

OCTOBER 2022

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GLASTONBURY

Neighbors



Cover photo by
Danielle Marie Photography

Meet the
DeFrancesco Family

EXPERT CONTRIBUTORS



ESTATE PLANNING

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Have feedback, ideas, or submissions? We are always happy to hear from you! Deadlines for submissions are the 27th of each month. Go to www.bestversionmedia.com and click "Submit Content." Or, simply email your submission, comments, and suggestions to us at thowat@bestversionmedia.com.

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Are you on the association board for your subdivision? Contact us for the information on how you can submit articles, updates, reminders, events and more to the residents. We create customized Homeowners Association sections at no cost to the HOA or the residents.

CONTENT SUBMISSION DEADLINES

CONTENT DUE:	EDITION DATE:
November 27	January
December 27	February
January 27	March
February 27	April
March 27	May
April 27	June
May 27	July
June 27	August
July 27	September
August 27	October
September 27	November
October 27	December



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Dear Glastonbury RESIDENTS,

As we venture into the fall season, I'm filled with more gratitude than ever for this community and its natural beauty. There's no better place to be when the leaves are falling than our historic, scenic New England town. The air is getting crisper, the sweaters are growing thicker, and the scent of fresh apple fritters somehow always hangs in the air, a smell most persuasive when passing the Cider Mill.

This month, we've shined a spotlight on some charitable causes and local businesses for us to celebrate, as well as a local chiropractor whose wellness practice begins at home and keeps our community healthy. Our calendar of events is packed with fun fall events and fairs, and you can check out our Apple Month page for a list of local apple festivals, along with a rundown of the apple varieties, apple-flavored treats and fall activities our local farms are offering.

As always, we thank our local business sponsors, and you—our readers. So grab a cup of cider with a neighbor, sit back, and let's enjoy this month we get to share, in a snow globe of swirling leaves and fall excitement.

Happy October!




Tess Howat


Content Coordinator
 Glastonbury Neighbors

Celebration Shoutouts!

Submitted by the Community



Maddox Peckham,
Birthday October 4th
 Happy 6th birthday my sweet boy! I am so proud to be your Mommy and love you more than my heart can hold!
 Xoxo, Mommy.



Rachel Hassett,
Birthday October 10th
 Happy 12th Birthday Rachel! Love, Mom, Dad, Evan and Brock.

Submit name, date, photo and a message to thowat@bestversionmedia.com to publish your celebration wish!



ESTATE PLANNING: Why Do I Need an Estate Plan?

By Thomas Kane of Kane, Hartley & Kane, P.C.



Thomas Kane

Once you know which assets will go through probate, you'll need to develop an estate plan.

An estate plan directs where your assets go, and if you don't have one, the State has one for you. If you die without a Will, that is called "Intestate", and your assets will be distributed by the court, according to the Connecticut statutes.

If the State has a plan, why do you need to do your own? Because the State's plan is not what you would expect to happen or want to happen.

For example, consider a married couple with children, and one spouse passes. Their assets go to their surviving spouse, right? No. Some will go to the spouse, some will go to the children. A married couple where there are children from a previous relationship? Some assets will go to the children, some to the spouse, but in a different split than if the children were of the marriage.

If the children are under eighteen, the assets will be given to a financial guardian, who may or may not be the other parent, and that money is restricted from use by the surviving parent. Imagine a situation where the house is given in some share to the surviving spouse, and in some share to the financial

guardian of the deceased spouse's children, and now they must mutually decide on refinancing, upkeep, etc.

Assets will pass to a beneficiary free of restrictions. So, the child with an addiction will receive their share free of restriction. The spouse on Medicaid will receive their share, and will be forced to spend it down by Medicaid rules. Neither of these are helpful to the beneficiary and will cause future problems.

Finally, for some people, the federal and state estate tax may be a consideration. The State's plan does not factor in any tax planning. An outright bequest to the spouse per the State's intestacy statutes may cause expensive and unnecessary tax problems later on.

All of this can be changed by an individual estate plan. Your plan is tailored to your situation and your beneficiaries. So, the inheritance to the child with an addiction will be in trust, with someone else protecting them by making the spending decisions. The inheritance to the spouse on Medicaid may be in a Supplemental Trust, so the program cannot force them to spend it on their care. Some money may be set aside for the spouse to use while alive, but be given to the children later, limiting or eliminating the future estate tax problem.

Now that you know what assets are going through probate and why you need an individual plan, next month I will discuss what is in a Will, and what questions you should be thinking of.

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Living Well with the DeFrancescos

Article and Photos by Tess Howat

In honor of Chiropractic Month, I met with a local provider who's reinvented what it means to practice family wellness.

From my seat in the Chiropractic Health Center of Glastonbury's waiting room, I watch a father and his two young children wave goodbye to the receptionist with big smiles. Moments later, out steps Dr. Patrick DeFrancesco from a treatment room, meeting me with kindness and ushering me into the quaint space with wellness advice on the walls. We sit and I ask about the young children I passed on my way in. He shares with me that he's been treating families for as long as he can remember, some as young as newborns. Patrick, who was raised in New Jersey, began seeing a chiropractor at the age of three, his mother proudly prioritizing her family's wellness in the 1960's. He says it's all about preventive care, which should start young.

"I've been doing this for over 30 years, and most of my patients come here like they're getting their teeth cleaned." We get dental checkups regardless of whether something hurts, and he explains how spinal care done right should be the same. "With your spine, pain is the last thing to show up. It could be

malfunctioning for years, and the last thing to appear are the symptoms. Preventative care allows your spine to stay flexible and healthy so you don't get to the level where it's hurting constantly." He says it also involves proper nutrition, exercise, and a positive mental attitude—it's a holistic approach to health, which his office has always embodied.

It's clear that Patrick and his team are in the field of wellness care above all else. "Your spine controls the nervous system which controls the rest of your body, so when your spine is healthy, your body works better," he says. And after treating families in Glastonbury for over three decades, he gets to do what he loves alongside his son, Joe (30), who joined his team in May. Giana (27), is starting at Palmer College of Chiropractic, Patrick's Alma Mater, this fall after attending Keane State for dental and deciding it wasn't the right fit. Regardless of what office she joins after, one thing's for sure—this family is dedicated to wellness, and they walk the walk.

After earning his degree in Biology from the University of Miami, Patrick attended Palmer, the first and largest chiropractic college in the world, founded by D. D. Palmer in 1895. Following his undergrad, he met Kathy—a woman as passionate about leading a healthy life as he is. The couple were married in 1987, and after 35 years of marriage, Patrick says Kathy is

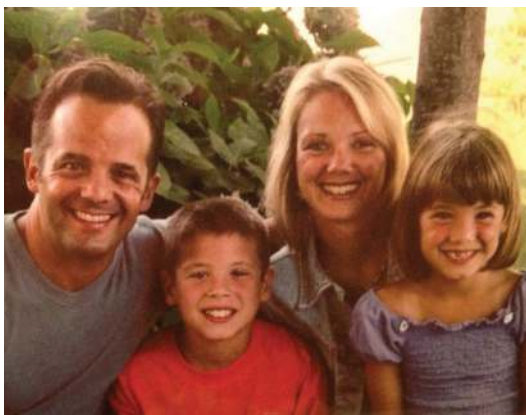


Patrick's team at the Chiropractic Health Center of Glastonbury.

the "excitement of the whole house", always bringing positive energy and dancing around to disco music.

With a degree from Paier College, Kathy became an interior designer and helped out as office receptionist for six years, starting back when they were in the building next to Daybreak. Patrick took over the practice in 1992 from Dr. Broggin, who went on to become a beloved, eccentric science teacher at Smith and GHS, before moving the office to its current Main Street location in 1998. After taking over, Patrick and Kathy remember Joe and Giana in their crib in the back of the office while they went about their workday—and so, the legacy began!

"Working with Joe is amazing, it's a bond," Patrick tells me. While he doesn't plan on retiring any time soon, with Joe joining him, that legacy lives on. He's excited



The DeFrancescos on a family trip to Nantucket.

that their daughter Giana is joining the profession too, saying, "The coolest thing is, we never told them what to do with their lives. They just chose to join."

Patrick and Kathy believe that the comfortable, communicative environment they created for their kids at home guided them naturally towards the profession. It was their hope as young parents to create a space where their kids felt comfortable bringing their friends to the house, where they felt at ease. Patrick calls it "the hub", one where they practice what they preach. "Kathy has always been into fitness and organic cooking, so we all support the local farms, exercise together, meditate, and we communicate above all else. So now that the kids are adults, they like hanging out with us." As teens, Joe was the captain of the GHS rowing team and Giana was on the

soccer team. As they grew up, their parents encouraged them to do whatever makes them the happiest, reminding them to "keep their minds open and their hearts will lead the way."

As it turns out, their hearts are in chiropractic health. Patrick is so glad his family has landed here, stronger than ever. "We're better together," Patrick says. Outside of their jobs and educations, the family enjoys yearly trips to Nantucket and Stowe, Vermont, where Patrick and Kathy hope their kids will take their grandkids some day. As Patrick puts it, "Without family, what is there?" They give back as a family too, spending their Christmas days serving food and gifts to underprivileged kids at We Are The Children's event in Hartford. The office also provides its services for free every second week of December in exchange for a wrapped gift to donate to We Are The Children, in partner with 96.5 host Gary Craig, founder of the program.

The DeFrancescos are extremely grateful for their Glastonbury community, where they've raised their kids and created a life they're truly proud of. Giana was born in their previous home on Glazier drive across from St. Augustine, and after that they lived on Pennywise Lane, then built their home on Thompson Street where the kids grew up. After Joe and Giana went off to college, they landed on Tryon Street, where they've lived for five years now with their new cat Luna. Arguably the most scenic part of Glastonbury, they call their neighborhood alongside the river a "little village", with its natural beauty and old fashioned spirit. The community there is very close, everyone dedicated to preserving the charm of the area. They gather often and always look forward to their annual 4th of July celebration on Horton's farm, home to Ken Horton, who the neighbors have unofficially donned "the Mayor of Tryon Street."

The DeFrancesco's have been embraced by our community, and they're set on embracing us right back. Their next Patient Appreciation Day, a Chiropractic Health Center of Glastonbury tradition, is approaching this spring to honor Joe's arrival at the office and celebrate the community that's kept their office thriving for 31 years. Open to the public, this parking lot party will include a live band, catered food, and has previously included car shows and bouncy houses. *(Keep an eye on our calendar events come springtime!)*

Until then, Patrick wants to remind Glastonbury residents to invest in our number one asset: our health. "With a properly aligned and flexible spine that allows your nervous system to function at its optimal level, along with daily exercise, proper nutrition, and adequate rest, you'll add life to your years and potentially years to your life." He hopes to see you at Patient Appreciation Day, because one thing's clear about this community and the DeFrancescos—we're better together.



Patrick and Kathy at a wedding.



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Image Courtesy: Michael Deal/Twitter

Featured Article

Deal brother's path to football stardom paved by parents

By Andrew Florio, BVM Sports Journalist

BVM SPORTS

Devean Deal is in his second season with the Tulane Green Wave, while Markis Deal plays his senior season as a top-100 high school football player in the country. Part of their success comes from their quick development that was expedited with them sharing a house with their defensive line coach and dad, Michael. "Our dad knew the game and he knew people that knew the game," Devean said. "We just got to absorb information from everyone. Whether he was coaching or not, you could always ask him a question." ... Scan to continue reading

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Celebrating Apple Month in Glastonbury

Compiled by Tess Howat

It's **National Apple Month**, which means we've got a lot to celebrate! Here's a list of festivals and orchards with apples galore to enjoy this October.

LOCAL APPLE ORCHARDS



Scotts' Connecticut Valley Orchards

Family owned & operated since 1980

October: Apple picking, apple cider, and tractor-pulled

wagon rides on Saturdays.

APPLES: Cortland, Empire, Gala, Gingergold, Golden Delicious, Gravenstein, Greening, Honeycrisp, Ida Red, Jonagold, Jonamac, Macintosh, Macoun, Melrose, Mollies, Mutsu, Newtown Pippin, Pink Lady, Red Delicious, Spigold and Winesap.



Beckett Farms

Family owned & operated since 1973

October: Selling apples at their farm stand and at

Glastonbury Farmer's

Market. (Visit Beckett farms.com/markets for full list of markets).

APPLES: McIntosh, Cortland, Macoun, Empire and Mutsu.



Bussa Orchards

Family owned & operated since 1922

October: Selling Apples at Farm Stand and various local markets.

APPLES: McIntosh, Cortland, Golden Delicious, Red Delicious, Mutsu, Empire, Macoun, Evercrisp, Ludacrisp, Suncrisp, Melrose and Ida Red.



Dondero Orchards

Family owned & operated since 1911

October: Pick your own apples and its farm store, offering endless treats

including apple fritters, donuts, pies, jams, apple cinnamon pancakes and ice cream.

APPLES: Baldwin, Cortland, Empire, Golden Delicious, Granny Smith, Honey Crisp, Ida Red, MacIntosh, Macoun, Opalescent, Red Delicious and Russet.



Rose's Berry Farm

Family owned & operated since 1908

October: Pick your own apples and Sunday brunch featuring a hot apple topping. Farm store is open, selling apple pie, jam, fritter mix, apple butter & BBQ sauce, apple salsa and apple sauce.

APPLES: Honeycrisp, Gala, Macoun, Cortland, Empire, Macintosh and Golden Delicious.



Belltown Hill Orchards

Family owned & operated since 1910

October: Farm store open, pick your own Saturdays and Sundays with tractor rides, Hungry Harvester open for snacks like homemade fritters, donuts, cider, etc.

APPLES: Golden Delicious, Red Delicious, Pink Lady, Fuji, Granny Smith and other heirloom variations.



Lyman Orchards

Owned & operated since 1741

October: Pick Your Own apples, pears pumpkins and peaches, as well as a

corn maze, farm market and public golf course.



Scott's Orchard & Nursery

Family owned & operated since 1973

October: Pick your own apples and farm stand open with produce and various sweet treats!

APPLES: Honeycrisp, Macintosh, Cortland, Empire, Spencer, McAllen, Ida Red, Red Delicious, Golden Delicious, Winesap, Fuji and Granny Smith.

LOCAL APPLE FESTIVALS

Fri., Oct 14 – Sun., Oct 16

Glastonbury Apple Harvest Festival

@ Riverfront Park, Glastonbury

Time: Fri: 6pm-10 pm,

Sat: 10am-10pm & Sun: 11am-4pm

Fri., Sep 30 – Sun., Oct 2 &

Fri., Oct 7-Sun., Oct 9

Southington Apple Harvest Festival

@ Southington Town Green, 76 N Main St.

Time: Fri: 5pm-9pm,

Sat: 11am-9pm & Sun: 12pm-7pm

(Both Weekends)

Sat., October 1

South Windsor Apple Festival:

@ John J. Mitchell Fairgrounds, 75 Brookfield St., South Windsor.

Time: 9am-5pm

Sat., Oct 22 – Sun., Oct 23

Mystic Apple Festival

@ Olde Mistik Village

Time: 10am-5pm

October 2022



Every Saturday in October

GLASTONBURY FARMER'S MARKET

@ Hubbard Green (corner of Main & Hubbard)
Support your local 2022 Farmers Market on the Hubbard Green featuring local farms, artisans, businesses, non-profits, sponsors, yoga class, live music & lots of fun activities.
Time: 9am-12pm

Sun., Oct 2

GLASTONBURY PARADE COMMITTEE FUNDRAISER

@ J.B. Williams Park
Featuring live music by Gerry Feeney.
Time: 1pm-5pm

Sun., Oct 2

CT WEDDING EXPO

@ Hilton Garden Inn Glastonbury
Connect with the area's top wedding professionals and plan your special day!
Time: 12pm-3pm

Tue., Oct 4

SO, YOU WANT TO START A PODCAST?

@ Welles-turner Memorial Library
Time: 6:30pm
No charge, but reservations are required at 860-652-7720 or wtmlib.info.

Sat., Oct 8

EVERSOURCE HARTFORD MARATHON

@ State Capitol Building, Hartford
Includes marathon, half marathon, team 26.2 relay and charity 5k.
Visit Hartfordmarathon.com/eversource-hartford-marathon for times, registration and info.

Sun., Oct 30

THE DEVIL MADE ME DO IT 5K/10K RUN & ONE MILE DOG WALK

@ Smith Middle School
Cost: \$25
Time: 9am
Visit Devilmademerun.com for registration and info.

Fall Fun!

Every Friday through Sunday in October

FALL FESTIVAL & CORN MAZE

@ Fair Weather Growers, Rocky Hill
Time: Fri: 1:30pm-6pm,
Sat & Sun: 9am-6pm

Fri., Oct 7- Sun., Oct 9

PORTLAND AGRICULTURAL FAIR

@ Portland Fair Grounds
Time: Fri: 5pm-10pm,
Sat: 10am-10pm
& Sun: 11am-6pm.
Cost: \$10/adults, \$8/seniors,
Free/kids under 10
More info at Portlandfair.com.

Fri., Oct 14 – Sun., Oct 16

GLASTONBURY APPLE HARVEST & MUSIC FESTIVAL

@ Riverfront Park
Sponsored by The CT River Valley Chamber of Commerce. Free shuttle bus from GHS.
Time: Fri: 6am-10pm,
Sat: 10am-10pm &
Sun: 11am-4pm.

Wed., Oct 19

SPOOKY STORY STROLL & COVID-19 VACCINE CLINIC

@ Riverfront Community Center
Time: Stroll group departs every 10 minutes 4pm-6pm
Presented by Welles-Turner Memorial Library, this spooky stroll for preschool-elementary age children includes a Halloween story, treats, and maybe even a few tricks! Arrive early for cider, donuts, music and crafts. Pediatric & adult COVID-19 Vaccine Clinic will be at the DPH Yellow Van from 3pm-7pm.

Sat., Oct 22


SFX MAKEUP DEMO AND HALLOWEEN CAROLING


@ Welles-Turner Memorial Library
Time: 3pm
Learn alternatives to wearing masks and go about Halloween Caroling.

Sat., Oct 22

HARVEST MOON FESTIVAL

@ Hebron Town Green
Halloween fun, music, vendors and food trucks.
Time: 2:30pm – 7pm





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OCTOBER BUSINESS HIGHLIGHTS

Collected by Tess Howat

Food & Home

National Bake & Decorate Month

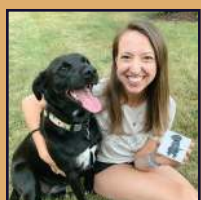


Marisa's Sugar Cookies

Personalized Sugar by Marisa

Founded in 2020 by Marisa Gorlick

Specializing in custom decorated sugar cookies for all occasions and Hot Chocolate Bombs in the cold months, both in various flavors made with high quality ingredients.



Emily Peck

EmPeckable Desserts

Founded in 2020 by Emily Peck

Specializing in custom sugar and gourmet cookies for special events, as well as cookie decorating classes.



A Birthday Cake by Shea

Shea's Sweets

Founded in 2016 by Shea Cavaliere

Specializing in cakes, cupcakes and hot cocoa bombs, plus a variety of desserts upon request.



Owner Ashka Parekh

Cakes by Ash

Founded in 2018 by Ashka Parekh

Specializing in fondant & frosted multi-tier cakes, sculpted cakes, cupcakes and dessert spreads.



Owner Amber Kapoor

The Cake Stand, LLC

Founded in 2021 by Amber Kapoor

Specializing in custom buttercream cakes, cupcakes, and other sweet treats.



Rebecca's sugar cookies

Bex n Bails Bakery

Founded April 2020 by Rebecca Ruocco

Specializing in custom designed sugar cookies.



A fresh bouquet of deliciousness by Niharika

Floured – Baked Blooms

Founded in 2021 by Niharika Bhasin

Specializing in floral cupcakes and cupcake bouquets.

Kitchen & Bath Month



The Kitchen Living Team

Kitchen Living, LLC

Founded in 2011 by Matt and Casandra Modglin

Providing custom kitchen designs for a wide variety of budgets and homes, specializing in all-wood cabinetry (custom-made, semi-custom and stock) as well as countertop and hardware consultations.



The Dean Cabinetry Showroom

Dean Cabinetry

Founded in 1996 by John and Leah Dean

Cabinet provider of stock, semi-custom, and custom cabinets built on site, including design and installation.



Christino Kitchens Team

Christino Kitchens LLC

Founded in 2009 by Frank Christino

Providing full-service design & remodeling of kitchens and bathrooms that are tailored to specific CT homeowner needs and budgets, always ensuring high-quality installation and products that will last a lifetime.



Owner Abby Kilgore

The Inspired Kitchen LLC

Founded in 2018 by Abby Kilgore

Providing full scope design and renovation of kitchens and bathrooms.

Small Businesses

National Women's Small Business Month



Place settings by Tiffany Juliet House

Tiffany Juliet House

Founded in 2013 by Corrine Crocker-Luby

A special events venue with event planning services along with on-site catering.



Owner Jackie Post

The Scoop Glastonbury

Founded in 2018 by Jackie Post

Business news website/blog and newsletter following breaking business scoop in and around Glastonbury, and offering promotional services to businesses including banner advertising, promotional videos, and social media posts.
 FB/IG: @thescoopglastonbury



Owner Donna V. Finocchiaro

Lotus Transitions, LLC

Founded in 2004 by Donna V. Finocchiaro

Full-Service Estate Organizing specializing in senior citizen downsizing. Offering packing, moving, unpacking, organizing, staging, whole house clear-outs and selling of unwanted items.



Owner Shari Lynn Boyaji

Glastonbury Dance Center

Founded in 1980 by Jean Cunningham, owned by Shari Lynn Boyaji since 2012

Dance studio for ages 18 months through adults offering classes in tap, jazz, ballet, lyrical, hip hop, musical theatre, boys only hip hop and creative movement.



Glastonbury Nails Salon

Glastonbury Nails

Founded in 2019 by ViVal Faye

Specializing in natural, neutral and minimal nails, offering powder & liquid gel manicures.



Co-owners and sisters Jessica and Rishelle

dapple + grey

Founded in 2019 by Jessica Kissane and Rishelle Notghi

Store selling a wide variety of greeting cards and prints for every occasion, offering custom designed cards and notecards for individuals and local businesses.



Owner Meghan Hayden

River Bend Bookshop

Founded in 2018 by Meghan Hayden

Independent bookstore in the heart of Glastonbury Town Center carrying books for all ages, as well as a beautiful selection of stationery, puzzles, gifts and games. River Bend offers a full calendar of author talks, story times, and off-site events with their iconic blue Book Truck.



Owner Janelle Bradway

New Steps Dance & Fitness Center

Founded in 1984 by Janelle Bradway

Dance instruction for ages two-adult since 1984, offering a new fitness program, birthday parties and the Sunshine Stars dance class for children with special needs. Recently added a student-based dance company with student lead choreography, and the opportunity to learn and grow as a dancer in a pre-professional setting.



Liquid Nirvana Açai Bowl

Liquid Nirvana Juice and Smoothie Bar

Founded in 2014 by Rosy Kapur

Juice and smoothie bar providing all natural juices, smoothies and Açai/ smoothie bowls using organic, local products with no added sugar. They aim to provide a healthy product that you can feel the difference with.



Owner Maggie Coviello

Maggie's Aesthetics

Founded in 2020 by Maggie Coviello.

Specializing in electrology, waxing and facials.

Danielle Marie Photography

Danielle Gagne
 Owner/Photographer
 Glastonbury, CT

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Health & Wellness

National Dental Hygiene Month/ Orthodontic Health Month



*Nayaug Family
Dental Interior*

Nayaug Family Dental

Founded in 1980 by Sidra Yaseen, DDS

Specializing in preventative care (exams, cleanings, and X-rays) and general dentistry (fillings, crowns, extractions, implants, dentures), treating adults and children of all ages.



*The DiStefano
Family Dentistry
Providers*

DiStefano Family Dentistry

Founded in 1985, owned by Dr. John DiStefano and Dr. Nicholas DiStefano, DMD and associate dentist Dr. Sarah Sinisgalli, DDS.

Providing state of the art dental practice that focuses on providing every member of your family the best quality care by utilizing all the latest technology available. Offering same day CEREC crowns, root canals, cosmetic dentistry and implants.

Advanced Cosmetic and Implant Dentistry

Founded in 1985, purchased in 2021 by Dr. Avinash S. Bidra, Prosthodontist

Offering cosmetic dentistry, dental implants, veneers, crowns, teeth whitening, teeth cleaning, prosthodontics and general dentistry.



*Owner Dr.
Avinash Bidra,
Prosthodontist*



*Dr. Xiao Chun
Li, Prosthodontist/
Associate*



*Sonal Patel Maru,
DMD*

Glastonbury Orthodontics

Founded in 2016 by Sonal Patel Maru, DMD

Providing orthodontic treatment for children, adolescents, and adults.

National Chiropractic Health Month



*Dr. Nicholas
Damato and Dr.
Robert Abate, Jr.*

Damato Chiropractic Center of Glastonbury

Founded in 2015 by Dr. Nick Damato

Chiropractic care for your entire family as a safe, natural, drug-free approach to well-being, provided by Dr. Nicholas Damato and Dr. Robert Abate, Jr.



*The Chiropractic
Health Center
of Glastonbury
Team*

Thiele Chiropractic

Founded 1986 by Steven Thiele D.C.

Providing state of the art, specific, scientific gonstead chiropractic care with CBP mirror image exercises and traction.



*Thiele Chiropractic
Interior*

Chiropractic Health Center of Glastonbury

Founded by Dr. Patrick DeFrancesco in 1987.

Chiropractic adjustments, sports medicine & extremity care, family & pediatric care, digital X-ray analysis, custom orthotics & nutritional counseling provided by Dr. Patrick DeFrancesco, Dr. Joseph DeFrancesco, Dr. Keith Wade & Dr. Elisa LaFavor.

Connecticut Chiropractic, LLC

Founded in 2008 by George P. Paul, DC and Andrew W. Fitzsimons, DC

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Breast Cancer Awareness

By Tess Howat

In honor of Breast Cancer Awareness Month, we'd like to introduce you to **Breast Friend Fund**, a local nonprofit that donates 100% of its profits to fund Metastatic Breast Cancer research at Yale Cancer Center/Smilow Cancer Hospital.

Breast Friends Fund was founded by Sandy Cassanelli & family in 2016 after she was diagnosed with stage IV Metastatic Breast Cancer the year prior. The Cassanellis have always been very charitable in raising and donating money to Breast Cancer, and Sandy says, "after my stage IV diagnosis, we knew how important a cure was." When her family started looking into what percentage of money was given to research for the cure, they found that most organizations only donate 7-10%. The Breast Friends Fund donates 100% of profits in hopes of finding a cure and ending Breast Cancer forever.

The nonprofit is family-operated by the Cassanellis: Sandy runs most of the fundraising, her husband Craig runs their online presence, and their two daughters, Samantha (20) and Amanda (16) help

with mailing letters, auctions, setup and cleanup of events and any other help that's needed.

Sandy is passionate about the work she does, saying, "I love that I'm able to help women who are living with this disease and feel helpless or don't know where to turn for help."

The Cassanellis are always looking to partner with community members and local businesses to help spread awareness and raise funds. Learn more at Breastfriendsfund.org. Since it's Breast Cancer Awareness Month, they've partnered with many local businesses to raise money for the cure and spread the word about Metastatic Breast Cancer.

Below is a list of businesses that are offering fundraisers, deals and events in support of the Breast Friends Fund this month:

Supporting BFF the whole month of October:

2 Hopewell Restaurant: Donating \$1.00 for every Pink Ribbon Martini sold

Margaret Wilcox Realtor: Donating percentage of closing commissions



The Cassanelli Family

Brown Butter Creations: Donating portion of sales from a baked good (more information to come)

Liquid Nirvana: Donating 50% sales from Banana Berry Bliss

Selena's Shoppe: Donating 100% of Breast Cancer Awareness items sold

Hello Baby Adoption Consultants: Donating \$100 for each new client that joins Hello Baby in October.

Donut Crazy, West Hartford: Donating sales from Special Pink Breast Friends Fund Donut.

Seed Bagel: Donating sales from Special Pink Bagel to Breast Friends Fund.

BFF SUPPORTING EVENTS:

**THUR., SEPT 30,
6:30PM**

GHS Football program hosts Pink Out Game @ GHS
T-Shirt sales to raise money

FRI., OCT 14

Balsam Designs & Madi's Board: Charcuterie Board event at Hops on the Hill.

SAT., OCT 15, 2PM

GHS Field Hockey Team hosts Play4Thecure game against Longmeadow @ GHS

**MON., OCT 17 –
SAT., OCT 22**

Glastonbury Dance Center: Pretty in Pink Week, raising awareness & funds for BFF.

**FRI., OCT 21,
6PM-7:30PM**

Best Wine Shop in Town: Wine Tasting \$10 person + 10% of wine sales will go to BFF!

SAT., OCT 22

Gotta Have It Boutique: Donating 20% of sales to BFF.

SUN., OCT 23

Empowered Cycling Event.

FRI., NOV 4, 7PM

Laugh for the Cure: Comedian Dave Reilly comedy show at the Irish American Home in Glastonbury.

OTHER BFF SUPPORTING BUSINESSES:

Pivot Wellness
Monaco Ford
Tishler Coaching Services
The Yoga Shop
Dee's One Smart Cookie
Baribault Jewelers

LOCAL BREAST CANCER WALKS: SAT., OCT 15

**Voice of Triumph Apostolic Ministries
3rd Annual Breast Cancer Walk**
@401 Hartford Turnpike, Vernon
Time: 9am-1pm

Three mile walk from the church to the Vernon Rails to Trails. Proceeds benefit the Helen & Harry Gray Cancer Center at the Hartford HealthCare Cancer Institute at Hartford Hospital.

SUN., OCTOBER 16

**Making Strides of Connecticut-
Presented by Liberty Bank**
@Dunkin' Donuts Park
(Yard Goats Stadium)
Time: 11am

SAT., OCT 22

**Komen Connecticut
MORE THAN PINK Walk**
@Hartford: Bushnell Park
Time: 9:30am

TEN TIPS & TRICKS FOR THE PERFECT HOLIDAY LIGHTS DISPLAY

By Kim Poulin of Picture Perfect Landscape, LLC

With the holidays approaching, here's our advice on how to plan a welcoming and safe winter lighting display for family, friends and neighbors to enjoy.

1) Find Your Inspiration and Style. Think about ideas you have seen and loved in the past, or find ideas online that inspire you. Do you like greenery? Clear lights vs. colored lights? Modern vs. classic New England? A great display will have a little bit of each without being overwhelming.

2) Sketch Out a Plan for Your Home. Map out the dimensions of your home, including the length and width of your house as well as the number of trees and shrubs/their sizes, then determine how many lights you'll need to buy.



3) Electrical Power. First, determine where you'll be running the power from. Second, study the light wattage to create a safe and reliable display. Estimate how many strands of lights you'll need and take note of how many watts each strand uses. Following the requirements and limitations of the lights will prevent overloading circuits or damaging the lights themselves. For more help you can always talk to your supplier, an electrician, or consider working with a professional if it's a larger display.

4) Budget is Key. The holidays can be a crazy time of year for both budget and time. Think about what you want and how much you're comfortable spending. DIYers can expect to spend at least a couple hundred dollars on lights (plus the time and energy to install and take them down), while hiring a professional costs ~\$1,500 or more. What is your time worth?

5) Quality Vs. Quantity. Like most things in life, you get what you pay for. LEDs are the only way to go. They're more reliable, long-lasting, brilliantly colored and they use less power. If you have a basic design, you can order them online or from a local home improvement store. Always buy a little extra since it's hard to match up different strands.

6) Supplies/Accessories. When you're shopping for lights and greenery, don't forget to ask about the clips, hooks, hangers, outdoor extension cords, safety power strips, timers and more. Having a rough design will make it easier to find what you need.

7) Glitz Without Electricity. Lights aren't the only way to add sparkle and shine to your display. Since it gets dark around 4pm during the holiday season, daytime décor like garlands and wreaths, gold or silver tinsel and bells, and bright, colorful ribbons and bows can go a long way without adding to your electrical bill.

8) Celebrate Winter, Not Just the Holidays. Many folks don't observe Christmas or Hanukkah but want to join in the festivities. Neighborhoods in the wintertime can get dark and dreary, especially if you live alone or don't have kids. Experiment with some simple, warm white lights in one tree or around your entrance to brighten up your home. Winter themes like blue lights, snowflakes, snowmen, and unadorned greenery with berries and pinecones are also popular.

9) Safety. If you're using existing lights, always check for any cracks or signs of wear. When in doubt, throw it out. If you are not comfortable on ladders, keep your items low so that you can reach them from the ground safely. Or hire trained professionals to ensure peace of mind.

10) Keep it Simple and Enjoy!



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For some holiday inspiration, more details, & to get an estimate: www.perfectscapes.com

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Welles-Turner Memorial Library:..... 860.652.7719
Parks and Rec: 860.652.7679

Connecticut Poison Control Center:..... 800.222.1222 *
National Suicide Prevention Lifeline:..... 1.800.273.8255 **

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