

The Plant Periodical

PLANT MEMORIAL HOME
THOMAS COTTAGES
JULY 2026



What if you could sit down with American
History

America is preparing to celebrate 250 years as a nation. That's a triumph born through adversity, many mistakes and tragedies. Our nation is as beautifully complex as it is imperfect. We've seen America make mistakes and course correct. In two and a half centuries, we have seen, at times, a kind of chaotic, improbable, exhausting hopefulness that is both our greatest flaw and greatest feature.

250 years is a long time. When I asked one resident to reflect on the history of our great nation, she said, "I don't need to reflect. I was THERE for almost half of it!!". That got me thinking. What could have a greater depth than our history? Then it hit me.

**In this
newsletter
you can find:**

**Community
Updates**

**Department
Debriefs**

Health Tips

**Upcoming
Events**

**Resident
Welcomes**

...and more!

With more than 60 residents living in our Senior Living Community at the Plant Memorial Home, with an average age of 85 years old, our community represents far more than 250 years of lived experiences, failures, successes and wisdom. In fact, if all of our residents had lived sequentially, their collective lifespans would reach all the way back to 3100 BC. This dates back to the time that Egyptians and Sumerians began to form hieroglyphics and cuneiform writing. The wheel had not even been applied to farming carts yet. Otzi the iceman was alive and roaming the European Alps. The nomadic tribes that were scattered around the earth were just settling down into permanent communities.

5100+ years of lives lived! And so many stories that haven't been shared yet. And the living history that exists among us, on a daily basis, isn't glassed off in a museum. This kind of history sits across from you at the breakfast table and yells "BINGO!" when you only have one number left on your card. You don't have to stand in line, purchase a ticket and jostle elbows just to get a glimpse of the history that's alive and well here at the Plant Home.

As the kiddos chase fireflies, the hot dogs crisp on the grill and the fireworks pop, we hope you will take a moment to sit down and chat with someone who has seen some things, lived a while and remembers more than you have had the chance to experience yet. To me, those that are reading this newsletter are worthy of celebrating every bit as much as this great nation. Enjoy!





The Nurse's Desk

Smile, It's July! Some fun Facts for you regarding my favorite month of the year: July is named after Roman dictator, Julius Caesar! The water lily, July's flower symbolizes purity of the heart.

Folklore for the season says,

-Ne'er trust a July sky. - If ant hills are high in July, the coming winter will be hard. - Whatever July and August do not boil, September can not fry.

Here's a tip of two from your nursing crew,
Water at room temperature helps with your digestive system and allows you to consume more hydration throughout the day. You can check if you are dehydrated by pinching the skin on the top of your hand and count how many seconds it takes to go down. This is called tinting!
We got good feedback from all those who attended the hearing clinic!
Ian gave great feedback from his visit as well and plans to do another one! Stay tuned for the date

Keep on keeping on, Love Robi, Heidi and Crew!!

Birthdays

Jen 7/4
Natasha 7/8
Clayton 7/10
Carol M 7/10
Robi 7/11
Pat G 4/14
Joy 7/31

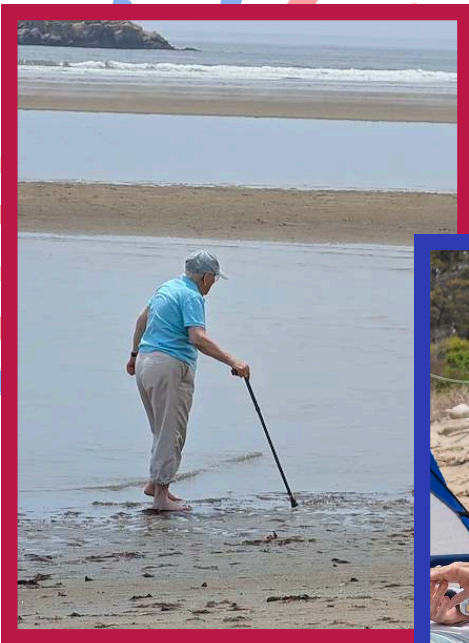
Happy
Birthday
USA
250

**Move-in
Anniversaries**
Betsy G. 7/15/24

The Activities Room

Activites is so excited to see summer in full motion. We are off to a fun start with more outdoor activities and enjoying the sunshine as much as we can. July will bring more as we head into this month of celebrating so many fun things. We will kick things off by joining the rest of Bath at the fourth of July parade! Be sure to sign up to take a ride on the bus. We will introduce new outdoor activities and bring back some of the favorites. July 25th will be a big day celebrating our 3rd annual Block party which spared no expense it making it a fun time for all. We will enjoy another beach day of July 14th and much much more! Check out the monthly schedule for the details.

Have suggestions for activities, write them down and leave them in the suggestion box. We will do our best to add it to the schedule.



June Raffle Winners

Barbara S.

Nancy W.

Terry

Barbara W.

Notes from Maintenance

Well summer is finally here and we are going 100 miles an hour getting the lawn mowed as it continues to grow like crazy. Our team just finished the last of four cottages and we are ready for a much needed break around the 4th of July. We continue to work hard on job slips and should be caught up very soon. A big thank you to Rick and Mike or all their efforts in getting the cottages done so quickly. Team work makes the dream work! We are getting very excited for the 3rd annual Block Party!! Maybe the maintenance crew will even try Robi's waterslide! That concludes our section of the newsletter, here in maintenance we do have a lot to say but we always have a lot to do! Have a great month and stay cool!



Steve

Maintenance Manager



WORKING HARD IN THE YARD!



The DISH from DIETARY

Happy July! This month, the dietary staff is looking forward to providing a fun and delicious meal for the 4th as well as all the other days. The cooking staff have been having a lot of fun working with the rhubarb and strawberries, and we really like the creativity and inspiration that the summer season brings. As many of you know, the dining room can get a little crowded and busy at lunchtime. We appreciate your continued cooperation and patience while we serve the meal. Every staff member hopes that the dining experience meets or exceeds your expectations, and we love to see everyone together as a group enjoying the meal.

Per usual, I want to remind everyone to stay hydrated while enjoying the summer season. Have a great July!

Take a look at the memories we made in June





Out and About

If you're interested in an excursion, sign up down in activities. On the trip day, be sure you are ready to go when the trip is set to depart. *Excursions have limited space*



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!



Sunday Salon

The salon is open every other Sunday.



Looking for more?

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



Thank you for reading

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