

Your Contacts

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Assisted Living		
Director of Health Services	Joanne Morin, R.N.	x 204
Asst. Dir. of Health Services	Debe Gibson, R.N.	x 243
Independent Living		
Director	Debbie Tarsetti	x 246
Assistant Director	Tom Somerville	x 232
Independent Living desk	Staff	x 232
Activities		
Administration/C.E.O.	Susan Amoroso	x 242
Admissions & Marketing	Tony Forgione	x 207
Business Office	Lori Maxwell	x 224
Development	Julie Lemieux	x 220
Dining Services	Janice Drinan	x 203
Executive Chef	Gina Martinez	x 222
Human Resources	Jonathan Brown	x 209
Maintenance & Housekeeping	Margaret Rozzi	x 205
Social Services	Lynn LaRochelle	x 225
Transportation	Claudia Monsell	x 244
Volunteer Services	Cindy Boivin	x 211
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Mission

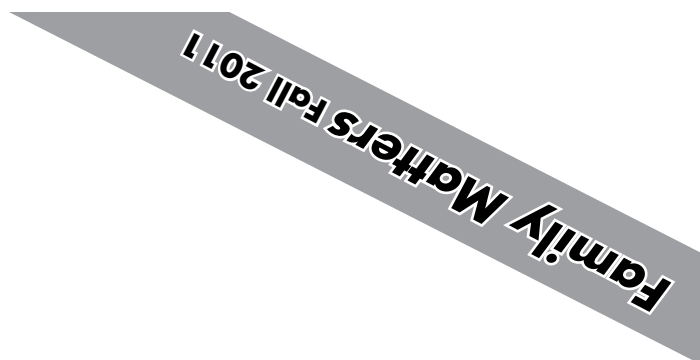
It is the mission of Seventy-Five State Street to promote the independence, dignity and individuality of older people of all financial abilities by offering stimulating and supportive programs and services in a gracious urban residential setting.

About Family Matters

The intention of this communiqué is to promote the flow of information between family members and staff. Readers are encouraged to comment, make suggestions or call with questions. Our goal is to provide the best possible environment for the residents of Seventy-Five State Street. Good communication is an important tool in helping us to accomplish this.

Mailing List

To add or delete your name, contact Janice Drinan at ext. 203 or drinan@75state.org.



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WHEN THE LIGHTS GO OUT...

Seldom do we experience a power failure at Seventy Five State Street. When we do, it is most often brief and without consequence. In advance of the winter storm season, we felt it timely to inform our family partners of what exactly our Disaster Plan is, what your loved one can expect and how you can support your SFSS resident.

The Disaster Plan covers all aspects of our operation and how to manage the resident's comfort and safety. In the case of a need to evacuate the community, reciprocal agreements are in place with three other long term care providers.

For when there is a power loss, the community has two emergency generators. They power emergency hallway lighting, exit and stairway lighting, as well as kitchen refrigerator/freezer units. Telephone and emergency call systems have battery backups.

If elevators cannot be used, simple meals are planned, and serving is moved to common areas on designated floors. Natural gas allows us to run some of the kitchen equipment. Paper products and other disposables are used for serving. Residents who are not able to move to the serving areas are served in their rooms.

Family support is important. Provide your loved one with an emergency flashlight or lantern, and check the batteries twice a year (no candles). Place an extra blanket or two in a closet. If you speak to your loved one during an emergency, provide reassurance.

We are grateful that you have entrusted us with the care of someone very important to you, and we appreciate your partnership in providing for their care.

The "New Van Fund"

During the month of August, resident Alice Loesch conducted a raffle of a framed 16 x 20 acrylic on canvas which she painted in the spring. Alice's art work is greatly admired so the raffle caused quite a "buzz" in our community. In addition, residents were excited about Alice's plan to launch a van fund, and some gave donations directly to the fund.

On August 30th, at an ice cream social event, Mr. Goodbar was drawn as the lucky winner of Alice's art work. Gina Martinez, who is the Director of Food and Beverage Services at Seventy-Five State Street, owns Mr. Goodbar in Old Orchard Beach where she intends to display her prize.

The proceeds from the raffle totaled \$661.00, which Alice generously donated to establish the "New Van Fund." Residents are now considering additional ways to raise funds for the purchase of a new, handicapped accessible van for their transportation program. Perhaps you have an interesting item which could be raffled in the future, or maybe you have another fundraising suggestion to help the residents with this project?



2011 Annual Appeal Update

As of September 1st, 53 generous donors have contributed a total of \$14,298.34 to the 2011 Annual Appeal Campaign. Gifts to our Annual Appeals serve to fund projects which directly and tangibly benefit residents and enhance the quality of life in our community. If you wish to participate in the 2011 Annual Appeal, please mail your check, made out to Seventy-Five State Street, to the Development office with an Annual Appeal notation. Gifts of any size are gratefully received and do make a difference.

The Blue Collar Philanthropist

 By Lori Maxwell

I saw him relaxing on Main Street, sunning himself and greeting people as they passed by. I was glad to meet up with him as I wanted to express my thanks for his recent gift to our community. He gave his typically modest reply, minimizing his generosity.

I noticed the leather bound notebook on his rollator seat with the "Make A Wish" foundation logo on it. I asked to look through it while we visited. There inside were photos and a touching story about a number of children that he had granted wishes for over the years. I was overwhelmed with emotion, so touched by his generosity toward the individuals depicted. I left inspired.

You see, I know that this is not a wealthy man. He has worked very hard throughout his life, as many do. I know that he has contributed to a number of causes and been a supporter of the Bruce Roberts Fund and the Salvation Army. And I know he feels strongly about giving. What I didn't know was that he has spent his *lifetime* living and giving.

I picked up the envelope that had been on my desk for some time. It was from one of my favorite not for profits, Safe Passage. The late Hanley Denning, founder, had come to our community years ago to make a presentation to residents. She inspired me also and I followed her success over the years. I checked off the box that indicated a monthly donation from my bank account. The amounts I send to Safe Passage and others, including this organization, are received with deep gratitude even though they are very modest. I have learned that gifts at all levels are welcome.

I am grateful to know the *Blue Collar Philanthropist* and to have been inspired by his lifetime of living and giving. I hope to follow his example.

Volunteer Library Coordinator Needed

Working with resident assistants, the volunteer Library Coordinator organizes our book collection while weeding out books to provide space for new ones. This volunteer organizes to the delight of the resident community, not necessarily to common standards. The ideal candidate has work experience in a library or a retail book setting or has education in library science. Volunteer hours may be scheduled at your convenience. Contact Lori Maxwell at 775-7775 ext. 224 or maxwell@75state.org.

Celebrity Surprise Bingo

Once a month, a supervisor or member of the management team "pops in" at a bingo session and calls one game. The winner receives a cash prize of the "celebrity's" choice. No one knows who, when or how much. In July, Janice Drinan called a game with a \$25 prize. The winner, Helen Zigmund, was thrilled and surprised as she had expected the usual prize of 25 cents!



Residents' Garden Committee

The Residents' Garden Committee recently met to assess gardening efforts during the amazing 2011 growing season. Plans for design and planting of the raised garden beds in 2012 were initiated. Residents who wish to be a part of this enthusiastic group should speak to one of the Co-Chairs, Stewart Washburn or Bob Meeken.

Staff Spotlight: Greg Collins



Gregory Collins was born and grew up in Portland, Maine. He continues to live in the city with his mother and older sister. Greg says he loves the beach, listening to music, going out to dinner, seeing a movie or just hanging out with his friends. He is a huge Boston Bruins fan, so this past season was very exciting for him!

Immediately following graduation from Portland High School in 2006, Greg enrolled in the University of Southern Maine. He chose to be a psychology major because, as he states, "I knew I wanted to spend the rest of my life helping others, no matter what kind of help it would be." Greg went on to say, "I continued to work at Seventy-Five State Street during my time at college, and my interest in psychology was strengthened as I was able to apply what I was learning in the classroom to one-on-one situations at work."

Greg began working at Seventy-Five State Street seven years ago. His title is Senior Wait-Staff. However, as Greg continued his studies, he began to think of other ways he could help residents. He

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wanted to focus on that special feeling he gets "when serving the residents food and seeing them smile." He began to realize that he would feel more satisfied if he could work with residents individually and "really get to know them on a personal level." Therefore, after graduating from USM last May with a Bachelor of Science degree in Psychology, Greg has decided to become certified as an Occupational Therapist.

When asked what, for him, is the best thing about working at Seventy-Five State Street, Greg is quick to say, "The residents... I truly enjoy waiting on the residents and making them happy." Greg's enthusiasm, energy and positive outlook brighten the days of residents and staff alike. It is a pleasure to have Greg in our midst. We congratulate him on his recent graduation and wish him much success as he pursues his chosen profession.

Resident Spotlight: Frank Fowles



Frank R. Fowles, Jr. was born in Biddeford, Maine, on July 22, 1917. Frank has resided in a number of Maine cities and towns including Saco, Cornish, South Portland, Cape Elizabeth and Portland. One of Frank's fondest childhood memories is horseback riding with his grandfather in and around the Cornish countryside.

Frank has lived in Detroit and Ann Arbor, Michigan, as well as Amherst, Massachusetts. He graduated from Detroit University School in Grosse Point, Michigan, and went on to receive a Bachelor of Arts degree from Amherst College in Massachusetts in 1939. Frank served in the U.S. Army at Camp Lee, Virginia, from 1942 to 1946. Frank then began a 36 year career in the insurance industry, moving from selling to agency relations to company management at Maine Bonding and Casualty Company of Portland. Being a civic-minded individual, Frank voluntarily served on numerous committees as well as the South Portland School Board and City Council. He remarked with a grin, "That quickly quenched some thoughts I held briefly about going into politics, for I learned soon that I'm a lousy politician."

As his career reached "the inevitable retirement" and his first marriage ended, Frank said, "I was fortunate to find friends, help and solace in AA and began a new life which has been most rewarding."

Frank has many interests which continue to bring great pleasure to his life. These include "reading, writing, people, conversation, ideas, photography, politics, psychology and religion." When asked to mention something surprising about himself, he stated, "I'm still alive and fairly well at 94!"

Frank's son, Frank R. Fowles, III, lives in nearby Raymond, Maine. His daughter, Anne Simmons, lives in Durant, Oklahoma. He has two stepdaughters, Lisa Jones of Cape Elizabeth, and, Catherine Curran of South Portland. A stepson, Robert Curran, died in 2007. Frank is proud of his 11 grandchildren who are "living all over the country."

Frank has resided at Seventy-Five State Street since April, 2004, where he has been actively involved as a Trustee, a member of the Resident Life Committee and a participant in many resident groups such as the Resident Council, Viewpoints discussion group, Forum magazine and Readers' Theater. Regarding living at Seventy-Five State Street, Frank said he really appreciates "the care, attention and friendliness of the staff." Staff and residents alike enjoy conversing with this intelligent, thoughtful and interesting individual who, with bright eyes and a warm smile, always has a gem of wisdom to share.

Shingles

 By Joanne Morin, R.N., A.N.P.

Primary infection with the varicella virus usually results in the mild, childhood disease of chickenpox. The chickenpox virus remains dormant in the nervous system of the child into adult life, where it can reactivate in later years to cause herpes zoster (also known as shingles).

Shingles is defined as viral inflammation of sensory nerves of the spine or head caused by reactivation of the chickenpox virus. Symptoms include pain and skin eruptions. One out of three people in the U.S. will experience shingles in their lifetime. Shingles is more common in people 50 years of age and older with up to 50% of those 85 years and older expected to develop the problem.

Nerve cell bodies responsible for sensation in the skin are found in the dorsal nerve root ganglia near the spinal cord. These nerve cells transmit sensations of touch, warmth, coolness, pain and itch. The varicella virus migrates down a sensory nerve to the skin. Several days before visible skin changes, shingles is often felt as sensations which can be mild to severe, including itching, tingling, aching, burning, hypersensitivity and pain. These preliminary sensations are localized to the area where the rash will later appear, generally within one week.

During the week following the appearance of the rash, blisters and pustules appear over the affected area. The skin lesions usually resolve completely, although pain may persist, known as post-herpetic neuralgia (PNH). Approximately 10-15% of persons with shingles will develop PNH, which typically resolves by three months.

Oral antiviral medications have been shown to promote healing and decrease pain and should be started within 24 hours after the appearance of the rash. A vaccine has been developed (Zostavax) which will boost the immune system and prevent shingles in adults. If you are age 60 years or older, ask your doctor about the shingles vaccine.