

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.

Food for Thought

"An optimist is the human personification of spring."

- Susan J. Bissonette

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 Chair, Edith McCormick at 797-5114 or edimaude@yahoo.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.

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

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Spring 2009 funds

75 State Street • Portland, Maine 04101
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A History Of Gracious Living

SEVENTY-FIVE STATE STREET



The Spirit of 75

The Quarterly Newsletter from Seventy-Five State Street

Spring 2009

A Coming Out For South Harbor Side By Tony Forgione

On a glorious spring Saturday, Seventy-Five State Street held an open house to show off our latest renovations. Scores of visitors toured the new South Harbor Side apartments, enjoyed Chef Jonathan's delicious offerings and engaged in games of chance. Winifred York, a long time volunteer with the Board of Managers, took the tour and won the grand prize. Winnie won a two night stay for two at the Hollywood Slots Hotel, slot machine gift cards, dinner for two and \$300 in spending money. Ed Richter won a \$75 gift certificate to Cook's Lobster House. Ed is married to another veteran volunteer, Beverly Richter. Along with several other drawings, guests were treated to wheel of fortune prizes with the wheel being spun by Janice "Vanna" Drinan.

The \$2 million renovation of the 3rd and 4th floors of the South Commons building adds 14 new apartments to SFSS's Independent Living portfolio. The spacious and bright apartments look out onto the surrounding gardens and Portland's waterfront.

The event, although planned and coordinated by Marketing Director Lori Maxwell, clearly was a team effort involving many staff members. The concept, "take a chance for fun, but never take a chance on Independent Living" was conceived by Nancy Forgione. We wish to thank all who worked so well together for the success of the event.

First Annual Heritage Partners Event

Over thirty friends of Seventy-Five State Street gathered in the living room on April 15th. C.E.O. Tony Forgione greeted and thanked all who generously supported SFSS in the past year. In his remarks to the group he explained that, in this time of financial caution, some extra items were able to be purchased for the residents' use because of Annual Appeal donations, memorial gifts, etc. These items include exercise equipment, chairs to provide additional seating at meetings and a large, flat screen television. Residents are excited to learn to use their new Wii computer game system on this television. The Wii was a gift generously donated by the SFSS Board of Managers.

Lapel pins recognizing donors as Heritage Partners were given to all who attended this event. Pins will be mailed with our gratitude to supporters who could not be with us. Trustees, staff and residents alike are most appreciative of the many gifts received from our benefactors.



Happy 100th
birthday,
Frieda Lundberg



Residents enjoyed a Chewonki Foundation program on owls sponsored by the SFSS Board of Managers.

Monique Beaulieu Receives Lifetime Achievement Award

Each spring Maine Health Care Association sponsors the **Remember Me** exhibit in the Hall of Flags at the State House in Augusta. Maine Health Care Association is a nonprofit trade association, representing over 250 providers of long term care services to the state's elderly and disabled citizens.

Our elder citizens have spent many years making our state and country what it is today, and they are owed a debt of gratitude and much respect. This tribute is a way to recognize these outstanding Maine citizens and say thank you. The Remember Me project salutes people who have spent much of their lives supporting their families, building their communities and serving their state and country. The project urges the public to remember the selfless contributions of our elderly and disabled citizens who now depend on others for their care and safety.

In April, **Monique Beaulieu** received a **Certificate of Lifetime Achievement** at a recognition ceremony at the State House. Monique has lived her life devoted to hard work, her faith and her family. Born in St. David, just south of Madawaska, she was the second of nine children. She was raised on a small farm where she and her family grew most of their own food, raised farm animals, sewed and knit their clothing and, of course, participated in the annual potato harvest for additional family income.

Monique married at the age of 18, and the couple settled in Fort Kent. She and her husband struggled through the difficult times of the Great Depression. The couple eventually moved to Houlton and started their own grocery store. It was a family affair with Monique's eight children working at the store and doing their part to make it a successful Maine business for more than 35 years. A tragedy closed that chapter of Monique's life when a fire caused a complete loss of the store as well as their living quarters above.

Monique and her husband moved to Portland after the fire to be near a daughter. Monique has since been widowed and came to live at Seventy-Five State Street. At age 99, she knits nearly every day, making mittens that she donates to a local charity. Her record is 110 pairs of mittens in one year! Monique continues to fully participate in her Catholic church community. At Seventy-Five State Street, she assists wheelchair dependent residents to and from meals and activities and helps in whatever way she can. Needless to say, Monique is an inspiration to us all!



Mission Accomplished! By Lori Maxwell

Since the fall edition of the "Spirit" newsletter, the third floor South Harbor Side apartments have been completed. The project went exceedingly well, coming in \$100,000 under budget and being completed nearly four months in advance of the projected completion date due to an early start and efficient partners. We extend our thanks to Gawron Turgeon Architects and Wright Ryan Construction.

We have now added seven additional Independent Living apartments, and five have been rented! We are very pleased to have added to our Independent Living complement, expanding customer choice, capitalizing on market demands and keeping Seventy-Five State Street competitive now and in the future.

In a Note from Beth Burrage...

"And please know that in these hard economic times, our family is even more grateful for the excellent and very important work everyone at 75 State Street is doing!"



A Big Thank You to All

Volunteers add so much vitality to the SFSS community. We are very grateful to the following volunteers who recently began sharing their talents and camaraderie with the residents: Susan Wujastyk, Heather Tracy, Kate Cleary, Synawata Belanger, Amet Belanger, Roy Rosenberg, Charles Mills, Chrissy Flanders and Jillian McTiernan.

At this time, staff and residents would like to thank our new volunteers as well as all those volunteers who have supported our programs for years. Your generous hearts enhance the quality of life within our community. For that, we are most appreciative.

Guest Column By Trustee Ron Thurston

Achieving what I call early old age with plenty of time on my hands, and more importantly no one to answer to except my darling wife, created an opportunity to indulge my interest in long-term care policy. It also reminded me of the obligation assumed many years ago when I became an Eagle Boy Scout to always leave the campsite cleaner than I found it. My friend Tony Forgione helped me with some of that by asking me to serve on the SFSS Board of Trustees and chair the newly created Resident Life committee. This is where I met Frank Fowles who immensely inspired me.

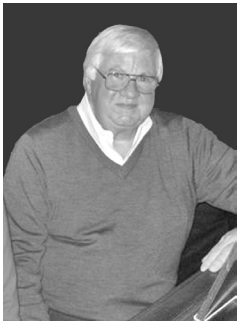
Thus, grounded and encouraged by others and frightened by the worldwide economic downturn, I turned to bigger challenges. While the prevailing view is to stimulate our way out of the economic swamp, my old age mentality told me that we had to manage our way out of it as well. We are not in this mess solely because of errant bankers and greedy hedge fund managers. We are in it because we have squandered our resources by not updating our management approaches, particularly in health care, which includes institutional long-term care.

Here is the big picture. My wife and I attended a forum on health care last fall. The opening speaker, a physician from Eastern Maine Medical Center, phrased it this way. He said, "Maine's per capita health care costs are fourth highest in the Nation." Thus, because U.S. health care costs are highest in the world, Maine's costs are fourth highest in the world. He then said, "In ten years, I predict, if we do not change things, Maine will be America's Third World, an economic mud flat."

The big long term care picture is described this way by Stephen P. Kiernan in his wonderful book entitled *Last Rights, Rescuing the End of Life from the Medical System*. "The largest societal change in America in recent years has been the transformation of death. It is larger than other trends because it touches every person. And its impact is all the more dramatic because, aside from medical journals and books on coping with grief, it has not been remarked on and comes as a tragic surprise for millions of Americans every year. The change, for a growing number of people every day, is this: dying today is gradual. For the first time in human history, we can anticipate our mortality. We can watch its slow approach. We can look it in the eye. Yet the seismic shift in dying has altered neither policy nor individuals' behavior. This is the news – this is the opportunity."

Over the last few days, I tried to convince the Legislature's Health and Human Services Committee, via hearings on a long term care study resolve that we authored and had sponsored by Senator Jerry Davis of Falmouth, that that opportunity required fundamental change in the way we finance, regulate and define institutional long term care. The committee listened respectfully and then voted "ought not to pass" unanimously. The economic wasteland comes closer.

But we are not defeated. We pause only to gather more support. Your comments are invited at rgthurston@maine.rr.com.



With Gratitude

There are many ways to support SFSS, including monetary gifts, tribute 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 received from February 1, 2009 to April 30, 2009:

Annual Appeal

Susan Hasty, gift of \$100

Tribute Garden Commemorative Brick

Joseph Bob LaFlamme, *in memory of*
Jeannette LaFlamme & Elaine LaFlamme

In-Kind Donations

SFSS Board of Managers, Wii computer game system for the residents' use

Helen Zigmund, 1971 Wedgewood China plate for display case

An Act of Kindness

Resident Kendra Bailey-Stokes recently went to a doctor's appointment at Mercy Hospital and visited a friend while there. Upon her return to Seventy-Five State Street, she realized her handbag was missing. She retraced her route to no avail. That evening a young man came to SFSS and returned Kendra's bag. Everything was inside including a significant amount of cash, a wrist watch, a cell phone, medication, identification cards and articles of sentimental value. Jeshua wanted no reward for his kindness. Kendra, with immense gratitude, insisted that he accept a monetary thank you and suggested passing it along to help someone else if he wished. That's how good deeds are perpetuated!

Thank you, Jeshua, and all the people in the world who perform kind and generous acts for others every day.