

The Plant Periodical

PLANT MEMORIAL HOME THOMAS COTTAGES

July 2025



In the 1990s, I worked for a fast-growing and large biotech company in the greater Portland area. The expectations were high and the pace was fast. It was also the first time I was introduced to the concept of work - home balance and the company I worked for was an industry leader in this area.

Most of their events were open to and geared toward both the employees and their families. They actively sought to create an environment where the family wasn't pushed to the background in favor of performance but one in which the people closest to the employee were an extension of the work family.

I was profoundly influenced and shaped by that while finding that level of commitment to integrating home and work life rare. It's one of the aspects of the Plant Home that I am proudest of.

Many of you have seen my grandsons running around and enjoying the campus. My oldest grandson now schedules "meetings" with Papa to hunt down Mr. Steve and Ms. Robi so he can keep

In this newsletter you can find:

Community
Updates

Department
Debriefs

Health Tips

Upcoming
Events

Resident
Welcomes

...and more!



them updated on the latest happenings in his world. It brings me great joy to see how he is valued in a community that means so much to me.

It's been 1 year since my wife's uncle Fred moved into the Plant Home Community. He has become "Uncle Freddy" to the entire staff and has enjoyed more attention and support in the last year here than in the past few decades as a bachelor, living on his own. In June, my mother-in-law joined the PMH community and is enjoying life as one our independent residents in the main building. Watching her discover what she has been "missing" on a daily basis has been so gratifying.

In our work environment, performance matters. It is the engine that drives progress and protects our future. But relationships knit us together in ways that make the results we work so hard to achieve more rewarding.

My family is one of countless families who daily receive the benefits of a true community here at the Plant Memorial Home. Thanks to all the staff, residents and families that have made room in their hearts and lives for each other. It truly is what exemplifies the difference between what life at PMH is "worth" as a product and its "value" as a community.

Jay L. Loefer





The Nurse's Desk

Hello there, cottage community! For those of you interested in joining Guardian Pharmacy, please stay tuned for a plan to have your medications delivered to your door, either by us or for you to pick them up at a designated spot here in the big house! Be sure to let Guardian know if you live in a cottage and would like your medications in a bottle. We thank you for trusting us to guide you to what's available to you for your convenience!

Always remember- independence comes with THINKING SMART and BEING SAFE. Don't forget to drink lots of water and lightly exercise daily!

Thank you, Maintenance team, for your patience with our new ticket system!

The position feedback thus far has been overwhelming. Be proud, and keep kicking butt- our community is lucky to have you three!

July birthdays

Gary Jarvis 7/6
Jenny Lamoureux 7/7
Clayton Collins 7/10
Carol Main 7/10
Robi Bickford 7/11
Patricia Garnett 7/14
Wendy Lavoie 7/15
Bella Jackson 7/27
Haleigh Favreau 7/27

July anniversaries

Betsey Glazier, 1 year, 7/15
Glorie Meixell, 3 years, 7/18
Amelia Staples, 2 years, 7/25

July is, among other things, vision health awareness month. When's the last time you saw the eye doc?

-Robi



The Activities Room

July in Maine is a great time to experience the state's beautiful coastline, enjoy warm weather, and celebrate Independence Day. It's the peak of summer, with comfortable temperatures averaging around 70°F, making it ideal for outdoor activities and exploring the many attractions.

Plant Home is going to be participating in the Bath Heritage Days Parade on the 4th of July. We are looking for residents who would like to ride on the bus and be in the parade. A signup sheet will be posted in the Lobby. We are very excited to be a part of this historic event!

Did Someone say, "Block Party"? Yes! We will be having the annual block party on Saturday July 19! Bring your sunglasses, sunscreen and be ready to dance and sing! Come and enjoy some great food and entertainment in your backyard.

July also brings a ton of fun activities for residents. We will be heading to Reny's on July 9th. We have the foot Dr. at the Plant Home on July 2nd at 1:00 in the Activities room. We are looking forward to having musicians coming to play on the 11th and 13th of July.

Finally. our cruise on the Kennebec River has been rescheduled for July 25 and August 8th. If you have previously signed up for the cruise that was cancelled due to weather, you will be on the first cruise on July 25th.

Most events will have a signup sheet located in the front lobby.

Please keep an eye out when new sheets are posted. Please be mindful of departure times for all events.

Happy Summer!
-Wendy





The Scoop

In June, the dietary department welcomed Chef Sareena Burnett.

She is a chef from Thailand and is now a resident of the United States. Before coming to work at PMH, she has been making delicious food at her own restaurant here in Bath for the past five years.

In July, the culinary team looks forward to continuing to bring you homemade meals using fresh ingredients and our favorite recipes. I will be printing a short questionnaire for every resident about your favorite meals, desserts, and recipes. This will be a really fun way to add menu ideas and make sure our residents are happy with the dining options at PMH!

-Tish



Shop Talk

As the summer season approaches, we would like to remind our cottage members without heat pump installations that PMH Maintenance offers window frames designed to accommodate portable air conditioning units while maintaining window visibility. If you require a frame for your AC unit, kindly submit a work order. Our team will then visit your property to assess the appropriate window and obtain necessary measurements.

Furthermore, we extend our gratitude to all cottage members who have contributed to the garden raised beds this year. The beds are flourishing, and we anticipate a successful harvest throughout the summer and fall seasons.

-Shayne

New Faces, New Friends



Join me in
welcoming our
newest resident,
Mary Ellen Stanton.
We're so glad
you're here, Mary
Ellen! Welcome
home.



Did You Know? Four 4th Fun Facts

- July 4th is the biggest hot dog holiday of the year, with Americans consuming about 155 million on this day alone! That's enough dogs to stretch from L.A. to D.C. five times.

- It took nearly 100 years for Congress to make the Fourth of July an official holiday, despite the widespread celebrations that had been ringing in America's birthday since the Declaration of Independence was signed in 1776.

- July 4th is the second most popular American holiday, after Christmas.

- Approximately 16,000 firework displays take place across the country each year.




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



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.



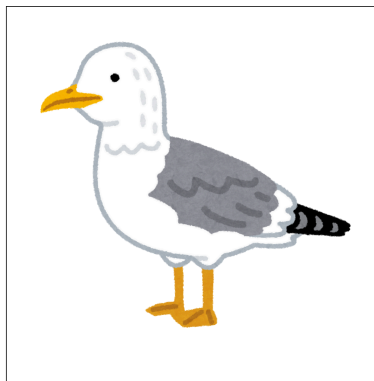
Tech Help

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



Sunday Salon

The salon is open every third Sunday of the month.



Where's the seagull?

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



Looking for more?

You can find us on Facebook at Plant Memorial Home & Thomas Cottages.

Thank you for reading!

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