



# WakeRobin

VERMONT'S LIFECARE COMMUNITY

Wake Robin Newsletter

June 2021

## Live Music Returns to Campus!



The WRRRA Music Committee proudly sponsored the Young Tradition Vermont Concert in June, the first live performance in the new tent setting behind the Community Center. The musicians, skilled teenagers from around Vermont, sang spirituals, played folk numbers, and had many people in the audience stomping their feet. To the delight of residents, more concerts will be performed under the tent this summer!

## Residents Gain Solidary, Friendship Through Coffee Connections



It all starts with a good cup of coffee; talk smoothly flows after that first sip. Conversation topics range from how to make a good crepe and proper ways to fillet a pike fish, to name just a couple. Residents in their late nineties and early seventies join together, some arriving to Wake Robin this month, and some who've lived at Vermont's only Life Care Community for decades. They call it Coffee Connections, and now that Vermont is over 80% vaccinated, they meet in person every Friday morning, ordering coffee, hot tea, and pastries from the Wake Robin kitchen and bringing plenty to chat about. "Coffee connections is like catching up with old friends," one member said. "What's going on in your life?' and 'how was your week?' open up a world of conversation. There's no agenda – it's a space where we can learn about each other lives and truly feel connected to our neighbors."

[Read the entire blog here!](#)

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## **Therapy Corner: Local Hiking Spots near Wake Robin**





On Lake Champlain and across from the Adirondacks, Shelburne, Vermont, home to Wake Robin, is also home to many nature paths to hike, walk, and enjoy a summer day. Below are the top 5 Shelburne trail recommendations from the Therapy Team. Remember to drink plenty of water when hiking!

#### **Shelburne Bay Loop**

2.5 mile moderately trafficked loop trail that features beautiful wild flowers and is good for all skill levels. The trail offers a number of activity options and is best used from April until November. Dogs must be kept on leash.

#### **LaPlatte River Marsh Natural Area Trail**

2.5 mile moderately trafficked out and back trail that features a lake and is good for all skill levels. The trail is primarily used for hiking, walking, and birding and is best used from May until November. Dogs must be kept on leash.

#### **Shelburne Pond**

The 1 mile H. Laurence Achilles trail loop is easy-to-hike and leads you through upland forest to several scenic sites. Visitors can also explore the shoreline of Shelburne Pond in a canoe or kayak. Pets are not permitted.

#### **LaPlatte River Marsh Trail**

The 1 mile preserve trail keeps to the high ground on the west side of the river mouth. It traverses a forest and comes to a peaceful overlook. Pets not permitted.

#### **Shelburne Farms to Lone Tree Hill Loop**

4.3 mile moderately trafficked loop trail features a lake and is rated as moderate. The trail is primarily used for hiking, running, and nature trips. This trail has spectacular views of the Inn at Shelburne Farms,

Lake Champlain, and the Adirondacks.

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: Is there any technical support for residents at Wake Robin?

*Response from Steve, head of WRRR Computer Committee, who's lived at Wake Robin for 5 years*

*The answer is an emphatic, 'YES!'. Because technology is so important to Wake Robin residents, there are many people at Wake Robin who help with the broad range of technical problems: computers, internet, printers, television, etc. New residents are encouraged to discuss their computer/internet needs before moving in, so they can have a smooth transition into the community. Furthermore, technologically savvy residents make up the Computer Committee and assist residents in an assortment of things, like setting up printers and WiFi, finding lost files, and diagnosing potential problems. Wake Robin Corporation also partners with an IT company and they deal with any campus wide issues like if the internet is down.*



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 the next newsletter by a resident!

**The How, When & Why  
of the Linden Health Center  
Thursday, July 15, 2021 at 3PM EST**





Wake Robin's Linden Health Center is essential to our community. Comprised of the McKay Wellness Center plus Residential Care, Skilled Nursing, and Memory Care, we provide the full spectrum of care. And, as future members of the Wake Robin Community, it's important to know how to access and receive health care within the Linden Health Center. We invite you to a special virtual event: *The How, When & Why of the Linden Health Center* on Thursday, July 15, 2021 at 3PM EST.

Hosted by MaryBeth Dudley, Wake Robin's Director of Marketing, you'll hear from Gretchen Roberge, Resident Services Coordinator, and Kim

Suprenant, Social Worker, who work directly with residents to help them determine how Wake Robin can best meet their needs.

Please use this link to pre-register. Questions? Contact Jane Mitchell, Marketing Admissions Planner at [jmitchell@wakerobin.com](mailto:jmitchell@wakerobin.com) or 802.264.5194.

*Not a depositor? Contact us to learn more.*



Stay safe, stay positive everyone!

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