

The Plant Periodical

PLANT MEMORIAL HOME
THOMAS COTTAGES

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Welcoming Spring: Small Signs, Steady Hope

As winter begins to loosen its grip, the days stretch a little longer, sunlight feels a bit warmer, and the world quietly prepares for new growth.

Spring doesn't arrive all at once—it comes in gentle hints: a brighter morning, a new bird song, the first bud on a branch. Those small changes can remind us that renewal is real and that hope often returns the same way—gradually, faithfully, and right on time.

This month, we invite you to look for spring's signs and to make the changing season meaningful in ways that fit your energy, your interests, and your pace.

A Season of Hope—At Any Age

Spring has always been a symbol of fresh starts, but it's also something deeper: a reminder that life continues to bring beauty and purpose in every chapter. You don't have to be "busy" to be growing. Sometimes growth looks like noticing, appreciating, reconnecting, or trying something small for the first time.

**In this
newsletter
you can find:**

**Community
Updates**

**Department
Debriefs**

Health Tips

**Upcoming
Events**

**Resident
Welcomes**

...and more!

1) Notice What's Changing

Make it a daily practice: choose one small thing each day that signals the season shifting.

- Watch the trees from the same window each morning and notice what changes
- Listen for birds—see if you can identify one new sound
- Pay attention to the light: when does it feel brighter or last longer?
- Start a “Signs of Spring” list in a notebook (or ask a staff member to help you keep one)

Suggestion: Join a “Spring Sightings” board if we have one in the lobby—write down what you noticed and add it for others to enjoy.

2) Create a Spring Ritual

Rituals help seasons feel meaningful. They don't need to be big—they just need to be yours.

- Enjoy a cup of tea or coffee near a sunny window at the same time each morning
- Choose a “first day of spring” outfit in a favorite color
- Play music that feels like spring—light jazz, gospel favorites, or songs from earlier years
- Open a window for a few minutes (if safe and comfortable) and take in the fresh air

Meaningful twist: Pair your ritual with a simple intention, such as: “Today I will look for something good.”

3) Bring Spring Indoors

Even if the weather is unpredictable, spring can still show up in your space.

- Add a small vase of flowers (even one stem can lift a room)
- Place a bowl of citrus fruit on the table for color and scent
- Switch to lighter blankets or brighter pillow covers if you enjoy decorating
- Display photos of gardens, family picnics, or meaningful springtime memories

Easy project idea: Make a “Spring Corner”—a small spot with a plant, a photo, and a favorite quote.

4) Move in Gentle, Joyful Ways

Movement doesn't have to be intense to be beneficial. Spring is a great time to begin again—slowly.

- Try short hallway walks and stop to greet neighbors
- Stretch your hands, shoulders, and ankles while seated
- Join a chair exercise or balance class if offered
- If you're able, spend a few minutes outdoors—fresh air counts as movement too

Tip: Choose consistency over intensity. Five minutes daily can be more meaningful than one long session.

5) Plant Something—Even Something Small

Planting is one of the most hopeful acts there is.

- Grow herbs on a windowsill (mint, basil, parsley)
- Start seeds in a cup (staff can help set this up)
- Help with a community garden pot or patio planter
- If gardening isn't comfortable, try arranging flowers or "planting" what you would grow

Reflection question: If you could plant one quality in your life this spring—peace, patience, joy, connection—what would it be?

6) Refresh Your Heart and Home

Spring cleaning isn't only about tidying—it can also mean making room for what matters.

- Donate a book you've finished to the community shelf
- Choose one drawer to organize (just one!)
- Make a "keep, gift, toss" box and do a little at a time
- Refresh a routine: a new bedtime habit, a new hobby hour, a weekly phone call

Gentle reminder: The goal isn't perfection. The goal is lightness.

7) Reconnect: Spring is a Social Season

After winter, many of us feel ready to reach outward again.

- Invite someone to sit with you at a meal
- Attend one community event you haven't tried before
- Write a short note to a friend or family member
- Share a memory: "What did spring look like when you were young?"

Community idea: Consider joining or starting a small "Tea & Talk" group—just a few people, once a week, for conversation.

8) Practice Hope on Purpose

Hope is not only something we feel—it's also something we can practice.

Try one of these simple prompts:

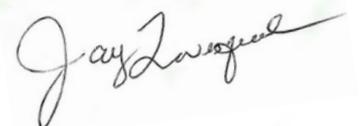
- **Gratitude:** "Today I'm thankful for..."
- **Hope:** "This season, I'm looking forward to..."
- **Encouragement:** "A kind word I can offer someone today is..."
- **Meaning:** "One thing that still matters deeply to me is..."

If you like, write your answer on a card and keep it where you'll see it.

A Closing Thought

Spring reminds us that new life can come after long, quiet seasons—and that change can be gentle, not rushed. Whether you welcome spring by planting a seed, taking a short walk, sharing a story, or simply noticing the light, you are participating in renewal.

May this season bring warmth to your days, brightness to your rooms, and steady hope to your heart.





The Nurse's Desk

The nursing department welcomes three new faces to the evening shift.

Welcome

Cyra and Tammy are both CRMAs and Rianna has her CNA/PSS!

We thank YOU Dixie-Lee for all your hard work, dedication and always willingness to train new staff!

Home is where the heart is: Happy move in anniversary
Clayton 3/31 1yr Linda 3/12 1yr Roz 3/16 3yr
Time sure flies when you're having fun!

March represents transition, renewal, and new beginnings. Winter ends and spring arrival. A bridge between cools and warm- described as a month where "Nothing is quiet as it seems. "March is also National Nutrition Month- Focus on balanced eating, filling your plates half full of fruits and veggies. Choose whole grains and up your water intake. Boost your immune system w/ outdoor activities while taking caution of those seasonal allergies. Refresh all routines to better your overall wellness.

"Be sure you put your feet in the right place. Then Stand Firm."
-Abraham Lincoln

Love to ALL, Robi and Heidi

Birthdays:

Nancy R. 3/18

Kim H. 3/19

Tish O. 3/26

The Activities Room

March brings the changing of seasons as we welcome spring just around the corner. Activities is also bringing a few exciting changes. Starting the 1st of March each time you attend an activity we will have you place a ticket with your name on it in the raffle bucket (located in activities). Each Friday we will pull a lucky winner and the winner will receive a prize! We will start fresh each Saturday. The more you visit the more chances to win!

We would also like to bring back a favorite event with a small change.

Local errand trips will be offered every other Tuesday (noted on activity schedule). To participate you must sign up in activities no later than 4pm the Monday before the trip.

Coming up this month activities would also like your participation in a fun weekly event. If you have a picture of yourself (no specific age requirement) we would love for you to share. Each week on Monday activities will post several photos of staff and residents from their younger days and we will have a week to guess who! on Friday we would love to have those pictured and those not participate in a reveal of the week and a story about the picture presented. Please come talk to activities to participate!



Don't forget to look forward to all the other fun events planned for March. We will be eating at Byrnes, visiting some local favorite spots for shopping, creating some fun DIY's, and trying some fun new games while enjoying some old favorites. We will celebrate St. Patrick's Day, The first day of spring, and a whole lot of other March favorites. Activities is excited, and we hope you are too!

Notes from Maintenance



After the unfortunate news that Punxsutawney Phil did in fact see his shadow, we had another 6 weeks of winter. We have survived the first 4 weeks already and only need to hold out for 2 more weeks before we can ring in Spring and with it bring us warmer days for Maines Maple Syrup Season to kick off! Did you know that it takes on average 25-50 gallons (depending on the sugar content) of sap to make a single gallon of maple syrup.

On average, Maine produces over 675,000 gallons of maple syrup per year. That's just over 16% of all maple syrup produced in the country!

With temperatures ever so slowly getting warmer day after day this brings us snowmelt and slush build-up on roads and cars. With the temperatures still dropping below freezing at night, it is important to take care with travel in the early morning and during the evening as any melted snow/slush will have frozen and cause a slippery spot on the roads/sidewalks.

Our final update in maintenance for this month is that Shayne Chubbuck has decided to pursue a new job. While we are extremely sad to see him go we wish him all the luck in his new adventure as this opportunity will benefit him and his career greatly. We thank him for everything he has done here at the Plant Home for staff, residents, and families. Visit often Shayne!



The DISH from DIETARY

The Dietary Department has been focusing on providing the residents at PMH with some healthier eating options. That's why you'll see the inclusion of different types of healthy grains (farro, barley, brown rice, more wheat and rye bread) and the addition of more legumes and higher-grade meats.

I'd like to remind everyone to remember to drink enough water. It's winter so you might feel less thirsty, but it is still essential!

Essential Nutrition Facts for Seniors

- **Protein is Priority:** To maintain muscle mass, include protein at every meal (lean meats, fish, eggs, beans, nuts).
- **Calcium & Vitamin D:** Essential for bone health to prevent density loss, found in dairy, leafy greens, and fortified foods.
- **Boost Fiber:** Consume more fruits, vegetables, and whole grains for better digestion and to reduce the risk of type 2 diabetes.
- **Watch Sodium:** Reduce salt intake to manage blood pressure; check labels on packaged/frozen meals, which are often high in sodium.
- **Hydration:** Thirst sensation decreases with age; drink water consistently throughout the day.

Get ready to welcome back takeout night! Our first take out night will be March 6th and we hope you are ready for it!



Highlights from February in Dietary!



Fat Tuesday Celebration!



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!



Looking for more?

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

Thank you for reading

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