

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	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
Asst. Community Life & Volunteer Services	Susan Longley	x 249
Development	Janice Drinan	x 203
Dietetic Technician	Tami Kasoff	x 245
Executive Chef	Cory Michaud	x 209
Human Resources	Margaret Rozzi	x 205
Plant Operations	Lynn LaRochelle	x 225
Social Services	Claudia Monsell	x 244
Transportation	Cindy Boivin	x 211

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

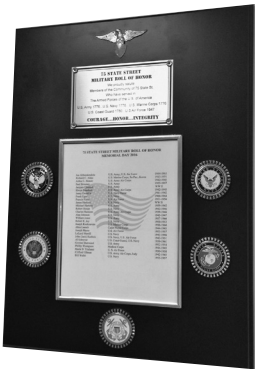
To add or delete your name, contact Janice Drinan at ext. 203 or drinan@75state.org.



Memorial Day 2016 Observance

At a highly attended annual event at Seventy-Five State Street, residents came together on May 30 to observe Memorial Day. A committee made up of residents Frank Fiske, Betty Westhoven and Nancy Whitehouse, along with Paula Johnson, chair of the Board of Managers, and staff member Tommy Somerville, planned and conducted the inspirational ceremony. The military honor roll of current residents who proudly served our country in uniform was read. Rev. Westhoven then led the group in prayer and remembrance.

A plaque bearing the names of those residents who served in the U.S. military is displayed in the Main Street area of our community. It lists the following men and women with their military affiliations: Joseph Abbondondola (Army, Air Force), Richard Allen (Marine Corps), Arthur Benoit (Army Air Corps), Paul Brennan (Army), Jacques Chazaud (Army), Elwyn Dearborn (Army Air Corps), Jenny Dworkin (Navy Nurse), Francis Egan (Navy), Francis Fiske (Air Force), James Harkins (Navy), Michael Harkins (Army), Robert Honan (Navy), Charles Huntoon (Army Air Corps), Alan Johnson (Navy), William Jones (Army), Robert Joy (Navy), Joseph Kocknavate (Marine Corps), Alice Loesch (Cadet Nurse Corps), Joseph Marro (Air Force), Leland Merrill (Navy), John Rachels (Navy, Air Force), Alfred Schryver (Coast Guard, Navy), Gordon Sherwood (Army), Philip Thompson (Medical Corps), Marie Tirabassi (Air Force), Clifford Ullman (Army Air Corps), William Walsh (Navy).



A Big Day of Caring



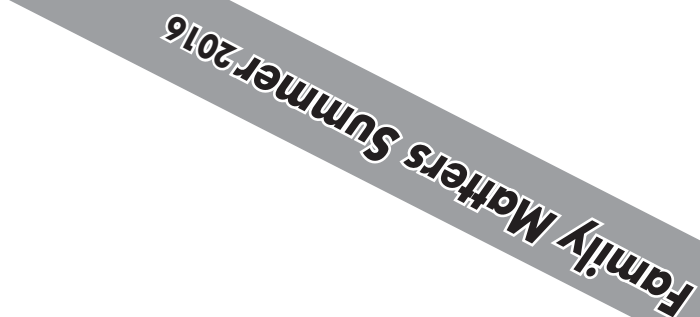
May 19 was United Way's annual Day of Caring. Every spring Seventy-Five State Street participates in and benefits from this terrific event. Six volunteers from the business community chose Seventy-Five State Street as the organization to which they would donate a day of service. Two members of the United Way staff also joined us this year. These energetic volunteers continued the "spring cleaning" of the gardens and grounds surrounding our complex of buildings. They raked, weeded and added compost and mulch to our garden areas. What an improvement they made!

Seventy-Five State Street truly appreciates all those who came together to make this event such a big success. Volunteers from **UNUM** and **Texas Instruments** joined us along with staff members from the **United Way of Greater Portland**. Our weekly landscape volunteer, **Ralph Wink**, served as lead gardener and coordinator of the day's tasks. **Bob Meeken**, Chair of the Residents' Garden Group, greeted the volunteers and joined the work party. Our maintenance staff was assigned to assist with outdoor work all day. Many hands may not have made light work, but huge projects were completed to the delight of residents, who expressed their gratitude.

The results of this extraordinary day of volunteerism will be enjoyed by residents, staff, visitors and neighbors for many months to come. Thank you, United Way, for once again sponsoring and coordinating this great community event!

Commemorative Bricks

Honor or memorialize someone special or mark a significant occasion with an engraved brick to be placed in the SFSS Tribute Garden. At the same time, contribute toward the completion of the SFSS Master Garden Plan. A four by eight brick with three lines of type is available for \$100. An eight by eight brick with six lines is \$200. Contact Janice Drinan at 775-7775 ext. 203 or drinan@75state.org for further details.



2016 Annual Appeal Update

As of **June 28**, we are pleased to report that 34 generous donors have given a total of **\$7,019** in response to our 2016 Annual Appeal. A complete listing of donors will appear in the next issue of The Spirit of 75.

Our Annual Appeal gifts fund quality of life improvements for residents that cannot be funded through our operating budget. Numerous important items such as a piano, a sound system and a whirlpool tub have been funded with the proceeds from our Annual Appeals. Gifts made to our 2016 Appeal will be put toward upgrading the residents' exercise equipment and refurbishing their hair salon. If you have made an annual gift in 2016, we thank you. If you are considering making a gift, we welcome your support!

Our Thanks to the Board of Managers



The Board of Managers held its spring **Next to New sale** in May. It was very well-attended by residents who found bargains galore and enjoyed shopping at home. The proceeds from this sale totaled \$820 and will go toward the many good works accomplished in our community by the Board of Managers. Among other gifts, this board donates annually to the residents' activity fund, and it recently gave funds toward the purchase of plantings to brighten our grounds for spring. We extend our thanks to this dedicated group of volunteers for all they do for the residents of Seventy-Five State Street.

Spotlight on Residents: Agnes and Arthur Benoit

Agnes York Benoit was born in Windsorville, Maine, in 1925 and grew up in Coopers Mills, Maine. Arthur Benoit was born in 1923 in Meriden, Connecticut, where he grew up. Art's father owned a bakery business, and Art claims to have driven the bakery truck from age ten on. He even drove to the location of his driver's license test!

Following graduation from Coburn Classical Institute in Waterville, Agnes studied for a year at Colby College. Meanwhile, after working briefly at a division of General Motors, Arthur entered the Army Air Corps and was sent to Colby College to take aviation classes. At a U.S.O. dance at Colby, Art and his cadet friend flipped a coin to see who would be the first to ask "the pretty blonde girl" to dance. Although Art lost the coin toss, he made it a point, on the second dance, to offer to take Agnes home. Several months later, the military rules changed and aviation cadets were allowed to marry. Arthur (20 years old) proposed to Agnes (18 years old) and she accepted. They married in Jackson, Tennessee, and, as Art continued his flight training, the couple lived in Arkansas, Mississippi, Virginia, Connecticut and Long Island, New York.

When the war ended, Agnes and Arthur took up residence in Meriden, Connecticut, and later moved to Farmingdale, Maine. The Benois lived in Montreal, Canada, for five years while Art was station manager for Emery Air Freight. When Art became district manager, they spent six years in Buffalo, New York. Art retired from Emery in 1985. He then worked as a real estate agent, mostly in Florida, for the next 20 years until he officially retired at age 82.

Agnes was employed for a number of years by International Silver Company, but she viewed her primary role as wife, mother and homemaker. The couple has three daughters (Noel, Sharon and Kathleen), six granddaughters, one grandson and seven great grandchildren. Over the years, the couple has owned nine houses!

Art and Agnes enjoyed visiting their camp on Dyer Long Pond in Jefferson, Maine, where they loved to fish. Agnes' best catch was an eight pound bass! Agnes is an accomplished piano and organ player. She donated her wonderful organ to Seventy-Five State Street when the Benois moved to our community six years ago. Art has served five years on both the Resident Council and the Welcome Committee. He is a member of the Residents' Garden Group and loves to share the tomatoes he grows. It's a pleasure to have this spirited couple in our midst.



Art & Agnes on their 63rd wedding anniversary

Red Cross Blood Drive

The American Red Cross will conduct a blood drive at Seventy-Five State Street on Tuesday, August 23. If you would like more information or wish to register as a donor, please contact Margaret Rozzi at Rozzi@75state.org with Blood Drive in the subject line.

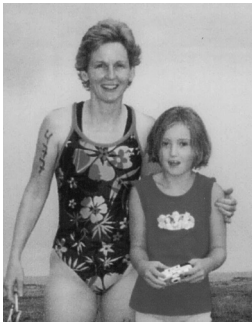
Staff Spotlight: Julie Mariski, C.N.A.

Julie Mariski was born in Delaware, Ohio, and grew up in Medina, Ohio. When she was 12 years old, her father received a job transfer to New Jersey. Julie then completed junior and senior high school in Somerset, New Jersey. Julie went on to receive a Bachelor of Science degree at Rutgers University in 1982 and a Master of Science degree from Philadelphia College of Textiles and Science in 1996.

Julie worked in production for companies including Maidenform and J. C. Penney. She was a liaison between contractors and buyers to ensure clothing styles were made to specification. Her work took her to many sites in the U.S. and overseas. Julie then took time off to raise her daughter. Meanwhile, she got involved doing homecare for neighbors and friends and discovered that she enjoyed it. She received her Personal Support Specialist certification while working at the Woods at Canco in Portland and went on to become a Certified Nurse Assistant.

Julie lives in the North Deering section of Portland with her husband, Bill, and their 16-year-old daughter, Sarah. A career opportunity for Bill brought the family to Maine in 2001. Julie's mother, sister Janet and brother Don and family all live in Ohio. Julie says she enjoys "working in the yard, cooking and exercising... not necessarily in that order!" Although not currently in training, Julie has completed five triathlons!

Julie has worked with residents as a C.N.A. in Seventy-Five State Street's Independent Living program for approximately one year. She says, "I help out with ADLs (activities of daily living), as well as anything else to make living at State Street an enjoyable experience. I feel that what I am able to do has meaning and matters. I get a lot of joy and satisfaction in helping people. My other positions in a production setting were not as satisfying." And aren't we glad she feels that way! With a bright smile and gentle ways, Julie shares her cheerful and positive attitude with residents and staff alike.



Julie, the triathlete, with daughter Sarah

Sewing Services

Residents would benefit from having a volunteer who would donate time on an infrequent basis to do sewing repairs and alterations. Seventy-Five State Street has a sewing machine but no one to use it. Perhaps you would consider sewing for residents a few hours every other month, or even quarterly? For more information, please contact Susan Longley, Volunteer Coordinator, at 775-7775 x 249.

The Importance of Vitamin D

Vitamin D may play a vital role in the prevention and treatment of diseases associated with aging, according to a study at Loyola University. Evidence suggests a connection between vitamin D deficiency and chronic diseases commonly linked to aging. Older adults may be at risk for vitamin D deficiency due to diet, reduced time outdoors and poor skin absorption of the nutrient. The Institute of Medicine generally recommends that adults over the age of 70 consume 800 IU of the nutrient daily.

Messages on residents' doors...

"If you want the best seat in the house, move the cat!"

"Life is short. Eat cookies!"

"Wherever you go, go with all your heart."

Meet & Greet



The residents' Welcome Committee and the Board of Managers combined efforts to invite new residents who have moved to our community in recent months to socialize with more seasoned residents. It was a special occasion where various speakers welcomed new residents and offered information about Seventy-Five State Street's history as well as helpful hints about present day living in our community. Members of the Board of Managers baked and served luscious desserts and visited with those who had gathered. It was a pleasant afternoon filled with good cheer.

Residents' Raised Garden Beds

Resident gardeners are enjoying a fine season of gardening. Their flowers and vegetables growing in raised beds provide a great addition to our landscape. Thank you, gardeners, for brightening our days!

