

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

Employment opportunities * Adam Smith at 553-7780 x 3357 or asmith@avestahousing.org

Marketing & Admissions * Lauren Webster at 775-7775 x 224 or webster@75state.org

Community meeting space * Brianna Alvarado at 775-7775 x 242 or alvarado@75state.org

Mailing list * Lori Maxwell at 775-7775 x 207 or maxwell@75state.org to add or delete

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



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The Spirit of 75

Launching our 2018 Annual Appeal

Spring is a time of renewal, and we hope you will renew your commitment to the residents of Seventy-Five State Street. We strive for continuous improvement, and your gift helps us to move more quickly when implementing renovations that are requested in our annual resident survey. Your donations provide items that are not budgeted, but enhance daily living in our community. Past campaigns have allowed us to renovate our hair salon, buy a new piano, add to funding for a new van and courtesy car, install a new projector in our theater, and so many more.

2018 contributions will go toward improving our dining facilities. Residents are complimentary of the cooks and servers, and are pleased with our efforts to offer more fresh vegetables and fruits. We also want to freshen our setting with new tables, chairs, wall art, and carpeting. We hope you will support our effort to make our dining rooms more comfortable, enjoyable, and appealing.

We are writing today to ask you to donate to our fund, but also to remind you of your open invitation to dine with us! Our residents love visitors. As we renovate our dining rooms, it will be a special pleasure to have you join us and experience the impact of your gift.

Residents' Spring Festival

It snowed on their parade, but the weather didn't dampen the spirit of the many residents who prepared for and participated in the Spring Festival held at Seventy-Five State Street on April 6 and 7. Barry Smith, Chair of the Residents' Fundraising and Finance Committee, expressed gratitude for the "overwhelming support by staff from all departments" for this resident-driven event. He also mentioned support and participation by the West End Neighborhood Association and the West End News. Many pieces of residents' art work were presented in various media, along with crafts, raffles, a 50/50 drawing and refreshments. The atmosphere was festive indeed!

On Friday evening, Seventy-Five State Street was a venue for Portland's First Friday Art Walk. Many guests stopped by and were impressed with the artistic talent on display. The Festival continued on Saturday with a total of 36 paintings being sold and over \$1,000 being raised. Congratulations to all on a very successful event.



Spaces available for a few more resident gardeners...

The residents' garden group urges all residents interested in gardening to request a space in the raised garden boxes located in the Tribute Garden and on the lower patio. Several spaces are available and request forms can be found on the far wall in the library. It is a pleasure for all to have the boxes full of flowers and vegetables. Both gardeners and viewers alike enjoy strolling about our grounds and seeing how beautifully our gardens grow!

True to our Mission

A heartwarming letter of gratitude was recently received from Wendy Gaal, daughter of former resident Alice Loesch. It clearly spoke to the mission-centered organization that Seventy-Five State Street strives to be. As stated, *that mission is to promote the independence, dignity and individuality of older people.*

In her letter, Wendy noted, "Over the years, you have not only let my mother be who she was but have supported her in being so . . . Mom never felt anything but acceptance and kindness. Many staff spoke to me about my mother, and I was able to see her more as an individual, not just a mother."

The autonomy of residents is a value that our organization holds dear. Wendy's letter was an affirmation of our putting our mission into action. Wendy's kind words are welcome and well deserved by our dedicated staff.

Avesta Partnership, One Year Later....

Avesta Housing's relationship with Seventy-Five State Street has extended into year two with many positive outcomes. The Avesta business model offers new ways for us to look at old issues. Trustees of the boards of both organizations have come together in support of major renovations for our aging buildings. An architectural survey has been completed and a concept plan has been approved.

A Renewal Committee, comprised of members from the SFSS and Avesta Boards, has been formed to oversee the more than five-million-dollar project. The plan focuses on the aging exterior and building systems, energy efficiency and addressing current and future senior housing trends. The financial expertise of the Avesta team has provided us with guidance in fundraising, seeking loans and carefully managing our endowment funds in order to accomplish this major renovation work. The IT team has been working diligently to assist us in creating modern and efficient computer systems and planning for phone system upgrades. An integrated Human Resources department with a three-member team has allowed us to expand our HR systems and focus on improving employee satisfaction.

As Seventy-Five State Street moves forward into a second year with Avesta Housing, new opportunities abound. Stay tuned for exciting updates!

Resident Spotlight: Sheila Dobrowolski

Sheila Dobrowolski was born and grew up in Portland. Her dad, sister Kristen and brother Dan also live in Portland. Sheila's sister, Kathy, and husband live nearby in Yarmouth. She has nephews in California, New Jersey and Milo, Maine.

Sheila earned an Associate degree in Child Development from Fisher Jr. College. She continued her studies and received a BA degree in Human Development with a concentration in Early Childhood Education while a member of the last class to graduate from Westbrook College. Sheila worked with children in their infancy to school age in either childcare centers or in their homes for 22 years. With her many accomplishments, two years ago, Sheila says she was surprised to learn that she is on the autism spectrum. But she doesn't let that slow her down in any way!

Sheila has enjoyed traveling to Spain and Hong Kong. She loves to write, play games and take pictures. Having lived at Seventy-Five State Street for the past two years, Sheila says some of her favorite activities are participating in both Readers' Theater and Brain Games. She especially appreciates "the family feeling" she has found as a resident in our community. Staff and other residents love Sheila's bright smile and cheerful nature that she readily shares with us all.



Guest Meals

Did you know that each resident receives two complimentary guest meals per month? Reservations for guests can be made by calling ext. 206. Beyond the complimentary meals, residents may invite guests at other times as well. Guest meal charges are as follows: breakfast \$5.00, dinner \$9.00, supper \$7.00. Why not plan to enjoy a meal together in one of our dining rooms sometime soon? For more information, call Gina Martinez at 775-7775 ext. 222.

Staff Spotlight: Gwen Fraser



Gwenyth Fraser was born and grew up in Litchfield, Maine, where her parents and older brother live today. Gwen graduated from Brandeis University in the Boston area with a BA in English, Psychology, and Creative Writing. At Brandeis, she was a member of the Boxing Club and still enjoys boxing recreationally whenever she can. Gwen has also completed some graduate work in Criminal Justice through Boston University.

Gwen loves volunteering. She says, "My two favorite volunteer experiences so far have been working at a clinic in Puerto Rico (and hiking the El Yunque rainforest during downtime!), and living and working at an animal sanctuary in Vermont. There I slept on the floor of a church, showered at a local YMCA, and woke up at dawn for full days of farm work and animal care. If you've never had the chance to hang out with an emu, you're missing out!"

Most recently, Gwen was a career counselor and academic advising assistant for the University of Maine at Augusta. Her last day there was December 14, before starting in her new position at Seventy-Five State Street three months ago on December 15. She currently lives in Portland and walks a half mile to and from work. Gwen is an Administrative Assistant. She says, "That means I help operate the concierge desk, as well as supporting various departments. Some days it's data entry for the Business Office, and other days it's digital marketing and graphic design for Admissions. I wear many hats." Gwen enjoys the variety and the fact that "each day is completely different, depending on what the organization needs from me. I like being able to make life easier for so many different people!"

Residents and staff alike are regularly assisted by Gwen with her many and varied talents. It's a pleasure to have her on our team! Welcome to Seventy-Five State Street, Gwen!

Amazon Smile

Did you know you can support Seventy-Five State Street with every purchase you make on Amazon? Amazon Smile is a simple, automatic way for you to support Seventy-Five State Street every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices as the regular Amazon, with the added bonus that Amazon will donate a portion of every purchase to Seventy-Five State Street! Go to smile.amazon.com and log in with your regular amazon.com log in and password. Follow the prompts to add "Seventy-Five State Street" as your charity of choice. Shop to your heart's content and know that a portion of every purchase goes to support our non-profit organization. Contact Lauren Webster, Marketing and Admissions Director, at 207-775-7775 x224 with questions.

With Gratitude to All!

Gifts from the Board of Managers

The Board of Managers formally disbanded as of December 31, 2017, and the members voted to transfer their funds in the form of gifts to two Seventy-Five State Street groups. They directed **\$5,507.42** to be equally divided between the 2018 Annual Fund and the Betty Adams Charitable Fund (also known as the Residents' Benefit Fund). Both funds directly benefit the residents. The Board members' long years of service as well as their generous gifts are truly appreciated.

Improvements to the Gray Street Entrance

Dr. Philip Thompson

Residents' Benefit Fund

Barbara Gaal *in memory of Alice Loesch*

Stephen & Wendy Gaal *in memory of Alice Loesch & with gratitude to the staff*

Hazel & Richard Gauley *in memory of Nancy Whitehouse*

Edith McCormick *in memory of Nancy Whitehouse*

Susan Park *in memory of Alice Loesch*

SFSS Board of Managers

2018 Annual Appeal Fund Early Gifts

Total as of 5/10/18: 12 gifts totaling \$3,728.71

Gifts of \$1,000 and above

Board of Managers

Gifts of \$100 to \$249

Anonymous (1)

Jill Bock & Peter Monro

in honor of Bill Huston & Mia Millefoglie

Marie Connolly

Judith & Peter Foss *in memory of Henry Stewart*

Lucille Gatchell *in memory of Henrietta Stewart*

John & Ann Marie McLaughlin

in memory of John & Anne McLaughlin

Robert K. Stewart *in memory of Henrietta Gatchell Stewart*

Gifts up to \$99

Nancy & Tony Forgione

Ellen Forman

Matthew & Lynn Goldfarb

in memory of Henrietta Gannett Stewart