

# The Plant Periodical

PLANT MEMORIAL HOME  
THOMAS COTTAGES

January 2026

Happy  
New Year 2026  
Happy New Year!

As the first sun rises over the Kennebec River, I wanted to express the hopefulness with which we approach 2026. 2025 was a year of growth in so many areas here at the Plant Home. We welcomed more new members to our community in 2025 than in any year since our expansion in 2004! We welcomed new staff members that now feel as if they've been here all along.

The understatement of the year for 2025 is that I am so incredibly grateful for all of the residents, families, staff and board members that make the Plant Home experience what it is.

There is no doubt that 2026 will have its own set of challenges and changes. We will welcome new friends and say goodbye to dear ones. I look forward with hope and back with profound gratitude. Welcome to 2026

In this newsletter  
you can find:

Community  
Updates

Department  
Debriefs

Health Tips

Upcoming  
Events

Resident  
Welcomes

...and more!

## Starting the New Year

The beginning of a new year often has me thinking of maps as an allegory for our lives here at PMH. Maps are required because they require looking at where we have been, where we are, and where we have to go. In looking back, we often see successes and failures, wrong turns and challenging sections of the road. They serve as lessons to be learned from, but are not our destination. Where we are grounds us in a better understanding of our progress and what we must do to continue on our journey. Where are the course corrections that are needed to get us to where we want to be? Looking forward helps us determine whether the destination we selected so many months ago is still the right one for us. What challenges can we see that we will need to overcome to get there?

You are on this journey with us. Whether an employee or resident, you have your own part to tell. I encourage you to join me as we work together toward a hopeful future.

1. **Reflect:** Jot down the moments that you are most grateful for in 2025. If those moments included a member of the PMH community, consider leaving them a note of thanks and encouragement.
2. **Present:** It is so easy to get stuck in the doldrums of what is wrong or what we lack. Consider making a list of things in your life that are good, helpful, encouraging, skills that you possess, and what you bring to the PMH community.
3. **Destinations:** What would you like to accomplish in the next year? What new things would you like to learn, overcome, or accomplish? What could you do to help someone else reach their destination?

It's a new year, and I am glad to head into the future with all of my friends at the Plant Memorial Home



## The Nurse's Desk

A shout out to Desiree (CRMA), who just finished another semester toward earning her Bachelor's of Nursing by passing her finals with a grade of 92 and 93!! Great job kid!!

With permission, we want to celebrate that our overnight CRMA (Kristie Davis) has a very important announcement. She has been bravely fighting a cancer diagnosis and is happy to shout from the rooftops that she is officially cancer free!! We are so proud of your fight, Kristie. Kristie faced this challenge head on, took on extra shifts, and even switched shifts to cover needs when they came up. Kristie represents the "built to care" nature of our staff at PMH.

### CONGRATULATIONS

January 11th marks 4 years for Pam Matheson R.N.

# 100

Marita turns 100 years young on 01/21!!!!



### Birthdays:

Joan A. - 01/03	Paul W. - 01/08
Donna B. - 01/05	Amelia S. - 01/13
Carol L. - 01/23	Monica A. - 01/14
Shayne C. - 01/08	George L. - 01/14
Joan S. - 01/08	Bill M. - 01/25
Barbara S. - 01/10	Desiree F. - 01/15



### Anniversaries:

Jay L. - 2 years  
Carol L. - 4 Years  
Joan S. - 2 Years  
Marie M. - 1 Year

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# The Activities Room



The Plant Home was so excited and blessed by the generosity of the Dorion/Caulfield families. They donated this beautiful pool table that is now in the activities room downstairs. It has been the center of attention for the last couple of weeks.

Shopping FUN! Join us for planned trips to Walmart, Target, RM Tates, Goodwill and more!

Come hang out with us at the CAT CAFE.

Due to popular demand our lunch out together will be at Wei Lei in Auburn.

Watch for updates on celebrating Marita's 100<sup>th</sup> BIRTHDAY!!

**HAPPY  
NEW  
YEAR**

**100**

**4**

**K**

What is the history of celebrating the New Year? The symbols above may give a clue but the answer is hidden some where in the newsletter. See if you can find the answer. Not all of the answer may be in the same location.

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# Notes from Maintenance

2025 saw a lot of changes in the maintenance department. Staff members have changed, equipment was replaced, we have a new roof, systems were added.

Thank you so much for your patience as we work through all of the changes and likely more to come. We are close to adding another staff member to the department so new faces soon.

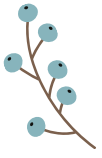


As I reflect on one of the greatest accomplishments of 2025, I am reminded that we successfully (ok. mostly) kept the geese off the beautiful lawn so that it was usable for our community, and we did it without harming the geese.

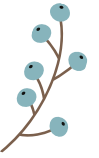
Earlier this year, we implemented a ticket system to prioritize and track progress on needed repairs that we see and that are submitted to us from residents. With the help of our Resident Care Director, we have completed more than 400 tickets in less than 7 months.

You can imagine that Jay has met with us to look at how we can improve the campus for the benefit of our residents. There will be more changes this year and we thank you in advance for your patience as we staff up and get ready for a spring that will eventually get here.





# The DISH from DIETARY



## WELCOME LESLIE

Great to have Leslie joining the Dietary team. Leslie is rejoining the Plant Home family after a few years away. Great to have you on the team.



## Fun with Food

Mom was right. Probably not a good idea to play with your food at the table. But that doesn't mean that we can't add some fun to our food!!

I have worked out a menu for January that brings back tried and true favorites (sometimes with a little twist) and some dishes to widen your dining experience that you may not have tried before.

In addition, we are adding some Fun Facts to give you background on some of the foods we grew up on and the ones you may not recognize. We hope you like it! At least the food anyway.

Welcome back Kanya, who spent a couple of weeks away back in her native Thailand. It's good to have you back and thank you Kanya and the team for an amazing Christmas dinner!

If you have an old-time favorite that you haven't seen on the menu, let me no by dropping me a note or email and I will see what I can do about getting them in the rotation.





## 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\*



## Sunday Salon

The salon is open every third Sunday of the month.



## 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.



## How long ago and where?

Did you figure out the answer to the New Year Riddle?



## Tech Help

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



## Looking for more?

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

*Thank you for reading, and Happy New Year!*

The Plant Memorial Home	207-443-2244
<a href="http://www.planthome.org">www.planthome.org</a>	1 Washington Street Bath ME 04530

