



# WakeRobin

VERMONT'S LIFECARE COMMUNITY

Wake Robin Newsletter

August 2021

**Wake Robin: It's Where You Live.**

## **Gems of Shelburne: Enjoying the Town that Wake Robin Calls Home**



Shelburne, Vermont is a special place. Chartered in 1763, the land was ripe for farming and milling. Over time, it has blossomed into a tourist destination for history buffs, foodies, naturalists – all types! The town is just south of Burlington, Vermont's largest city and cultural hub, and it also is located on the shores of Lake Champlain. Shelburne is a four-season experience and you would do no wrong visiting any time of year. Whether you're new to the area, or have been a resident for years, the following are some can't-miss places to find in Shelburne...

## Therapy Corner: Beat the Heat!



We have seen some hot temperatures this summer season and the Wake Robin therapy team wanted to provide you with some simple tips to follow from the Harvard Medical School Publication to help you weather the weather!

***Take it easy.*** Turn procrastination from a vice to a virtue by putting off exercise or other physical activity until things cool down. Evening and early morning are the best times to get out. If you do exercise, drink more than you usually do.

***Cool is cool.*** Chilled air is the best way to beat the heat. Fans work, but only to a point — when the air is as warm as you are, sitting in front of a fan is about as helpful as sitting in front of a blow dryer. If you don't have an air conditioner, spending an hour or two in a movie theater, at a store, or with an air-conditioned neighbor can help. So can a cool shower or bath, or putting a cold, wet cloth or ice pack under your arm or at your groin.

***Drink to your health.*** The lower your coolant level, the greater your chances of overheating. Unfortunately, staying hydrated isn't always easy. Stomach or bowel problems, diuretics, a faulty thirst signal, or low fluid intake can all interfere. On dangerously hot and humid days, try downing a glass of water every hour. (If you have congestive heart failure, check with your doctor or nurse first.) Go easy on sugary soda and full-strength fruit juice since they slow the passage of water from the digestive system to the bloodstream. And don't rely on caffeinated beverages or alcohol for fluid because they can cause or amplify dehydration.

***Eat light.*** Stick with smaller meals that don't overload your stomach. Cold soups, salads, and fruits can satisfy your hunger and give you extra fluid.

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's your favorite summer fitness at Wake Robin?

*Response from Nancy, walking and kayaking enthusiast*

*I love Wake Robin in the summer because you can easily feel the breeze off Lake Champlain. I'm a big water person, so I try and get onto the lake as much as possible - sometimes sailing with friends, and occasionally going for a dip at Shelburne Town Beach. It's so refreshing! My favorite activity, though, has to be kayaking on the lake either early in the morning or later in the evening. It brings me so much peace, and you'd be surprised by what you come across. I've been so close to some nesting Osprey at times!*



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!

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## People of Wake Robin: Resident Judy C, Social Worker at UVMMMC



Judy C moved with her husband to Wake Robin in 2016. Besides enjoying walking the trails, knitting, and hanging with friends on campus, Judy still follows her lifelong passion every week: caring for people in her social work job at UVM Medical Center.

She's among a group of Wake Robin residents who continue their careers while living at Vermont's only Life Plan Community. As other residents work as editors, author novels, and even repair bicycles at a local camp, Judy considers herself "a jack of all trades," as a social work case manager who helps patients transition from hospital to home life.

[Read more about Judy and her work here!](#)

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## Get Connected with Wake Robin!

The best way to get to know Wake Robin is to reach out! We offer virtual and in-person tours and are able to inform you about the community in so many different ways. Get in touch with the Marketing Department by calling 802-264-5100!

Remember to keep up with all that's happening at Wake Robin by checking out our [Facebook](#) and [Instagram](#) pages, and make sure to like and follow us!



**Stay safe, stay positive everyone!**

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