

**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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75 State Street • Portland, Maine 04101  
www.75state.org • 207.775.7775



# The Spirit of 75

## Senator Justin Alfond Visits Seventy-Five State Street

During the recent state legislative session, assisted living communities were granted a much needed MaineCare rate increase of five percent. Senator Justin Alfond was instrumental in getting this legislation funded. Senator Alfond graciously accepted our invitation to be included in our Mission Moment at our June Board of Trustees meeting so we could express our gratitude. He described the legislative process and emphasized how important it is to support Maine's elders. Trustee Dana Totman also thanked Senator Alfond for his efforts in supporting subsidized housing. Since Senator Alfond is term limited, the people of Maine will miss his leadership and advocacy in the next legislature. Our trustees wished him well in his future endeavors.



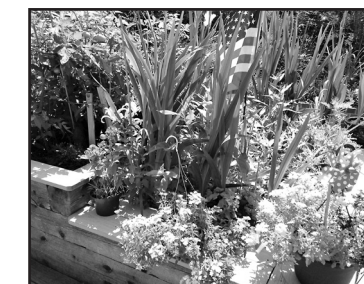
Senator Justin Alfond (left)  
Trustee Jennifer Schumacher, C.E.O. Anthony Forgione

## Remembrance Service

On July 26, residents, family members, staff and friends gathered at a Remembrance Service to honor former residents who had died during the first six months of 2016. Music, inspirational readings and the sharing of memories served to honor the following men and women who are truly missed at Seventy-Five State Street: **Jane Corcoran, Dana Mayo, John McLaughlin, Fiorella Williams and William Zoidis.** Those who attended this gathering found it heartwarming to remember and honor their friends and family members in this special way. Following the service, all were invited to view the Memory Table and visit our Tribute Garden. Residents are encouraged to join the Remembrance Committee and assist in making these gatherings very meaningful to us all.

## How does your garden grow?

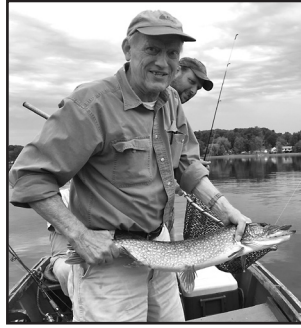
Residents' gardens grow abundantly with both vegetables & flowers!



## Words of Wisdom

"The greatest good fortune for the older person, even greater than health, is to have his world inhabited by projects, then, busy and useful, he escapes from boredom and from decay. There is only one solution if old age is not to be an absurd parody of our former life, and that is to go on pursuing ends that give our existence a meaning – devotion to individuals, to groups, to causes, and to social, political, intellectual or creative work." Simone de Beauvoir

## Resident Spotlight: Richard Anderson



Richard Anderson was born and grew up in Brockton, Massachusetts, and graduated from Brockton High School. He went on to graduate from the University of Maine in 1957 with a B.S. degree in Wildlife Conservation. He began his working career as an Assistant Regional Fisheries Biologist in Sanford, Maine. In 1969 he left state service and became the Executive Director of the Maine Audubon Society. Under his leadership, Richard transformed MAS into one of the state's leading environmental organizations. Meanwhile, he was appointed by Governor Kenneth Curtis to chair the Maine Mining Commission and to serve on the Maine Board of Environmental Protection. In 1977, Richard left MAS to become the general manager of a recycling firm, Land Reclamation. In 1981, he was appointed Commissioner of the Maine Department of Conservation by Governor Joseph Brennan. In 1987, he became a partner in the Portland consulting firm Barton, Gingold, Eaton & Anderson.

Among his many volunteer positions, Richard has served on the boards of the Gulf of Maine Aquarium (six years as President) and Friends of the Eastern Promenade. Through his efforts, the Maine Chapter of the International Appalachian Trail was established. He presently serves as its treasurer and travels to their meetings internationally.

A volunteer project in which Richard is currently involved is a fundraising dinner to honor James Phinney Baxter, who was instrumental in establishing Baxter State Park, Portland's Baxter Boulevard, and its Eastern and Western Promenade parks. This fundraiser on September 16 will benefit Friends of Evergreen Cemetery's tree replacement program. You may contact Richard for more information on this event and/or his other activities at randerson19@maine.rr.com.

Richard has four adult children who live in Maine, New Hampshire and North Carolina and a sister, Judy Sjulander, who lives in nearby Buxton. He faithfully visits his partner, Geraldine Wolf, who lives at The Cedars in Portland. When time allowed, Richard used to enjoy duck and turkey hunting, and he continues to fish several times a year.

Richard moved to Seventy-Five State Street in September 2015 and says, "I love the place, especially because it is in the historic district and within walking distance of many wonderful attractions. Everyone is so friendly and helpful." It is our pleasure to have such an accomplished and engaging man living in our midst!

## Staff Spotlight: Shawn Thoits, Maintenance Technician

Shawn Davis Thoits was born and grew up in Portland, Maine. He has five siblings. All live in Maine except for one sister who has moved to Florida. Shawn's parents, Sandra Haslem Donnelly and John Thoits Gray, are now deceased. His son Joel lives in Cumberland. Shawn has a significant relationship with Keri Fitzgerald, stepson Ethan and stepdaughter Rachel.

Shawn attended Deering High School in Portland and graduated from Westbrook High School in Westbrook. He studied drafting at Southern Maine Technical College in South Portland. For several years, Sean ran his own carpentry business. Next he worked in the distribution department at Jordan's Meats in Portland. Shawn joined the maintenance team at Seventy-Five State Street nearly one and a half years ago.

In his spare time, Shawn enjoys camping and fishing with his family. He is an avid fan of the Patriots, Red Sox, Bruins and Celtics. How's that for a dedicated New England sports enthusiast?! Shawn says he loves to cook holiday meals, and, when he takes over the kitchen, "everybody leaves." Having seen "Jaws" as a kid, he says he goes to the beach but won't swim in the ocean ever!

When Shawn was asked what he likes best about his work, he replied, "The gratification of helping the residents live comfortably at Seventy-Five State Street." And, for sure, residents appreciate all Shawn does to assist them in reaching that goal!



For more information about Seventy-Five State Street, view our website at [www.75state.org](http://www.75state.org) and follow the link to our Facebook page.

## Let's Drink Up!

According to the Mayo Clinic, every system in our body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to our cells, and provides a moist environment for ear, nose and throat tissues. Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Dehydration can drain your energy and make you tired. Even mild dehydration can affect cognitive functioning and memory. Dehydration is also one of the causes of charley horses and leg cramps at night.

The Mayo Clinic suggests that about 13 cups of liquid a day for men and 9 for women is a healthy average, depending on the body functions and activity of the individual. That might seem like a lot, but, along with water, if some of that is consumed as liquids such as tea or juice, the number is not so daunting. Additionally, a National Institute of Health study showed that dieters who drank two cups of water before meals lost 44 percent more weight over a period of 12 weeks, compared to those who didn't.

Because our bodies are 60-70 percent water, consuming enough fluid every day is vitally important. Since your muscles and connective tissues are at least 60 percent water (and the joints even more) then it stands to reason that every cup you drink is a natural lubricant. We're lucky we live in a state where water is pure and abundant. Let's drink up!

## 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 upgrading our exercise equipment and refurbishing our hair salon.

As of August 1, 44 gifts totaling \$9,519 have been donated by the following friends of Seventy-Five State Street. If you have made a gift, we thank you! If you are considering a gift, we welcome your support.

### Gifts of \$1,000 and above

Nancy & Tony Forgione  
Joseph Kocknavate

### Gifts of \$500 to \$999

Charles & Deborah Hascall  
*in memory of Lincoln & Florence Hascall*  
Holden Agency/Employee Benefits Solutions  
Peter Monro & Jill Bock *given in the name of*  
*Bill Huston & Mia Millefoglie*  
*Bob & Tia Huston*  
*Justin Huston & Patricia Gonzalez*  
*Peter Monro & Jill Bock*  
Hall & Debbie Thompson  
Wright-Ryan Construction, Inc.

### Gifts of \$250 to \$499

Anonymous (3)  
Noel Genova

### Gifts of \$100 to \$249

Judy Cavalero  
Carl & Eleanor Chatto  
Marie Connolly  
Robert W. Dickerson *in honor of SFSS Maintenance Dept.*  
Carol Doucette *in honor of Shirley Mooney*  
Janice Drinan *in memory of Dorothy Robar*  
Frank Fowles *in memory of Frank R. Fowles Jr.*

Susan & Donald Kauffman *in honor of Natalie & Joe Marro*  
James & Stephenie MacVane *in honor of Maria MacVane*  
Joan E. Maxon *in honor of all residents of 75 State Street*  
Lori Maxwell  
Edith McCormick  
*in honor of the Seventy-Five State Street mission statement*  
Robert W. Meeken *in memory of Deborah (Meeken) Wright*  
Carey & Claudia Monsell *in honor of our grandchildren!*  
Robert & Jill Nadeau *in memory of Philip Robichaud*  
Mr. & Mrs. Charles E. Prinn III  
Dorrine M. Steele *in honor of Mary Bedell*  
John Sutherland *in memory of Karl & Georgia Sutherland*  
Debbie Tarsetti *in memory of Vernabelle Moran*  
Ronald & Isabella Thurston *in memory of*  
*Frank Fowles and Dr. Dennis McCullough, together again*

### Gifts up to \$99

Richard Anderson  
Richard Anderson *in memory of Jane Corcoran*  
Anonymous (1)  
Jane Corcoran *in honor of her caregivers*  
Ann Deering *in memory of Jane Corcoran*  
Sean Dugan  
Mary D. Holmes *in memory of Ted Holmes*  
Tom Kovacevic *in memory of Lillian Kovacevic*  
Elizabeth Preti *in memory of Jane Corcoran*  
Katie Pyne *in memory of Judy Dyer*  
Regi Robnett  
Margaret Snyder  
Winnifred York *in honor of Evelyn & Austin West*