



# NEWSLETTER

Spring 2025

Issue 20

**Mozaic at Home**, administered by Mozaic Senior Life, is a comprehensive membership-based program that provides, coordinates, and pays for long-term care for the rest of your life.

The membership-based program is designed to provide financial protection for individuals or couples who are currently independent, wish to remain in their home for as long as possible, and ensure their future care needs are covered for an economical, predictable amount - all while being navigated by a personal care coordinator. Should a Member ever need to live in an assisted living community or a nursing home, the program will provide for these too. Additionally, a significant portion of the fees paid can be considered as pre-paid medical care, which may be deductible on your federal income taxes.

Even if you have or are exploring the purchase of long-term care insurance, or another product such as a hybrid policy, we encourage you to learn more about the program if you are not already a Member.

## MEMBER SPOTLIGHT: STEVEN MEYERS & DOROTHY GIANNINI-MEYERS



Dorothy and Steve met at Antioch New England Graduate School in 1977 and have been together ever since. A second marriage for each, they were married in 1981, raised Dorothy's children together, and formed strong family bonds early on.

They chose to raise a family together and share the most meaningful and important parts their life's work within a Jewish environment. They traveled far and wide and collected a lot of memories and stuff along the way: beach glass from Florida, stones

from Masada, rugs from Turkey. They often look around and wonder "what is legacy and what is clutter?"

Their immediate family of three children has grown to eighteen and counting. The clan includes their children's spouses, six grandchildren (three with partners), and two delightfully active great-grandchildren. Especially strong bonds formed early on with each individual grandchild and as a group on special excursions, which formed lasting and loving connections among the cousins.

Their home and big round table was the center for gatherings of all sorts – for family and for friends who became family. Passover and Thanksgiving were full of tradition and food, food, food. At the Passover Seder, after the afikomen was found, rather than simply giving the grandchildren money, they were tasked to convene a cousin's meeting and agree on a charity to donate their afikomen funds. They took their charge

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### MOZAIC SENIOR LIFE SERVING SENIORS SINCE 1973

Jewish Home ■ Assisted Living and Memory Care Residences ■ Rehabilitation Services ■ Adult Day Program ■ Memory Workshop  
Home Care ■ Hospice ■ Institute on Aging ■ Center for Elder Abuse Prevention ■ Care Navigation ■ Adult Family Living  
Long-Term Care Planning & Asset Protection ■ Child Development Center ■ Catering ■ J Fitness Center ■ Independent Living

## MEMBER SPOTLIGHT: MEYERS *(continued from front page)*

seriously - one year choosing cancer research after Grandma Bea (Steve's mom) died from lung cancer; another time the World Wildlife Foundation to 'save the frogs'; and after grandpa had a heart event they chose the Heart Fund... and so on. Each of their six grandchildren, and the two (and counting) great grandchildren has their own Chanukah menorah. They are all alight during the annual family Latke Party. Dorothy does worry that they're going to burn the house down with nine menorahs burning at one time.

Not long ago, Dorothy and Steve moved from their beloved beach house overlooking Long Island Sound -- a place that had "the best sun and moonrise over the water in the world" — to an upper floor apartment in downtown New Haven that overlooks the city. Thinking both of what has come before and what will come next made joining Mozaic at Home a natural choice. They do miss having the large Passover seders, start and end of summer gatherings, Fourth of July, and Thanksgiving. Still, they do manage to fit all eighteen immediate family in their new apartment for the Chanukah menorah lighting.

Steve grew up in Norwalk and Westport Connecticut, always living close by to both sets of his grandparents and extended family. The Meyers clan were active in the Jewish, civic and business communities in Norwalk. The family business, Meyers Manufacturing Company, was a fixture in Norwalk for three generations.

After graduating from Staples High School in Westport Steve attended Knox College in Galesburg, Illinois. While at Knox he played acoustic and electric twelve string guitar and performed in the Loose Ends, a band he formed with several other students. While at Knox he became interested and passionate about how the creative process works. That led him to SUNY at Buffalo where he received a PhD in Literature and Psychology for cataloguing and providing scholarly access to the large collection of manuscripts and letters of the American poet and physician William Carlos Williams held in the

University's poetry collection.

Dorothy was born and raised in the Bronx. Her father was born in Italy. His parents moved the family back and forth from Italy during the 1910s so some of his seven brothers and sisters were born in America and some in Italy. Sunday dinners at Nonni's were boisterous, food-fueled weekly events with everyone talking at once and cousins running around. Dorothy's mother was born in New York into a family that were very quiet about their Jewishness, being that it was the early 1940s. Quieter times were spent with Dorothy's maternal grandparents. As their first grandchild they shamelessly doted on her.

After finishing elementary school at St. Raymond's, Dorothy attended and graduated from Evander Childs High School. She married her first husband while young and had three children. Later, as a single mom Dorothy took to starting and finishing her higher education. With a daughter and son in elementary school, Dorothy's youngest daughter still remembers coloring at a desk in her mom's college classrooms. She graduated from Eastern Connecticut State University with a Social Work degree and pursued her professional career.

After receiving their master's degrees in Organization and Management from Antioch New England Graduate School (ANE) Dorothy and Steve both embarked on their careers in government service and the nonprofit sector.

Following graduation Steve worked for The State of New York in their Department of Developmental Disabilities. First as Director of Education in Buffalo, then in Albany as staff on a legislatively mandated consent decree panel formed to bring all development centers into compliance with standards of care. After that Steve spent the next ten years managing and improving the manufacturing processes for Meyers Manufacturing Company.

During that time Steve volunteered at The Jewish Home for the Elderly (JHE) in Fairfield, inspired by frequent visits to his Aunt Anna who had

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# MOZAIC MEMBER *Moments*

Over the last several months of 2024, Mozaic at Home Members were treated to a variety of social and educational events. To keep us on our toes and in the know, Leigh Balcom, a senior vice president and certified fraud examiner from M&T Bank, gave a presentation to several Members about Fraud Prevention. Leigh spent the afternoon with us on the Mozaic Senior Life campus to educate us on the most recent frauds and scams that criminals are attempting and offered tips on how best to protect ourselves from falling victims. He certainly gave us plenty to think about and opened our eyes to what we need to do to make changes that result in better practices.

September was our end of summer get together. We celebrated the great summer with a Mexican flair, dining at Rio Bravo in Fairfield, eating flavorful food, sharing memories and acting a little silly.

As we moved into the Fall, the warm weather wasn't quite ready to leave us. We planned for an indoor cocktail party at Riverview Bistro, on the water in Stratford. Much to our delight, Mother Nature graced us with an incredible summer-like day at the end of October. We had the luxury of being able to spend the afternoon out on the deck (and indoors too, for those who preferred) with great company, conversation, and a variety of food and drink, with the sun smiling down on us and the breeze off the water. It was a wonderful way to take advantage of an unusually warm Autumn day.

We closed out 2024 with our annual holiday party at Artisan Southport. Holiday cheer was abundantly in the air and the turnout was tremendous. The food and drink were fabulous, with many people asking for the recipe for the butternut squash soup that was served (that's an Artisan secret, but nice try!). The festive mood was contagious as well wishes for happy holidays and a healthy new year were spread amongst the group.

As we launch into 2025, Members will be treated to lunch gatherings at Blackstones in Southport and O'Neill's Pub & Restaurant in Norwalk, along with a two-part seminar titled "Keep Your Brain Sharp." More to come on those in our next newsletter. Stay warm and enjoy the snow during these last few weeks of winter... spring is right around the corner!



## RIO BRAVO



## COCKTAIL PARTY



## HOLIDAY PARTY



# HOW TO BEST PREPARE FOR SURGERY



For people of all ages, the mere thought of surgery can spur anxious thoughts and concerns: How long will the surgery take? What will my recovery look like? How risky is the procedure?

Worries and questions about surgery are especially common for patients 65 years and older, who account for more than 40% of all inpatient operations and can be at risk for increased complications as a result of other co-existing medical conditions.

At the American College of Surgeons (ACS), the largest professional association of surgeons in the world, we understand that preparing for surgery can be an overwhelming experience. We believe that asking the right questions can foster open communication between the patient and the care team, make preparing for an operation less daunting, and lead to better outcomes.

To help older patients navigate the complexities of preparing for surgery, the ACS created a patient checklist for older surgical patients, families and caregivers. The checklist, which is free for anyone to download, equips patients with practical tips in an easy-to-use format and can be filled out on line with a computer or printed out and brought to an appointment. Developed in collaboration with surgical experts, the checklist is designed to help patients and their families ask the right questions at the right time to help ensure they receive high-quality surgical care.

## Encouraging open communication

Open communication between the patient and the care team is paramount to any successful surgery. The checklist outlines several questions to foster honest discussions with your care team, including a section to list any special considerations such as cognition (thinking) and delirium (confusion) risk, and a section to list all your current medications and allergies in one place to help facilitate a smoother office visit.

## Putting your care goals front and center

Your goals and quality of life are as important as many other details related to your surgery. The checklist includes a section to capture thoughts about your overall health, treatment goals and how surgery might affect your daily life. Often referred to as patient-reported outcome (PRO) measures, this information is important for detailing what matters to you most. Having discussions about your priorities in advance can help your surgical team develop a specific care plan that relies on the best possible research and aligns with your personal goals.

## Helping you keep track of your questions

In the days and weeks before surgery, it can be difficult to think of all the questions you want to ask your surgeon and care team beforehand. The checklist includes several suggested questions to ask your care team. It also offers tips on having effective conversations with your care team to help you and your caregivers more fully understand all aspects of the operation and your recovery.

Download the Geriatric Surgery Patient Checklist at [www.facs.org/gsvpatient/](http://www.facs.org/gsvpatient/).

*Patricia L. Turner, MD, MBA, FACS, is Executive Director & CEO of the American College of Surgeons, the largest professional association of surgeons in the world, founded in 1913.*

*Source: Brandpoint*



## MEMBER SPOTLIGHT: MEYERS (continued from page 2)

become a resident. For a number of years, he served as co-chair of the annual Sustaining Membership drive. Then, in the early 1990s, JHE developed plans to begin a Planned Giving/Endowment program. Steve raised his hand.

In philanthropic work and planning, Steve knew that he had found his work/life purpose. After five years at JHE, Steve accepted the position of National Planned Giving Director for the American Committee for the Weizmann Institute of Science (ACWIS). During the twenty-one years at ACWIS Steve frequently visited the institute, located in Rehovot, Israel. He did pioneering work creating a new donor-centered approach to fundraising at ACWIS. Today his book, *Personalized Philanthropy: Crash the Fundraising Matrix* is a guide for many organizations and is used as a textbook of The American College of Financial Services in its program leading to the Chartered Advisor in Philanthropy designation. Steve retired from ACWIS in 2016 but still, as he says, “keeps his hand in,” mentoring, advising and (more recently) creating art.

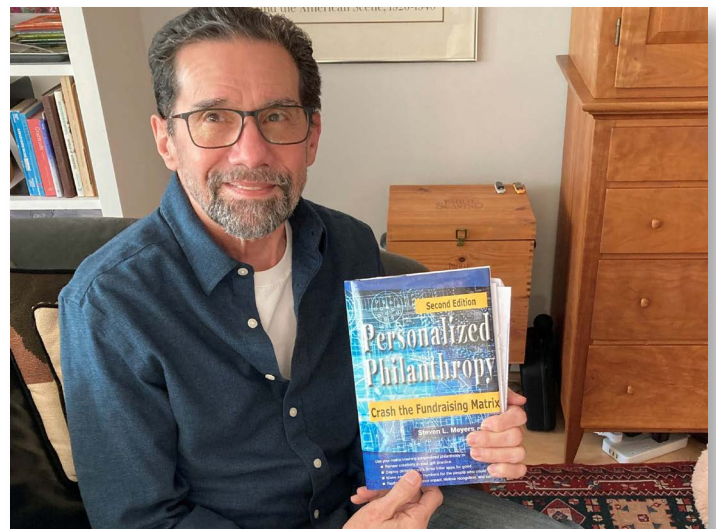
Dorothy knew where she wanted to focus her lifework, having experienced her beloved grandmother Fannie descend into dementia not long after her even more beloved grandpa Abe died. While attending graduate school Dorothy worked through a federally funded grant to identify elderly people living in the north end of Hartford to help them access available services. After receiving her master’s degree at ANE she was the first Director of Human Services for the Town of Orange and then served as the Social Services Director for the City of Norwalk.

Wanting to return her focus to elderly services, Dorothy became the Southwest Regional Director for Connecticut Community Care, a statewide nonprofit organization with a mission to avoid or delay nursing home placement. Ultimately, Dorothy was called upon to serve as President & CEO of The Towers at Tower Lane (aka ‘The Towers’). Designated as a senior residence twenty years before, so many residents of the Towers had

aged to such a degree that they could no longer remain without some help. Dorothy oversaw the establishment of on-site home care services and obtained federal grants that enabled building projects and services that transformed the Towers to meet the changing needs of residents. That work, enhancing The Towers community, continues under new and capable leadership to this day. Dorothy’s stated goal was to ‘make The Towers a place where she would feel good about her mother living there.’ That came to be. Her mother Louise Giannini lived at Tower One with assisted living services for the last seven years of her life. Dorothy retired the last day of 2010 feeling that her mission was accomplished.

Now in retirement Steve and Dorothy are loving living in downtown New Haven where they can walk to restaurants, shops, theaters, the symphony, museums and are close to the train, airport and such in what Dorothy calls a manageable city. They can and do pursue their activities and ‘projects’. They have peace of mind and don’t need to worry about being a burden to their children and grandchildren because they have chosen Mozaic at Home for their next steps.

We thank Steve and Dorothy for sharing their stories. They have certainly had a tremendous impact on our world and community. We are honored they are Members of Mozaic at Home.



## Spring 2025 **NEWSLETTER**

**MOZAIC** at Home  
An Innovative Concept in  
Long-Term Care Planning 

**It's Like Long-Term Care Insurance, Only Better.**

# SPRING SEASON VACCINATION

Spring is the season of new beginnings - a time when we can finally get back outside and enjoy nature as we watch the world around us transition out of winter.

There are many activities to enjoy. Some ideas to prepare you for the first day of spring are going for a bike ride, planting a garden, bird watching, and enjoying a picnic with friends and family.

It's also a great opportunity to check off your health and wellness to-dos, like spring cleaning and talking to your doctor or pharmacist about pneumococcal pneumonia. It's a potentially serious bacterial lung disease that can disrupt your life for weeks and even put you in the hospital or be life-threatening.

This is especially important for certain people at increased risk for pneumococcal pneumonia including those 65 or older or 19 or older with certain underlying medical conditions like asthma, diabetes, COPD, or chronic heart disease.

If you fall into any of these at-risk groups, vaccination is one of the best ways to help

protect yourself from getting pneumococcal pneumonia.

Pneumococcal pneumonia can strike at any time, in any season. There's a misconception that you can only get pneumococcal pneumonia in the winter or during flu season, but you can get it any time of year. Vaccination is available all year round, so now is a great time to ask your doctor or pharmacist if vaccination is right for you.

Even if you've already been vaccinated against pneumococcal pneumonia previously, your healthcare provider may recommend another vaccination for additional protection.

Don't wait for spring to be in full bloom. Talk to your doctor or pharmacist today about pneumococcal pneumonia vaccination. Take advantage of all that this season has to offer.



*Source: Brandpoint*