

The Plant Periodical

PLANT MEMORIAL HOME
THOMAS COTTAGES
FEBRUARY 2026

Laughter is the Best Neighbor!

They say a day without laughter is a day wasted, and around here, we have no intention of wasting a single second!

Whether it's a misunderstood text message, a "senior moment" that turned into a comedy sketch, or a staff member's hilarious kitchen mishap, we know this community is bursting with great stories.

Sharing a laugh does more than just brighten the mood—it lowers stress, boosts our immune systems, and, most importantly, brings us closer together.

We want to hear the tales that make your eyes crinkle and your belly ache!

In this
newsletter
you can find:

**Community
Updates**

**Department
Debriefs**

Health Tips

**Upcoming
Events**

**Resident
Welcomes**

...and more!

How to Share the Joy

We're looking for your funniest memories, "you had to be there" moments, and witty observations. Here is how you can join the fun:

- **The "Chuckles" Jar:** Drop a handwritten note in the jar located at the Front Desk.
- **Email Us:** Send your digital stories to the activities@planthome.org.
- **The Social Hour:** We'll be hosting a "Story Swap" this Friday February 6th at 3:15pm PM in the Living room. Come ready to listen or take the mic!
- **The COMEDY Hour:** We will host a viewing of various comics in the Living Room on February 17th at 3:00pm.

Don't be shy! Your story might be exactly what a neighbor needs to hear to turn their day around. Let's make our hallways ring with a little more laughter this month.

Here is an example: On a recent work-versary, the staff and I let our appreciation hang all out and redecorated her office in honor of her time.



Jay Lavoie



The Nurse's Desk

Foot doctor will be back 2/4/26 @ 1pm in the salon on the third floor!

Please welcome Jennifer (CRMA) to the nursing department! You will see her on the evening shift!

Staying healthy this Winter? Wash hands often, care for your skin, get vitamin D, take zinc, increase your vitamin C intake, take care of your tummy with probiotics daily and digestive enzymes, keep moving, eat nutrient-rich foods and most importantly get restful sleep.

Birthdays:

Gloria Y. 02/05

Kanya P. 02/12

Maria L. 02/17

Olivia D. 02/26

Anniversaries:

Matthew D. 02/02

Anthony J. 02/03

Nathalie G. 02/04

The Activities Room



Welcome Megan Dyer to the activities team! Megan is coming to The Plant Home with a background in activities planning as well as fundraising and development in the non-profit world. She also has a military background and is currently at 11 years with the United States Army.. Stop on by activities and say hello!

If you haven't checked out the February activities schedule yet you better take a look so you can mark your calendars! February is going to be another fun filled month of activities, outings and community presentations. Join us at OTTOs Pizza, or take a stroll through the aviation museum, and make sure to stop by for a presentation on current scams from our local police department and Ancorum credit union. February's schedule is sure to have something interesting to try, and if you have a suggestion or request for activities stop by and let us know or leave us a note in the activities suggestion box. We will see what we can do to make it happen!

Notes from Maintenance



We are pleased to announce that our maintenance team is now fully staffed, and we would like to introduce Rick Burnham. Rick brings extensive knowledge in maintenance and landscaping to our team, and we are confident that his expertise and background will make him a valuable asset to both our team and the PMH Family. Please take a moment to welcome him if you see him in the halls.

Mother Nature has certainly made her presence known, and with the winter season fully upon us, we kindly request everyone's patience as we diligently work to address all requests and manage snow removal. We would certainly appreciate it if the snowfall would cease. However, We are hopeful that Punxsutawney Phil will not see his shadow on February 2nd, as we would prefer to avoid another six weeks of this frigid and bitter cold we have experienced recently.

The DISH from DIETARY

While we really enjoy cooking your favorite winter comfort foods we have to admit we are ready for the spring! If you have not checked it out yet remember to take a peek at the fun food facts located on our menus. We would like to not only bring to you new dishes and classic favorites but the stories behind the foods we love, and a little trivia to keep it interesting!

A Century Worth Recognizing!

This past month was an exciting time as we got to help Marita celebrate her 100th Birthday! Thank you Marita for letting us be a part of your special day. We also thank the Bath police department and Fire department for helping us make a little extra unique with a car parade.



In loving Memory



It is with heavy hearts we add this page to the news letter. A life gone from us far too soon. Let us not take too long of a pause in sorrow and instead cherish the memories of love and laughter we shared with Jenny. Let us think of her with a smile on our faces for all the brightness she brought to us while she was here.

In loving memory of our Jenny. Your PMH family will love and miss you always! It's not goodbye, it's, see you later.

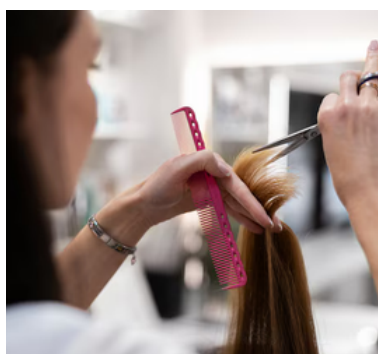
**"How Lucky I am to have something that makes
saying goodbye so hard"**

-A.A. Milne



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.



Tech Help

If you are experiencing tech troubles stop by activities. We have added technology hour to the schedule to help!



**Join us
February 14th
for a
Valentine's
Party In
activities!**



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**

