



# WakeRobin

VERMONT'S LIFECARE COMMUNITY

Wake Robin Newsletter

July 2021

## Wake Robin Dives Right Into Summer!



This photograph was taken at Lake Iroquois in Williston, Vermont. The Wake Robin Marketing Team aims to capture the zest of Wake Robin residents by featuring active residents in our print and digital ads. We thank the Wake Robin couple who hosted us at their summer camp and allowed us to get some amazing shots!

**Ahead of the Curve:  
Wake Robin establishes \$15 per hour minimum wage  
and raises all staff pay \$2 per hour**



The core of Wake Robin’s mission is to “create a sustainable dynamic community.” The Corporation recently achieved this goal through a major event. The Board of Directors unanimously supported Wake Robin’s leadership team’s decision to increase all 225 staff members pay by \$2 an hour, thereby raising the minimum wage for entry level workers to \$15 an hour. The change took effect in July.

This increase represents a significant investment by the non-profit organization in its people and their livelihoods. “This is huge,” one staff member said. “It was a complete surprise, and a welcome one. With cost of living always going up, Wake Robin took a big leap on behalf of its employees, and it’s a future my family and I look forward to sharing with this community.”

[Read the entire blog here!](#)

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## **Therapy Corner: Building Your Muscles for Healthy Aging**



While the body undergoes many changes as the years accrue, it is NOT inevitable that a person must become weaker. The muscular system, with just a few exceptions, retains the ability to build, rebuild and make gains at any age. It is true that if one does nothing to challenge the muscles, they will decline as described by the term “sarcopenia” which is broadly defined as “loss of muscle tissue as a natural part of the aging process.”

As rehab professionals, we see gains that get people back to enjoying their favorite activities. The key is assuring a person gets enough challenge to build strength while guiding technique and intensity to limit excessive strain that could lead to much muscle strain or injury.

Muscles are responsible for producing joint movements that drive our ability to do all our daily tasks. Stronger muscles are a benefit to:

- Reducing joint pain by adding support, even if joint degeneration or arthritis is present
- Posture by helping with spinal alignment to decrease back pain and improve breathing
- Consuming more calories and aiding in metabolism being more efficient
- Helping decrease balance problems by improving reaction time, coordination and stepping stability

A rehab professional or exercise professional with training in exercise for aging adults can help if you would like more personalized information!

Want to get more tips from our Therapy Department? Simply contact Francis at [fmcgill@wakerobin.com](mailto:fmcgill@wakerobin.com)!

## Ask a Resident!



### Question of the Month: What does a "Resident-Driven Community" mean to you?

*Response from Niki, who has lived at Wake Robin with her husband since 2018*

*To me, resident-driven means that residents can independently initiate, develop and manage resident activities and programs. It also means as residents we should have significant input into decisions being made that affect us and the community at large. The "resident-driven" philosophy encourages a collaborative spirit between residents, staff, and board of directors. Some ways Wake Robin has recently been shaped by resident driven actions include the formation of the Racial Justice Study Group and the establishment of a pickleball court. It's important here that in the Wake Robin culture we work with each other and not just for each other.*

*Above photo: The 20-sided icosahedron hangs from the Community Center lobby's atrium. It was conceived, designed, and created by residents to mark Wake Robin's 20th anniversary in 2013.*



One of the best ways to really get to know Wake Robin is by learning from a current resident. You can submit a question of the month and we will have it answered in our next newsletter!

If you have a question, please share with Media-Marketing Coordinator Francis McGill at [fmcgill@wakerobin.com](mailto:fmcgill@wakerobin.com), and it may be answered in

## Summer Socials under the Sun!



Throughout the summer season Wake Robin plays host to a variety of warm weather socials. Some have special “in-season” fruit served such as strawberries and blueberries...and they all seem to have plenty of ice cream! The watermelon social is a special event for Juniper neighbors and friends in the Lindon Health Center. Staff plan the menu filled with tasty treats and wonderful beverages along with an activity or two for everyone to enjoy on a beautiful sunny summer afternoon.



## Stay safe, stay positive everyone!