

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.

Seventy-Five State Street offers independent and assisted living opportunities in the heart of Portland's historic West End. Established in 1854, it is one of the oldest not-for-profit charitable institutions in the city.

**Seventy-Five State Street
Board of Trustees**

Edward Donohue, Chair
Elwood Foye, Vice Chair
Benjamin Geci, Treasurer
Ronald Thurston, Secretary

Paula Banks
Peter Bass
Elizabeth Boynton
Charles Hascall
Jane Hubbell
Janet Ingalls



- Employment opportunities** • Contact Margaret Rozzi at 775-7775 x 205 or rozzi@75state.org.
- Admissions information** • Contact Lori Maxwell at 775-7775 x 224 or maxwell@75state.org.
- Board of Managers membership** • Contact Edith McCormick at 797-5114 or ediemau@yaho.com.
- Community meeting space** • Contact Lori Maxwell at 775-7775 x 224 or maxwell@75state.org.
- Mailing list** • Contact Janice Drinan at 775-7775 x 203 or drinan@75state.org to add or delete.
- Gift Opportunities** • Contact Janice Drinan at 775-7775 x 203 or drinan@75state.org.



75 State Street • Portland, Maine 04101
www.75state.org • 207.775.7775



The Spirit of 75

Good Guys vs. Bad Guys

On a beautiful day in late September, employees at Seventy-Five State Street were treated to a delicious barbeque lunch as part of a Staff Appreciation Day. Following the barbeque, in a fun, team-building event organized by Captain Tony Forgione, the Bad Guys (management team) played a whiffle ball game against Captain Jon Brown and the Good Guys (staff). Cheering residents showed up in their bathrobes, joking that we had awakened them from their naps! Board Chair Ed Donohue joined the Bad Guys team, and Trustee Jan Ingalls acted as referee. Jan Drinan hit a 3 run homer out of the park, on a controversial call, to give the Bad Guys a 3 to 1 win. (Was it a fair ball or had the Bad Guys paid off the ref?) Anyone for a re-match in the spring?



What Is a Trustee? By Tony Forgione, C.E.O.

Over the last thirty-five years, our Board of Trustees has provided governance for Seventy-Five State Street. Prior to that, the Board of Managers guided our organization. Hundreds of community leaders have come forward to serve as Trustees. Our Board is made up of 11 to 13 Trustees including the officer positions of Chair, Vice Chair, Secretary and Treasurer.

It was decided some years ago that a resident should serve as one of the Trustees, thus bringing a unique perspective to the Board. In 1998, Helene Cluff became the first SFSS resident to serve as a member of our Board of Trustees. Resident Arlene Burns served as a Trustee from 2005 to 2008. Most recently resident Frank Fowles served as a trustee and officer for almost five years.

Trustees serve on one or more of our standing Committees. The Planning Committee oversees building and grounds development and maintenance along with capital purchases. The Human Resources Committee oversees employee wages and benefits and takes the lead on the C.E.O.'s performance evaluation. The Resident Life Committee is charged with overall resident quality of life and public policy issues. Financial performance, investment management and development are guided by the Finance Committee. The C.E.O. serves as primary staff to the Board and Committees. One of my overriding goals is for the Trustee volunteer experience to be meaningful and efficient. The staff and I try to be very well prepared for Committee and Board meetings. With good preparation and communication, these meetings rarely last over one hour.

If you have an interest in considering serving as a Trustee, either now or in the future, please contact me at forigione@75state.org. Trustees do positively impact the lives of SFSS's residents.

Resident Spotlight: Elaine Douglas

Lida Elaine Gallant was born in Gardiner, Maine. Her mother named her Lida after one of her dear friends. When her father returned from military service, he much preferred her middle name so she has been called Elaine ever since. In her early years, Elaine lived in the Limerick/Baldwin area. Her family moved to Scarborough where Elaine graduated from high school. She became a C.N.A. through a program offered at The Jewish Home for the Aged, which at that time was located on Munjoy Hill. Elaine then moved to Portland where she began her employment at The Jewish Home.

Eventually Elaine married Stanley Douglas and moved to his dairy farm in Scarborough. "I had no idea what a farm was and all the work it entailed, but I learned quickly!" said Elaine. Tending to cows, pigs, chickens and vegetable gardens kept her very busy seven days a week. Meanwhile, Elaine raised 2 sons and a daughter. She even managed to work the second shift at Fairchild Semiconductor while her children were growing up.

Elaine's daughter Patty lives nearby in Scarborough, and sons Stephen and Kevin live in Saco. Elaine is proud to say she has six grandchildren and six great grandchildren. She does craft work and some knitting and likes to make gifts for her large family.

When her eyesight began to deteriorate, Elaine moved to Portland and mastered the public transportation system. Enjoying the Portland community, she chose to move to Seventy-Five State Street nearly 15 years ago. She said, "Being independent, while knowing there is help when I need it, is something I really appreciate." Elaine mentioned that she loves the peacefulness and serenity she finds when visiting our Tribute Garden. All of us feel fortunate to receive the warmth and good cheer this strong, quiet and gracious woman shares with everyone she meets. Elaine adds much to our sense of connection and community at Seventy-Five State Street.



If you think someone is having a stroke, remember to act F.A.S.T.

F -- Face: Ask the person to smile. Does one side of the face droop?

A -- Arms: Ask the person to raise both arms. Does one arm drift downward?

S -- Speech: Ask the person to repeat a simple phrase. Is the speech slurred?

T -- Time: If you observe any of these signs, call 911 immediately.

Staff Spotlight: Aleesa Larson



Aleesa Larson was born and grew up in South Portland, Maine, where she graduated from South Portland High School in 2009. Her grandmother lived nearby and provided after school care for Aleesa from kindergarten on. Aleesa now lives with her "Gram" in South Portland while she saves up to return to Southern Maine Community College where she has completed her first year of studies. Her goal is to become a nurse one day.

Aleesa loves the beach and enjoys visiting family camps in Casco, Maine, and Rindge, New Hampshire. She says she likes to hang out with her friends, and she also likes helping other people.

As a member of the housekeeping team at Seventy-Five State Street for seven months now, Aleesa cleans the residents' apartments. She said, "The best thing about my work is that it is something new every day. You hear new stories and you get to know residents on a personal level." Residents are enjoying getting to know Aleesa, too. They love her bright smile and her caring attitude. A nice, clean apartment is welcomed by all.

Thank you, Doreen

Doreen Hunt, R.N., is doing graduate work at St. Joseph's College, and she chose Seventy-Five State Street as the location for one of her projects. The residents benefited from an on-site educational program addressing lung disease. Doreen made herself available for questions at an information booth following her presentation.



With Gratitude

There are many ways to support SFSS, including monetary gifts, tribute gifts, annual appeal gifts, planned giving, residents' funds, in-kind donations and volunteer efforts. All are gratefully received and will enrich the lives of current and future residents. SFSS wishes to express deep appreciation for the following gifts:

Commemorative Bricks

Ronald Lewis *in memory of Theda Lewis*

Sally Nero *in memory of Bunny Marden,
Bob & Rowe Nelson*

Designated Gifts

Charles Huntoon, gift of a popcorn maker

Joseph Kocknavate, gift of \$3000
for lounge furniture

The New Van Fund

As of October 15th, 3 donors have contributed
a total of \$861.

Alice Loesch, gift from a raffle of her art
work to establish fund \$661

Wally Camp/Rowe Ford \$100

Peter Monro & Jill Bock \$100

2011 Annual Appeal

As of October 25th, 64 donors have
contributed a total of \$15,723.34.

Gifts of \$1,000 and above

SFSS Board of Managers

Nancy & Tony Forgione

Joseph Kocknavate

Ronald Lewis *in memory of Theda Lewis*

Hall and Deborah Thompson

Gifts of \$500 to \$999

Peter Bass

Paula Banks

Joel P. Greene & Ann T. Lisi

J. Peter Monro & Jill Bock

Gifts of \$250 to \$499

Anonymous (1)

Chip Foye *in memory of Natalie G. Foye*

Charles Hascall *in memory of Lincoln & Florence Hascall*

Martha Hirst *in memory of Dorothy Robar*

Edith McCormick *in honor of the mission of SFSS*

Ronald & Isabella Thurston

Gifts of \$100 to \$249

Anonymous (2)

Joyce Berlucchi *in memory of Guy Dientes, Jr.*

James & Siriya Deschenes *in memory of Helen T. Deschenes*

Peter & Roberta Deschenes *in memory of Helen T. Deschenes*

Roger, Joanne & Gert Deschenes *in memory of Helen T. Deschenes*

Thomas Deschenes & Kathy Grunewald

in memory of Helen T. Deschenes

Edward Donohue *in honor of the residents of SFSS*

Janice Drinan *in memory of Dorothy Robar*

Barbara Fleming

Madeline, Joseph, and Michael & Karen Gregorzek

in memory of Helen T. Deschenes

Merton G. Henry *in honor of Elizabeth Adams*

John & Patricia Laz *in honor of Helen Percival*

Lucy Littlejohn *in honor of Nanci Bennington and*

in memory of Alice Branson

Lori Maxwell

Claudia Monsell *in memory of Virginia Hews*

Carroll Morrisette

Mr. & Mrs. Charles E. Prinn III

Dorine Steele *in honor of Mary Bedell*

Pat & Tom Valteau *in memory of Blake Thompson*

Gary S. Venner *in memory of Rose Venner*

Gifts up to \$99

Anonymous (5)

Louis G. Bove, M.D.

Charles Civiello *in memory of Father John Civiello*

Donna Crowley *in memory of Mary L. Crowley*

Nancy & Joe Foran *in honor of Richard & Barbara Allen*

George & Shirley Hayes *in memory of John G. R. Glass*

Paula A. Johnson *in memory of Paul Haney*

Judy Knight & Al Rank *in memory of Fletch Knight*

Tom Kovacevic *in honor of Lillian Kovacevic*

Pam McCarthy *in memory of Claude & Evelyn Beaulieu*

Robert & Christine Meeken

P.J. Merrill Seafood

Judy & Charles Micoleau *in honor of Thomas C. Frary*

Joanne & Fred Morin *in memory of Eleanor & Eldrick Morin*

Hilda & Don Nicoll *in memory of Melva M. Farnum*

Mr. & Mrs. John O'Day *in memory of Rita Sawyer*

Katie Pyne *in memory of Judie Dyer*

Tim & Natalie Ranker *in memory of Dorothy Robar*

Deborah S. Reed

Beverly Richter

Roger & Eleanor Turcotte & family

in memory of Helen & Francis McDonald

Winnifred F. York *in honor of Austin West*

In Kind

Benantonio Forgione, production services