

The Plant Periodical

PLANT MEMORIAL HOME
THOMAS COTTAGES

✦
August 2025



Dear PMH Community,

Community - a feeling of fellowship resulting from shared attitudes, interests and goals. A couple of weeks ago, the PMH community celebrated our second annual block party. Although more than 90 years separated some of our birthdates, I was humbled to see how the vision, values and mission of the Plant Memorial Home knit together more than 100 people with innumerable life experiences in celebration. Life on the Kennebec was at its best. We are truly privileged to share this little corner of Bath together. Community extends beyond just the families and staff living and working at the Plant Home.

Every so often, we examine which business partners and vendors we select to support life here at the Plant Home. As it should, price plays a factor in our decisions, but we also evaluate

In this newsletter you can find:

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Updates

Department
Debriefs

Health Tips

Upcoming
Events

Resident
Welcomes

...and more!



common values in our decision making. I am grateful for the support that our energy partner, M.W. Sewall, gave this event.

They gladly supplied all of the drinks for the evening and leveraged their relationship with Flight Deck Brewing who donated all of the beer for the night. I may or may not have discovered my new favorite beer as a result.

Speaking of community members, this spring, the Plant Home welcomed two new "members" to our tribe. Although they have yet to be named, their tireless and timeless devotion in their role as goose sentries have successfully and painlessly relocated the flock of geese that have "graced" our lawn for years to the point that it was all but unwalkable without carrying remnants of their visits on your shoes. Our Resident Life Director, Robi, outfitted them with life-like tails that twitch when the breeze is present, placed them right in the path up from the water's edge and ensures that the marsh grasses do not overwhelm them; making sure they are visible to the geese. The result? - kids and adults barefoot on our beautiful lawn, laying on their backs and looking up at the sky.

The little things matter - but only if given intention and attention. I am thrilled to be part of a community that values and celebrates both.

Jay Lavee





The Nurse's Desk

Here's a little fun while keeping your minds busy with your feet up and a tall glass of water to stay cool on hot days! Don't forget to dress light, put on your sunscreen, and keep outdoor activities to a minimum.

If you drive, please be sure to start your car while putting the windows down with the AC on to let it cool down prior to leaving! Keep on keeping on while staying safe.

Love to all, Robi & Crew



U L C K M U P L A Y I N G V P
W R K E J H M P B W Y N A G I
M V Q H B R A O O J A M U P C
A W A U S M F A S P L R O A N
S K A C Y U I W Q Q S U M X I
U W D T A G N X W S U I E T C
M G I P E T H S M Q P I C C H
M Z T M R R I E H F K A T L H
E R R P M I M O R I C T D O E
R L Q H O I P E N Q N E C V S
E B O O S U N F L O W E R X K
J L E T S B V G C O Z U E E A
C I I A L H K V S A N D A L S
G O Y C C W H D U W Q T M W B
B M G N E H R H O L I D A Y S

BEACH
CREAM
HOLIDAYS
HOT
ICE
MOSQUITOS
PICNIC
PLAYING
POPSICLE
SANDALS
SUMMER
SUNFLOWER
SUNSHINE
SWIMMING
VACATION
WARMTH
WATERMELON



The Activities Room

August in Maine offers warm days, cool nights, and a vibrant atmosphere with plenty to see and do. August is the peak season for tourism, especially in coastal areas. August will bring a fun filled month to PMH.

Activities has another cruise for August 8th on the Kennebec River. If you didn't get a chance to go last month, please sign up (space is limited). Grab your hat and sunglasses, we are going to Reid State Park on August 22, weather permitting and subject to change. We have done a lot of exciting things this summer and we are not stopping now! Plans to take advantage of the good weather in August will be a priority. Please feel free to come to my office located near the side entrance and fill out a suggestion form. I would love to hear all your ideas and thoughts. Enjoy your summer!

-Wendy





The Scoop

The dietary department has been enjoying the summer immensely, and is excited to continue offering fresh fruits and vegetables. In

August we have better access to fresh berries and will be incorporating them as much as possible. Suggestions are welcome for your favorite summer desserts, and you can leave a note in the suggestion box or tell one of the dietary staff your ideas.

We recently welcomed a new dietary aid and kitchen helper named Jared. He's from Brunswick and resides here in Bath. Jared loves working with seniors and making sure everyone is happy in the dining room. He's an excellent addition to our team and the dietary staff is happy to have some extra help.

This month I'm planning to start having a weekly wine and cheese social with different types of cheese, crackers, and petit fours. I've been making fresh bread for a few meals and would like to try some different ones out for the wine and cheese socials. Chef Kanya is a skilled and enthusiastic baker so I will be asking for her help and ideas.

I want to thank everyone for being extremely kind and supportive of the dietary department and making PMH a great place to work! -Tish

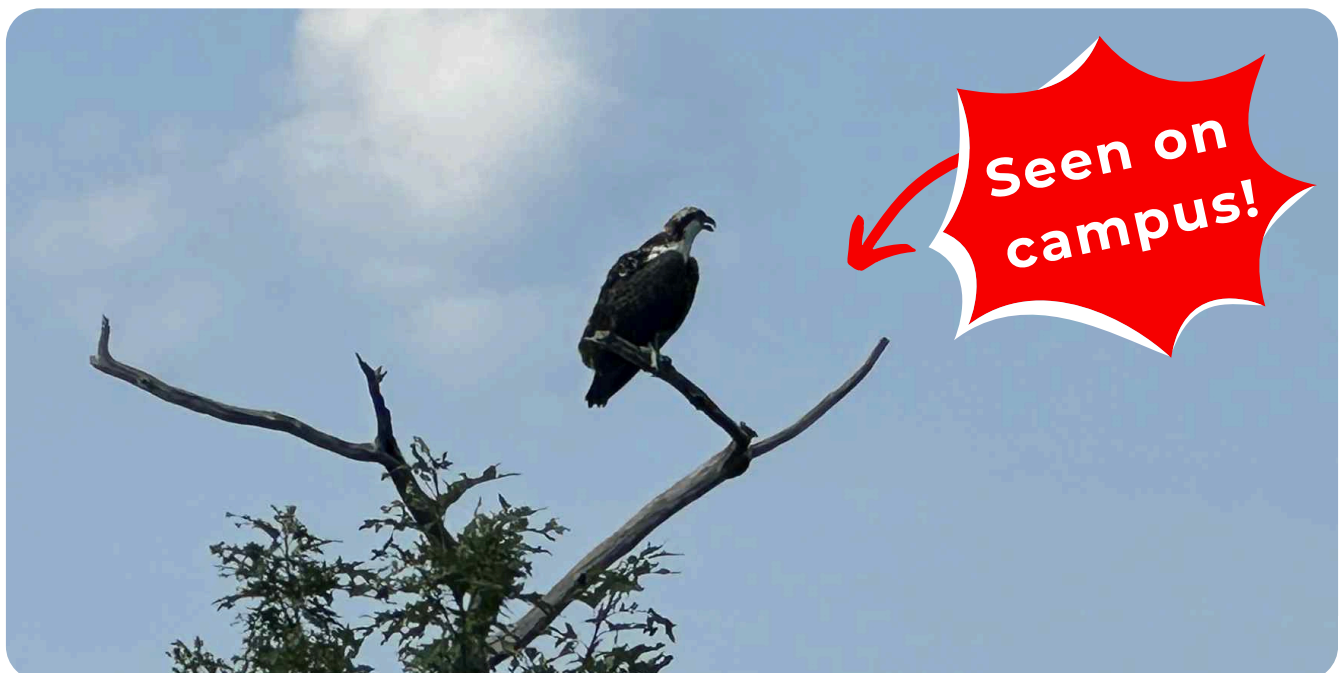


New Faces, New Friends



Join me in welcoming our newest residents, Esther Hardgrove and Mary Perry. We're so glad you're here! Welcome home.

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Out and About

If you're interested in an excursion, sign up on the first floor resident board. On the trip day, be sure you are ready to go when the trip is set to depart. *Excursions have limited space*



Are you a bookworm?

We have a library service that delivers and picks up library books to residents.

If you are interested, please talk to an Activities staff member.



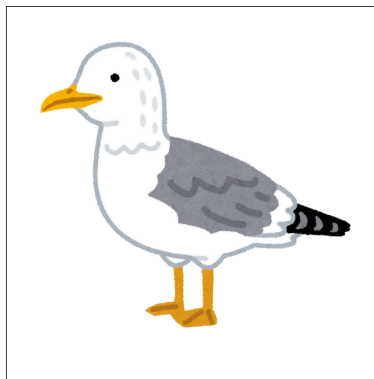
Tech Help

If you are experiencing tech troubles, Amelia will be happy to try and help you Monday-Friday. Results may vary.



Sunday Salon

The salon is open every third Sunday of the month.



Where's the seagull?

A seagull is hiding somewhere in this newsletter! Can you find him?

Thank you for reading!



Looking for more?

You can find us on Facebook at Plant Memorial Home & Thomas Cottages.

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