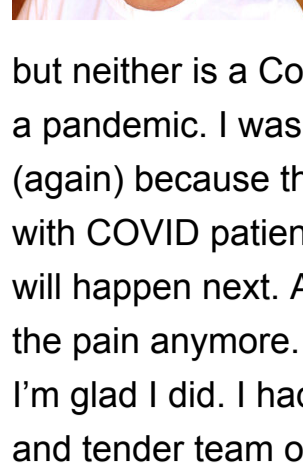


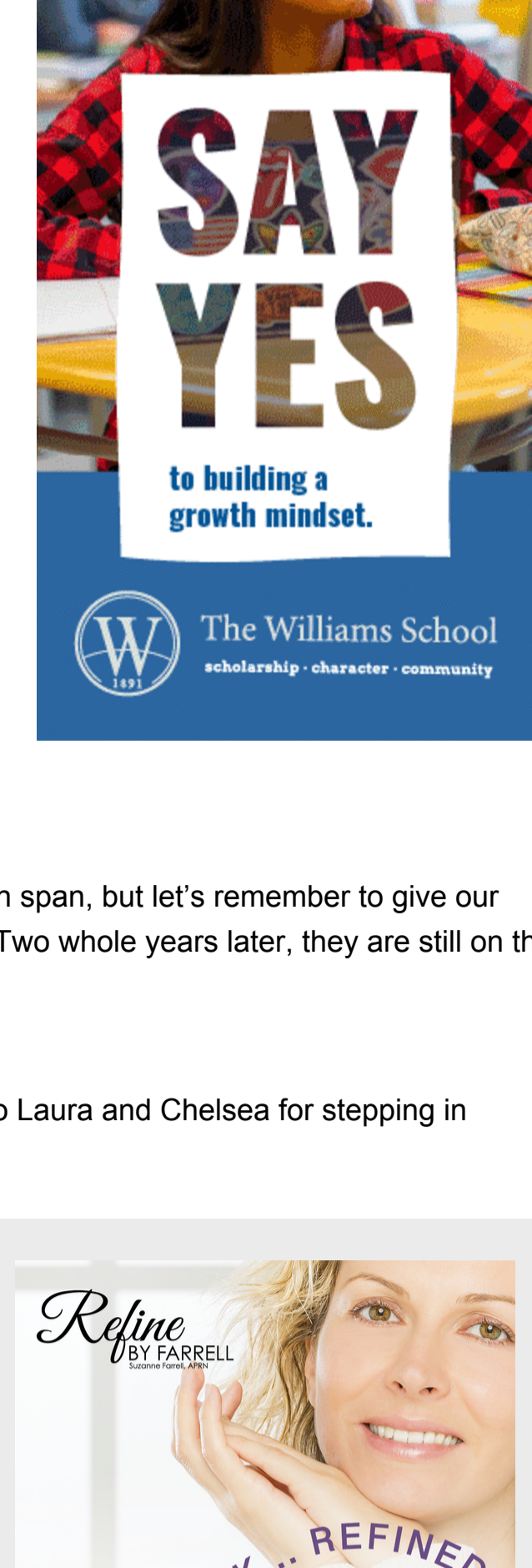
the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

- FUN
- CALENDAR
- EAT
- DISCOVER
- TRAVEL
- TOWN GUIDES



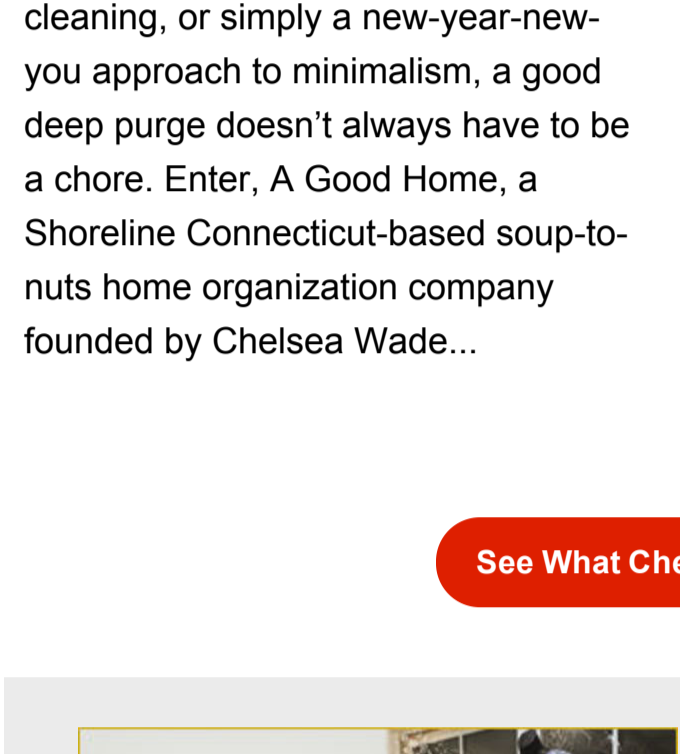
I couldn't have picked a better time for spinal fusion surgery. Laying around moaning and groaning is never fun, but neither is a Connecticut January during a pandemic. I was tempted to put it off (again) because the hospital is stacked with COVID patients, but who knows what will happen next. And I just couldn't stand the pain anymore. So I got it over with, and I'm glad I did. I had an incredibly caring and tender team of nurses and Patient Care Technicians while I was at Middlesex. They were ALL lovely, but a special mention goes to J'amy and Thalia. If you find yourself in the Ortho Ward, I hope they are there. During a vitals check at 2am, something one of the nurses said stuck. I was asking about his experience over the last two years. He said, "At the beginning of the pandemic, people were bringing food and making a big fuss over us. Now, it's worse and more stressful than it's ever been, and nobody cares anymore."



Chalk that up to our collective short attention span, but let's remember to give our caregivers and first responders some love. Two whole years later, they are still on the front lines.

Love, Erica

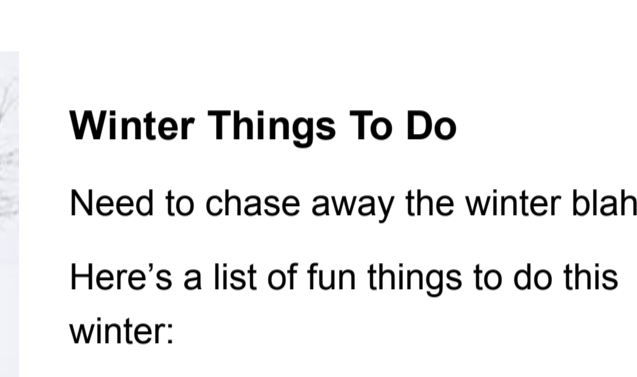
I'm taking a little break and am so grateful to Laura and Chelsea for stepping in during my recuperation.



Fresh From the Neighborhood at Long River Local, Old Lyme

It's an absolute treat to find produce from nearby farms, bread and baked goods from local artisans, and coffee beans, roasted just miles away, all in one place. The little yellow house, known as Long River Local (just off of Exit 70 in Old Lyme) is positively bustling just one week out from its opening...

[Learn More About Long River Local](#)



How To Declutter Your Home For The Year

Whether it's under the guise of spring cleaning, or simply a new-year-new-you approach to minimalism, a good deep purge doesn't always have to be a chore. Enter, A Good Home, a Shoreline Connecticut-based soup-to-nuts home organization company founded by Chelsea Wade...

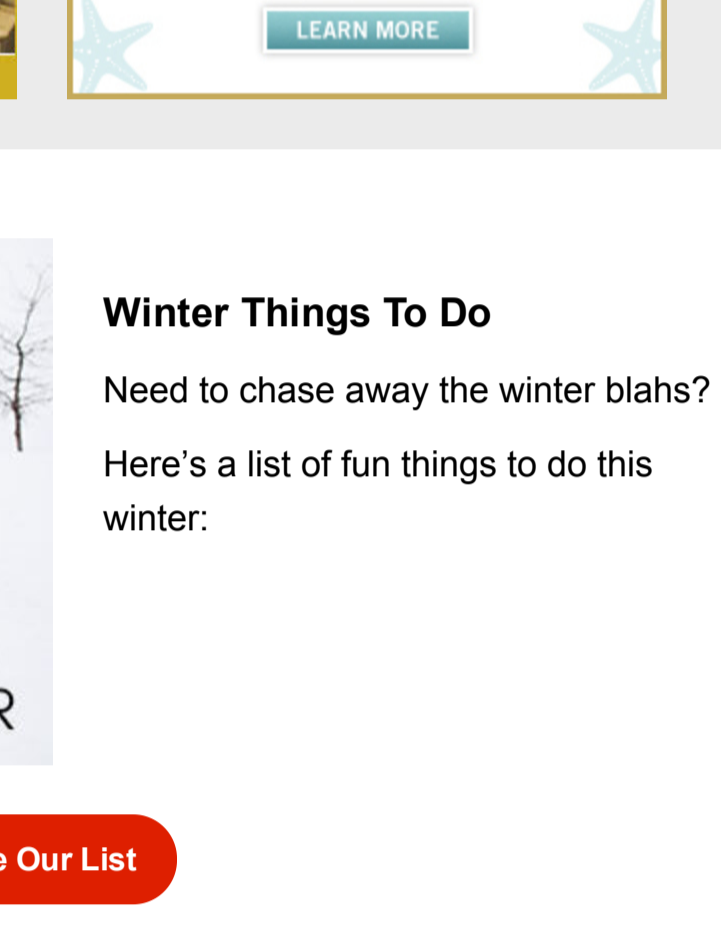
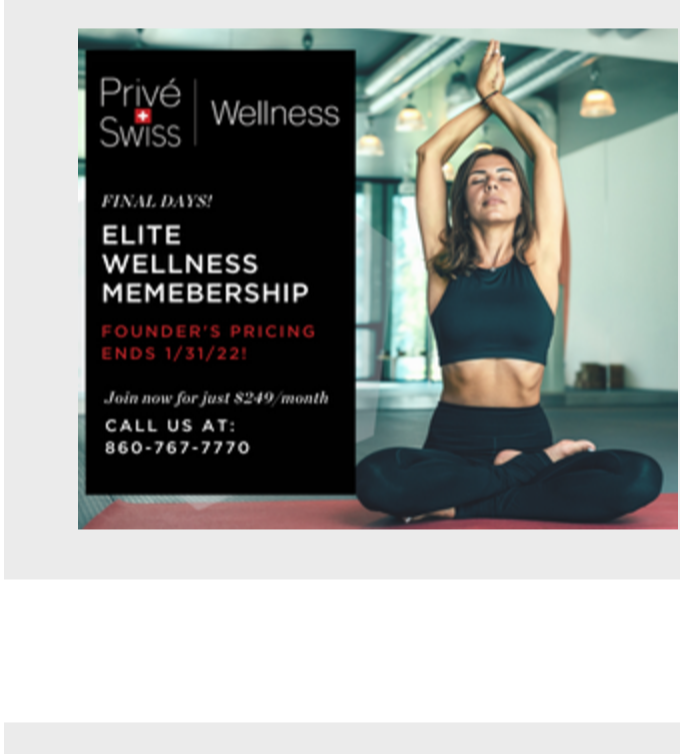
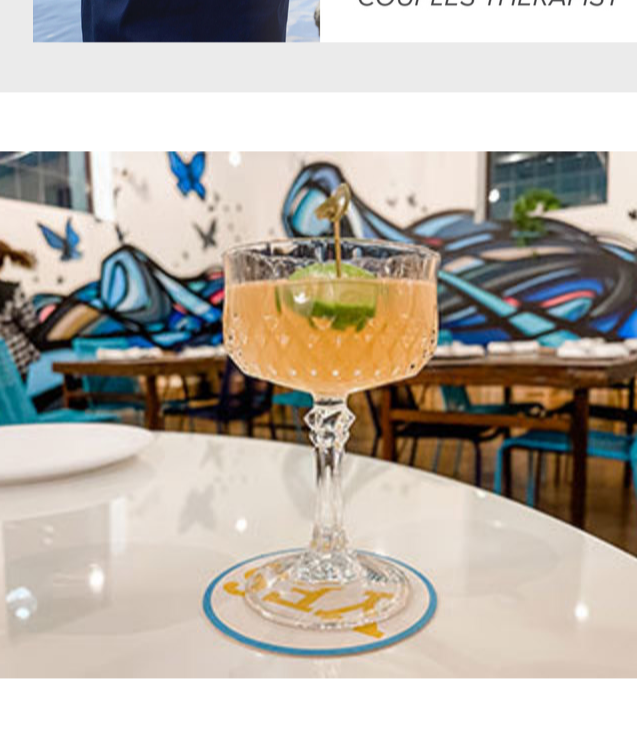
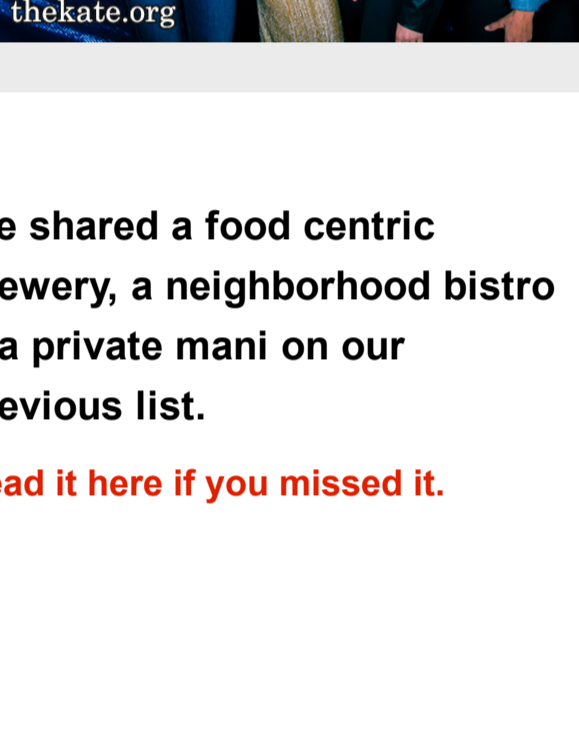


Photo Credit: A Good Home

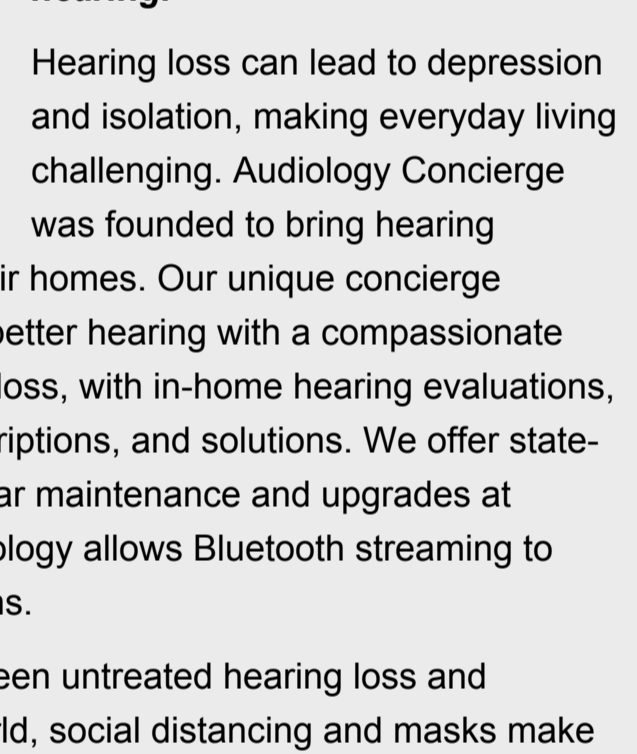
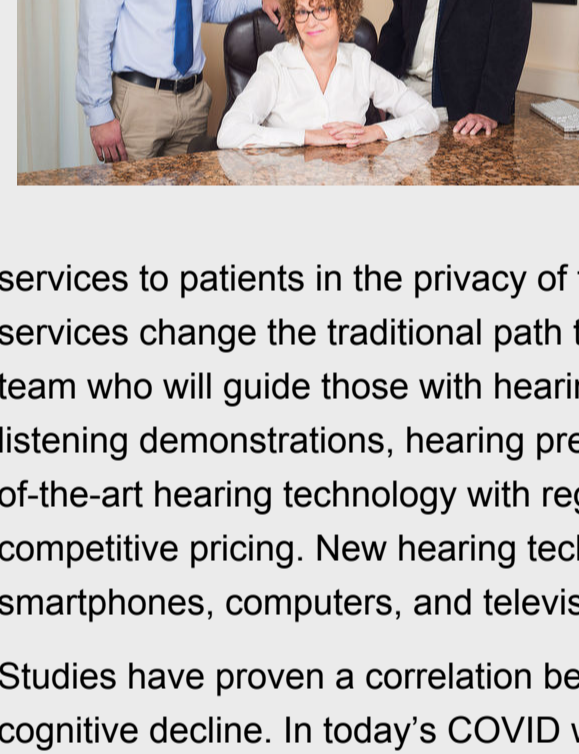
[See What Chelsea Had To Say](#)



Winter Things To Do

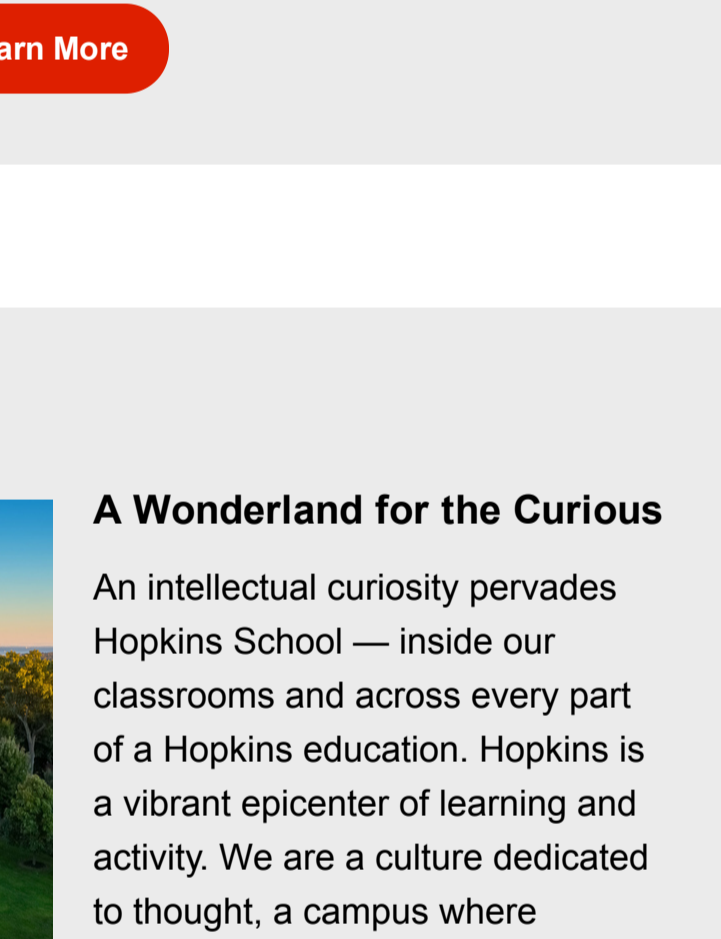
Need to chase away the winter blahs? Here's a list of fun things to do this winter:

[See Our List](#)

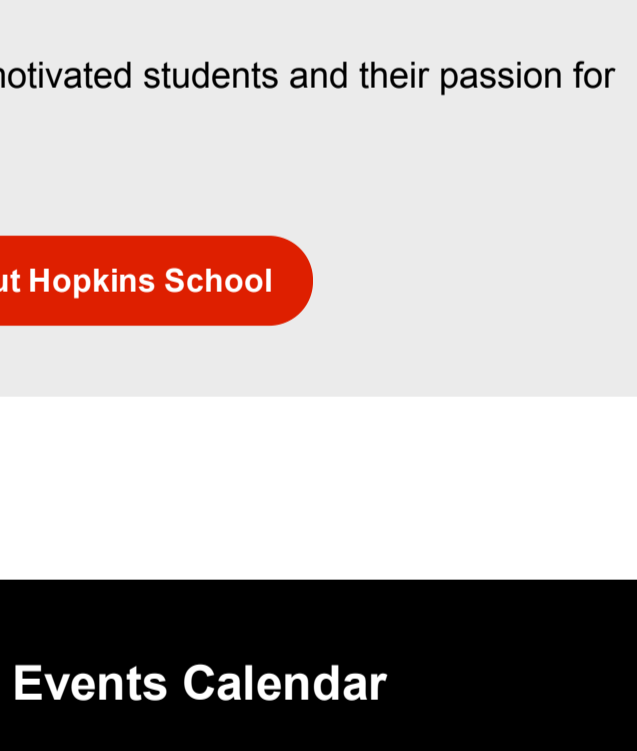
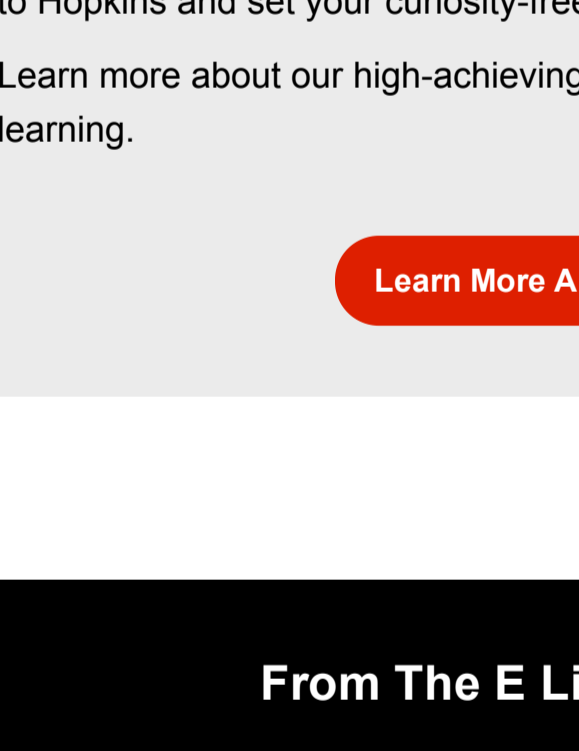


We shared a food centric brewery, a neighborhood bistro & a private mani on our previous list.

[Read it here if you missed it.](#)



[Read It Here](#)



Sponsored Story



Do you or your loved one start their sentences with "HUH"?

Reconnecting YOU through better hearing.

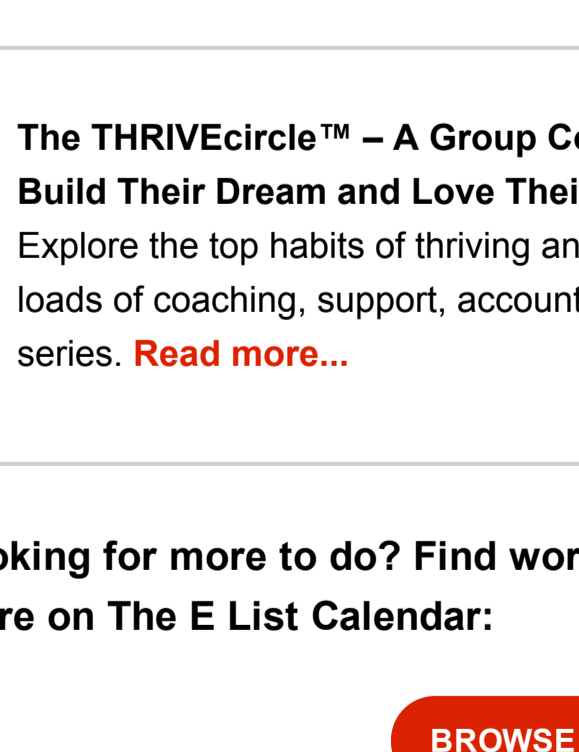
Hearing loss can lead to depression and isolation, making everyday living challenging. Audiology Concierge was founded to bring hearing services to patients in the privacy of their homes. Our unique concierge services change the traditional path to better hearing with a compassionate team who will guide those with hearing loss, with in-home hearing evaluations, listening demonstrations, hearing prescriptions, and solutions. We offer state-of-the-art hearing technology with regular maintenance and upgrades at competitive pricing. New hearing technology allows Bluetooth streaming to smartphones, computers, and televisions.

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Studies have proven a correlation between untreated hearing loss and cognitive decline. In today's COVID world, social distancing and masks make communication even more difficult. Having your hearing tested is the first step to reconnecting. We provide solutions to stay engaged, call us today!

[Learn More](#)

Sponsored Story



A Wonderland for the Curious

An intellectual curiosity pervades Hopkins School — inside our classrooms and across every part of a Hopkins education. Hopkins is a vibrant epicenter of learning and activity. We are a culture dedicated to thought, a campus where students are energized by a rigorous academic experience. Our school draws students who are eager to learn and who are motivated to excel — and excel they do. Again this year, we have more National Merit scholars than any other private school in the state. We've ranked the number one private day school in Connecticut by Niche. We've been named "Best College Preparatory School" in the state by Forbes. A parent recently said about Hopkins: "It feels very much like a scholarly community." And it does. If you're passionate about learning, this is the place for you. Come to Hopkins and set your curiosity-free.

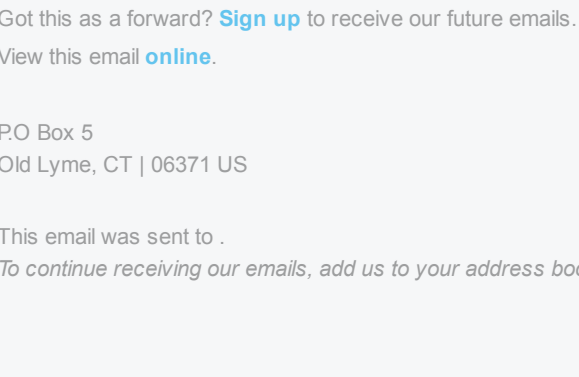
An intellectual curiosity pervades Hopkins School — inside our classrooms and across every part of a Hopkins education. Hopkins is a vibrant epicenter of learning and activity. We are a culture dedicated to thought, a campus where students are energized by a rigorous academic experience. Our school draws students who are eager to learn and who are motivated to excel — and excel they do. Again this year, we have more National Merit scholars than any other private school in the state. We've ranked the number one private day school in Connecticut by Niche. We've been named "Best College Preparatory School" in the state by Forbes. A parent recently said about Hopkins: "It feels very much like a scholarly community." And it does. If you're passionate about learning, this is the place for you. Come to Hopkins and set your curiosity-free.

Learn more about our high-achieving, motivated students and their passion for learning.

[Learn More About Hopkins School](#)

From The E List Events Calendar

Featured Event



Know Your Choices!

The Country School is hosting an on-campus Open House on Sunday, Jan. 30 from 1 to 3 p.m. Meet inspired students and dynamic, passionate teachers. Hear about the school's rigorous academic program, Signature Programs, and commitment to honoring the creativity, sense of wonder, and exuberance of childhood.

Learn about the 65th Anniversary Merit Scholarships available to students applying for admission to grades 4 through 8 in the fall of 2022. To learn more and register visit thecountryschool.org.

[Register Now!](#)

Essex Winter Series: Patricia Schuman, Soprano, with Bradley Moore, Piano, 1/30

Get tickets for a journey of arias and songs from the 17th century to the present. [Read more...](#)

6 Week Health + Fitness Total Refresh, 1/31 - 3/13

Get a fresh start after the holidays with this 6-week Health and Fitness Total Refresh, all done virtually from the comfort and safety of your home. [Read more...](#)

Virtual Watercolor Classes with Artist Marika Hahn, 2/1 - 2/23

Explore watercolor techniques in a virtual series with NYC-based artist, Marika Hahn. [Read more...](#)

Winter Fayre at Maximus, Old Saybrook, 2/5

Head to Maximus for a storewide sale. [Read more...](#)

Red Riding Hood: Auditions and Tickets at The Kate, 2/7 - 2/12

Send your theater kids on an audition for the Missoula Children's Theatre original adaptation of Red Riding Hood at The Kate and get tickets for the show. [Read more...](#)

The THRIVEcircle™ – A Group Coaching Circle for Women That Want to Build Their Dream and Love Their Life, 2/14 - 7/11

Explore the top habits of thriving and successful women and benefit from loads of coaching, support, accountability, and connection in this six month series. [Read more...](#)

Looking for more to do? Find workshops, local theater, concerts, and more on The E List Calendar:

[BROWSE THE CALENDAR](#)

p.s. from Erica

Order a Superbowl Party Pop-Up Box for 2 from Ani's Table this year! [See the menu and order here.](#)

If you received this from a friend and would like your own weekly guide to the best of the Shoreline, [subscribe here.](#)

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