

**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.

**Seventy-Five State Street Board of Trustees**

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**Administrator** • Lori Maxwell at 775-7775 x 207 or maxwell@75state.org

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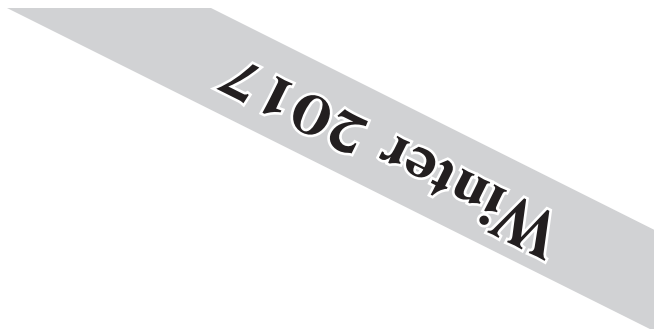
**Admissions information** • Meggan McNulty at 775-7775 x 224 or mcnulty@75state.org

**Board of Managers membership** • Paula Johnson at 799-1347 or pjohnso1@maine.rr.com

**Community meeting space** • Lori Maxwell at 775-7775 x 207 or maxwell@75state.org

**Mailing list** • Janice Drinan at 775-7775 x 203 or drinan@75state.org to add or delete

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



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



# The Spirit of 75

## Welcome, Meggan McNulty, Director of Marketing and Admissions

Meggan McNulty was born and grew up in a suburb ten miles west of Chicago, Illinois. She has a close relationship with her two younger sisters and a younger brother. Meggan graduated from Elmhurst College, a small liberal arts college just outside of Chicago. She began her studies as a computer science major with a minor in business. Meggan said, "Once I began my business classes, I instantly grew attracted to the field and made the switch to business administration." During college, she had the interesting opportunity to spend four weeks studying business and culture in multiple cities in India.



Meggan and fiancé Chris

Meggan has worked in property management since 2007, starting as a leasing agent in the Chicago area. Moving up, she became the property manager of a community in St. Louis. From there, she spent nearly five years with Village Green Properties taking on new and challenging communities throughout the Midwest. Next Meggan took on a training role with a Boston nonprofit development and property management company specializing in affordable housing. For the past year, she has commuted to Boston from Portland so was happy to be able to sell her car and begin walking to work! Meggan said, "I feel lucky to be a part of the very dedicated and talented team that serves such a diverse and interesting community of residents." She describes Seventy-Five State Street as "warm and welcoming."

Meggan and her fiancé can be seen running or walking throughout the city "exploring a new restaurant, coffee shop or brewery." They love Maine and say, "We never thought we'd have the opportunity to live in such a beautiful place." They also love to travel, visit family, try new food and experience different cultures.

Seventy-Five State Street warmly welcomes, Meggan McNulty, an enthusiastic and energetic new member of our team. Stop by to greet Meggan. You'll enjoy your visit!

## Annual Meeting of the Board of Managers



(seated) Chair Paula Johnson (l-r) Vice Chair Joe Marro, Treasurer Barbara Fleming, Secretary Marie Connolly

In January, Paula Johnson was re-elected Chair of the Board of Managers, and, as Chair, she serves on the Board of Trustees as well. At this annual meeting, the following slate of officers was presented and approved by unanimous vote: Chair Paula Johnson, Vice Chair Joe Marro, Secretary Marie Connolly and Treasurer Barbara Fleming.

Members of the Board of Managers meet approximately six times a year and serve our senior community in various ways, interacting regularly with both residents and staff. They conduct fundraising events with the proceeds directed to various projects that benefit the residents. If you are interested in learning more about the work of the Board of Managers and how you might become involved, please contact Paula Johnson at 799-1347 or pjohnso1@maine.rr.com.

## Volunteer Spotlight: Jill Bock



(l-r) resident Jean & volunteer Jill

I was born in 1945, in Urbana, Illinois, where my father was stationed during the war. Soon afterward, we moved to Yellow Springs in southern Ohio so my father could manage the family gray iron foundry. Yellow Springs, a small town of about 4,000 people, was a wonderful place to grow up. I'm the oldest of three children. My brother Bob lives in Ohio and runs the family foundry, which has just celebrated its 95th year! My brother Bill lives here in Kennebunk and is a wonderful furniture maker (Huston & Company). And my most wonderful family member is my husband, Peter Monro, who you all have undoubtedly seen doing one of his many projects here at Seventy-Five State Street... his gardens... his porches... his ramps! Never a dull moment!

I went to college at Rhode Island School of design and my major was textile design. At graduation I was awarded a Textron Fellowship to study abroad for a year. I chose England and went to London to study printed textiles for the fashion industry. After that year, I began designing fabrics for a blouse company in London, which allowed me to travel throughout Europe to help create their "line of fabrics." I lived in London for 12 more years, working for textile companies, before returning to the States.

When I returned home, I moved back to Ohio. With no textile design work there, I took a job in graphic design at the studio where I had apprenticed summers when I was in high school. From then on, I worked in graphic design, finishing here in Portland a few years ago when I retired.

I became very familiar with Seventy-Five State Street over the years when I'd visit Peter while he was working on one of his many projects. I always felt so welcome and comfortable here... like a family. A few years ago, I began helping the staff with the watercolor class. As time went along, I was asked if I would take over the class. I was very reluctant since I had never taught art and had little experience painting. The staff really urged me, and my wonderful friends in the class were so encouraging that I did say "yes" and from there it's been great! I am having a wonderful time and always look forward to the monthly watercolor painting group. I've learned so much from the artists in the class and have made many dear friends along the way!

## Remembrance Service

On January 24, residents, staff, family members and friends gathered at a Remembrance Service to honor former residents who had died in the last six months of 2016. Music, inspirational readings and the sharing of personal stories served to honor the memory of the following men and women who are truly missed at Seventy-Five State Street: **Joseph Abbondondola, Clinton Herrick, Robert Honan, Henrietta Juhl, Patricia McGowan, Roberta Thuotte and Emily Watson.**

## Pop-up Library

Portland Public Library staff person, Meghan Gillis, will soon be making monthly visits to residents of Seventy-Five State Street. She will issue library cards to all who would like them. At each visit, she will display and discuss large print books, regular print books, new titles, and both video and audio books. We look forward to this new service!

## Annual Wellness Visit

The annual wellness visit is a yearly appointment with a doctor, nurse or other qualified health care provider at which patients and clinicians discuss and develop a patient's preventive care plan. "The annual wellness visit is fully covered by Medicare, but it's an under-utilized appointment among the senior patient population due to some of the confusion between this visit and an annual check-up," says Ellen Flaherty, PhD, co-director of the Dartmouth Centers for Health and Aging. "Very often patients are scheduled for their annual wellness visit and come to the office with the expectation of having a physical exam. The only hands-on contact for this visit is when vital signs are taken such as a patient's blood pressure and pulse. The idea of the annual wellness visit is to identify risks and then modify those risks by referring the patient to an appropriate resource," says Flaherty.

## Resident Spotlight: Barbara Johnston



Barbara Elizabeth Fay, called "Bobby" as a girl, was born in Brooklyn, New York, on August 29, 1918. She was one of five children in a family proud of their Irish heritage. When Barbara's brothers began helping a friend build a large boat, Barbara met and eventually married boat builder and mechanical engineer, William Davison Johnston. The couple moved to Oyster Bay, Long Island, NY, where they raised their daughter and two sons. Martha now lives nearby in Falmouth; Kevin lives in Ohio; Matthew, in Pennsylvania. Barbara has five grandchildren and two great-grandchildren.

Barbara graduated from Hunter College in New York City and continued to study art techniques and art history at Pratt Institute. She describes herself in her student days as "carefree and not afraid of anything... always interested in adventure!" Barbara became an art teacher for many years in both public and private schools. After she retired, she ran an art gallery on the C.W. Post campus on Long Island for ten years. Barbara's daughter, Martha, said, "My mother has been an artist all her life. She remains devoted to her family and friends. Her tranquil landscapes fill our homes." Barbara works mostly in pastels and water colors and continues to enjoy painting with a prolific group of artists at Seventy-Five State Street.

Barbara has resided at Seventy-Five State Street for the past ten years. She participates in many activities, but, of course, her favorite is painting with her fellow artists. She especially enjoys "the friendliness of the residents and staff." Barbara speaks fondly of her travels in Ireland. She is a gracious and talented resident who brings much good cheer to our community.



## The 75 State Street Closet Boutique

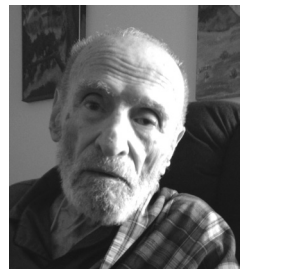


Dina and daughter Joanne

Items are being collected to sell at very reasonable prices in the newly opened boutique shop for residents. Donations of clothing, shoes, jewelry, household items, etc. are welcome. The shop is open on Wednesday mornings. Proceeds are designated for residents' activities. If you would like to contribute items for boutique shopping, contact Susan Longley at 775-7775 ext. 249.

## Mad Horse Theater Production

Mad Horse Theater, a professional theater ensemble in South Portland, presented a staged reading of the play, *Once a Jew*, written by resident and playwright, **Cliff Ullman**. The first performance, starring local actress Shannon Campbell as Gretta, was dramatized at Seventy-Five State Street on February 26. The playwright was available for discussion and questions following the performance. Mad Horse Theater will be staging a second reading of this play in its theater space later in March. For more information, contact the theater at 207-747-4148.



## Staying Socially Active Nourishes the Brain

Staying socially engaged with a wide circle of friends and relatives may help maintain human beings' thinking skills and slow cognitive decline as they age, states a newly released report co-sponsored by AARP and the Global Council on Brain Health and cited by United Press International. More specifically, the study discusses the role that senior communities play in fostering social connections and how maintaining close relationships promotes both physical and psychological well-being. In addition, the report addresses the social benefits of older adults having pets and how social networks like Facebook help them stay connected, as well.

## 75state.org

For your convenience, on our website, 75state.org, the Dining Service tab has cycle menus posted and the Weekly Events tab has activities posted.