# The Plant Periodical

### PLANT MEMORIAL HOME THOMAS COTTAGES

November 2025



I love the month of November for a lot of reasons.

November is when nature reminds me that there are supposed to be seasons of rest and reflection. Times where we should recognize that there are things that we are supposed to let go of, knowing that they have served their purpose and holding onto them isn't helpful or natural. Maybe you can relate. I often find myself so future-focused that I need to force a slow-down and reflection. Historically, when I refuse myself this natural cycle, my body forces it on me.

I love that November is infused with thankfulness. To be fair, there is much to worry about and no shortage of challenges. This reality is in tension with the beauty, wonder and blessing where we work, where you live and a community that is so incredibly supportive and vibrant.

May you take the time to reflect, take the risk of having thankful conversations with those in the PMH family that have impacted you, and celebrate the rhythms that the season have to teach us. Enjoy a deep and meaningful pause. And then we'll get back to making this place, mission and vision the best it can be for us and those who will join us in it.

In this newsletter vou can find:

Community Updates

Department Debriefs

Health Tips

Upcoming Events

Resident Welcomes

...and more!

Jay Lorsquel



### The Nurse's Desk

Happy November! We're excited to welcome back Jenny to first shift.
November is Men's Health Awareness month. Men, when's the last time you saw your doctor? Schedule an appointment today!

**Birthdays:** 

Linda- 11/2 Betsey B.- 11/08 Jay- 11/16 Congratulations to our Heidiann for not only getting married, but for celebrating her 8 year anniversary at the Plant Home on the 3<sup>rd</sup>. Heidi started as a dietary aide and has worked her way up to Lead CRMA. Thank you for all you do for us, Heidi!

### **Anniversaries:**

Olivia- 1 year Wendy- 1 year Heidi- 8 years

## What's Cookin'?





Welcome to the team, Nora!



## Can it be recycled?

The rules of recycling can be confusing, and they change from state to state! This guide will inform you of what can and cannot be recycled per Maine state guidelines.

#### Recycle it!

- Newspapers, magazines, catalogues, etc.
- Mixed paper- cereal boxes, junk mail, milk cartons
- Glass jars & bottles
- Tin & aluminum cans
- Corrugated cardboard & brown paper bags

#### It's garbage!

- Food soiled items, i.e. paper plates, paper napkins, paper towels
- Contaminated or mixed materials, i.e. wax-coated paper or boxes
- Plastics, i.e. plastic bags & Styrofoam
- Anything contaminated with medical waste, i.e. anything with blood on it. This is important for the health of our employees!

### New Faces, New Friends

Please join me in welcoming our newest residents: Gayle Warren, Ellen Belanger, Sylvia Edmondson, and Marcia Blue. Welcome home!











### The Activities Room

We will be exploring the unique exhibits at Bowdoin College's Peary-MacMillan Arctic Museum. We're also taking a trip to Colby College's Art Museum. Shopping trips to the Hobby Lobby, Sherman's Bookstore and the Maine State Showroom- all great stores to find some hidden gems and good selection of craft supplies. Miss Maine, Samantha Ramsey will be coming to visit and she is beyond excited to meet you all! Last on the list is taking a drive to the must-visit spot, Moody's Diner. It's time to treat yourself to a delicious meal and dessert.



# Thanksgiving Dinner 2025

If you are planning on having Thanksgiving Dinner (11:30am-12:30pm) here with us, please notify Tish by 11/19. Guests are always welcome!



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 ...turkey?

A turkey is hiding somewhere in this newsletter! Can you find him? Gobble gobble!



Looking for more?

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

Thank you for reading.

The Plant Memorial Home

207-443-2244

www.planthome.org

1 Washington Street Bath ME 04530

