

Your Contacts

Seventy-Five State Street	207-775-7775
Assisted Living	
Director of Health Services	Joanne Morin, R.N. x 204
Care Manager	Kellianne Bechtel, R.N. x 243
Evening Shift Supervisor	Susan Brassard, R.N. x 243
Night Shift Supervisor	Antonio Ferriera, L.P.N. x 212
Independent Living	
Director	Debbie Tarsetti x 246
Assistant Director	Tommy Somerville x 253
Administrator	Lori Maxwell x 207
Marketing & Admissions	Meggan McNulty x 224
Business Office	Michele Reitan x 220
Community Life	Gina Martinez x 222
Asst. Community Life	Susan Longley x 249
Development	Janice Drinan x 203
Dietetic Technician	Tami Kasoff x 245
Executive Chef	Cory Michaud x 209
Human Resources	Margaret Rozzi x 205
Plant Operations	Lynn LaRochelle x 225
Social Services	Claudia Monsell x 244
Transportation	Cindy Boivin x 200

Mission

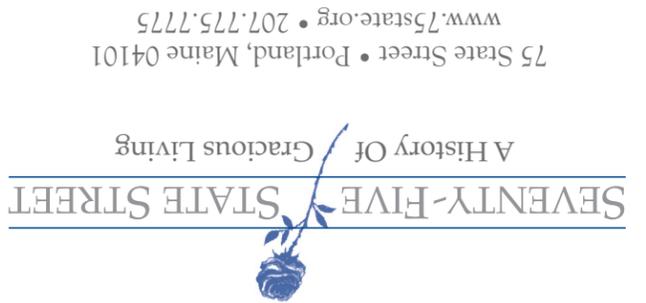
It is the mission of Seventy-Five State Street to promote the independence, dignity and individuality of older people of all financial abilities by offering stimulating and supportive programs and services in a gracious urban residential setting.

About Family Matters

The intention of this communiqué is to promote the flow of information between family members and staff. Readers are encouraged to comment, make suggestions or call with questions. Our goal is to provide the best possible environment for the residents of Seventy-Five State Street. Good communication is an important tool in helping us to accomplish this.

Mailing List

To add or delete your name, contact Janice Drinan at ext. 203 or drinan@75state.org.



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Art Exhibit and Sale



Seventy-Five State Street once again became a venue for Portland's First Friday Art Walk on Friday, July 7. Residents were invited to a preview and reception the day before. On Friday, guests enjoyed meeting the resident artists, viewing their amazing work, strolling in our gardens and perusing a plant sale at this festive event. 75 paintings by residents were sold!

The exhibit included the display of a writing project, *View From My Window*. Residents enjoyed a creative writing class in which they wrote about what they observe when looking through their apartment windows. Some resident artists also painted the views. Staff took photos of the various views and mounted them with the residents' stories. They were



fascinating to read and showed much creativity.

Ribbon cutting at salon



A generous grant from The Eunice Frye Home Foundation combined with our 2016 Annual Appeal gifts made it possible to totally renovate our beauty salon. New systems allow residents to be cool in the summer and warm in the winter. Handicapped accessible equipment adds to their comfort. It was an exciting day at Seventy-Five State Street when the ribbon was cut to open our wonderful new salon!

Honoring Dr. Philip Thompson

Resident and retired rheumatologist, Dr. Philip Thompson, believes that "exercise extends your health and improves your life," and he has long been a fan of recreational trails. Therefore, as their father reached his 100th birthday, Phil's six children shared in giving a donation of \$25,000 in his honor to the "Close the Gap" campaign of the Eastern Trail Alliance.

The Eastern Trail Alliance is raising \$3.8 million to complete a 1.6 mile section of the recreational trail between South Portland and Scarborough, including bridges over the Nonesuch River and over the railroad tracks near Pleasant Hill Road. \$3.25 million has been raised so far and plans are being made to complete the project in 2018. The Eastern Trail is a 65 mile recreational trail that runs from South Portland to Kittery. It is part of a larger effort to establish a 3,000-mile East Coast Greenway from Calais, Maine, to Key West, Florida.

Let's all share in honoring Dr. Phil's 100th birthday by getting out on the recreational trails in and around the Portland area. As Phil says, "It's life-saving!"

A Fine Tradition!

Once again the Board of Managers held their annual strawberry festival in early July. The local berries were at their peak and residents enjoyed them with biscuits and real whipped cream. What a treat it was! Thank you to all the members of the Board of Managers who prepared and served the delicious strawberry shortcakes.



An Interview with Gina and Cory

Many residents have expressed interest in how our dining services “work.” In an interview with Gina Martinez, Community Life Coordinator, and Executive Chef Cory Michaud, I learned much about this complex system at Seventy-Five State Street and would like to share some of those details with readers.

Most of the food that is served in our dining rooms is purchased from local purveyors including Sysco of Northern New England, Performance Food Group of Augusta, U.S Foods from Boston, Native Maine Produce of Westbrook, and both Merrill Seafood and Oakhurst Dairy in Portland. Whenever feasible and depending on the season, our purveyors receive their goods from a local source. For a smooth operation, all food must be delivered to Seventy-Five State Street by the purveyors. When buying fresh produce, storage and preparation time are primary considerations.

When designing each of the four seasons’ cycle menus, nutrition, taste, texture, color and budget must all come into balance. There are minimum required serving portions set by the state. However, residents may ask their servers for larger or smaller portions as they wish. With approximately 145 residents, the service is primarily a banquet preparation. Nevertheless, in addition to the two changing menu choices of the day, a 14 item alternate menu is always available. Because it takes longer to receive a cooked-to-order, alternate choice, residents may want to call the kitchen staff and place an order before going to the dining room.

A residents’ Food and Nutrition Committee is chaired by resident Marta Gibbs. Residents may pass along to Marta their suggestions regarding such things as items offered through the alternate menu. It is helpful for residents to speak with servers about their preferences at the time of service so that their meals can be served as they’d like them. If you have further questions about our dining service, please contact Gina at ext. 222 or Cory at ext. 209.

Nancy’s 75th College Reunion!

On June 10, resident Nancy Whitehouse attended her 75th class reunion at Middlebury College in Vermont. Accompanied by her daughter and son in law, Nancy was one of three women attending from the class of 1942. Nancy has enjoyed going to many reunions at Middlebury, but she was especially pleased and proud to attend her 75th. Congratulations, Nancy!



(L to R) Middlebury President, Laurie Patton, with classmates Margie, Nancy & Sue

Staff Spotlight: John Belanger



John Joseph Belanger, known to friends as “Johnney B,” was born and grew up in Worcester, Massachusetts. He is married to Seventy-Five State Street concierge, Ruth Belanger, and they live in Scarborough. Their son, David, lives in Northborough, Massachusetts, and their daughter, Sharon, lives in Davenport, Illinois. The couple has four grandchildren, Angela, Brianna, Hunter and Abigail. John has a half-brother, William, who lives in Auburn, Massachusetts. John’s hobbies include model trains, camping and gardening.

John was the head of maintenance at the First Baptist Church in Worcester for 17 years. He then worked as an offset printer at Norton Company for 32 years. No stranger to hard work, for 17 of those years, he worked a second job at the Telegram Gazette in the mailing and shipping department. John and Ruth had enjoyed a small vacation home in Saco for 23 years when they decided it was time to sell

their large home of 28 years in Spencer, Massachusetts, and make a permanent move to Maine.

John has worked as a floor technician at Seventy-Five State Street for two years. However, he adds to his job description “and whatever has to be done.” Staff in the activities department would surely agree because they say John “never says no” to their requests for assistance. He is a great team player! John says the best part about his work is “helping the residents.” Residents and staff alike appreciate John’s generous spirit, cheerful nature and positive outlook. He is a pleasure to have on board!

Residents’ Wish List

Residents have been compiling a wish list of items that would enhance their lifestyle at Seventy-Five State Street. Please contact Janice Drinan at 775-7775 ext. 203 if you would like to donate. So far the following suggestions have been made:

- a portable grill and a pop-up tent for taking on van rides to picnic destinations
- three large easels and high quality paint

Annual Appeal Update

Following the launching of our 2017 Annual Appeal in June, 21 generous donors have made gifts totaling \$6,685 as of July 17. Discussions are underway as to what to fund with the proceeds of this year’s appeal. It appears that sturdy, comfortable patio furniture is a favorite suggestion. If you would like to make a gift, please send a check made out to the Seventy-Five State Street Annual Appeal. We welcome your support.

The Importance of Friendship

New research indicates the power of friendship gets stronger with age and may even be more important than family relationships. Studies found that friendships become increasingly important to one’s happiness and health across the lifespan and are actually a stronger predictor of health and happiness than relationships with family members.

“Friendships become even more important as we age,” said William Chopik, professor of psychology at Michigan State University. “Keeping a few really good friends around can make a world of difference for our health and well-being so it’s smart to invest in the friendships that make you happiest.”

“Friendships help us stave off loneliness but are often harder to maintain across the lifespan,” Chopik said. “If a friendship has survived the test of time, you know it must be a good one - a person you turn to for help and advice often and a person you want in your life.”

Commemorative Bricks

Honor or memorialize someone special or mark a significant occasion with an engraved brick to be placed in the Seventy-Five State Street Tribute Garden. At the same time, contribute toward the completion of our Master Garden Plan. A 4x8 inch brick with three lines of type is available for \$100. An 8x8 inch brick with six lines is \$200. Contact Janice Drinan at 775-7775 ext. 203 or drinan@75state.org for further details.

Health Corner

EVOO

Scientists have discovered that extra virgin olive oil is the key ingredient of the Mediterranean diet that protects the brain from Alzheimer’s disease and cognitive decline. The health benefits of the Mediterranean diet—rich in plant-based foods, olive oil and fish—have long been known. Research now links extra virgin olive oil to many of the health benefits of the Mediterranean diet. “The thinking is that extra virgin olive oil is better than fruits and vegetables alone, and, as a monounsaturated vegetable fat, it is healthier than saturated animal fats,” said scientist Domenico Praticò at Temple University.

Nutrition

Registered Dietician and Health Coach Heather Wolfe at Dartmouth-Hitchcock Hospital says, “Older adults have unique nutritional needs. Calorie needs decrease as we age, yet we require more nutrients to stay healthy. Choosing healthy foods and fluids becomes especially important at this stage of life.” She offers the following suggestions: Eat less: refined grain, saturated fat, added sugar, salt. Eat more: fruits, vegetables, whole grains, nuts, beans, seafood, low-fat dairy. Pay attention to these nutrients: vitamin B12, calcium, vitamin D, fiber, fluids, protein.