



Alan Bruce Puzarne

June 9, 2026

Alan Bruce Puzarne of West Hartford, CT died surrounded by his family on June 9, 2026.

Alan was born in Los Angeles, CA, the oldest son of Phil and Ida Puzarne. He spent his childhood in Mar Vista, CA, where he was surrounded by extended family and lifelong friends who felt like family. He and his friends were devoted Dodgers fans, so much so that Alan was occasionally known to sneak a radio into class to follow the games. The boys had spirited ideas, sometimes landing them in trouble from their mischief and occasionally ruining school clothes playing mud football.

Alan put himself through UCLA, graduating with a degree in Psychology. He then moved to San Francisco, where he studied special education at San Francisco State University and taught children who were visually impaired. He spent his free time sailing on the Bay and baking sweet potato pies. He later relocated to the Los Angeles area, where he became Executive Director of the Therapeutic Living Centers, a home for multihandicapped blind adults. It was there that he met the love of his life, Wendy who worked as a recreational therapist. They married in 1981 and welcomed their son, Aaron. During those busy early years of family life, Alan returned to school once again, earning his MBA from California State University, Northridge. Their family grew with the arrival of their daughter, Megan and they made their home in Seal Beach, CA.

Alan built a long and accomplished career as a healthcare executive. Over the years, he served as Senior Vice President at Blue Shield of California, CEO of Cogent Healthcare, COO with Physician Associates of the Greater San Gabriel Valley IPA, and COO of Nautilus Healthcare Management, before concluding his career as a healthcare consultant with Hoag Hospital. He took particular pride in his work at Cogent, and in the meaningful impact he and his colleagues made on patient care. Alan believed deeply in collaboration, always striving to see the forest through the trees. With that perspective, he and his colleagues helped develop the role of the hospitalist physician, leaving a lasting mark on the field.

Alan was a devoted father who took a genuine interest in all of his children's pursuits, whether it meant cheering Megan on as she rock climbed or spending time on the golf course with Aaron. In later years, he discovered a passion for cycling, first inspired by Aaron, and continued riding well into his retirement. Nowhere was Alan happier than pedaling along Pacific Coast Highway, where he developed meaningful friendships with his cycling buddies. Alan and Wendy were also actively involved in their temple, Beth David in Westminster, CA where they built close friendships that spanned decades. Just weeks before Alan's passing, they traveled to Hawaii with their best friends who they had first met through the temple in the 1990s.

Alan was always known for his generous spirit - both to his family and friends, and to those in need. Upon retirement, he found great joy in giving back, volunteering at the Aquarium of the Pacific in Long Beach, where he loved engaging with visitors and sharing in their wonder of the animals. He also devoted his time and leadership to serving on the Board of Directors of the Tichenor Orthopedic Clinic for Children, continuing a lifelong commitment to helping others.

In 2021, Alan suffered from complications following open heart surgery, a time made especially difficult as COVID kept his family apart during his illness. When it was safe for him to travel, his immediate priority was to meet his two grandsons who were born in 2020 and 2021. In September 2021, Alan and Wendy traveled to Connecticut for a visit with his children. On that trip, Alan declared that he would be wherever his children and grandchildren were. He and Wendy, lifelong Californians, moved to Connecticut in Spring of 2022. Their house immediately became the gathering spot, and nothing brought Alan more joy than having the house full of chaos. The arrival of a granddaughter in 2024 was the cherry on top. Alan was a beyond devoted grandfather who made it his priority to attend school events, sporting activities, and encouraging his grandchildren's ice cream consumption.

Alan is survived by loving his wife of 45 years, Wendy Lynn Puzarne, his children Aaron Puzarne (Claire) and Megan Sokol (Tristan), and his adoring grandchildren Ezra Puzarne and Julian and Sloan Sokol. He is also survived by his siblings Steven Puzarne and Marilyn Stern (David), his in-laws Gerry and Dot Williams, sisters-in-law Melissa Williams (Susan) and Cindi Grafton (Joe), and nieces and nephews Lisa Parente Kamon (Daniel), Noel Parente, Noah Stern, Ethan Puzarne, and Sabrina Matlin (Jim) as well as many close cousins.

The family wishes to thank the doctors and nurses at The Hospital of Central Connecticut in New Britain, who provided compassionate care during the last week of Alan's life. Friends are invited to make donations in Alan's honor to the Tichenor Clinic for Children (<https://tichenorclinic.org/>). The family will have a private gathering to honor Alan's life.

Tribute Wall



“ I met Alan at Blue Shield and followed him wherever he landed after that. I am forever grateful for his leadership and trust and the opportunities they afforded me. He was a good man.

carol woodruff - June 17 at 06:49 PM



“ Laura R. planted a grove of 3 [Memorial Trees](/store/Product.aspx?ProductId=4518) in honor of Alan Bruce Puzarne.

Laura R. - June 15 at 08:38 PM



“ Medium Dish Garden was purchased for the family of Alan Bruce Puzarne.



June 12 at 10:47 AM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Alan Bruce Puzarne.

June 12 at 10:47 AM



“ *Sweet Sincerity was purchased for the family of Alan Bruce Puzarne.*



June 10 at 08:02 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Alan Bruce Puzarne.

June 10 at 08:02 PM



“ *I didn't know you for long, but every interaction was wonderful and mentally stimulating. You have a beautiful family, and the legacy you leave behind is very, very strong.*

Victoria Pache - June 10 at 05:15 PM