

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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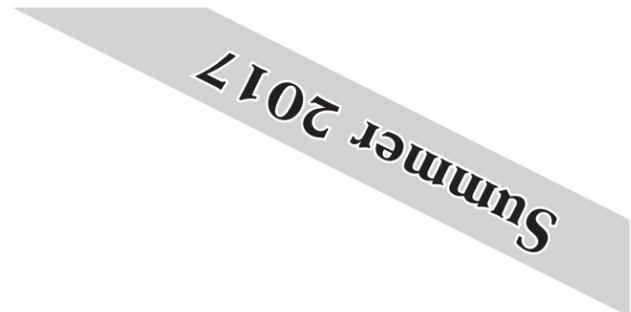
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A History Of Gracious Living

SEVENTY-FIVE STATE STREET



The Spirit of 75

From the Administrator's Desk...

What an exciting eight months it has been since I moved into the Administrator role. I am really enjoying getting to know our Avesta partners and developing a closer relationship with our trustees. Meanwhile, I am continually looking for ways to make improvements as I study the most recent resident and employee surveys. There have been a few changes in the management team that have really helped the long term managers look at operations in differing ways, and that includes me!



Administrator Lori Maxwell

Our organization has made forward progress in a number of areas, such as business office practices, admissions office practices and marketing. We are currently working on human resources, dining services and the assisted living areas. Depending on your relationship with Seventy-Five State Street, you may or may not see significant changes since we partnered with Avesta, and that is by design. We don't want to change the culture or spirit of Seventy-Five State Street.

I continue to be impressed with the professionalism of the Avesta staff and their commitment to their mission. Their willingness to partner with Seventy-Five State Street is based on that mission to provide supportive housing to people in need. The Avesta team continues to be impressed with Seventy-Five State Street. In particular, the level of resident engagement is something they would like to continue to learn about.

Prior to retirement at the end of 2016, former C.E.O. Tony Forgione and the Avesta C.E.O. Dana Totman put together a partnership that is serving us well. We maintain independent daily operations and independent financial operations. Dana and his team provide support and guidance. Dana meets with our management team weekly. We pursue any and all opportunities to assist one another in very practical ways, such as our providing a registered nurse consultant for a few hours every month for an Avesta property. Avesta has a robust technical department that is providing support and direction in very necessary technical upgrades here at Seventy-Five State Street.

In getting to know the Avesta Team, I have come to realize how committed each staff member is to their housing mission and core values. I am inspired by it and proud of our partnership. I am looking forward to further building our relationship to the benefit of Seventy-Five State Street residents and employees.

Art Gallery Open Sundays

You are welcome to stop by on Sunday afternoons between 1:30 and 3:30 to view a variety of artwork being created by a group of very talented artists. Our art gallery offers regularly changing exhibits of artists' work, with many pieces available for sale. Some of the artists along with the Activity staff will greet you and chat about their display of amazing work. We hope you can join us for this ongoing and fun event.



Zest for Life... Who Knew?

The Irish Sun reported that researchers from Tohoku University in Japan have found that daily intake of citrus fruit such as oranges, grapefruits, lemons or limes can cut the chances of developing dementia by almost a quarter.

Remembrance Service

On July 25, residents, family members, staff and friends gathered at a Remembrance Service to honor former residents who had died during the first six months of 2017. 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: **Marie Belanger, Jenny Dworkin, Robert Dyer, Phyllis Gagne, Wallace Getchell, Mary Greely, Mary Hopeck, Catherine Leland, Leonard Levy, Dorimene Robichaud and Sidney Stratton.** 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.

Resident Spotlight: Maria MacVane



Maria Pilal Emilei ("Pili") was born in Madrid, Spain, in 1927. She grew up with two brothers, Joseph and Peter, and two sisters, Maria Angels and Maria Carmen. The family eventually moved to Cordova where Maria's father was the chief of police. When the Spanish Civil War began in 1936, Maria was nine years old and saw fighting break out in the streets and planes constantly flying overhead. Maria's father joined the military and, for safety, her mother took their five children back to Madrid to live with family. Sadly, Maria's father never returned from the battlefield.

Maria worked in Madrid for 12 years as a secretary and eventually as an accountant for the German company Telefunken. She then moved to London where she worked for a family, caring for their young child, with a goal of learning to speak English. Following two years in London, Maria moved back to Madrid and began working at a "large and beautiful American airbase." She said she "fell in love with all Americans because they were so nice."

It was there that she met and then married Donald Peter MacVane from Peaks Island, Maine. Maria accompanied her husband to his assignment in Nebraska, but he was later able to arrange a posting back to Madrid. The couple raised two sons, Patrick and Peter, and eventually became grandparents to four grandsons.

After Donald's final posting at Otis Airbase on Cape Cod, Donald retired from the military, and he and Maria moved to Cumberland, Maine, where they lived for over 40 years. Maria misses Donald who died 11 years ago. After completing 21 years on Navy submarines, son Peter and his family now live in the MacVane family home in Cumberland. Son Patrick and his family reside on nearby Peaks Island.

Maria has lived at Seventy-Five State Street for nearly two years. She said she likes it here "because the people are very nice." Maria loves the activity programs and keeps very active and involved in our community. She recently discovered that she can walk to Reny's department store so loves living in Portland even more! It is a delight to have Maria residing with us!

Save the Date: Benefit Night at Flatbread Pizza on October 24!

Mark your calendars for October 24 and join us for dinner at Flatbread Pizza Company at 72 Commercial Street in Portland. Flatbread will donate to Seventy-Five State Street a percentage of every pizza sold on the evening of Tuesday, October 24. Located on the Portland waterfront, Flatbread serves all natural, wood-fired, clay oven pizza that is, as the saying goes, "to die for!" Stop by for a delicious dinner and support Seventy-Five State Street at the same time. Now that's a win/win for sure!

Staff Spotlight: Miranda Patterson

Miranda Elizabeth Patterson ("Scooby") was born and raised in Casco, Maine, and currently lives in Windham. Miranda graduated from Lake Region High School. She then enrolled at Southern Maine Community College (S.M.C.C.) where she studied criminal justice. Her interest was fostered by her parents who were both police

(Continued from page 2)

officers. Her mother was the first female patrol officer in Falmouth. Miranda's father and stepmother live in Casco and her mother lives in Portland.

Miranda did internships with both the Bridgton and the Portland Police Departments, mostly working on human trafficking and online illegal tracking activity. She was a summer cadet with the Portland Police Department in 2012. Prior to joining the staff at Seventy-Five State Street, Miranda worked as a Certified Residential Medication Aide (C.R.M.A.), a Personal Care Attendant (P.C.A.) and a housekeeper at Cape Memory Care.

Miranda loves reading, camping and hiking. She has fond memories of the road trips to Florida she took with her parents to visit her grandparents over February school vacations. She also enjoyed visiting her aunt and uncle in Los Angeles. During her final year at S.M.C.C., Miranda went to Ireland for a class. She wants to go back some day, taking her husband, Chris, whom she began dating the month after she returned.

Miranda met Chris while attending S.M.C.C. He worked in Security so had to walk around the campus often. Miranda enjoyed getting out of her dorm room and walking around the campus where she frequently bumped into Chris. When a mutual friend let them know they liked each other, they began dating. The happy couple married three years later.

Miranda began working at Seventy-Five State Street as a C.R.M.A. and a P.C.A. six months ago. She delivers medications to residents, helps them start their days and tidies their rooms. She says, "I meet a lot of talented people with interesting stories and backgrounds. It's nice to have a job where I can learn so much from people while helping them with whatever they need." Miranda is always kind, helpful and competent. Residents and staff alike think Miranda is a great addition to our team!



2017 Annual Appeal Update

As of September 5, 29 gifts totaling \$11,010 have been donated by the following friends of Seventy-Five State Street. Their gifts have launched our 2017 Appeal. **We welcome your support!**

Our Annual Appeals fund quality of life improvements for residents that cannot be funded in our operating budget. Numerous important items such as a piano, an additional courtesy car for driving residents to medical appointments, a sound system and a whirlpool tub have all been funded with the proceeds from these Appeals. Gifts made to our 2016 Appeal were combined with grant funding from The Eunice Frye Home Foundation and allowed us to completely renovate the residents' hair salon. Exciting discussions are underway as to how to direct our 2017 Appeal gifts.

Gifts of \$1,000 and above

Anonymous (1)
Tony & Nancy Forgione.
Elizabeth D. Porteous Funding Trust

Gifts of \$500 to \$999

Noel Genova
Lynn Kuttruff *in honor of Barry Smith*
for garden planter materials
Paul Popenoe
Hall & Debbie Thompson

Gifts of \$250 to \$499

Anonymous (2)
Anonymous *for materials to construct garden planters*
Chip Foye *in memory of Natalie G. Foye*
Mary Sorenson *in memory of Kay Leland*

Gifts of \$100 to \$249

Anonymous (1)
Judith Cavaleiro

Robert Dickerson *in honor of our dining room wait staff*
Joel Greene & Ann Lisi
in memory of Phyllis Greene
Donald & Susan Kauffman
in honor of Joe & Natalie Marro
Ronald Lewis *in memory of Theda Lewis*
Edith McCormick *in honor of Tony Forgione's long*
and dedicated service to Seventy-Five State Street
Bob & Jill Nadeau *in memory of Bonnie Nadeau*
Old Port Advisors
Dorine Steele *in honor of Mary Bedell*
Fredric Williams

Gifts up to \$99

Richard Anderson *with thanks for a great place to live*
Pauline Doolittle
Tom Kovacevic *in memory of Lillian Kovacevic*
Katie Pyne *in memory of Judy Dyer*
Roberta Rowan
Winnifred York *in memory of Austin & Evelyn West*