

# The Plant Periodical

PLANT MEMORIAL HOME  
THOMAS COTTAGES

May 2026



## Getting to Know Your Neighbor: Looking Beyond the Surface

We all know the friendly wave in the hallway, the familiar face at the mailbox, or the neighbor who smiles every time you make eye contact. But how well do we really know the people who live just a few doors down?

Every person in our community carries with them a lifetime of stories, adventures, wisdom, and passions — most of which you'd never guess just from passing in the corridor. This season, we'd like to encourage you to dig a little deeper and discover the remarkable people right in your own backyard or across the hallway.

For example - Did you know that your administrator plays the saxophone and once shared the stage with Wynton Marsalis, the famous trumpeter from New Orleans?

In this  
newsletter  
you can find:

**Community  
Updates**

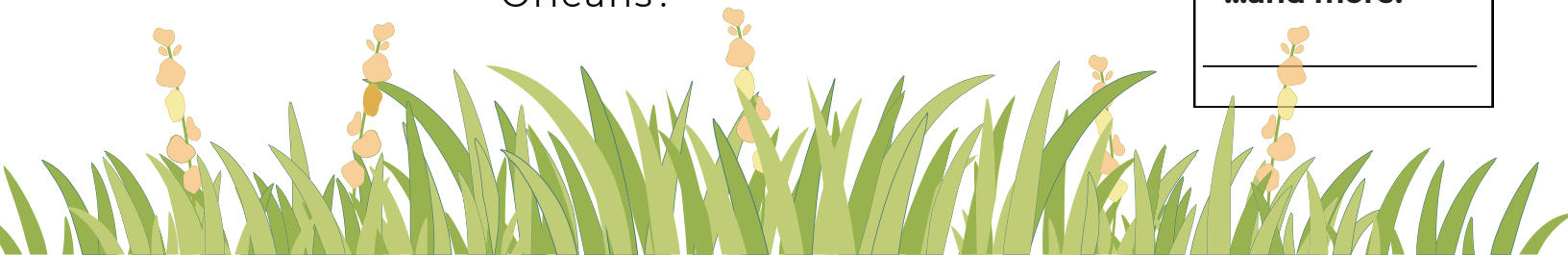
**Department  
Debriefs**

**Health Tips**

**Upcoming  
Events**

**Resident  
Welcomes**

**...and more!**



## Five Simple Ways to Connect on a Deeper Level

### 1. Ask the Unexpected Question

Instead of "How are you?" try something more inviting — "What's the most adventurous thing you've ever done?" or "What's something you were really proud of in your career?" You might be surprised where the conversation goes!

### 1. Share a Story, Invite a Story

Open up a little about yourself first. Mention a funny memory or a place you once lived. Vulnerability is contagious — when you share, others feel safe to share back.

### 3. Invite Someone for Coffee

A casual invitation for a cup of coffee or tea goes a long way. Sitting down together, without a crowd or agenda, creates the perfect space for real conversation to blossom.

### 4. Ask About Their Passions — Past AND Present

Many of us have hobbies or talents we haven't practiced in years but still hold dear to our hearts. Ask, "Was there something you used to love doing that you'd like to pick back up?" You may even find a partner to do it with!

### 5. Ask Where They Call "Home"

Where someone grew up, where they raised a family, or where they spent their happiest years tells you so much about who they are. A simple question like "Where are you originally from?" can open an entire world of memories and connection.

### **Did You Know?** We All Have More in Common Than We Think

Research shows that loneliness is one of the greatest health challenges facing older adults today — but a single meaningful conversation can shift that. It is also true that you can be in close proximity to lots of people but still feel alone in the middle of the crowd. You don't need a special event or a formal introduction. Sometimes all it takes is a moment of genuine curiosity.

### **A Challenge for This Month**

Pick one neighbor you don't know very well and make it your goal this month to learn something about them that truly surprises you.

Write it down. Treasure it. You just might make a lifelong friend.

"In the end, we will remember not the words of our enemies, but the silence of our friends."

— Dr. Martin Luther King Jr.

Have a heartwarming neighbor story to share? Submit it to the [activities@planthome.org](mailto:activities@planthome.org) and we may feature it in our next newsletter! Until next month — keep your door open and your heart even more so.

The Plant Memorial Home Family



Jay Linsaguel



## The Nurse's Desk

Next week we celebrate National Nurses Week, a moment to honor the compassion, skill, and dedication that nurses bring to patients and communities every single day. That being said, we thank Pam for nursing people over 50 years! Even after 50 years I bet if you were to ask her what was in her pockets, she would still be carrying every good nurse she has in them! Happy Nurses week, from us to you!

Congrats to Desiree for scoring 100, 100, and 99 on her recert tests for CRMA! Well done kiddo!

Spring has sprung and flowers are starting to bloom. Remember, if you are out in the gardens playing in the dirt to wear good garden gloves. Save your back from bending to much and use a kneeling pad for the ground.

Don't forget sunscreen and LOTS OF WATER.

Happy Mother's Day to all you great MOM'S!!!!

If there are any of you that might receive beautiful hanging plants with poles to hang them in the yard for you to enjoy, please check with Maintenance regarding the perfect spot and install them for you.

The nursing department thanks ALL of you in trusting in us to give you the BEST care we know how to everyday!

KEEP ON KEEPING ON!

Much Love, Robi and Heidi

### Birthdays

Elenor 5/4  
Maggie 5/12  
Paul J. 5/21  
Ria 5/22  
Hiedi 5/18  
Pam 5/29

### Employee Anniversaries

Steve W. 5/6  
Kim H. 5/7  
Steph 5/9  
Tish 5/13  
Heather 5/20

Move-in Anniversaries  
Happy 2 Year move in to Nan and Maggie this month!

# The Activities Room

Hello from Activities!

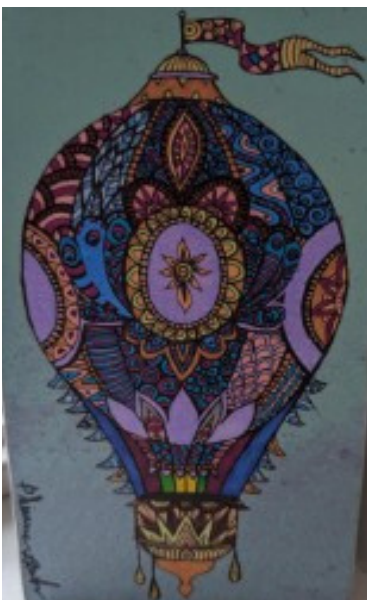
Join us as we welcome May with our May is for the memories slogan. We invite you all to share your favorite memories by adding to our memory jar board in the living room! We also invite you to share your favorite recipe in the recipe box which can be found by the daily activities board outside Anthony's office. Once we have collected everyone's favorite recipes we will put them together and create Plant Memorial Homes very own cookbook! Everyone who shares a recipe for the cook book will be given a ticket into the weekly raffle for the last week of May.

Update to our activity department sign up sheets. These sheets will now be located on the bulletin board outside of activities. Come down and check out what we have going on!

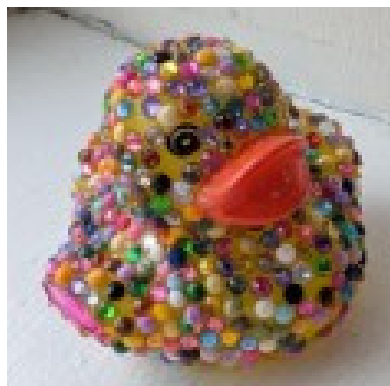
May is a busy month with lots of activities planned be sure to check your monthly schedule as well as your weekly schedule to see what's going on!

We are excited to bring in a new guest this month and we have many celebrations happening. We look forward to all the Fun!

## Check out some of our upcoming projects!



**Hot Air Balloons 5/28**



**Bedazzled Ducks 5/27**



**Wood Magnets 5/8**

## April Raffle Winners

Barbara W.

Joan S.

Barbara S.

Ester

# Notes from Maintenance

Even though Maintenance is still a party of 2, Rick and I are working for you!

We have had move in's and a lot of other things going on... We are still getting it done and having fun!

The mulch is here so let's be clear, we will work it in and it will soon begin.

The grass is getting green and it won't be long until we start mowing because you know it never stops growing!

Thank you for being patient with us, I soon hope we will be a team of three again soon, and when we are look out because we will rock the Plant Home!!!

Reminders that May 1<sup>st</sup> the heat will be off in the main building. Also on May 1<sup>st</sup> the sign up sheet will come out for A/C unit installs at the nurses desk. Please sign up and remember that this will be expedited as quickly as possible however retrieving A/C units from storage may require additional time before yours is available. As always your patience and understanding is greatly appreciated. We promise to get everyone set up to beat the summer heat soon!



*Steve*

**Maintenance Manager**



# The DISH from DIETARY

This month and in the future, we'll be putting most soups and some salads on the weekly menu as "Soup of the Day" or "Chef's Choice Salad" in efforts to use fresh vegetables we have in our refrigerator that are available. The daily menu will say what it is, and if you need to know before the meal, please ask one of the dietary staff members.

## **Eats & Eras** **A Bite of History from Dietary**

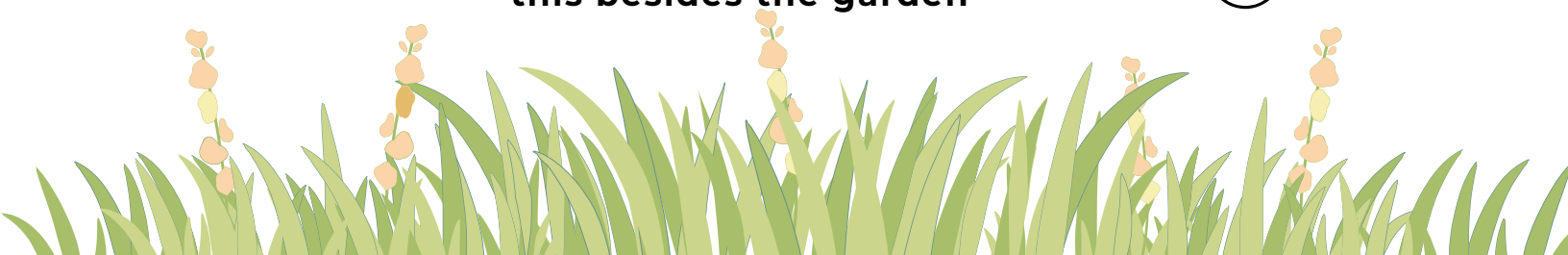
Plant Memorial Home was opened in 1917, the same year that the US joined World War 1 in April. Americans were encouraged by the FDA to conserve food. Here are some examples of some conservation efforts:

Voluntary Rationing: Under Herbert Hoover, the U.S. Food Administration encouraged "wheatless, sweetless, meatless, and porkless" days, notes an article the National Archives.

- Substitutions: Households switched from wheat flour to substitutes like cornmeal, potato flour, or rice. Sugar was replaced with honey or molasses, and lard was replaced with vegetable shortening like Crisco.
- Local Foods & Conservation: Americans were encouraged to eat local produce and grow "Liberty Gardens" to reduce reliance on commercial transportation.
- Restaurant Changes: Due to food shortages and labor shortages—many foreign born workers returned to Europe—many restaurants adopted meatless dishes and smaller portions.

These efforts, summarized by the slogan "Food Will Win the War," were designed to ship more staples to Europe.

**Don't worry, I'm not planning on doing any of  
this besides the garden**





## 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.

*Happy Mother's Day*

Happy Mother's Day  
From the Plant Home!



*Thank you for reading*



## 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.

**The Plant Memorial Home**

**207-443-2244**

[www.planthome.org](http://www.planthome.org)

**1 Washington Street  
Bath ME 04530**