question, Persuade and Refer
11 AM at the New Canaan Library, McLaughlin Meeting Room
Those trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. QPR stands for Question, Persuade, and Refer - the 3 simple steps anyone can use to help prevent suicide. This training will certify you as a QPR gatekeeper. Register at <https://shorturl.at/iy9YG>.

Wednesday, March 25

Supporting Aging Parents Successfully with Janet Simpson Benvenuti
6:30 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
In this practical conversation about what matters as families age, we will focus on legal, financial, medical, housing, and caregiving decisions that help older adults live well as they age. This program is co-sponsored by Staying Put, New Canaan Library, and the New Canaan Community Foundation. Register at <https://www.newcanaanlibrary.org/event/supporting-aging-parents>.

Wednesday, April 22

Caring and Support for Your Loved Ones
10 AM at the Lapham Center
Designed to be practical, and relevant to today's aging families—especially those navigating the growing gap between independence, affordability, and long-term care options. Free. To register, call 203-594-3620.

Thursday, April 30

Navigating the New Landscape of Long-Term Care
1 PM at the New Canaan Library, Craig B. Tate Conference Room
Join Pelletier Senior Planning as they delve into the evolving world of long-term care planning, especially the growing need for care among seniors and baby boomers. This session is crucial for understanding the

expanded options available as the demand for care rises. Discover how the long-term care insurance landscape has changed, introducing more choices than ever before. Register at <https://www.newcanaanlibrary.org/event/hold-long-term-care-202270>.

Every Friday

AA Speaker Meeting
Wheelchair Access
Fridays at 7:30 AM
Congregational Church of New Canaan

Every Saturday

AA Meeting-Sober Citizens Group
Saturdays at 9:15 AM
First Presbyterian Church of New Canaan

AA Meeting-Laundry and Dry Cleaning Group
Saturdays at 10:30 AM
First Presbyterian Church of New Canaan

Lost Then Found NA Meeting
Wheelchair Accessible
Saturdays at 7 PM
United Methodist Church (back entrance)

Every Monday

AA Meeting
Wheelchair Access
Mondays at 7:30 AM
Congregational Church of New Canaan

Adult Child AI-Anon Meeting
Mondays at 12 PM
St. Mark's Church, Youth Room

Every Tuesday

Adult Child Alanon Meeting
Tuesdays at 12 PM
St. Mark's Parish House, Conf. Room

Every Wednesday

AA Step Meeting
Wheelchair Access
Wednesdays at 7:30 AM
Congregational Church of New Canaan

AI-Anon Parent's & Newcomer's Mtg.
Wednesdays at 7:30 PM
Silver Hill, Jorgenson House
208 Valley Rd., New Canaan

Every Thursday

AA Big Book Meeting.
Wheelchair Access
Thursdays at 7:30 AM
Congregational Church of New Canaan

New Canaan Parent Support Group
7- 8:30 PM
St. Mark's Episcopal Church
New Canaan

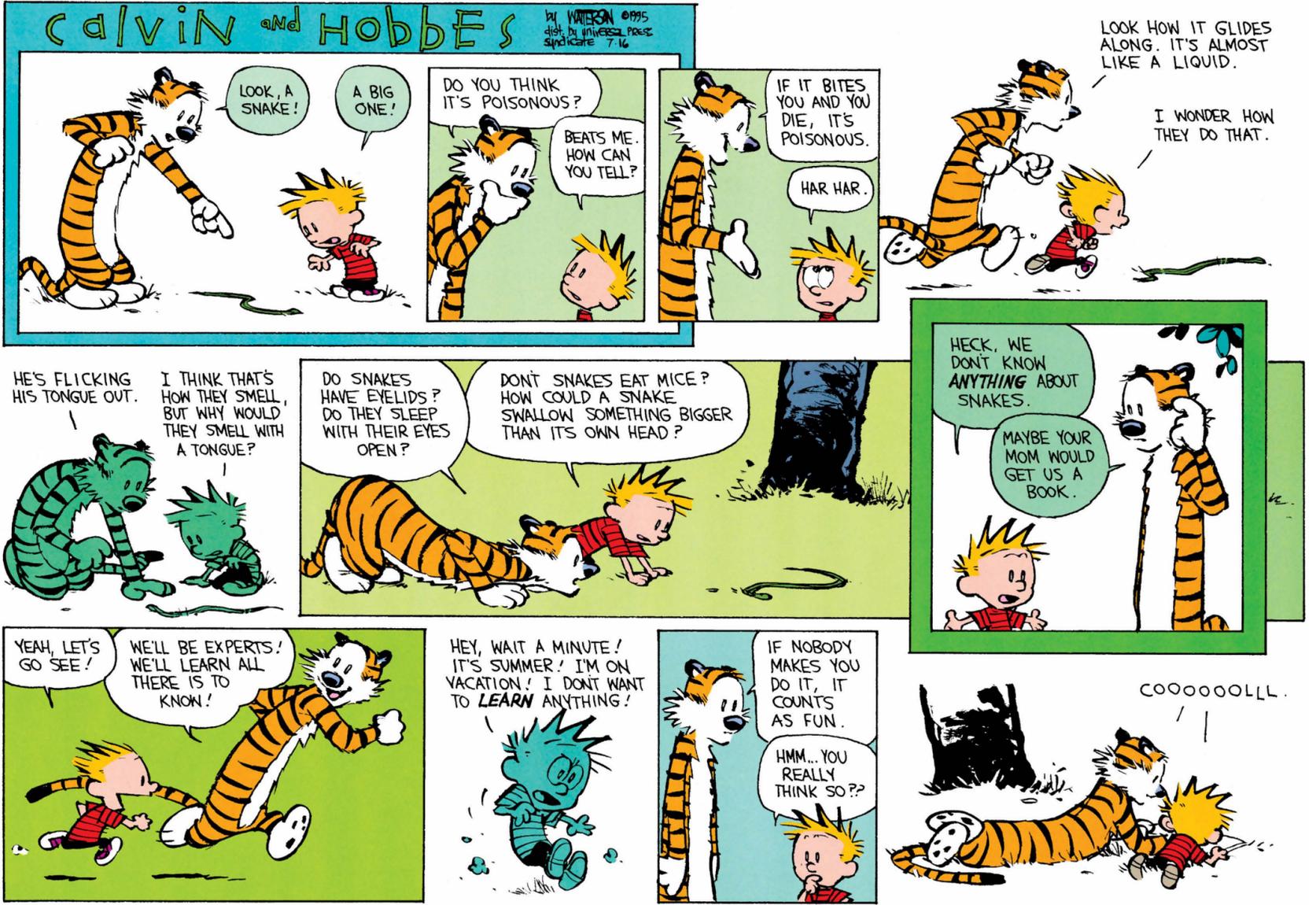
OUR NEIGHBORS

Saturday, April 11

Habitat CFC's Annual Gala
6-10:30 PM at the Hyatt Regency Greenwich
1800 East Putnam Avenue
Old Greenwich, CT
Come dressed in your favorite designer- haute couture or casual style is welcome. A special evening with cocktail, dinner, dancing, an auction and more! Proceeds from the evening support Habitat CFC's mission to create affordable homeownership opportunities in Coastal Fairfield County. Tickets are available at <https://habitatcfc.org/news-events/event-calendar/gala.html>.

EDUCATION

From the Sentinel Foundation: the educational page for our readers.



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Sentinel

SENIOR LIVING GUIDE

2026

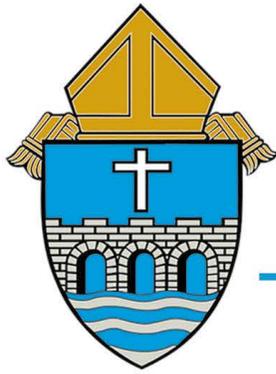
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to pay warm tribute to accomplishments and to the life — not death — of a loved one.*

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

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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.

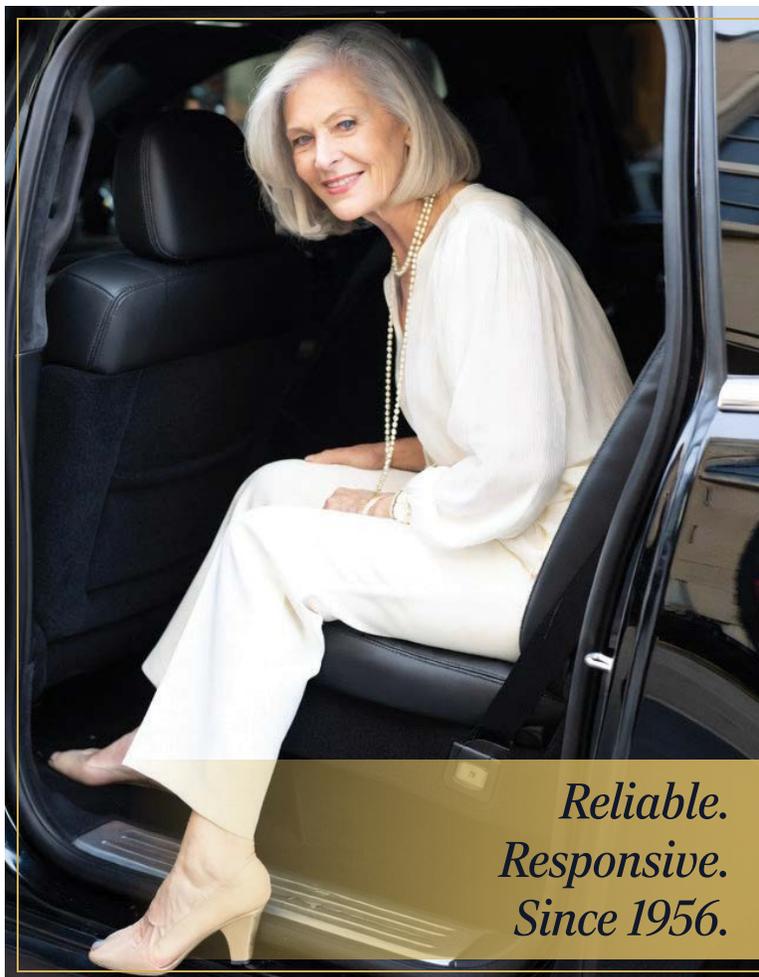
*Care is deeply personal.
Its design should be as well.*

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

Patient navigation, pharmacological research, and insurance education.

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.

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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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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.

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

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

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.

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“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.

Schedule a personal tour.
203-580-6707 | [EdgehillCommunity.com](https://www.EdgehillCommunity.com)



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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 on the putting green and chipping area 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.

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“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.



Resident Joe H. teeing off at the Ridge Range golf simulator.



Resident Bob T. exploring his artistic side in the activities room.

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



Meadow Ridge

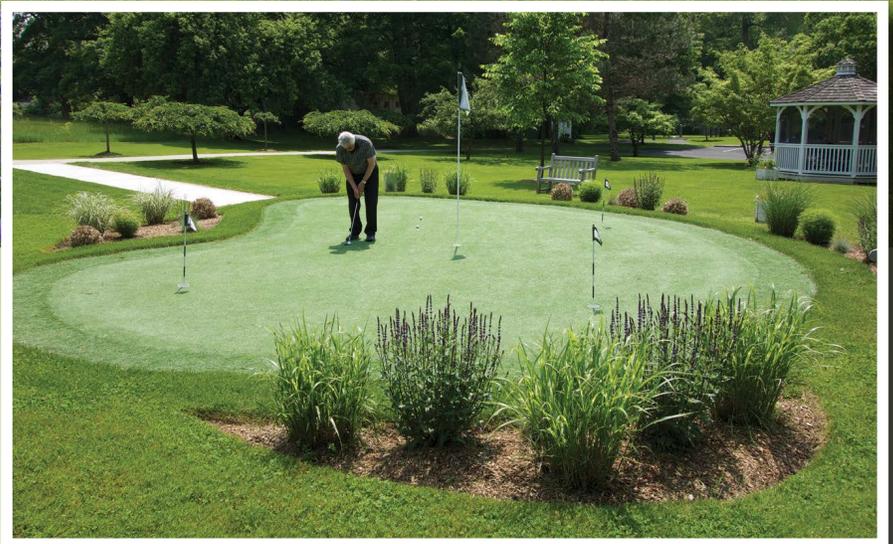
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A Thoughtful Next Chapter at Parsonage Cottage

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.

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Compass Plus and the Greenwich Streets Team offers you trusted local guidance from people who grew up here and know the market and transitions ins and outs.

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.



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TEAM AT COMPASS



Compass Plus



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, were 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.



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

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.

AGING BETTER, TOGETHER

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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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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

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

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—

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

Dr. Isaac Livshetz is a fellowship-trained orthopedic surgeon at White Plains Hospital who specializes in joint replacement of the knee and hip. To schedule an appointment in White Plains/Harrison or New Rochelle, please call 914-849-7897.

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.



BOTH HIPS REPLACED. HOME THE SAME DAY. THAT'S EXCEPTIONAL.

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