

The Plant Periodical

PLANT MEMORIAL HOME
THOMAS COTTAGES

October 2025



Dear PMH community,

Years ago, I read “Start With Why” by Simon Sinek. The basic premise of the book is to ensure that the actions of all involved in a common pursuit are in alignment and support of the purpose for which the organization exists. It is an unwavering yet difficult axiom because we are humans with competing fears and motives.

Recently our community was reminded of our Why in a profound way. I wanted to take a moment and share that with you. I encourage you to read the excerpt below from the obituary of our friend Doris Darling. When you’ve finished reading, consider saying “and that’s why the Plant Home exists” along with me and our dedicated staff.

“The final two years of her [Doris Darling’s] life were lived fully in the amazing Plant Memorial Home, an assisted-living community on the shore of the beautiful Kennebec River in Bath. What a tremendous blessing it was for this precious woman to pass “into Glory” surrounded by continuous care from her devoted family and the compassionate staff who had become very dear to her heart. The family cannot adequately express the deep gratitude they feel for the vigilant care extended by the entire Plant Memorial Home staff and members of CHANS Hospice in a cooperative ‘end of life’ experience in the comfort of Doris’ own little apartment at Plant Memorial.”

Jay Lavoie

In this newsletter
you can find:

Community
Updates

Department
Debriefs

Health Tips

Upcoming
Events

Resident
Welcomes

...and more!



The Nurse's Desk

October is the wedding month for our very own Heidiann! She will, as of October 18th, be Mrs. Willey. Be sure to give her a congratulations and a hug when you see her!

Welcome Sam, CRMA, to second shift.

Birthdays:

Gerry- 10/06	Terry- 10/20
Roz- 10/12	Esther- 10/24
Steph- 10/16	Jane- 10/31

Did you know that the average American eats 3.4lbs of candy on Halloween, or that candy corn was originally called chicken feed? Both Halloween and candy corn are my favorite!

The heat will be turned on by October 1st- layer up at night if you're getting chilly! -Robi

Anniversaries:

Madeline- 1 year (in the big house)
Jen- 1 year
Dixie- 3 years
Deb- 3 years
Kanya- 4 years

Shop Talk



With the Fall Season finally upon us, it is the time of year to prepare your vehicle(s) for the coming winter months and the cooler fall days ahead. Below is a small list of things to check/pack before the bitterness of winter sets in and makes doing these tasks difficult or bothersome to do. Read on for tips from your Maintenance boys....

1. "Your tires and their journey on the open road."

Check to make sure your tires have the manufacturer recommended tire pressure as well as having plenty of tread left. You can check your tread depth by using a tire depth gauge or a traditional penny coin. Place a penny into the tread groove of your tire with Abraham Lincoln's head facing down. If you can see the top of Lincoln's head, your tread is too shallow and may need replacement. If his head is covered, then your tread depth is acceptable and safe to drive.

3. "Can I get a check on the fluid levels, please."

Checking your fluids is an important and necessary step to make sure your vehicle is in top "health" for the coming months.

Check your Coolant, Power Steering Fluid, Brake Fluid, Engine Oil, Windshield Washer Fluid, and Transmission Fluid. All these fluids help keep your vehicle running at its best when you need it most. When you are under the hood, take a quick moment and check the date on your car battery. A battery that is older than 5 years might still work but it is getting close to its end of life, I would recommend looking into purchasing a new battery soon for peace of mind.

5. "It's getting hot in here."

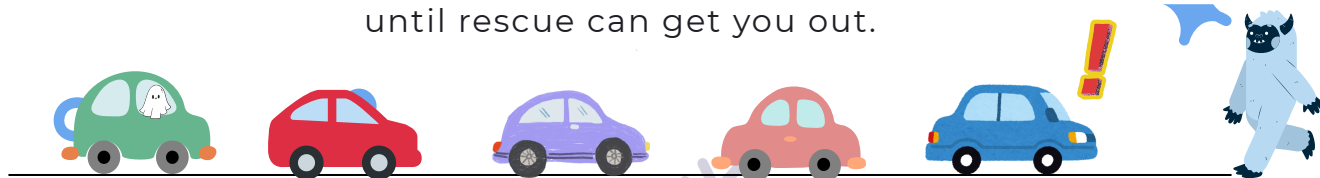
Take a few minutes and make a list of clothing and other accessories that would be beneficial to keep in your vehicle in case you become stuck due to weather conditions. It is important to have a good set of gloves, a hat, a scarf, along with an ice scraper/snow pusher, and a blanket. This is an extra step, above and beyond but I try to keep a little food in the car (granola bars, beef jerky, crackers) that way if you do become stuck you have food until rescue can get you out.

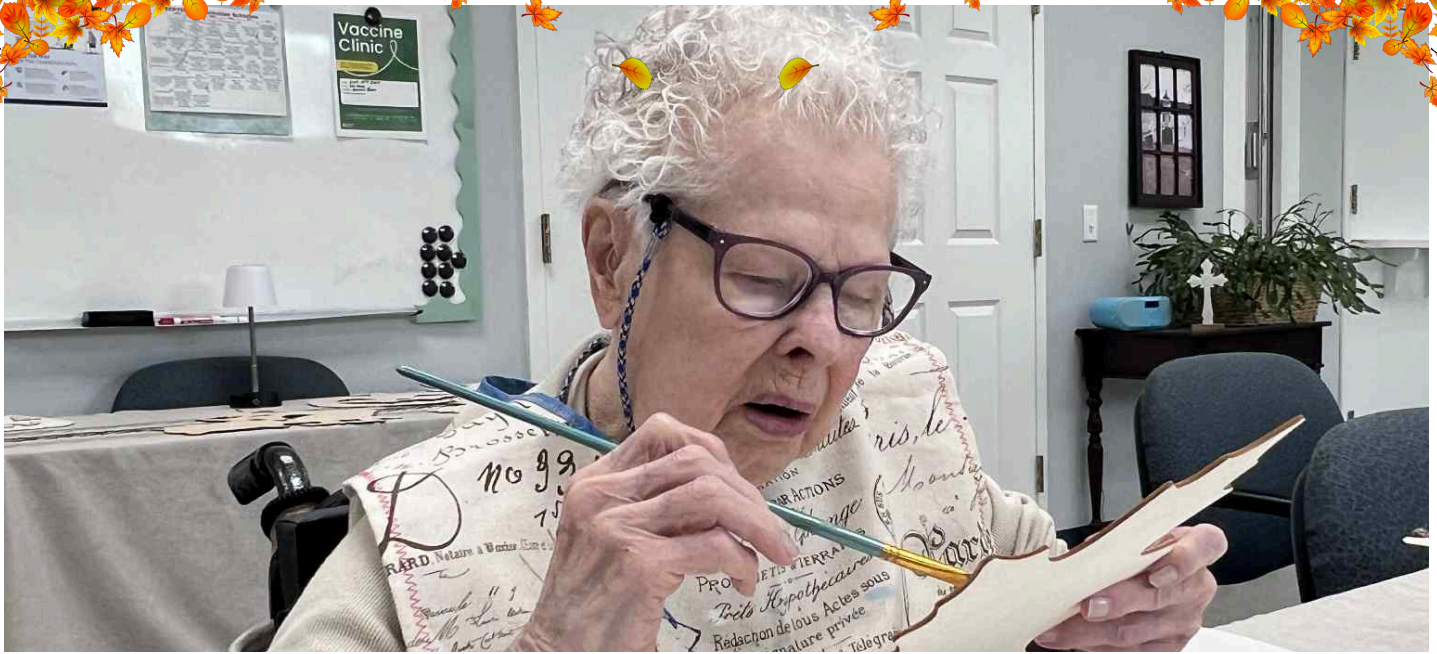
2. "The most important item in your car during the cold months... Your heater!"

With the temperatures dropping into the 40's and even the high 30's some nights it is important to make sure your heater is functioning and produces plenty of warm air. If you feel like your heater is not working like it used to, I recommend taking your vehicle to your local dealer/mechanics shop and having them give it a good once-over.

4. "I can see clearly now, the snow is gone."

One of the biggest things we overlook, or in this case look through, is your windshield. Now is the perfect time to scrub your windshield and make sure it is free of all the bugs that wanted to vacation on your windshield this summer. At the same time as you are cleaning, check the condition of your windshield wipers. Nothing is worse than an old windshield wiper falling apart on you mid-way through a snowstorm while you are driving someplace important.





The Activities Room

Fall is here! Be sure to get your jackets and sweaters ready. The month of October will bring a new revised activities schedule. We have added a twist onto exercise classes and trivia. Be sure to come down at 10:00am every day (except Sundays) and learn a new way to mix up your exercise routine!

With the colder weather coming, we would like to remind you to sign up for the YMCA. We go every Thursday. You can walk the track, go in the pool or strength train in the gym.

We have several outings planned, such as leaf peeping on 10/9, lunch out at El Rodeo Mexican restaurant on 10/24, and a trip to Maine's honorary capitol, LL Bean on 10/30. Events planned in the afternoon include a ring toss game, make a collage, clay creations, wine & cheese tasting and a time capsule set to be opened way in the future! Grab your neighbors, bring your imagination, and Activities will provide the rest.

Activities are open to new ideas and where to explore in the great state of Maine. Leave your suggestions on the pad near the side door.

Thank You ALL for making the Plant Home a great place for your friends and neighbors to live.

Love- Steph, Wendy, Natasha & Avery



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 ...ghost?

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



Looking for more?

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

Thank you for reading!

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