

The Plant Periodical

PLANT MEMORIAL HOME
THOMAS COTTAGES
AUGUST 2026



Hello to my wonderful neighbors and friends,
Can you believe we're already looking at August? This summer is flying by faster than one of the Ospreys that tried to drop half a fish through my sunroof last week!

As we settle into the last full month of summer, I wanted to share a few fun facts about August, along with some coastal Maine humor to keep that smile on your face.

Fun Facts About August

•**August wasn't always August.** It used to be called "Sextilis" in the old Roman calendar (the sixth month), until it was renamed in honor of Emperor Augustus in 8 BC. Apparently even emperors wanted their own month — I'm still lobbying for a "Administrator Appreciation Week," but no one has seconded that motion yet!

•**Two birthstones this month.** August babies get to choose between peridot and spinel. Peridot is even said to protect the wearer from nightmares. If only it also guaranteed winning Bingo Cards! May activities can get some peridot and spinel gems for the Diamond Art junkies (you know who you are).

•**National Golf Month.** For those of you who enjoy a round now and then, August is your month to shine. Just remember — hydrate, use a cart if you need it and stay in the shade. After all, golf is about saving strokes, not having them!

•**August has two zodiac signs** — Leo (the lion) and Virgo (the maiden). Fitting, since so many of you residents are the "lions" of this community — bold, proud, and never afraid to share your opinions in the Resident Meeting or to ask for seconds at dessert.

In this
newsletter
you can find:

Community
Updates

Department
Debriefs

Health Tips

Upcoming
Events

Resident
Welcomes

...and more!

A Little Maine Coast Humor

You know you're from the Maine coast when...

- You measure distance in "wicked far" or "from heeyah to thayah" and time in "after my nap" or "low tide to high tide."
- You've had a conversation about the weather that lasted longer than the weather itself.
- You've corrected a "tourist" on the proper pronunciation of Bar Harbor (it's "Bah Hahbah," of course).
- You have seen a sturgeon jump clean out of the river from your apartment window.

And a little joke for the road:

Why don't lobsters ever share their food?

Because they're shellfish!

What is a lobster's favorite subject in school?

Algae-bra

I'll see myself out after that one.

Looking Ahead

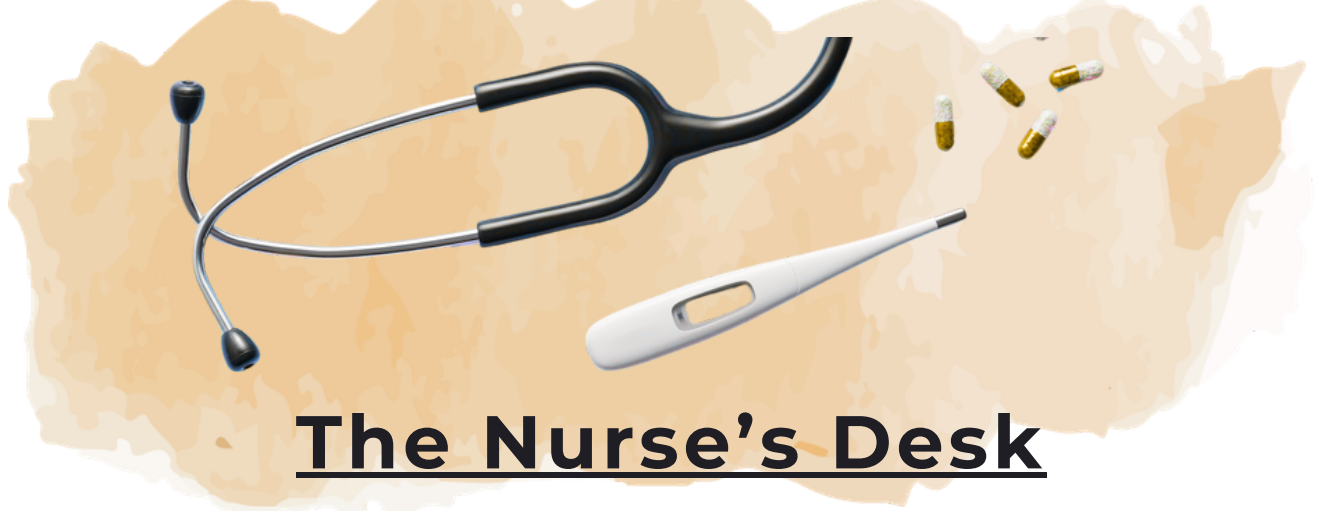
As always, our activities calendar is packed for August — from ice cream to special trips and more. Be sure to check the calendar for exact dates and times.

Thank you all for making this community feel like home. It's an honor to serve alongside such a lively, funny, and downright wonderful group of people every single day.

Wishing you sunshine, sea breezes, and maybe just one more lobster roll before summer's out.

Warmly,





The Nurse's Desk

Riverside hearing will be back for another clinic on August 11th 1:00pm-4:30pm. This is available to the first 10 residents to sign up that did NOT attend the last visit. Sign up sheet will be posted closer to the date scheduled.

Flu season is approaching us. With that being said, stay tuned for updates on our Guardian Pharmacy clinic here at the home.

Consents can only be filled out online. Heidi and I will fill out residents that live in the big house and can schedule with cottagers interested and staff to fill them out with you if need be! I will keep ALL of you posted on this as soon as I have a date! If you didn't know about our Monarch caterpillars in activities, you should go check them out. Last I counted we were Mom's to 11 of them. Thank you to all who have tended to the gardens and vegetables and to all planting around the grounds. It sure is beautiful out there. From your nursing crew to all of you, always be safe while living young, wild, and free!

"The struggle you're in today is developing the strength you need for tomorrow."

Much Love, Robi, Heidi, and Crew!

AUGUST BIRTHDAY'S

George 8/2
Marcia 8/6
Catherine 8/6
Heather 8/7
Molly 8/8

Nancy 8/16
Jen 8/26
Matt 8/27
Dixie 8/30

The Activities Room

The Activities team has been hard at work all summer bringing you fun and exciting events, and August is no exception! Our calendar is packed, so be sure to check it often. We have plenty of your favorite activities returning, along with a few new ones we think you'll enjoy.

Everyone is welcome! Even if an activity isn't your thing, stop by to enjoy the company or bring a project you're working on and spend some time with us. Our doors are always open, and we'd love to see you.

Starting August 1, sign-up sheets will be moving back upstairs. Be sure to keep an eye on the bulletin board, as we have several outings planned for August that you won't want to miss!

A special shout-out to Laurel and Natasha for keeping everything running so smoothly throughout June and July. They did an amazing job, and we're so lucky to have them on the Activities team!

One change you'll notice on the August schedule is that errands will no longer be listed. Don't worry—we're still here to help you get where you need to go! If you need transportation, simply check in with Megan, and we'll work with you to schedule a convenient date and time.

Let's make the most of the rest of the summer—we can't wait to see you at our August activities!



Upcoming Projects for August



Notes from Maintenance

Well Summer is in full swing and it is super hot outside. But the guys from the maintenance department are super cool!

Staying busy with lots of projects around the Plant Home.

We recently removed Steve's stump in the yard. Steve Hammond was going to tackle this job, but we said let us take a shot at it and BOOM!

Just like that it was dust!

We also want to thank a past cottager for leaving us his flag pole. We put it to good use, Thank you Mr. Chubbuck.

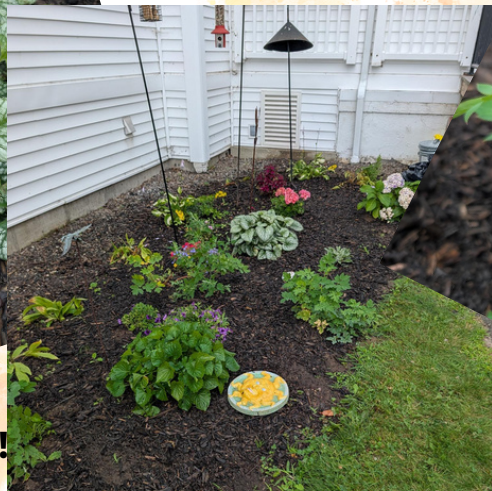
Shout out to Betsy and George from the cottages, they have been doing an amazing job taking care of the garden. We all thank you so very much!

We also hope our newest members of our community are enjoying the Plant Home and we are here if you have any questions.

Until next month, Maintenance over and out.



We've had two busy bees working hard in the garden this summer, and they've done an amazing job! If you haven't had a chance to check it out yet, be sure to head out back and see all of the incredible work that's been done. We're so grateful for their dedication and effort. Take a look at a few of the highlights in the pictures below!



Thank you Mary Ellen S. and Barbara W.!

The DISH from DIETARY

The dietary staff enjoyed making and serving this cake that incorporated three healthy summer ingredients: zucchini, blueberries, and lemons! Thank you, Ruth!

Blueberry Zucchini Cake with Lemon Buttercream:

- > 3 Eggs, lightly beaten > 1 Cup vegetable oil
 - > 3 teaspoons vanilla extract > 2 ¼ cup white sugar
 - > 2 cups finely shredded and drained zucchini > 3 cups flour
 - > 1 teaspoon salt > 1 teaspoon baking powder
 - > 1 pint fresh blueberries
- Lemon Buttercream:
- > 1 cup butter, room temp. > 3 ½ cups confectioners' sugar
 - 1 lemon, juice and zest (about 2 tablespoons)
 - > 1 teaspoon vanilla extract > ⅛ teaspoon salt

Cake:

- Preheat oven to 350°F. Prepare two 8-inch round cake pans with butter and flour or use non-stick baking spray.
- Grate a large zucchini (or two small zucchini) and place in a clean dish towel. Lift the edges of the towel up and squeeze some of the extra moisture out, but you do not want the zucchini to be dry. You will want 2 total cups of shredded zucchini after it has been drained. Set aside.
- In a large bowl and using a hand mixer, beat together the eggs, oil, vanilla, and sugar. Fold in the zucchini.
- Slowly stir in the flour, salt, baking powder, and baking soda. Gently fold in the blueberries. Divide batter evenly between prepared cake pans.
- Bake 35-40 minutes in the preheated oven, or until a knife inserted in the center of a cake comes out clean. Cool 20 minutes in pans, then turn out onto wire racks to cool completely.

Lemon Buttercream:

- Combine butter, sugar and salt and beat until well combined.
- Add lemon juice and vanilla and continue to beat for another 3 to 5 minute or until creamy.
- Fold in zest (If you are piping this buttercream, I recommend leaving out the zest).



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.



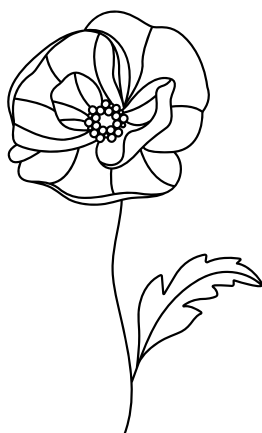
Tech Help

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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