

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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SEVENTY-FIVE STATE STREET
A History Of Gracious Living



The Spirit of 75

The Quarterly Newsletter from Seventy-Five State Street

Spring 2016

Two Keys to Successful Aging By C.E.O. Tony Forgione

Good nutrition is vital. Also, an effective but limited medication regimen is important. But trumping those (not a political term) are exercise and great hair!

Enclosed in this newsletter is a gift envelope launching our ninth Annual Appeal. The Appeal funds quality of life improvements for residents that would not be funded in our operating budget. We are hoping to raise enough funds to upgrade our exercise equipment and to refurbish our hair salon. The exercise equipment will augment our structured exercise classes, which have been increased to six days each week. Our residents, average age of 86, have clearly jumped on the physical activity bandwagon (a political term).

Great hair for women and men happens in our very popular salon. Margo and Bachhue do a wonderful job styling hair and lifting spirits. Established 17 years ago, the salon definitely needs a facelift and new equipment. Please consider making a gift. It clearly makes a difference!

Two Keys to Successful Aging By C.E.O. Tony Forgione

Governor Paul LePage recently signed two bills that will help facilities that provide MaineCare covered assisted living services. LD 1638 provides a 1% rate increase to offset February's provider tax increase. Unfortunately, the bill to eliminate the provider tax entirely was not funded which means no relief for self-paying assisted living residents. LD 1606 grants a 4% MaineCare rate increase effective July 1st. These two bills will generate \$62,000 annually in increased revenue for Seventy-Five State Street. The MaineCare program underfunds care at SFSS by hundreds of thousands of dollars each year. Senator Justin Alford was instrumental in obtaining the funding for LD 1606. Senator Alford will be attending our June board meeting at which time trustees and staff will thank him for his efforts. We also want to thank Rick Erb and Nadine Grosso at the Maine Health Care Association for all of their hard work during the legislative session.

Anonymous Bequest

Seventy-Five State Street is truly grateful for a recently received anonymous bequest of \$37,000. Not only does our organization benefit financially from this gift, but it serves as a reminder of the importance our benefactors' place on the services we provide.

Our garden on April 26... yes, really! Two weeks later, May 10... finally!



Recent Honorary and Memorial Gifts

Susan & Donald Kauffman *in honor of Natalie & Joe Marro*

James P. MacVane *in honor of Maria P. MacVane*

Richard Anderson *in memory of Jane Corcoran*

Ann Deering *in memory of Jane Corcoran*

Elizabeth Preti *in memory of Jane Corcoran*

Frank Fowles *in memory of Frank R. Fowles Jr.*

Resident Spotlight: Laurel Hartman

Laurel Hartman was born in Manhattan in New York City where she lived for a short while. When her father took a new job in Ithaca, New York, the family joined him there. Laurel attended schools in both Ithaca and Pennsylvania. While living in Ithaca, Laurel worked in dining services at Cornell University. Laurel moved to Portland to live near her sister Barbara, Barbara's husband, Jerry, and their children Lisa and Mark. Laurel also has a sister Sara who lives "just two hours away" in Maynard, Massachusetts. Laurel says she likes living in Maine because there are many more sunny days than in Ithaca! Laurel has enjoyed traveling throughout the United States and also has visited the Bahamas.



Eight years ago, Laurel moved to Seventy-Five State Street along with her well-loved cat, Mickey. Laurel says she especially likes all the activities in which residents can participate. A favorite activity for her is going on field trips in the van. She also likes the downtown location of Seventy-Five State Street where she can get out and walk about the city. Laurel has many puzzles in her apartment and really enjoys piecing them together. With her cheerful nature and ready smile, Laurel is a pleasure to have residing in our community. We like Mickey, too!

Staff Spotlight: Susan Longley



Susan Roehner Longley was born in upstate New York and grew up in Michigan, "right on Lake Michigan." She graduated from Michigan State University with a degree in marketing and journalism and a minor in women's history. Susan is married to former congressman James Longley. They make their homes in Yarmouth, Maine, and Alexandria, Virginia. Susan says she loves traveling by train and takes the train back and forth to her home in Virginia on the weekends.

Susan has four children, Grace Raftery of Alexandria, Pearce Thompson of Atlanta, Paige Thompson of Portland, and Marion Thompson of New York City. She has two stepchildren, Matthew Longley of Cambridge, and Sarah Longley of Cumberland. Susan has a twin brother, Henry, who lives in California and "is often mistaken for George Clooney." Let's hope George

visits us sometime!

Susan says her hobbies are "hiking, shopping for old books, shoes of course, and anything vintage!" She loves going to art museums, art shows and all historical societies, especially those in small towns.

Susan's career path began in public relations for the McDonald's Corporation and next for an engineering firm. Susan became a substitute teacher while her children were young. Then she became a telemarketing supervisor for the American Red Cross Blood Services. Next, Susan worked for seven years at Portland Center for Assisted Living. She continued her work with older adults for eight years at Piper Shores.

Susan is currently the Assistant Community Life Coordinator at Seventy-Five State Street where she has been on the staff for one year. She says, "I work with my boss, Gina, and our awesome staff to offer residents new experiences and new challenges. We work very hard to include shopping excursions, walking opportunities, interesting art classes, exercise programs, unique speakers, music and, of course, Bingo! I love incorporating whatever interests the residents had before moving to 75 State into the programs we offer today." Susan especially loves "working in the heart of Portland as there is an endless supply of things to do within a one mile radius!" Full of energy and a zest for life, Susan spreads fun and laughter as she brightens our days at Seventy-Five State Street.



Many thanks to Bob Meeken (left), chair of the Residents' Garden Group, and to Ralph Wink, lead garden volunteer.

The Power of Exercise

A new study shows that a variety of physical activities from walking to gardening and dancing can improve brain volume and cut the risk of Alzheimer's disease by 50%. This research, conducted by investigators at UCLA Medical Center and the University of Pittsburgh, is the first to show that virtually any type of aerobic physical activity can improve brain structure and reduce Alzheimer's risk. George Perry, PhD, Editor in Chief of Journal of Alzheimer's disease, added, "Currently the greatest promise in Alzheimer's disease research is lifestyle intervention including increased exercise."

Loss of Taste

Ninety-four percent of older adults in the United States have age-related damage to at least one sense, with the most prevalent loss related to a sense of taste. Thirty-eight percent have two deficits and twenty-eight percent have three, four or five, according to an article appearing in the Journal of the American Geriatrics Society. Some deficits are mild but others are serious. About 64 percent of the 3,005 people enrolled in the study between the ages of 57 and 85 had a significant deficit in at least one sense with 74 percent of those experiencing a loss of taste.

Julie Andrews Turns 79

To commemorate her 79th birthday, actress/vocalist Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of AARP. One of the musical numbers she performed was My Favorite Things from the legendary movie Sound of Music. Here are the lyrics she used that brought her a standing ovation:

*Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.
Cadillacs and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.
When the pipes leak, when the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.
Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favorite things.
Back pain, confused brains and no need for siming,
Thin bones and fractures and hair that is thinning,
And we won't mention our short shrunken frames,
When we remember our favorite things.
When the joints ache, when the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.*