

SEVENTY-FIVE STATE STREET

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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Gift opportunities • Janice Drinan at 775-7775 x 203 or drinan@75state.org

Spring 2017

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A History Of Gracious Living

SEVENTY-FIVE STATE STREET



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The Spirit of 75

The Quarterly Newsletter from Seventy-Five State Street

Spring 2017

Launching our 2017 Annual Appeal By Lori Maxwell, Administrator

As Seventy-Five State Street launches its tenth Annual Appeal, all those associated with our senior living community wish to express deep appreciation for the generosity that has been shown by so many supporters in past years. Those donations have enabled us to purchase important items that could not be funded in our annual budgets. Items include computers for residents' use, a new projector for our theater, a large wooden deck on our south patio, a new piano, a whirlpool tub system, new lounge furniture, an upgraded sound system for programs and an additional accessible ramp connecting to our Rose Garden. Interesting lecturers speaking on topics pertinent to residents have also been funded by Annual Appeal gifts. Our transportation program for residents has been greatly enhanced in years when this funding was added to our new van campaign and to our fundraising effort for a new courtesy car.

At the close of 2016, Annual Appeal gifts of nearly \$14,000.00 were combined with a generous grant from The Eunice Frye Home Foundation. This funding allows us to totally renovate our beauty salon. Upgrades to the electrical, plumbing, heating and air conditioning systems have been completed. New equipment, including handicapped accessible salon chairs and sinks, is currently being installed. Upon completion, the salon will have a large new window, new flooring and freshly painted walls and ceiling. Anticipation is high! The grand opening of our new salon is sure to be an exciting event at Seventy-Five State Street.

Gifts to our 2017 Annual Appeal will be designated for projects that improve our outdoor spaces for all to enjoy. Such items as patio furniture, canvas tenting and better signage in our parking areas are high on a list of requests and suggestions.

Our recent partnership with non-profit Avesta Housing is providing Seventy-Five State Street with good guidance in the technical, strategic planning and business arenas. However, our own non-profit organization continues to stand on its own with its long history of serving seniors in Portland since 1854. Therefore, we welcome your support as we launch our 2017 Annual Appeal.

Thank you, Peter and Jill!

All of us at Seventy-Five State Street wish to express our appreciation to Jill Bock and Peter Monro for their many years of volunteer service in our community. Year after year, Peter devotes endless hours to designing and implementing plans for the many garden areas that surround our complex of buildings. He plants, transplants and builds garden structures throughout each growing season. His creative efforts have transformed our grounds!

Several years ago, Peter's wife, Jill, began stopping by to see the results of Peter's gardening and to lend a hand where she could. While so doing, Jill got to know residents and staff and offered to share her artistic talents with the residents. Jill now regularly teaches an art class at Seventy-Five State Street where she says it is "a give and take of creative learning." Jill also has worked diligently with the Activities team to frame and exhibit residents' artwork for two very successful receptions and sales.

Both Peter and Jill have said that seeing the happiness on residents' faces is all the thanks they wish for. However, every now and then, it's important to acknowledge their tremendous efforts and express our deep gratitude for all they do. Peter and Jill, Seventy-Five State Street is a better place because of you!



The Forum, Our Resident Magazine



The Forum is a literary publication created by the residents of Seventy-Five State Street. It is printed once a year and distributed in the spring. All residents are encouraged to submit original writings, poetry, art work or photography. Residents are also encouraged to participate in producing The Forum. Residents may contact Debbie Tarsetti, production manager, or editors Betty Hummer and Nancy Whitehouse with questions. A festive gathering took place on May 24 to introduce the 2017 issue of The Forum. Congratulations to all for a fabulous edition!

Resident Spotlight: Robert Dickerson

Robert Dickerson was born and grew up in Englewood, Bergen County, New Jersey. One of his favorite boyhood memories is that of his parents bringing him and his older brother and sister to Maine for summer vacations. Referring to his residency in Maine, Bob says, "As a childhood visitor to Maine, I never dreamed I was about to receive truly a fabulous gift that would guide me greatly for the rest of my life." As a boy, Bob also remembers his family's involvement in exciting political events while his father was Dwight Eisenhower's campaign manager for New Jersey.



Baby Bob with his mother Henrietta

Bob graduated from Blair Academy in Blairstown, New Jersey. He began studying for his B.A. degree at Seton Hall University in New Jersey and completed his studies at University of Arizona. Bob followed a career path in radio and television broadcasting. He was an audience research analyst for NBC for many years and then became an all-media buyer for Pepsi Cola.



Bob lived in Tucson, Albuquerque, San Diego, Virginia and Connecticut before moving to Maine. He was drawn to the colder climate, especially when enjoyed next to a cozy fireplace!

And Bob came to truly appreciate "the good Maine people."

Throughout his life, Bob has traveled extensively to such destinations as London, Paris, Amsterdam, Copenhagen, Scotland, Rome, Zurich, Bermuda, St. Thomas, Mexico, Canada and Puerto Rico. He remains an avid student of American history, in particular, the French and Indian War, the Civil War and World War II.

Having lived at Seventy-Five State Street for nearly three years, Bob says he appreciates "the peace I have found, along with feeling safe and having chores done for me!" All of us very much enjoy having Bob in our midst for his bright smile and his easy manner. He is a true gentleman!

Creative Aging Grant

Seventy-Five State Street has received a grant through the Maine Arts Commission's Creative Aging program. Weekly, for eight weeks, musician Nancy Hoffman is conducting an international music course for residents. The focus is on the folk music of different countries and cultures. The instructor teaches from an historical perspective and includes discussions about dress, food and customs of various countries. The classes are very popular and involve much audience participation, even singing in a variety of languages! The classes will culminate with a concert performance on June 21.

The Maine Arts Commission designed the Creative Aging program "to generate opportunities for lifelong learning, social engagement and mastery of skills." These goals are definitely being met in our international music course.

United Way Day of Caring

On May 18, Seventy-Five State Street once again participated in United Way's annual Day of Caring. Over 1000 volunteers from area businesses donated their time and effort across greater Portland to assist non-profit organizations with a wide variety of projects. Our many gardens were weeded, raked, composted and mulched for a look of instant beautification! We are very grateful to UNUM and Texas Instruments for sending nine volunteers to our site. Peter Monro and Ralph Wink, our long-time gardening volunteers, Bob Meeken, chair of the residents' garden group, and our maintenance staff guided and worked alongside the corporate volunteers. The results of this extraordinary day will be enjoyed for many months to come!



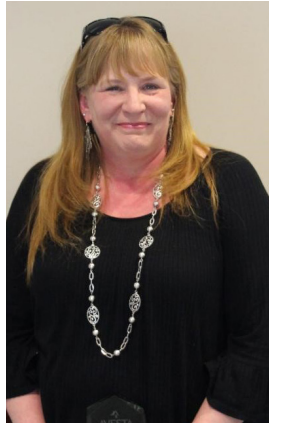
Staff Spotlight: Michele Reitan

Michele Reitan was born at Ft. Benning in Columbus, Georgia, and grew up in Minnesota, Michigan and New Hampshire before moving to Maine in 1989. Michele is the mother of five daughters! Amber (34) lives in New York. Ashley (29) lives in Portland and works at Avesta Housing. Alicia (25) lives in Gray; Ally (23), in Portland; Abby (20), in Windham. Grandson Brayden is three years old and lives in Portland.

Michele was employed for nine years as an accountant and internal auditor at Sandy River Health System. She also worked as an accountant and billing manager at Goodwill for three years. She has been a staff accountant at Avesta Housing since 2010. Following the partnership of Avesta and Seventy-Five State Street, with an opening in our business office, Michele was asked to become our Business Services Manager. She accepted and has served in that role for three months. She says, "I feel very fortunate to be able to do work that I love in such a special community." She wishes to thank the residents and staff who "have been so incredibly welcoming." Michele recently received one of the Avesta annual Core Values Awards for Stewardship. Congratulations, Michele!

In her spare time, Michele enjoys reading, road trips, basketball and tossing a football with her daughters. She loves country music and line dancing. But, best of all, she adores spending time with her three-year-old grandson.

All of us at Seventy-Five State Street welcome Michele and love to hear her say, "I feel like this is where I am meant to be!"



Michele receiving Avesta award

Memorial Day 2017 Observance

At a highly attended annual event at Seventy-Five State Street, residents came together on May 29 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 26 current residents who proudly served our country in uniform was read. Rev. Westhoven led the group in prayer and remembrance. A plaque bearing the names of those residents who served in the military is displayed in the Main Street area of our community. It lists the following men and women with their military affiliations:

Millard Armstrong, US Navy, 1956-57
 Arthur L. Benoit, US Army Air Corps, 1942-45
 Louis Bove, WWII
 Paul Brennen, US Army, 1955-57
 John D. Buzzell, US Army, 1959-79
 Jacques Chazaud, US Army Tank Corps, WW II
 Frank Egan, US Navy, 1960-64
 Francis Fiske, US Air Force, 1951-56
 Michael Harkins, US Army, 1959-1962
 Charles Huntoon, US Army Air Corps, 1939-46
 Alan Johnson, US Navy, 1945-47
 William Jones, US Army, 1957-66
 Robert E. Joy, US Navy, 1950-53
 Joseph Kocknavate, US Marine Corps, 1950-60
 Alice Loesh, Cadet Nurse Corps, 1944-45
 Joseph Marro, US Air Force, 1953-1957
 Milo Matrazzo, US Navy, 1956-1958
 Leland Merrill, US Navy, 1943-46

James Morgan, US Army, 1952-54
 Paul Popenoe, Jr., US Army, 1942-45
 Al Schryver, US Navy, US Coast Guard, 1949-1952
 Gordon Sherwood, US Army, 1952-54
 Philip Thompson, Medical Corps, 1944-45
 Marie Tirabassi, US Air Force, 1950-58
 Clifford Ullman, US Army Air Corps, Italy, 1942-45
 Bill Walsh, US Navy, 1955-57



A Dinner to Remember

In celebration of his birthday, resident Joe Marro was "wined and dined" by his daughter, Eleanor Chatto. Along with his wife, Natalie, Joe was joined by lucky residents and friends, Pamela Lord and Louis Bove. In the Marros' apartment, Eleanor prepared and served a gourmet, three-course dinner with exciting wine pairings. Happy birthday, Joe. Bet you're already looking forward to the next one!