The Plant Periodical

PLANT MEMORIAL HOME
THOMAS COTTAGES
November 2026



The Heart of the Plant Memorial Home

A Season of Gratitude

Dear Friends and Neighbors,

As the leaves settle and the days grow cozier, November invites us to pause and take stock of the blessings that surround us. Whether it's the warmth of a morning cup of coffee, a friendly wave in the hallway, or a phone call from a grandchild, gratitude has a way of turning ordinary moments into treasures.

Why Gratitude Matters

Gratitude is more than good manners. Research has shown that people who regularly practice thankfulness often enjoy:

Better sleep and more restful nights
Lower stress and a greater sense of calm
Stronger relationships and deeper friendships
Improved mood and a more hopeful outlook
A greater sense of purpose in everyday life

In this newsletter you can find:

Community Updates

Department Debriefs

Health Tips

Upcoming Events

Resident Welcomes

...and more!

One key thing you can do to improve your health is gratitude. Consider noting the number of times you receive or hear news that is frustrating, fearful or make you feel hopeless about the future. Follow that news with 3 things that you are thankful and grateful for.

At this stage of life, we carry a wealth of memories, wisdom, and stories. Gratitude helps us celebrate the road we've traveled while staying open to the joys still ahead.

Simple Ways to Practice Thankfulness

You don't need a grand gesture to cultivate gratitude. Try one of these this month:

1. Keep a gratitude journal. Each evening, jot down three things that made you smile today.
2. Write a thank-you note. Surprise a friend, caregiver, or family member with a handwritten message.
3. Share a "thankful moment" at mealtime. Invite your tablemates to share one good thing from their day.
4. Say it out loud. A sincere "thank you" to our dining, housekeeping, maintenance, and care teams brightens their day and yours.
5. Look up and look around. Notice the sunrise, the garden, the laughter down the hall.

Looking Ahead: Create New Experiences in the Coming Year

Gratitude grows when we keep adding to the story. As we approach a new year, we invite you to ask yourself: "What new experience would I be thankful for next year?"

It doesn't have to be big. New experiences, large or small, create fresh memories and fresh reasons to be grateful. Consider:

- - Learn something new. Try watercolor painting, chair yoga, a language, or a tablet or smartphone class.
- - Make a new friend. Sit with someone new at lunch or join in with something you haven't tried.
- - Share your gifts. Teach a skill, lead a story hour, mentor a younger volunteer, or knit for a local charity.
- - Revisit an old passion. Pull out the paintbrushes, the harmonica, or the cookbook you haven't opened in years.
- - Explore beyond our doors. Join an outing to a museum, a concert, a park, or a local farmers' market.
- - Reconnect with loved ones. Plan a video call series, a family recipe exchange, or a visit with someone you've been missing.
- - Start a tradition. A weekly game night, a monthly birthday celebration, or a "gratitude circle" could become a community favorite.

A Moment of Reflection

“Gratitude turns what we have into enough, and enough into more than we imagined."

Moment this week to ask yourself:

- Who has made my life better this year?
- What am I most proud of?
- What am I looking forward to?

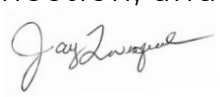
A Heartfelt Thank You

To our residents, families, staff, and volunteers: Thank you all so much.

You are the heart of this community. Your kindness, laughter, and support make this place feel like home.

Wishing you a month filled with warmth, connection, and thankfulness.

With gratitude,



October Memories























The Nurse's Desk

Happy Work anniversary to Heidi! 11/3/2017- Wow, Look at you now! She started at just 16 years old working in dietary then went to working second shift in the nursing department and getting her PSS, then becoming a CRMA. Shortly after going to the day shift she became shift lead, then head CRMA. Today 9, years later and for over a year now she is our nursing manager. Well, done kid. Keep reaching for the stars with nothing but confidence while always reaching for more. Thank you for ALL you do for our residents while representing our built-to-care motto! We are greatful for you and wouldn't want to do it without you! Cheers to 9 more!

Just a reminder from your friends in nursing and maintenance. The snow will be here before you know it. If you are still driving yourself to appointments, we ask you to watch the storm trackeer during the season for scheduled appointments. Giving us 24-hour notice so we can have your car clean off and warmed up for you to get in and be on time!

Health FUN FACTS: Did you know chewing gum boost brainpower? Chewing mint flavored gun can reduce mental tiredness and improve memory/test scores up to 35%. Did you know laughter increases pain tolerance and laughing 100 times provides a cardio-vascular workout similar to 15 minutes on a stationary bike?

On the 11th hour, the 11th day, during the 11th month, the guns fell silent! Thank you to all who have served and are serving our country!

Keep on Keeping on, Love to all.

Robi, Heidi, and your nursing crew!

HAPPY BIRTHDAY!

Lina R. 11/2
Robert B. 11/10
Amy 11/15
Jay 11/16
Joan M. 11/18

HAPPY MOVE-IN ANNIVERSARY!



Joan A. 11/6
George S. 11/10

Activities Department

A Month of Gratitude, Creativity & Connection!

November is here, and the Activities Department is looking forward to another wonderful month filled with creativity, laughter, friendship, and plenty of opportunities to come together! As the weather gets cooler and the holiday season approaches, we have been busy planning activities that will keep everyone engaged, entertained, and connected.

This month, we have a fantastic lineup of activities to look forward to! Our November DIY projects are packed with seasonal fun, including felt pie garlands, watercolor fall landscapes, ceramic snowmen, lighted ceramic Christmas trees, homemade snow globes, holiday ornaments, wreath making, and much more! Whether you are an experienced crafter or just looking to try something new, we encourage everyone to join us. Remember, it's not about creating something perfect; it's about enjoying the experience!

November is also a special time to recognize and honor our veterans. We look forward to celebrating Veterans Day and expressing our gratitude to those who have served. We also have an opportunity for our veterans to attend a special Veterans Luncheon at Morse High School on November 12th. Be sure to check the bulletin board for more information and sign-up opportunities.

As Thanksgiving approaches, we will be incorporating opportunities to reflect on gratitude, share memories, and celebrate the friendships that make our community so special. Of course, our regular favorites, including Bingo, games, movies, group discussions, and outings, will continue throughout the month!

NEW! Every Other Monday Errands Trips!

We are excited to introduce a **new biweekly Errands Trip**! Every other Monday, residents will have an opportunity to head out into the community to take care of personal errands. Whether you need to pick up a few necessities or make a quick stop at a local store, these trips are designed to make getting those little things done a bit easier.

A sign-up sheet will be available on the first-floor bulletin board. Please be sure to sign up in advance so we can plan transportation and accommodate as many residents as possible. Additional details about upcoming trips will be posted on the bulletin board.

See You at the next Activity!

Your Activities Department

Notes from Maintenance

October 2026 – Getting Ready for Winter!

Can you believe it's still 60 degrees in October?! We're certainly not complaining! This beautiful weather is giving us a little extra time to prepare for what's coming. And we all know what's coming... **WINTER!**

The guys have been busy getting everything ready—putting out plow stakes, filling salt buckets, preparing the plow, and, of course, dealing with **LEAVES, LEAVES, AND MORE LEAVES!** Did we mention the leaves?!

We do have one special request this year. **If you have a doormat on your deck, please remove it before the snow arrives.** Last winter, Rick's snowblower decided to have a little snack and ate about 4 or 5 of those beautiful doormats! We'd really prefer not to feed it any more this year!

We'll also be going around this week placing winter stakes in the ground. Please be careful not to run them over. That's Maintenance's job! HA HA!

Attention, Cottagers! If you have any deck furniture or other items that need to be moved into storage before winter arrives, please let us know. We're happy to help get things tucked away for the season.

For now, we'll keep enjoying these warmer days while they last, raking those never-ending leaves, and getting everything ready for whatever Mother Nature decides to throw our way!

Until next month, stay warm, watch out for those plow stakes, and keep your doormats away from Rick's snowblower!



Over and out!

Your Maintenance Crew

The DISH from DIETARY

Good Food, Great Company, and New Faces!

November is here, and with it comes the season of gratitude, delicious meals, and gathering together! Here at Plant Memorial Home, our Dietary Department is busy preparing for another wonderful month filled with comforting meals, seasonal favorites, and a little extra holiday cheer.

Please Join Us in Welcoming Our New Kitchen Staff!

We are excited to welcome **Lynn, Thomas, Robyn, and Ari** to the Plant Memorial Home family! Each of them is a wonderful addition to our Dietary Department, and we look forward to having them as part of our team. If you haven't already, please take a moment to say hello and give them a warm Plant Memorial Home welcome!

A Season of Thanks

As Thanksgiving approaches, we are reminded that food is about so much more than what is on our plates. It's about bringing people together, sharing stories, creating memories, and enjoying the simple comforts of a home-cooked meal.

Our kitchen staff works hard each day to make mealtimes something to look forward to. From familiar favorites to creative treats and unexpected surprises, there is always something cooking in our kitchen!

We are especially thankful for our residents, whose smiles, conversations, and feedback make what we do so rewarding.

From all of us in the Dietary Department, we wish you a November filled with warmth, laughter, gratitude, and, of course, **plenty of delicious food!**

Happy Thanksgiving from your Plant Memorial Home Kitchen Team!






Happy Halloween





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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