

The Plant Periodical

PLANT MEMORIAL HOME
THOMAS COTTAGES
October 2026



Welcome to October at Plant Memorial Home!



There is something special about **October in Maine**. The mornings become crisp, the leaves transform into brilliant shades of red, orange, and gold, and before we know it, sweaters are coming out of the closets and the smell of fall is in the air.

Here at Plant Memorial Home, we're ready to embrace everything the season has to offer! October brings another month filled with opportunities to gather with friends, try something new, enjoy a scenic ride, celebrate the season, and simply enjoy being together.

Inside this month's newsletter, you'll find updates from around our community, news from our departments, upcoming activities and outings, and plenty of fall fun.

In this
newsletter
you can find:

**Community
Updates**

**Department
Debriefs**

Health Tips

**Upcoming
Events**

**Resident
Welcomes**

...and more!





Did You Know? October in Maine

Maine's famous fall colors actually travel from **north to south** as the season progresses. Northern Maine typically reaches peak foliage first, followed by central and western Maine, while **coastal and southern Maine often reach peak or near-peak color during mid-to-late October.**

And why all those beautiful colors? As daylight becomes shorter, trees produce less chlorophyll—the green pigment in their leaves—allowing brilliant **reds, oranges, yellows, scarlets, and purples** to shine through. Cool nights and sunny fall days can help produce some of the brightest colors.

Here's another fun Maine fact: the Maine Forest Service has been gathering weekly observations of fall foliage since **1959**, and in **1996 Maine became the first state to post weekly foliage conditions online!**

So grab your favorite warm drink, find a comfortable spot, and enjoy this month's newsletter. We're looking forward to another wonderful month of **community, friendship, laughter, and making memories together.**

Happy October from all of us at Plant Memorial Home! 🎃 🍁

Jay Zinske



The Nurse's Desk

Happy work anniversary to Deb Kipp who has been with us this time around for four years and much longer. We thank you for all you do for our residents and nursing crew!

The nursing crew would like to welcome Angel and Amy to our 2nd Shift! Tis the season for flu and colds. If you are not feeling well or come down with a cough, we encourage you to please stay in your apartments/cottages until it subsides. Looking out for one another is something we ALL do best here at the home, and a lot of us battle health stuff on a day to day and wouldn't want to make it harder for anyone. If the cough catches you, please remember to always cough into your arm, not in your hand. Wash hands frequently, use Clorox wipes to wipe down surfaces, doorknobs, handles, ect. I recommend Lysol disinfectant spray to be your best friend during the season; I know it's mine! Just a reminder it's not encouraged to participate in the vaccine clinic if you are not well. If you have already recieved your shots at your PCP office, you do not need to attend. Residents in cottages if the crud has caught up to you call nursing and we will get your meals deliivered.

Love to you all!

Keep on Keeping on, from your nursing crew!

If you see a purple pumpkin on someone's porch or in their yard do you know what it means?

Robi, Heidi, and Crew!

**HAPPY
BIRTHDAY!**

**Rick 10/2
Roz 10/12
Barbara W.
10/14
Esther 10/24
Stephanie
10/16**

**HAPPY MOVE-IN
ANNIVERSARY!**



**Gayle 10/1 Ellen 10/3
Marcia 10/8 Jen 10/21**

Activities Department

Falling Into Fun This October! 🍁

October has arrived, and with it comes crisp fall air, colorful leaves, pumpkins, and a full month of fun here at Plant Memorial Home! We have plenty to look forward to this month. We'll be celebrating the season with **Oktoberfest**, complete with beer, root beer, ginger beer, and homemade pretzels. Our **Baking Club** will be getting into the fall spirit by making pumpkin brownies, and residents can join our **knitting and crochet group** for a cozy afternoon together.

Of course, October wouldn't be complete without a little Halloween fun! 🎃 Our **Door Decorating Contest** will run throughout the month, so get creative with your favorite fall or Halloween decorations. We'll wrap up the month with our **Halloween Party on October 30th**, including plenty of treats, laughs, and spooky fun!

🚌 **We're hitting the road, too!**

October trips include shopping at **Walmart, HomeGoods, Twice Told Tales Book Store**, and **Angel Wings Thrift Shop**, along with a beautiful **leaf-peeping scenic bus ride** and a special dine-out at **Chickadee Restaurant**. There will be plenty of opportunities to get out, enjoy the fall scenery, and spend time together! We also have movie nights, seasonal projects, our **Ken Talk**, and a special presentation celebrating **50 years of Spindleworks poetry with Nan Ross**.

As the days get shorter and the weather gets cooler, there's no slowing down in Activities! Keep an eye on your **weekly schedules, monthly calendar, bulletin boards, and sign-up sheets** so you don't miss something you'd enjoy.

🍁 **Here's to a month filled with friendship, laughter, creativity, and plenty of fall fun!**

Happy October!

— Megan & the Activities Department 🎃 🍁

Notes from Maintenance

🍂 LEAVES, LEAVES, LEAVES! 🍂

They're falling faster than we can pick them up—but we're giving it our best shot!

Fall has officially arrived at Plant Memorial Home, which means the Maintenance Department has traded summer projects for **rakes, leaf blowers, and plenty of trips around the property.** If you see us buried under a pile of leaves, don't worry—we're probably fine!

🍁 Calling all cottagers!

We will be taking requests to help move your deck furniture into your cellar or storage area for the winter. Please let us know if you need a hand, and we'll get you on our list.

❄️ Out with the A/C, in with the heat!

Hopefully, by now we've gotten those air conditioners out and tucked away for the season. We're also getting the big building ready to turn on the heat because, as we all know, **Maine doesn't waste much time going from "nice fall day" to "where are my mittens?"**

There's plenty to keep us busy as we prepare for the colder months ahead, but for now, we'll keep raking, blowing, hauling, fixing, and doing our best to stay one step ahead of Mother Nature.

Look out—fall is here! 🍂🍁

Until next month...

Over and out! 🔧

 *Steve*
Maintenance Manager



The DISH from DIETARY

Apple Cider Donut Cake

Bring the taste of the apple orchard home with this delicious **Apple Cider Donut Cake!** Made with apple cider, warm cinnamon, and a buttery cinnamon-sugar coating, it's the perfect treat to welcome fall.

Prep Time: 15 minutes Cook Time: 40–45 minutes

Total Time: About 1 hour

Course: Dessert

Ingredients For the Cake

1 (15.25 oz.) box yellow cake mix or spice cake mix

1 cup apple cider

½ cup applesauce

3 large eggs

¼ teaspoon cinnamon

1 tablespoon brown sugar

1 teaspoon vanilla

Cinnamon-Sugar Topping

2 tablespoons cinnamon

¼ cup sugar

¼ cup melted butter

Directions

Preheat oven to 350°F.

Combine the cake mix, apple cider, applesauce, eggs, cinnamon, brown sugar, and vanilla. Mix until well combined.

Pour the batter into a prepared Bundt pan.

Bake for 40–45 minutes, or until the cake is baked through.

Combine the cinnamon and sugar in a small bowl.

Once the cake has cooled enough to handle, brush it with the melted butter and generously sprinkle with the cinnamon-sugar mixture.

Slice, serve, and enjoy a taste of fall!

The Dietary Staff is excited to welcome fall and all the wonderful flavors, spices, and comforting foods that come along with the season! As we say goodbye to summer and welcome cooler days, we look forward to bringing some of our favorite seasonal flavors to the table. **Thank you to everyone for making this summer—and every season—so enjoyable here at Plant Memorial Home!** Here's to a fall filled with good food, warm spices, and great company!  



The PMH Dietary Department



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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