

Your Contacts

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Assisted Living		
Director of Health Services	Joanne Morin, R.N.	x 204
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Independent Living		
Director	Debbie Tarsetti	x 246
Assistant Director	Tommy Somerville	x 253
Administration/C.E.O.	Tony Forgione	x 207
Admissions & Marketing	Lori Maxwell	x 224
Business Office	Julie Lemieux	x 220
Community Life	Gina Martinez	x 222
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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.



SEVENTY-FIVE STATE STREET
 A History Of Gracious Living
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Thank You to The Eunice Frye Home Foundation!

In August, Seventy-Five State Street received a very generous grant of \$7,500 from The Eunice Frye Home Foundation to assist in the total renovation of our beauty salon. This funding will be combined with gifts from our 2016 Annual Appeal to enable us to complete this important and exciting project.

The mission of The Eunice Frye Home Foundation is "to continue the Home's tradition of service to the community by awarding grants to not-for-profit organizations that provide programs and/or services to improve or enhance the quality of life for the people in the Greater Portland Area." This foundation lists "elderly services" as a funding priority. Since Seventy-Five State Street's mission is closely aligned with that of The Eunice Frye Home Foundation, our organization has greatly benefitted from its support.

From the fall of 2010 to the present, The Eunice Frye Home Foundation has awarded grants to Seventy-Five State Street totaling \$31,175. In addition to our upcoming salon renovation project, this funding has allowed us to purchase and install an automated door system so that all residents can access and enjoy our Tribute Garden. Many sofas and chairs in the common areas throughout our community, along with sturdy outdoor furniture, are also the result of grant funding from this foundation.

Needless to say, all of us at Seventy-Five State Street are truly grateful to The Eunice Frye Home Foundation for the many improvements it has funded that continually enhance everyday life in our community.

"Damnationland 2016: The Way Life Should Bleed"

Allen Baldwin, film director and neighbor, brought his film crew to Seventy-Five State Street on September 10 and 11. He had invited residents to be actors in his film, "Damnation Land" and many showed up to participate. Halloween costumes and decorations set an eerie tone. This is the 7th year that Allen is producing a collection of short horror films that will be shown in October at selected theaters throughout Maine. He described his filming at Seventy-Five State Street as the "wrap around" piece for this year's production that will premiere at the State Theater in Portland on Friday, October 14. Allen advised purchasing tickets early because 800 tickets were sold for last year's film night at the State so this year tickets may sell-out... especially with the outstanding new talent he has featured!

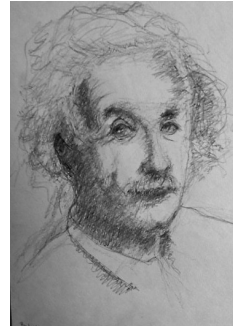


2016 Annual Appeal Update

Thanks to all who have responded thus far to our 2016 Annual Appeal. **As of September 19, a total of \$11,844 has been given by 52 generous donors.** Our Annual Appeals fund projects that directly and tangibly benefit residents. Contributions to this year's Annual Appeal will be put toward a total renovation of our beauty salon. We appreciate the support from those who have given and hope others will consider making a gift as well. Thank you!

State Street Stroll & Art Show

Mark your calendar and save the date for the annual State Street Stroll on **Saturday, November 12, from 9:00 am to 3:00 pm.** Along with other State Street organizations, Seventy-Five State Street will open its doors to the public and welcome all visitors. Residents have been preparing for this festive day for many months. Lovely hand-made items, baked goods, "white elephant" surprises and much more will be available for purchase. This year Seventy-Five State Street will include an art show where a number of talented residents will make their art work available for viewing and for sale. Don't miss this wonderful event. It's a great way to kick off the holiday season! Samples of art work appear below.



Folk Music and Culture Project

Seventy-Five State Street is pleased to announce the receipt of a grant from the Maine Arts Commission through its Creative Aging Program for musician Nancy Hoffman to present a program for residents entitled "Folk Music and Culture." Nancy describes her project by saying, "I will teach international songs to residents. We will look at and learn about diverse cultures from around the world where the music comes from." There will be eight one-hour sessions this fall, culminating in a public performance.

Laugh your way to Better Health



In an article by Deb Bomaster, M.S., she says, "People have been saying for years that laughter is good medicine, but only recently have we found actual medical and scientific proof of the benefits to our physical health. Since the publication, in 1976, of Norman Cousins' book *Anatomy of an Illness*, laughter has become more recognized as a path to better health. Cousins came to believe (along with many others) that laughter produces the release of endorphin, the body's natural pain reliever."

Bomaster goes on to say that laughter produces beneficial physiological results, bringing six times more oxygen to the body tissues than a deep breath. It improves both our circulation and our muscle tone when we experience a hearty laugh. She notes that laughter's ability to cause the muscles to go limp is of great value in the treatment of stress because it is difficult being anxious when the muscles are in a state of deep relaxation.

Bomaster suggests that when you suffer from tension, there are three non-medical things you can do:

1. Meditative relaxation
2. Engaging in vigorous exercise
3. Laughing

Bomaster notes that only you can adjust your attitude and says, "If you can't do it well, learn to enjoy doing it badly." She suggests developing a list of all the things that bring joy to your life and sharing it with a friend. Spend time with people who make you laugh and feel how the energy changes. Collect clippings, cartoons, things your grandchildren say and do and record them in a notebook. Dip into them when you are having a bad day.

Bomaster concludes, "Happy people do better work and enjoy life more. Therefore, it is important to build some type of humor relationship with ourselves and those around us. Besides, humor and laughter are a lot easier to swallow than a pill."

Red Cross Blood Donor Site

On August 23, the Red Cross set up a blood donation site at Seventy-Five State Street. Residents, staff and members of the public came together to donate. The following letter was received from the Red Cross.

Thank you so much for the opportunity to collect blood at your location on Tuesday. Your passion and commitment to our mission at the American Red Cross is very much appreciated. Here are the results from your blood drive:

17 donors were registered at the drive

4 donors were deferred and 1 donor was unable to complete their donation

We collected a total of 12 units of lifesaving blood. The blood collected at your blood drive will most likely be used within 5 days.

Thank you to all who participated in this important event!

Staff Spotlight: Jean Thornton

Jean M. Thornton (Jeanie) was born and grew up in Portland and currently lives in South Portland. Jean attended McAuley High School and graduated from Deering High School in Portland. She has a twin brother, John, along with four more brothers, so Jean says she "learned to play tag football at an early age!" Jean's daughter, Emily Blatt, a new bride, lives with her husband Tyler in Yarmouth. Jean's son, Jonathan Benner, lives in Scarborough with his wife Justine and their son, Ezra.

Jean has many interests including working with children, spending time with her family, walking the beach, bike riding, reading, cooking and working with adult coloring books. Jean hopes to learn more about yoga and also how to make jewelry.

Jean has worked in offices doing clerical work most of her life. She became the Seventy-Five State Street weekend concierge two years ago. In October, 2015, she became a full-time staff person by combining her concierge position with work in our laundry department. With energy to spare and a great love of children, Jean continues to work part time at Shining Star Day Care Center.

In describing what she likes best about working at Seventy-Five State Street, Jean says, "I enjoy talking with the residents and being of service to them. I like interacting with the residents and the great staff. There is a warm sense of community here." With her cheerful nature and ready smile, Jean, herself, adds much to that sense of community.



L-R Jean, daughter Emily, son Jonathan, grandson Ezra

Resident Spotlight: Julie Lyons



PHS 1951



Julie Lyons was born in Havana, Cuba, and lived there until she was four years old. She and her family then moved to Portland, Maine, where her father joined his uncle in the shoe business. Julie attended Portland schools and graduated from Portland High School in 1951. She went on to attend Fisher Junior College in Boston. While studying there, Julie performed and sang in productions at both Fisher and neighboring Emerson College. Julie continues to love acting and singing to this day.

Following her graduation from Fisher, Julie began selling real estate in Boston. Eventually, she moved back to Maine where she has made the Portland area her home ever since. Julie has traveled extensively in Europe, Asia, China, Japan, and throughout the United States. Julie has three sons: Marc Abramson lives in Florida; Bruce Abramson lives in Cape Elizabeth with his wife, Stephanie Anderson; David Abramson lives in South Portland with his wife, Lynn. They have two children, Alexandra and Drew. Julie's mother, Frances Lyons, is 102 years old and lives in nearby Falmouth.

Julie has served in numerous volunteer positions and is very proud to have been the President of the Association for Retarded Children in Portland, where she established the first sheltered workshop. Representing the Association, she attended a conference in Washington, D.C., where she was greeted by President John F. Kennedy.

Having resided at Seventy-Five State Street for five years, Julie says she enjoys being able to join both singing and acting groups. She especially likes to participate with the dinner theater group. Julie says she values her relationship with both the residents and the staff of Seventy-Five State Street. It is our pleasure to have this talented, fun and outgoing woman in our midst!

If you would like to appear in the **Residents' Spotlight** section of one of our newsletters or if you would like to recommend a resident to be featured, please contact Janice Drinan at 775-7775 ext.203.