

The Plant Periodical

PLANT MEMORIAL HOME
THOMAS COTTAGES

September 2026



"Hot Enough for Ya?"

From the Director's Desk

Well, folks, we made it through another August, which around here means three things: the AC bills are astronomical, someone's grandkids visited and left a mysterious amount of sand in the lobby, and at least one resident reminded all of us that it's **"not the heat, it's the humidity"** approximately 47 times at supper. With the first cool days coming up, what is the over/under on when we start wishing for the days in August we were all complaining about a few days ago?

In this
newsletter
you can find:

**Community
Updates**

**Department
Debriefs**

Health Tips

**Upcoming
Events**

**Resident
Welcomes**

...and more!

Smack in the Middle

Have you ever caught yourself so stuck in reflecting on the past that you miss what is happening right now. Or even so pre-occupied with what is coming that you miss out on the joy opening right in front of you? Marcus Aurelius is credited with stating: **“The present is all we have to live in. . . . or to lose.”**.

August has a funny way of feeling like both the middle and the end of something — summer winding down, and crisp air ushering in another season quietly turning over.

It's easy to feel that way about a lot of things at this stage of life. But the “middles” of every experience give us all the gift of reflection on where we've been, the chance to re-evaluate what we thought our destinations was and then to adjust our course settings for the next stage of the journey.

But watching this community — the intensity over bingo, the laughter of trying “new” things, the impromptu ice cream socials when the ice cream truck leaves - **we're reminded that some of the best chapters aren't the ones that come first.**

Always remember, that the next chapter never would have been possible without the one you're in right now. Hover over every word – it might just be the key to unlocking something that sharpens your focus for what's next.

Enjoy Your Now!





The Nurse's Desk

Foot doctor will be in the house on 9/2 at 1pm in the activity room! If you love your feet, she loves seeing you! If any of our cottage folks are interested, see Robi or Heidi for the paperwork to fill out and we will handle the rest. If there are any of our in-house residents who have not yet seen Hilary and are interested, we will add you to the list, let us know!

The date for our vaccine clinic is still TBD. If you do not have email and live in our cottages, see Robi and Heidi to fill out a consent form on-line to get you signed up. Please be sure to come with all your insurance info. If any staff are interested let us know and we will send you the link to fill out the consent form.

“September was a thirty days long goodbye to summer” - Lea Malot

Keep on keeping on while thinking smart not hard and always being safe!

Love to you all, Robi, Heidi, and Team!

**HAPPY
BIRTHDAY!**

Ryan 9/7
Kelly 9/9
Rianna 9/10
Deb 9/19
Steve H. 9/1
Carole J. 9/1
Pat M. 9/3

**HAPPY MOVE-IN
ANNIVERSARY!**



Pat G. 9/3
Carol M. 9/8

Activities Department



Welcoming a Season of Change

Fall brings with it a wonderful season of change. As summer leaves us, cooler weather settles in, and the days begin to grow shorter, the Activities Department is excited to bring some changes of our own while keeping this amazing year going strong!

You may have already noticed that our **weekly and monthly activity schedules have a new look**. This is just the beginning of what we have planned for the season ahead!

We're looking forward to enjoying some of our favorite fall traditions together, including **apple picking, seasonal baking, fall-themed activities, and more.**

We're also excited to announce the **return of Movie Night!** 🎬🍿

There is so much to look forward to as we welcome fall at Plant Memorial Home. We hope you're just as excited as we are to make new memories, enjoy old favorites, and embrace everything this beautiful season has to offer.

Here's to a fun-filled fall!

Upcoming Projects for September



Notes from Maintenance

Just like that, in the blink of an eye, summer is almost gone and fall will soon be here!

Our maintenance crew has been keeping busy with all kinds of projects around Plant Memorial Home. Between **cottage renovations** and **repairing our downstairs dishwasher**, there's certainly no shortage of work to be done.

As we head into fall, we'll also be **trimming the bushes around the main building and our wonderful cottages**, along with getting started on other seasonal projects to prepare our home and grounds for the cooler months ahead.

Our crew has been doing a **fantastic job**, and their hard work helps keep Plant Memorial Home looking beautiful and running smoothly. If you see them out and about, be sure to let them know how much their efforts are appreciated!

Until next month...

Over and out! 🛠️

 *Steve*
Maintenance Manager



Have you met some of the newest residents at Plant Memorial Home? 🐟

Our fish tank has some colorful new friends who are settling right into their home! Stop by the Activities Department to say hello, take a peek at the tank, and see if you can spot all of our finned friends.

They may not say much, but they're always happy to have visitors!

The DISH from DIETARY

This month, the Dietary Department is excited to welcome **two new staff members, Ryan and Angie!** Both come to Plant Memorial Home with culinary backgrounds in assisted living and have already brought their friendly personalities and enthusiasm to our team. We are very happy to have them here at PMH!

With Ryan and Angie joining our staff, the Dietary Department will be able to provide even better service while focusing our attention on what matters most—making sure every meal is as delicious and enjoyable as possible.

As summer begins to wind down, we would also like to extend a special **thank you to the PMH gardeners** for sharing part of their harvest with us. We know how much hard work goes into tending a garden—not to mention the nearly impossible task of keeping the deer and other woodland creatures from enjoying the harvest first! Your generosity and hard work are very much appreciated. Our cooking staff always enjoys the change of seasons and the opportunity it brings to introduce different seasonal ingredients, flavors, and comforting favorites to our menus. As fall approaches, we hope everyone is looking forward to the beautiful colors, crisp autumn days, cooler temperatures, and, of course, some delicious seasonal meals.

Thank you for a wonderful summer! We look forward to welcoming fall together and hope to see everyone in the dining room enjoying good food 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

The Plant Memorial Home	207-443-2244
www.planthome.org	1 Washington Street Bath ME 04530