

# The Plant Periodical

PLANT MEMORIAL HOME  
THOMAS COTTAGES  
APRIL 2026

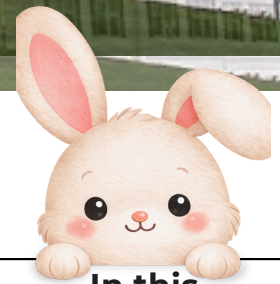


## More than Doing Our Job

In life, sometimes we get it wrong. We make mistakes and have to own up, grow up, clean up and fix up as best we can. The degree to which we got it wrong and the consequences dictate the impact of each of our mistakes as well the time and energy to address them.

But sometimes, we do things right. Those times can have significant impact as well.

A story was relayed to me about a resident that moved into the Plant Memorial Home from some distance. Although getting used to a new environment, new routines, new food, new friends, etc., has its own challenges, this particular resident also had to arrange to change her primary care provider and health care team to providers closer to Bath.



In this  
newsletter  
you can find:

Community  
Updates

Department  
Debriefs

Health Tips

Upcoming  
Events

Resident  
Welcomes

...and more!

**The resident called the doctor's office to check on the status of her waitlisted application to transfer and the nurse she was talking with asked some questions; one of which was "where do you live?".**

**The resident responded that they lived at the Plant Memorial Home. The nurse said something to the effect of "you are one of the luckiest people around to live there! They are so kind and helpful every time we call. They even bring people to our office and offer to sit with them during their appointments." The resident said, "that has been my experience so far as well."**

**When the resident explained that they had been on a wait list to transfer for a number of months, the nurse said that she would right into it and get back to her with a status. She did call the resident back in just a couple of hours to inform her that she was no longer on the wait list but that she now had a local physician as part of her care team!**



**We do our jobs here because it's our job.**

**We do our jobs because we're called to this work.**

**We do our jobs here because we care, about you, about each other and about the Plant Home.**

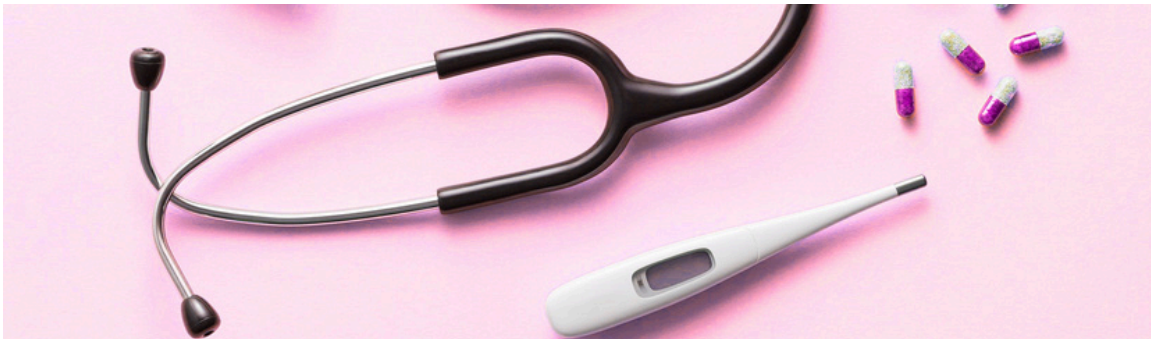
**We do our jobs because it matters and this is an excellent example of the impact doing our jobs this way has on the greater community.**

**Thanks to the entire PMH team for the way you care about your jobs. For those employees that are new, you have shining examples of the "built-to-care" attitude all around you and we will help you meet and exceed these high standards.**

**Thank you all for trusting our team to care for you as well.**



*Jay Lasegue*



## The Nurse's Desk

Tis' the season for spring cleaning! Please be sure all doorways in your apartment have enough space to always safely get through. For those who are still cooking in your apartment, please remember to remove anything from your stove top before turning it on. Let the fresh air in on nicer days but be sure to close it by late afternoon as temperatures are still dropping fast at night and the heat is still on.

Tips for better posture: move more, alternate sides when carrying things, practice deep breathing, sit up straight, alternate your sleep posture, and keep doing stretches and exercises in a chair with your activities crew everyday!!

Did you hear about the guy who drank invisible ink as an April Fools' prank?

He's at the doctor's waiting to be seen!!!

How do you get the Easter bunny to put in more hours?  
Increase his Celery!

Life is worth living, as long as there's a laugh in it!!!

Keep on, Keeping on friends!

Love,  
Robi

### Birthdays

Steve W. April 4<sup>th</sup>

Betsey G. April 7<sup>th</sup>

Ellen B. April 25<sup>th</sup>

Happy Seven  
Years  
Having you  
Here  
Robi!!!

### Move-in Anniversaries

Marita D. 4/2 2Years

Donna B. 4/28 1 year

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# The Activities Room



Spring has finally arrived and we are starting to get some warmer weather! Activities has planned a month full of celebrating spring and we hope you join us.

We have upcoming trips planned for Aldi, Reny's, RM Tates, and Goodwill. We will be visiting our friend Andrew and enjoying a lunch with him on April 7<sup>th</sup>. We will be enjoying a dine out at Sea Dog Brewing on April 30<sup>th</sup>.

This month's errand trips are scheduled for the 7<sup>th</sup> and the 21<sup>st</sup>. Don't forget to sign up with an activity staff member no later than the Monday before the trip.

We have had a lot of fun with the Guess Who board so we plan to keep this going for a couple more weeks so we get a chance to look at all the photos submitted.

New addition to the monthly schedule is a back page of information. We have highlighted trips and new activities with a brief description. Don't forget you can always check in with activities to answer any questions as well.

Our last piece of news we would like to share is our PMH Cookbook activity on April 6<sup>th</sup>. We encourage everyone to come to activities with their favorite recipe and share with us. Let's put them together and create our very own cookbook!

## a few upcoming projects



## March Raffle Winners

3/13 Barbara W.

3/20 Ruth

3/27 Carol M.



# Notes from Maintenance



Well Spring is official here... Well maybe just on the calander for now, But we know that warm weather we have all been waiting for is just around the corner.

The next few weeks you will find us working hard to transition for plowing and snowblowing to gardening and mowing.

We have said a few goodbyes this month as residents have moved out, but we have welcomed a lot of new people as well. A few cottage transitions are keeping us busy as well.

As we said goodbye to Shayne we welcomed Eric to maintenance this month and if you havn't met him yet be sure to say hello!

The maintenance department now consists of:

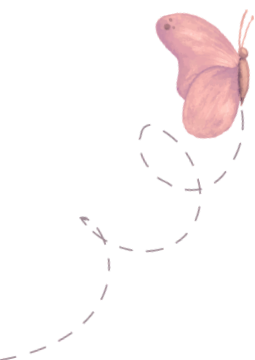
Myself, Rick, and Eric

We love to see all your smiling faces, so when you see us say....

**Think Spring**

*Steve*

**Maintenance Manager**



# The DISH from DIETARY

**Welcome Shakira!**



**Shakira is the newest member of dietary and we are so happy to have her here! Shakira will be working some mornings and evenings which will help a lot during breakfast and lunch.**

**Coming up in April we have a wonderful Easter meal planned on 4/5 and we are looking forward to creating a special menu for Titanic Rememberance Day (4/15). We are closer to the summer months when fresh fruits and vegetables are abundant.**

**We would like to thank all of our residents for being patient and kind while we went through some adjustments this winter.**

**Happy Spring!!!**





## 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!

**Facility wide  
Easter egg  
hunt  
April 5th  
Look for eggs  
around the  
facility  
cash them in at  
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](http://www.planthome.org)

**1 Washington Street  
Bath ME 04530**

