

Your Contacts

Seventy-Five State Street		207-775-7775
Assisted Living		
Director of Health Services	Joanne Morin, R.N.	x 204
Care Manager	Kellianne Bechtel, R.N.	x 243
Care Manager	Susan Brassard, R.N.	x 243
Night Shift Supervisor	Antonio Ferriera	x 212
Independent Living		
Director	Debbie Tarsetti	x 246
Assistant Director	Tommy Somerville	x 253
Administrator	Lori Maxwell	x 207
Marketing & Admissions	Meggan McNulty	x 224
Business Office	Michele Reitan	x 220
Community Life	Gina Martinez	x 222
Asst. Community Life	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 200

Mission

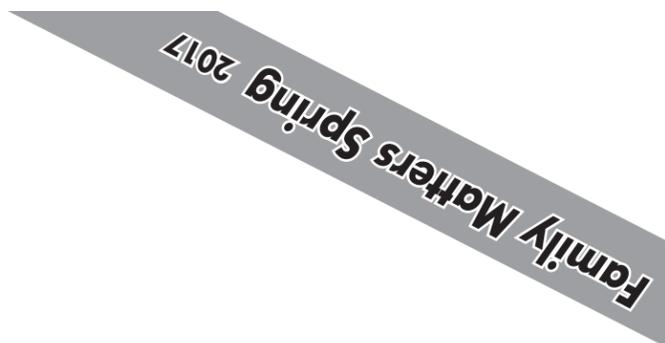
It is the mission of Seventy-Five State Street to promote the independence, dignity and individuality of older people of all financial abilities by offering stimulating and supportive programs and services in a gracious urban residential setting.

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.



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Resident Jean Weymouth Honored



Each spring, Maine Health Care Association sponsors the *Remember Me* exhibit at a reception at the Augusta Civic Center. Maine Health Care Association is a nonprofit trade association and represents over 250 providers of long term care services to the state's elderly and disabled citizens. Seventy-Five State Street is proud to be a sponsor of this year's event.

In the past, through the *Remember Me* project, ten residents of Seventy-Five State Street have been awarded **Certificates of Lifetime Achievement**. Those who have been honored are **Ida Sperber 2003, Robert Nelson 2004, Frieda Lundberg 2005, John Civiello 2006, Marie Letourneau 2007, Monique Beaulieu 2009, Helen Zigmund 2011, Frank Fowles 2012, Ruth Bowman 2014** and **Thomas Pick 2015**. It is our pleasure to announce that resident **Jean Weymouth** has received honorable mention in the **2017 Remember Me** project.

Jean Loring Weymouth was born in Portland. She graduated from Deering High School and attended Northeastern Business College in Portland. Jean accepted a temporary position as a lab assistant at Maine Medical Center where she then became a permanent employee for over 21 years. Jean has three sons (Michael, Joel and Stephen), five grandchildren and two great-grandchildren.

In 2010, Jean had a stroke that paralyzed her left side. Jean said it is ironic that, as a child, although she was left-handed, she was forced primarily to use her right hand. Now she must use her right hand for everything, but in no way does that hold her back! Following rehab work, Jean moved to Seventy-Five State Street where she said she appreciates getting some extra help while still maintaining her independence as best she can.

As a resident, Jean began painting for the first time and enjoys participating in art classes. She has learned to use a computer and particularly loves to research craft projects. She then teaches herself to make the crafts with her right hand only and donates many of her projects to the residents' fundraising sales. When told she is amazing, Jean says, "Stubborn is more like it!" Never complaining, taking a positive approach to life and sharing her quick wit, Jean is an inspiration to all who are fortunate enough to know her!

Art Exhibit and Sale

Following a very successful art sale during the State Street Stroll in November, a number of resident artists have been painting prolifically and were excited to present another large body of work on Friday, April 7. Being the first Friday of the month, Seventy-Five State Street opened its doors as a participant in Portland's First Friday Art Walk. Many guests stopped by to meet the artists, view their amazing work and join in this festive event. Over 100 paintings were sold!



Birthday Fun

As each resident's birthday approaches, the resident has the opportunity to plan a special birthday meal. The SFSS dining staff prepares and serves the resident's entree of choice to make this a festive occasion. Residents choose from a list that includes such entrees as lobster, filet mignon, scallops, chicken, salmon, shrimp or pasta. Residents may request the date and mealtime for their special meal. A personal birthday cake for 4-6 people is presented at the end of the meal.

Seventy-Five State Street 2017 Board of Trustees

Members of the Seventy-Five State Street Board of Trustees are dedicated volunteers who work diligently to support our mission of housing and services for the elderly of all financial means. Trustees serve up to two, three-year terms. We are grateful to the following Trustees who are continuing their service in 2017: **Sean Dugan** as Chair, **Jennifer Schumacher** as Vice Chair/Treasurer, **Robert Meeken** as Secretary, **Noel Genova**, **Paula Johnson**, and **Regula Robnett**.

At the Seventy-Five State Street Board of Trustees meeting on March 20, the following were welcomed as new members:

- **Neal Allen** served as the Executive Director of the Greater Portland Council of Governments and the Southern Maine Economic Development District from 1998 until his recent retirement. Neal has held numerous leadership positions at the local, regional and state level. A veteran of the United States Coast Guard, Neal earned a Bachelor of Arts degree from Hartwick College and a Master's degree in Public Administration from the University of Hartford.
- Having held other Long-Term Care Administrator positions, in 1999, **Douglas Gardner** became the Administrator at the Barron Center, a 235-bed long term care facility owned and operated by the City of Portland. In 2005, Doug became the Director of Portland's Health & Human Services Department, a position he held for nine years before rejoining North Country Associates, the owner and/or manager of 23 long term care and skilled nursing facilities in Maine and Massachusetts. Doug earned a Bachelor's degree in Elementary and Special Education from the University of Maine, Farmington, and a Master's degree in Public Health from the Muskie School of Public Service at the University of Southern Maine.
- **Kate Guare** is the Manager of Marketing & Communications for MaineHealth, an integrated healthcare system of leading providers and other healthcare organizations. She holds a BA in Economics from the University of Southern Maine and a Master's degree in Public Health from the Muskie School of Public Service. Kate is a member of the Maine Public Relations Council and the Maine Public Health Association. A former ballerina, Kate trained and performed with the Maine State Ballet for over 25 years.
- Prior to her retirement in 2009, **Maryann O'Rourke** was the Executive Director of Children's Day School, Inc., in Greenwich and Riverside, Connecticut, for 22 years. Children's Day School is a nonprofit, non-sectarian pre-school with an enrollment of 200 students from families of all social and economic circumstances. Maryann continues to serve as an educational consultant. Maryann received a B.S. in Early Childhood Education and an M.S. in Family Studies and Parent Education at Wheelock College. Maryann was chosen by the Seventy-Five State Street Resident Council as its resident representative to the Board of Trustees.
- **Julia Redding, D.O.**, graduated from the University of New England College of Osteopathic Medicine in 2008. She completed her Residency at Maine Medical Center Family Medicine in 2011 and completed a Fellowship at Maine Medical Center Geriatrics in 2012. Julia is certified by the American Board of Family Medicine. With a specialty in Geriatric Medicine, Julia practices medicine at Maine Medical Partners Geriatrics Center in Portland.
- **Edward Suslovic** earned a Bachelor's degree from Wesleyan University where he majored in Government. Ed represented a section of Portland in the Maine House of Representatives from 2002 to 2004. In 2005, he was elected to Portland's City Council and served as the ceremonial mayor from 2007 to 2008. During his terms on the City Council, Ed worked on a variety of issues including improving public transportation, increasing environmentally sustainable practices in schools and businesses and advocating for gun control laws. He has worked to advance public transportation in Southern Maine through his work as vice president of the Board of Directors of the Greater Portland Transit District.



(L - R) Neal Allen, Julia Redding, Ed Suslovic, Kate Guare, Doug Gardner, Maryann O'Rourke

Commemorative Bricks

Honor or memorialize someone special or mark a significant occasion with an engraved brick to be placed in the Seventy-Five State Street Tribute Garden. At the same time, contribute toward the completion of our Master Garden Plan. A 4x8 inch brick with three lines of type is available for \$100. An 8x8 inch brick with six lines is \$200. Contact Janice Drinan at 775-7775 ext. 203 or drinan@75state.org for further details.



Words to Cherish

To everyone who touched my mother's life at Seventy-Five State Street,

It is with a bit of sadness I write this note to let you know my mother has moved from Seventy-Five State Street to a facility more suited for her now. Terry and her family wish to express our deepest gratitude for her thoughtful care and many friendships during the five-plus years Seventy-Five State Street was her home.

... we are forever grateful for your heartwarming kindness and genuine concern for her well-being as you watched over her and unselfishly helped me along the way. I hope everyone realizes the significant impact you made for Terry and our family... You have a very special place in my heart... She loved her home at Seventy-Five State Street.

With my warmest appreciation, Jen Roediger

Guest Meals

Each resident receives two complimentary guest meals during the 30 days of each billing cycle. Our billing cycle runs from the 15th of each month to the 15th of the next month. Reservations for guests should be made no later than one hour before that meal-time by calling ext.206. Reservations will be accommodated provided the space is available. Guest meal seating begins at 12:30 pm for the dinner meal and 5:30 pm for the supper meal. Wait staff will present a "Guest Meal Slip" at the table for a resident's signature. The slips will be forwarded to the Business Office where two slips each billing cycle will be marked as complimentary. Guest meal charges are as follows: breakfast \$5.00, dinner \$9.00, supper \$7.00, holiday meals \$12.00. Please contact Gina Martinez, Community Life Coordinator, at 775-7775 ext.222 for further information.

Health Corner

Eat your "Five-a-Day"

According to new research, there is one simple thing older adults can do to help reduce their risk of dementia: eat their "five-a-day." In a study published in the journal *Age and Ageing*, researchers found that eating at least three portions of vegetables and two servings of fruits daily was associated with lower risk of dementia in older adults.

The World Health Organization (WHO) recommends that adults consume at least 400 grams of fruits and vegetables daily, equivalent to around five servings, in order to improve overall health and lower the risk of chronic diseases such as heart disease and cancer. Compared with adults who did not adhere to WHO recommendations for fruit and vegetable intake, adults who consumed three servings of vegetables and two servings of fruits daily were found to be at lower risk of dementia development over six years. It was reported that dementia risk was further reduced for adults who consumed an additional three portions of vegetables each day, so let's eat those veggies!

Let's hear it for Exercise!

Findings recently published in the journal *Cardiology* suggest that seniors who want to give their hearts a healthy boost may want to focus on exercise first. The research found that getting active may do more for cardiovascular health in older adults than losing weight does. The study's author, Dr. Klodian Dhana, said, "Our results show that physical activity plays a crucial role in the health of middle age to elderly people." Expert guidelines currently recommend 150 minutes a week of moderate intensity physical activity to decrease the risk of heart disease, she said.

Life presents us with a choice: accept the "tragedy narrative" or tell a new story.
By Dr. Bill Thomas with more information at ChangingAging.org