



# Amy L. Y. Day

## Partner

Westport, CT

[aday@mclaughlinstern.com](mailto:aday@mclaughlinstern.com)

Phone: 203-227-1515

Fax: 203-286-1456

Amy L. Y. Day has been serving the needs of clients in the areas of estate planning, trust and estate administration and real estate law for over 35 years. Prior to joining McLaughlin & Stern in 2016, she was a founding partner of Day & Levy, LLC and prior to that was a partner in the Westport law firm of Wake, See, Dimes, Bryniczka, Day & Bloom. Ms. Day has been named to The Best Lawyers in America 7 in the Trusts and Estates area every year since 2007 and to Super Lawyers since 2009.

Ms. Day, who is a past president of the Westport Bar Association, has served on the Executive Committee of the Estates and Probate Section of the Connecticut Bar Association for more than 25 years and served as its Chair from 2013 to 2015. She also is a member of the Estate Planning Council of Lower Fairfield County.

Ms. Day is an honors graduate of the University of Connecticut School of Law and received her bachelor's degree from Smith College (A.B., cum laude, 1974) in Northampton, Massachusetts where she was elected to Phi Beta Kappa. She spent her junior year studying at Dartmouth College in Hanover, New Hampshire. Ms. Day, having served on the Boards of Directors of a number of local charitable organizations over the last 35 years is currently the president of The Ridgefield Chorale in Ridgefield, Connecticut. She is also serving as a member of the Professional Advisors Council of Fairfield County's Community Foundation and is a frequent lecturer on various estate planning and estate administration topics for community and professional groups. Ms. Day grew up in Westport, Connecticut and is a graduate of Staples High School. She is the mother of three sons, Kevin, Brian, and Timothy.

# Education

- University of Connecticut School of Law (J.D., 1977)
- Smith College (A.B., cum laude, 1974)

# Bar Admissions

- Connecticut

# Memberships

- Westport Bar Association
- Connecticut Bar Association
- Estate Planning Council of Lower Fairfield County

# Practice Areas

- Trusts and Estates
- Real Estate