

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.

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The Spirit of 75

Farewell and a New Beginning By Tony Forgione, C.E.O.

Seventy-Five State Street has been around for 163 years. I have had the honor of leading this organization for the last 19 years. I will be retiring at the end of December. Over those years we have served 700 elders and their families. I have had the pleasure of working with hundreds of caring and committed employees. During that time the Board of Managers has provided many intriguing programs and events for residents. Fifty eight volunteer trustees have provided superb guidance and enduring support. One constant has been an eight member management team serving us with a passion for our mission for two decades.



And, there will be a new beginning. I have the deepest faith that we will be even better going forward. It is with great pleasure that I announce that Lori Maxwell will serve as Administrator of Seventy Five State Street. Lori's expertise, experience, energy and integrity will be invaluable. On January 1, we will become part of Avesta Housing, a highly respected not-for-profit organization based in Portland. We could not have found a better partner. Avesta is led by a current Seventy-Five State Street trustee, Dana Totman, who is nationally recognized as an exceptional and caring leader. His talented staff will augment our wonderful management team.

Seventy-Five State Street is in very good hands. The primary focus has always been and will continue to be the health, happiness, engagement and well-being of residents. I want to thank all of the wonderful people I have met at Seventy-Five State Street.

A Very Successful State Street Stroll



The State Street Stroll on Saturday, November 12, was a huge success! Residents had been working on crafts, art work, knitted goods, etc. for many months in preparation for the big day. There was an impressive array of handiwork, framed art, raffle items and baked goods for sale. Many "strollers" stopped at SFSS as they made their way along State Street to the five organizations that opened their doors to the public for this annual event. This was the first time an art exhibit was included in the Seventy-Five State Street

offerings. Many residents have been enjoying painting classes and loved seeing their work on display. Over 30 paintings were sold at the Stroll, raising a total of \$965.00!

This was the sixth year Seventy-Five State Street participated in the annual State Street Stroll. Co-Chairs and residents Nancy Whitehouse and Bill Walsh reported that a total of \$2,907.30 was raised... the largest sum ever! However, best of all was the great fun residents had greeting the public and proudly displaying and selling their wonderful items. Members of the Board of Managers along with some staff members assisted the residents before and during the event, but it was very much prepared, directed and run by the residents themselves. They deserve congratulations for their tremendous effort in making this year's Stroll such a great success.

2016 Annual Appeal Update

Our Annual Appeals provide funding for quality-of-life improvements for residents that cannot be funded in our operating budget. Many important items such as a piano, a sound system and a whirlpool tub have been purchased with the proceeds from these Appeals. Gifts made to our 2016 Appeal will be put toward the complete renovation of our hair salon. As of December 1, 57 gifts totaling \$12,519 have been given to our Annual Appeal. If you have made a gift, we thank you! If you are considering a gift, we welcome your support.

Veterans' Day Program

Residents, assisted by staff, prepared and conducted an inspiring and very well attended Veterans' Day program. Tommy Somerville processed with the flag and then led the Pledge of Allegiance. Paula Johnson, Chair of the Board of Managers, welcomed the attendees and spoke about the historical significance of the holiday. Traditional patriotic songs were sung by the residents, accompanied by Rocco DiDonato on the organ. Nancy Whitehouse read the Seventy-Five State Street Military Roll of Honor. Cliff Ullman's moving poem, Veterans' Day, was read. The ceremony ended with the playing of Taps by Frank Fiske.

Our Military Roll of Honor notes 27 current residents who served in the United States military: Arthur Benoit, Paul Brennan, Jacques Chazaud, Jenny Dworkin, Frank Egan, Francis Fiske, James Harkins, Michael Harkins, Robert Honan, Charles Huntoon, Alan Johnson, William Jones, Robert Joy, Joseph Kocknavate, Alice Loesch, Joseph Marro, Milo Matrazzo, Leland Merrill, James Morgan, Paul Popenoe, Al Schryver, Gordon Sherwood, Philip Thompson, Marie Tirabassi, Clifford Ullman, William Walsh and Thomas Walsh. We extend our deep appreciation to all for their dedicated service to our country.

No live trees or wreaths please...

As a reminder, because of fire safety regulations, no live Christmas trees or wreaths can be permitted in the Seventy-Five State Street buildings.

Resident Spotlight: Jean Weymouth



Jean Loring Weymouth was born in Portland. At age two, she and her parents moved to South Freeport where they lived with Jean's grandparents. (Jean said it wasn't so fashionable to wear L.L. Bean boots in those days!) When she was a teenager, Jean, her parents and her three brothers moved back to Portland. Jean graduated from Deering High School and attended Northeastern Business College in Portland.

Jean married and moved to East Sebago for 13 years before returning to reside in Portland. Jean began working in a temporary position as a lab assistant at Maine Medical Center in 1977 where she became a permanent employee for the next 21 years. Jean has three sons, Michael who lives in Ohio, and Joel and Stephen who live in New Hampshire. She also has 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 likes to read and to attend brown bag lunches at the Portland Public Library to hear interesting speakers. Jean has learned to use a computer and particularly loves to research craft projects. She then teaches herself to make the crafts with only the use of her right hand. She donated many of her projects to the residents' holiday sale. How lucky for us! When told she is amazing, she said, "Stubborn is more like it!" She went on to say, "Sometimes I think I march to the beat of a different drummer." Maybe that's why Jean is an inspiration to all who are fortunate enough to know her!

Staff Spotlight: Bachhue Key

Bachhue T. Key was born in Saigon, Vietnam, and moved to the United States in 2001. She has two brothers and five sisters. Bachhue's brother, Tai, an architect, and her sister, Van, a pharmacist, live in Silver Spring, Maryland, where they graduated from college. The other siblings live in Portland with Bachhue's mother and father who urged their children to move to the U.S. for "more freedom and a better life." Bachhue lives in Scarborough with her husband, John Key, who is Director of Environmental Services at the Baron Center. She has two stepsons, Jacob, who lives in South Portland and, Joshua, who lives in New Orleans.

Bachhue graduated from Primary Teachers College in Vietnam and taught school for 16 years before coming to the U.S. She worked at Maine Medical Center in the linen services department for ten years. Meanwhile, she earned her Personal Support Specialist certificate and worked part-time with Home Care for Maine. She also worked as a seamstress at David's Bridal and presently works part-time as a tailor at Men's Warehouse. Bachhue graduated from Spa Tech Cosmetology School two years ago. She has been a hair stylist at Seventy-Five State Street for over a year now and says that it is her "favorite job." She went on to say, "I really enjoy all the residents and making them happy. I also admire the staff for the great care they provide our residents."

Bachhue enjoys cooking and baking. Her favorite dishes are beef curry and tiramisu. In her free time, she likes to read news and current events on her computer in her native language. She also keeps in touch online with her former students. She is proud of their successes and loves that they remember her. Bachhue looks forward to vacation travel with her husband. Each year they visit a new state with the goal of seeing as many states in the U.S. as they can.

In Vietnamese, "bachhue" means "white lily" so Bachhue says, "I am okay if I'm called Lily." Whether Bachhue or Lily, we feel very fortunate to have this gracious and talented woman on staff in our beauty salon.



Christmas Dinner

The holiday season is well upon us. We encourage family and friends to dine with residents here at Seventy-Five State Street. The Christmas dinner reservation deadline is Wednesday, December 21. Residents and guests, depending on size of party, may have to wait for the second seating (about 12:30 pm) for us to reset tables. The holiday meal cost is \$12.00 per person. Children 12 and under are \$6.00. For guest reservations call Gina Martinez at 207-775-7775 x222.

Residents Honor Volunteers



Residents mysteriously invited Peter Monro and Ralph Wink to attend their Resident Council meeting in November. At the meeting, they expressed their immense gratitude to these amazing volunteers and gave them each a gift certificate to show their appreciation.

Peter Monro, a long time landscape contractor who lives in our neighborhood, has been voluntarily maintaining and improving the grounds at Seventy-Five State Street for the past 18 years! Peter's wife, Jill, also volunteers at Seventy-Five State Street as an art instructor. About six years ago, Ralph Wink retired as Manager of Engineering at Portland Pipeline, and he and his wife, Eska, moved to a condominium in Scarborough. Ralph mentioned to Board of Managers member Paula Johnson that he missed gardening at his former residence in Gray, and she said, "Have we got a job for you!" Since then, Peter and Ralph have worked as a team to continually improve our grounds. How lucky are we!

In the past few years, Peter and Ralph have done construction projects along with their gardening. After building an accessible ramp from our "Main Street" area to a pergola they built overlooking our rose garden, they recently built another ramp (in photo above) to make the rose garden accessible to our corridor connector between our buildings. When hearing our praise for all these two men do for Seventy-Five State Street, Peter said, "We enjoy being appreciated but the value is in the work, what it provides for the residents, and indeed for all of us! I know Ralph agrees that we appreciate the opportunity to be of service." In our book, volunteers don't come any better than Peter and Ralph!