

Your Contacts

Seventy-Five State Street		207-775-7775
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 253
Independent Living desk	Staff	x 232
Activities	Susan Amoroso	x 242
Administration/C.E.O.	Tony Forgione	x 207
Admissions & Marketing	Lori Maxwell	x 224
Business Office	Julie Lemieux	x 220
Development	Janice Drinan	x 203
Dining Services	Gina Martinez	x 222
Executive Chef	Jonathan Brown	x 209
Human Resources	Margaret Rozzi	x 205
Maintenance & Housekeeping	Lynn LaRoche	x 225
Social Services	Claudia Monsell	x 244
Transportation	Cindy Boivin	x 211
Volunteer Services	Susan Amoroso	x 242

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.



SEVENTY-FIVE STATE STREET
 A History Of Gracious Living
 75 State Street • Portland, Maine 04101
 www.75state.org • 207.775.7775

GOVERNOR BACKS OFF ASSISTED LIVING CLOSURES

By Tony Forgione, C.E.O.

Governor LePage has communicated to Republican legislative leadership that he is willing to abandon his proposal to eliminate MaineCare funding for assisted living residents. His supplemental budget proposal to cut MaineCare funding would have effectively closed most assisted living facilities by July 1st. Democratic and Republican legislators have been bombarded with testimony, letters, phone calls and e-mails from around the state. The Governor will continue to press for MaineCare cuts in other areas.

I want to thank the many SFSS residents, family members and staff who have contacted their legislators. Your efforts and the good work of the Maine Health Care Association have made a difference.

The next big issue will be the restructuring of the MaineCare program in order to comply with federal guidelines. It is likely that significant funding changes and/or eligibility changes will be forthcoming in order to meet the guidelines and to balance the state budget. As we go through this process, the management team and I will continue to work with our Trustees to develop strategies to keep SFSS financially viable. For now, we can breathe a collective sigh of relief.

PERFECT!!!

By Tony Forgione, C.E.O.

During the week of December 5th, the survey team from the Department of Health and Human Services arrived on our doorstep. These unannounced licensure surveys are intended to measure compliance and quality of services. **For the first time in our history, we received zero citations or deficiencies.** This is no easy feat since thousands of documents are reviewed and numerous residents interviewed. The lead surveyor specifically commended health services for careful documentation of resident needs, dining services for our varied menus and activity programs for the focus on resident preferences. Congratulations to our wonderful staff!

STATE STREET STROLL

On a sunny Saturday in November, along with other organizations in our neighborhood, Seventy-Five State Street participated in the 2nd Annual State Street Stroll. All of us wish to express our great appreciation to resident **Nancy Whitehouse** who worked very hard in the



“unofficial position as chairperson and general resident gofer.” In turn, Nancy would like to extend her appreciation to the many residents and staff members who helped make this event a huge success.

Raffle sales of exciting donated articles were conducted by residents before and during the fair. Baked goods, jewelry, “white elephant” items and hand-knitted and crafted items were sold at the event. Santa even made an early appearance to greet our visitors. In total, Nancy and her team raised \$1,348, which was used to replenish the Resident Escrow Fund. Congratulations to all on a job well done!



Stars in our Midst

Thank you to all residents who participated in the recent filming of Seventy-Five State Street's television commercials. A "cast party" was held to preview the commercials just as they began airing in December. At that time, as a thank you, residents received copies for their private viewing. What a fun project this was!

Veterans Day

On Veterans Day, November 11th, residents of Seventy-Five State Street gathered to honor those veterans in our midst and all present and former servicemen and women. A moving and patriotic ceremony was planned and conducted by residents Phil Rando, Mildred Bean, Fr. John Feeney, Nancy Whitehouse and the SFSS Chorus. Family members Tom Kovacevic (pianist) and John Morgan (flag bearer) participated, and staff person Kenneth Geon sang.

Our military role of honor lists all current Seventy-Five State Street veterans: Richard Allen, Arthur Benoit, Aurora Brown, Donald Bruns, Harland Bruns, Elwyn Dearborn, Jenny Dworkin, Frank Fowles, Robert Giamotti, Harriette Hibbard, Elaine Holman, Theodore Holmes, Robert Honan, Charles Huntoon, Eugene Jorgensen, Robert Joy, Mary Keaney, Joseph Kocknavate, Alice Loesch, Roger McGee, Alfred Milliken, Carroll Morrissette, George Paradis, Jack Rachels, Oakley Sanborn, Stewart Washburn and Bryant Whipple. We extend our gratitude to all for their service to our country.

Praise and Gratitude to our Board of Managers



During the week of December 5th, the Seventy-Five State Street Board of Managers, under the leadership of Chairperson Janet Ingalls, conducted their annual Holiday Festival in the State Street living room. Having worked hard to create beautiful, hand-made items throughout the year, the members sold these at very reasonable prices, first to residents, and then to staff and guests. Not only did this give residents the opportunity to do their holiday shopping at home, but it provided a delightful atmosphere in which to visit and kick off the holiday season.

Once again, the Holiday Festival was a huge success in many ways. The magical atmosphere it created for residents and the camaraderie it fostered between the Board of Managers and the residents were plain to see. The proceeds from the sale of mostly small, inexpensive but delightful items totaled an amazing \$1,771. The Board of Managers will put these funds to good use in our community by designating them for projects and programs which directly benefit the residents.

If you would like information about Board of Managers membership, contact Board Chairperson Jane Hubbell at 655-5353 or janehubbell@maine.rr.com. We welcome your interest.

The New Van Fund

Resident **Alice Loesch** has continued to spearhead efforts to raise funds to buy a replacement van for the residents' transportation program. In December, she donated two beautiful wall hangings of carousel horses to be used as raffle prizes. Alice and her resident assistants conducted the raffle, and, on December 20th, the drawing was held. Resident Phyllis Greene and staff member Carolyn Diffin were the lucky winners. As of January 5th, the New Van Fund reached a total of \$1,206.38. And, of course, donations are always welcomed!

Cemetery Lots

When the Home for Aged Women was established in 1854, a volunteer Board of Managers formed and conducted the day to day operations of the organization. In exchange for their monetary savings, residents were guaranteed care to the end of life and burial in Evergreen Cemetery on Stevens Avenue in Portland.

At present, the Board of Managers still owns a large number of burial plots at Evergreen Cemetery. Since today's residents generally make their own arrangements, the Board has decided to offer burial plots to Seventy-Five State Street residents, family members and staff at a discounted price of \$500 per lot. If you have interest or questions regarding these plots, please call Judy Cavalero, Vice Chair of the Board of Managers, at 883-6420.

Resident Spotlight: Jean Weymouth

The *Live Your Dreams* program was developed on the premise that it is never too late to reach for goals and realize dreams. It is sponsored by the Maine Health Care Association (MHCA), a statewide, non-profit organization, representing 250 long term care providers. To the extent possible, MHCA attempts to match residents' dreams with natural sponsors or like-minded partners who wish to support a strong quality of life for Maine's seniors.

A number of residents at Seventy-Five State Street have submitted their wishes to the *Live Your Dreams* program. Two years ago, former resident John McDonald went for "the ride of his life" as he viewed the world from a hot air balloon.

Last fall, on a beautiful October morning, the special dream of resident Jean Weymouth came true. Accompanied by resident and friend Alice Loesch, Jean took to the sky in a private airplane to get a bird's eye view of the Sebago Lakes area where she used to live. Sheer joy and excitement were the order of the day! Once Jean overcame being "speechless" with wonder, she expressed her many thanks to pilot Ward Hand who generously donated his services for her great adventure.

It appears that there are many dreams that are never expressed, but, perhaps by asking the right questions, they may be discovered. Some dreams may be difficult or even impossible to fulfill, but there may be a worthy substitute. Other dreams might easily and happily be arranged if only they were known. We all may wish to explore this idea further. Who knows where it may lead?



Spring Fever



Yes, spring fever is bound to come early this year as residents peer through the windows from the South Harborside dining room and view a set of brand new raised garden beds. The Residents' Garden Committee requested more beds because the initial raised beds, which were built in the Tribute Garden in the spring of 2011, were so popular.

Each year Annual Appeal funds are dedicated to projects which are directly and tangibly beneficial to residents. Therefore, a portion of the 2011 funds was used to purchase the materials for additional raised garden beds. Once again, landscape architect and former Board Chair, Peter Monro, volunteered to construct the beds. Peter is now working with us to design a much more inviting and user-friendly patio area adjoining the new beds just outside the South Harborside dining room.

Stay tuned for more updates on the progress of our latest garden area, "Peter's Patio," as C.E.O. Tony Forgione was heard to say. Meanwhile, we wish to extend our great appreciation to **Peter Monro** for his continuing efforts to transform our city landscape into a series of inviting outdoor courtyards. We also remain very grateful to all who support our Annual Appeals. Another portion of those funds will allow us to lay wooden patio decking over the irregular bricks and buy a new barbeque grill and some sturdy patio furniture. Your gifts provide the financial resources for these special projects, which otherwise could not be funded in these tight budgetary times.

Feet Problems

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

Although disorders of the feet are not life-threatening, any person with a painful foot will agree the pain takes the joy out of living. Let's review various foot conditions that may present problems.

Bunion is a lay term for the deformities of the foot joints. **Callus** is an area of greatly thickened skin that develops in an area of recurrent pressure and is usually painless. **Cellulitis** is an infection of the skin and underlying soft tissue usually on the lower leg or foot caused by common skin bacteria. **Corn** is a painful, cone shaped thickening of skin caused by recurrent pressure on normally thin skin such as a bony prominence. **Gout** is characterized by a very painful, tender, hot, dusky, red swelling and is associated with an excess of uric acid in the blood. **Fungal infections** ("athlete's foot") cause itching, burning or stinging which may be helped by antifungal powders or creams. Various **nail conditions** may lead to ingrown toenails and infection. Poor manicuring and poorly fitting shoes may contribute to this, and cellulitis may result. **Neuropathy** is a loss of sensation caused by damage to peripheral nerves as a result of diminished blood circulation or complication of diabetes. It may prevent one from feeling pain and, in turn, lead to foot ulcers. **Plantar wart** is a common wart located in the thickened skin of the sole and has a small dark spot in the center. **Vascular disease** is a condition that results in decreased blood flow and is also known as arteriosclerosis.

Shoe gear plays a role in the way feet function. Shoes protect and cushion the feet while providing some support to the bones. It is advisable to buy shoes in the late afternoon when any swelling that might occur is already present. Shoe sizes may vary considerably from manufacturer to manufacturer.

To help in the prevention of foot problems, the following are recommended: good hygiene, careful drying between the toes, wearing open-toed sandals, changing socks frequently, wearing absorbent non-synthetic socks and applying drying powders as necessary. When foot pain, neuropathy, obesity or lack of visual acuity is present, a caregiver should examine the person's feet daily.