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# The Plant Periodical

PLANT MEMORIAL HOME  
THOMAS COTTAGES

◆  
May 2025



To the PMH Community,

Despite Mother Nature's best efforts to drag out winter, spring is arriving here at our beautiful campus.

Soon the grass will fill in, the buds will explode into fullness, the flowers will be on display and this campus will be in its glory.

I would encourage you to take a second to thank the hard working maintenance team who put in fantastic effort to beautify our grounds.

This summer and fall, we are investing in some key areas to protect and improve access to our campus. In mid-May, the maintenance team will coordinate the shingle upgrades to the South end of the main building. This will include some safety zone measures that may disrupt our normal patterns, entrances and parking for 2-3 days. Bear with us and we will strive to make the necessary inconvenience as short-lived as possible. Later in the summer, we will be replacing our main sign as well as adding some directional signage to decrease confusion for entrances and parking.

In this newsletter  
you can find:

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Community  
Updates

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Department  
Debriefs

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Health Tips

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Upcoming  
Events

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Resident  
Welcomes

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...and more!

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Toward the latter part of the summer, our plan is to increase parking space on the South side of the building as it is a primary entrance for visitors and residents.

Take the time to get out and enjoy the sun sparkling off the Kennebec and we look forward to a productive and enjoyable summer here in Vacationland. As you can tell, my May newsletter is almost entirely about Maintenance activities.

In keeping with that theme, May 6 is a great day here at the Plant Memorial Home because it marks 6 years Steve Watt's dedication and service to the PMH community. Steve's commitment to service, combined with a "whatever it takes" attitude and his infectious sense of humor reflect the best of our "PMH was built to care" ethos.

Steve would welcome a high-five, a hug, a note of thanks, so join me in a huge "Atta boy" from the Plant Home community. Thank you, Steve, for doing your job and never failing to bring joy and warmth to all the families, residents and staff here at PMH.



*Jay Lavoie*





## The Activities Room

“April showers bring May flowers!” We welcome spring with open arms. It’s time to get outside and enjoy the nice weather!

We are looking forward to Happy Hour, held on the back deck Friday afternoons beginning in June. May brings a lot of exciting events, starting off strong with a trip to Dollar Tree on May 1st. We’ll head out to lunch at Margarita’s Mexican Restaurant in Brunswick. More exciting events- we are heading to the Maine Maritime Museum! Step indoors to explore the incredible stories of people who have lived, worked, and played on the banks of the Kennebec. Experience what it takes to care for a lighthouse, make a living in the lobster fishery, or build a navy destroyer. Outdoors, stroll through the country’s only surviving shipyard to see where large wooden sailing vessels were once built.

Many of the original buildings in the shipyard are preserved, giving you a glimpse into the daily lives of the Percy & Small shipbuilders. Please remember- ALL events are subject change. Check the while board daily for changes. Love you all!

-Wendy



## The Nurse’s Desk

We are excited to announce the following:

Welcome Monica Resident Care, to second shift!

Happy Nurses Week, Pam- thank you for all you do and have done for our residents over the last three years.

And happy birthdays to...

El, 5/4

Maggie, 5/12

Heidi, 5/18

Kerstin, 5/27

Pam, 5/29

-Robi





## Shop Talk

Spring has sprung here at PMH and that means it's time for maintenance to have some fun outdoors again! The roof replacement on the new wing will take place from May 13<sup>th</sup>-15<sup>th</sup>. The south parking lot and surrounding areas will be roped off for that time. Kaleb's been busy sprucing up the mulch beds, and Steve can't wait to start mowing the lawn with the zero turn. We're dethatching, aerating, and even keeping the geese in check (with a little help from Jay's dog Gracie!). Plus, our Osprey family is back. Maine springtime is the best! We look forward to seeing everyone in and around the community. 🐦



## “The Scoop”

a word from your  
Dietary Staff

Solve your cravings by using our suggestion box to let the kitchen know what foods you'd like to see on the menu! Suggestion box in dining room.

-Sondra

# New Faces, New Friends



Please join me in welcoming our newest residents, Clayton Collins and Donna Brosge. We're so excited to have you two here! Welcome to the family.



## Hip, Hip, Hooray!

## Happy Retirement, Maryellen!





### Out and About

If you're interested in an excursion, sign up on the first floor resident board. On the trip day, be sure you are ready to go when the trip is set to depart.

\*Excursions have limited space\*



### Sunday Salon

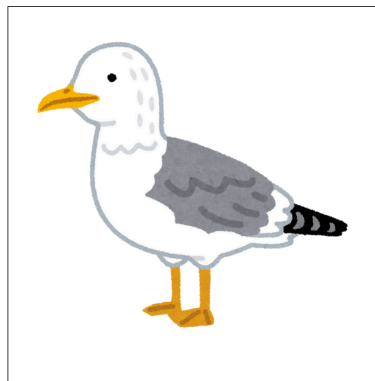
The salon is open every third Sunday of the month.



### 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.



### Where's the seagull?

A seagull is hiding somewhere in this newsletter! Can you find him?



### Tech Help

If you are experiencing tech troubles, Amelia will be happy to try and help you Monday-Friday. Results may vary.



### 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



SUN	MON	TUE	WED	THU	FRI	SAT
 <b>Happy birthday, Eli!</b> 9:30 Coffee Social 10:30 Communion 1:00 Crafting Hour 2:30 Secret World of Sound- Documentary	4 <b>Happy birthday, Eli!</b> 9:30 Coffee Social 10:30 Communion 1:00 Crafting Hour 2:30 Secret World of Sound- Documentary	5 10:00 Exercise 10:30 Trivia 1:00 Bingo	6 10:00 Exercise 10:30 Trivia 1:00 Outdoor Cornhole	7 10:00 Exercise 10:30 Trivia 10:45 Church 1:00 Armchair Travels- European Festivals 2:30 Morse HS	<b>NO EXERCISE TODAY</b> 9:15-11 YMCA 1:00 Dollar Tree	8 <b>NO EXERCISE TODAY</b> 9:15-11 YMCA 11:45 Lunch @ Margaritas Mexican Restaurant
<b>Happy Mother's Day!</b> 9:30 Coffee Social 10:30 Communion 1:00 Crafting Hour 2:30 Penguin Town- Documentary	<b>Happy birthday, Maggie!</b> 9:45 Patten Free Library 10:00 Exercise 10:30 Trivia 1:00 Bingo	13 10:00 Exercise 10:30 Trivia 1:00 Sapphire Lane  3:00 Cottage Meeting	14 10:00 Exercise 10:30 Trivia 10:30 J & A 10:45 Church 1:00 1 on 1 Visits	15 <b>NO EXERCISE TODAY</b> 9:15-11 YMCA 1:00 Bingo 2:00 Ice cream	16 10:00 Exercise 10:30 Small Steps 1:00 Scenic Bus Ride	17 10:00 Exercise 10:30 Trivia 1:00 Bingo
18 9:30 Coffee Social 10:30 Communion 1:00 Crafting Hour 2:30 Puff, Wonders of the Reef- Documentary 	19 10:00 Exercise 10:30 Trivia 1:00 Bingo	20 10:00 Exercise 10:30 Trivia Talks 1:00 Bird Watching on Porch 	21 10:00 Exercise 10:30 Trivia 10:45 Church 1:00 1 on 1 Room Visits 2:30 Morse High	22 <b>NO EXERCISE TODAY</b> 9:15-11 YMCA 1:00 Bingo 2:00 Ice Cream Social	23 10:00 Exercise 10:30 Small Steps 1:00 Paint & Sip 	24 10:00 Exercise 10:30 Trivia 1:00 Bingo
<b>SALON OPEN</b> 9:30 Coffee Social 10:30 Communion 1:00 Crafting Hour 2:30 The Deepest Breath- Documentary	26 10:00 Exercise 10:30 Book Club  1:00 Bingo 2:00 Ice Cream	27 10:00 Exercise 10:30 J & A 1:00 Resident Meeting	28 10:00 Exercise 10:30 J & A 10:45 Church 1:00 Learn about the Kennebec	29 <b>NO EXERCISE TODAY</b> 9:15-11 YMCA 1:00 Rock Painting 	30 10:00 Exercise 10:30 Small Steps 1:00 Outdoor Cornhole	31 10:00 Exercise 10:30 Fairwinds Practice 1:00 Bingo

# May: Lunch Menu

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Salisbury Steak, Mashed Potatoes, Gravy, Peas & Carrots	5 Lemon-Dill Chicken with Mushroom Risotto & Vegetable Medley	6 BBQ Pulled Pork Slider served with Macaroni Salad w/ Veggie & Coleslaw	7 Lasagna with Protein, Vegetable Medley and Side Salad	8 Hawaiian Fried Rice with Ham Steak, Asparagus, & Cucumber Salad	9 Chef's Choice Fish, Roasted Potatoes, Vegetable Medley, Side Salad	10 Orange Chicken, Rice, Green Beans, & Fruit Cup
11 Pot Roast with Mashed Potatoes & Gravy, Peas & Carrots	12 Pork w/gravy, Stuffing, Green Bean Casserole, Cranberry Sauce	13 "Western" Quiche served with Chef's Choice Soup & Roasted Potatoes	14 Spaghetti & Meatballs, Asparagus, Side Salad	15 Roasted Chicken, Roasted Sweet Potatoes, Side Salad	16 Shrimp Scampi, Vegetable Medley, Side Salad	17 Beef & Broccoli Teriyaki, Rice, Side Salad
18 Ham Potatoes Cabbage Carrots	19 Chicken Curry, Mashed Potato, Vegetable Medley, Cucumber Salad	20 Stir Fried Pork & Veggies, served with Rice and Fruit Cup	21 Cheese/Beef Raviolis w/ Cream Sauce, Asparagus, Side Salad	22 Meatloaf w/gravy, Mashed Potato Green Beans	23 Seasoned Haddock Chef's Choice Starch, Carrots, and Side Salad	24 Chef's Choice Chicken, Sweet Potato, Broccoli
25 Pot Roast with Mashed Potatoes & Gravy, Mixed Vegetables, Side Salad	26 Chicken Potpie, Vegetable Medley, Side Salad	27 Mushroom & Swiss Cheeseburger, with Roasted Sweet Potatoes & Coleslaw	28 Eggplant Parmesan, Sautéed Asparagus, Garden Salad	29 Baked Pork Loin, Sweet Potato, Broccoli, Applesauce	30 Clam Chowder served with a Biscuit and Side Salad	31 Chicken Gumbo with Cornbread, Veggie, and Side Salad

This menu is subject to change at the chef's discretion. If you have a suggestion, please feel free to leave it in the suggestion box provided or send us an email at [dietary@planthome.org](mailto:dietary@planthome.org) Thank you and Happy Eating!

# May: Supper Menu

# 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Bacon, Cheddar, Chive Quiche, Side Salad, Fruit	2 Pancakes, Bacon, Fruit	3 Grilled Tomato, Bacon & Cheese Melt, Fruit, Cucumber Salad
4 Ham Salad Slider, Fruit, Side Salad	5 Turkey & Swiss Pinwheels, Cucumber Salad, Fruit	6 Corn Chowder or Cobb Salad w/ Fruit & Cornbread	7 Chef's Choice Quiche, Fruit & Side Salad	8 Sweet & Sour Meatballs, Rice, Fruit, Side Salad	9 Ravolis w/ Meat Sauce, Fruit, Side Salad	10 Hotdog w/ Bun, Grilled Onions, Baked Beans, Cornbread
11 BLT Slider, Fruit, Chips	12 Chicken Tender, Honey Mustard, Fruit, Side Salad	13 Chicken & Rice Soup or Chef's Choice Salad w/ Dinner Roll & Fruit	14 Turkey & Swiss Melt or Chicken & Rice Soup w/ Fruit & Side Salad	15 Chef's Choice Chowder, Vegetable, Fruit	16 French Toast Bake, Bacon, Fruit	17 Grilled Cheese & Tomato Soup, Fruit
18 Egg Salad Slider, Fruit, Chips & Pickle	19 Broccoli & Cheddar Quiche, Fruit Cup	20 Cheeseburger Soup or Chicken Caesar Salad w/ Biscuit & Fruit	21 Reuben Melt, Fruit & Side Salad	22 Take out Night	23 Chicken Cordon Bleu Casserole, Side Salad, Fruit	24 Shrimp Roll on Grilled Bun, Coleslaw, Fruit
25 Tuna Salad Sandwich, Fruit, Chips & Pickle	26 Beef & Cheese Quesadilla w/ Salsa, Fruit, Side Salad	27 Chili or Chef's Salad, w/ Dinner Roll & Fruit	28 Ham & Cheese Melt, Fruit & Side Salad	29 Bacon, Cheddar, Chive Quiche, Side Salad, Fruit	30 Pancakes, Bacon, Fruit	31 Grilled Tomato, Bacon & Cheese Melt, Fruit, Cucumber Salad

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