



WakeRobin

VERMONT'S LIFE PLAN COMMUNITY

Wake Robin Newsletter

August 2023



There was an open house for the Secret Garden, located just outside of the Juniper Neighborhood in the Linden Health Center.

30th Anniversary Block Party



What a perfect day for the Wake Robin Block Party!

At Wake Robin, our 30th Anniversary is not just a single date...it's a series of events in our thirtieth year. This month, we held a block party, on the 30th of the month, in front of the Community Center.

The day was a mix of games, activities, special attractions, and food with music provided by the Jack Beecham Quartet. There was mini-golf and face painting, cotton candy, and ice cream. A display of vintage cars featured an Aston Martin model that would have made Agent 007

feel right at home. We even raffled off a beautiful quilt.

Despite the very wet summer we have had this year, it was a spectacular day at Wake Robin!

Ask Wake Robin



Question of the Month:
How do you keep everyone safe at Wake Robin?

Wake Robin's 136-acre campus is a combination of developed spaces, such as buildings and paved areas, as well as woodlands and meadows. We have several roads, parking lots, 250 homes, the Linden Health Center, the Community Center, and several maintenance/storage structures.

There are safety systems in place all over the community to manage problems such as power outages, fire, carbon monoxide, and extreme weather. Training and drills are ongoing to be sure everyone - staff and

residents – knows their roles.

In the event of a loss of power, generators in the Linden Health Center and the Community Center switch on to provide emergency electrical service. If we ever encountered a sustained loss of power, we would implement our emergency plans based upon need and time of year.

There is a standing Fire Safety Committee that oversees Wake Robin's policies and procedures and conducts surprise fire drills frequently and at all hours of the day or night. There are smoke doors and fire doors to contain the spread of an event and there are 23 hydrants on our campus. Independent homes are equipped with smoke and carbon monoxide detectors, fire alarm lights and chimes (in the hallways), and the apartment buildings have sprinklers. We use a mass communication system called RAVE to reach all residents and staff by phone, text message and email. Responding staff members are equipped with pagers and radios.

Every home has a medical alert system (in two locations) to summon help from our Security team who can then assess what action to take. In addition to the push button/pull cord home devices, there is a wearable version on a pendant. Additional emergency call buttons can be found throughout the campus.

Our basic approach to extreme weather, mainly snowstorms, is to stay ahead of it. Our plowing service is on the job at the first sign of accumulation, keeping all of our roadways and parking lots accessible and safe. Our grounds people are ready to clear sidewalks and steps and our covered walkways have snow curtains to prevent drifting snow. If we can't stop it, we move it out of the way.

The more than 400 residents and 220 staff members of Wake Robin all have their roles to play to keep our day-to-day operations as smooth and safe as possible. We owe it to each other.



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

Wake Robin Chefs Win ‘Best Bite’ at Vermont Fresh Network Event



Wake Robin Chefs Win ‘Best Bite’ at Vermont Fresh Network Event

On Aug. 6, executive chef Bill Iliff and lead sous chef Ryan Meath battled with other area culinarians, winning “Best Bite” during the long-running Annual Forum Dinner from Vermont Fresh Network.

Partnering with Breana Killeen of Killeen Crossroads Farms, also in Shelburne, the chefs served shishito pepper stuffed with smoked tamari mushrooms, garnished with pickled radishes and habanero lemongrass honey.

The event, a fundraiser for Vermont Fresh Network, took place at Shelburne Farms and brought out the best of the region’s chefs, farmers, and all-around makers for a delicious evening.

Wake Robin's chefs prepare meals daily for the about 400 residents who call the community home. As important as making every bite the best bite, they work to ensure nutritional needs are met and that sustainability — a pillar of the community at large — is carefully considered. This means that food waste is addressed by utilizing compost digesters, for example, and that the food served is locally produced, often right on the community's campus.

The chefs were awarded the coveted Narin M Knife prize, handmade by Narin MacDonald of Monkton.



The recipe:

Stuffed Shishito Peppers with Smoked Tamari Mushrooms, Pickled Radish, and Habanero Lemongrass Honey

Ingredients:

6 shishito peppers

12 shiitake mushrooms

1 onion

3 clove garlic

8 ounces smoked tamari (can use regular tamari or soy sauce)

Gochugaru (Korean chili flake)

Salt

Pickled radish

Habanero lemongrass honey

1. Cut shishito pepper in half lengthwise and remove seeds and stem. Toss with salt and neutral oil. Roast at 500 for five minutes. Cool.
2. Pull stems off shiitake mushrooms. Pulse in food processor until mushrooms are a rough grind size. Set aside.
3. Put onion and garlic in food processor and run until minced.
4. Sauté onion and garlic in neutral oil on medium heat. Season with salt and gochugaru. When onion and garlic are translucent, add mushrooms. Re-season. When mushrooms are soft, add tamari. Reduce tamari until well-incorporated into mixture. Cool.
5. Stuff mixture into pepper. Serve at room temperature, plated with radish on top and a drizzle of honey on and around the pepper. Garnish with microgreens and edible flowers.

Habanero Lemongrass Honey: Cut 3 habanero peppers in half and roughly chop 2 stalks lemongrass. Place in 16 ounces of honey and refrigerate for at least one week. Strain before use.

Pickled radish: Shave 3 radishes into thin discs. Make brine of 16 ounces rice vinegar, pinch of salt, half a cup of granulated sugar, 1 roughly chopped knob of ginger, 2 clove garlic, a few blueberries and peach slices, teaspoon each of fenugreek, coriander seed, and fennel seed. Heat brine until boiling and pour through strainer over radishes in a bowl or container. Leave on counter until brine cools to room temperature. Refrigerate.

The Ambassador Program



Ambassadors are a great resource for tours and incoming residents

Many of us are still making references to how we used to do things before the pandemic. That lament is usually followed by happier news of how we are doing things now.

The Ambassador Program at Wake Robin is one of those happier things. Our Ambassadors are residents who are willing to assist the Marketing Department to show guests around our campus or interact with them over a meal or an event. When we get a phone call or an online inquiry asking to know more about Wake Robin, we send information and suggest taking a tour. Resident ambassadors have the unique perspective of living in this community while they walk around with people who would like to do the same.

Ambassadors show various home styles to our visitors and usually include their own. They share their personal stories of how they came to Wake Robin and give an unvarnished view of what it is like to live here. Other assignments involve hosting a lunch or dinner or accompanying someone to a concert in our Meeting Room. This level of hospitality and honesty is welcomed by those who may not know about the philosophy of our community, Life Plan Communities in general, or even about Vermont.

We recently held training sessions to re-instate our Ambassador Program and bring more residents on board. For many, this was a refresher course. They did it before and they're back. New participants were anxious to be part of the team.

When you come to tour Wake Robin, you might be guided by someone who is an expert in their field...they live here!

If you want to know more about becoming a Priority Depositor, contact the Marketing Office at 802-264-5100 or info@wakerobin.com.

Stay Connected



Wake Robin's newest transport van - with shiny new stripes and logo!



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! You will see fun and informative posts, like the one above!



Wake Robin | 802.264.5100 | info@wakerobin.com | wakerobin.com