



WakeRobin

VERMONT'S LIFE PLAN COMMUNITY

Wake Robin Newsletter

July 2023



Looking past the butterfly garden by the gazebo, you can see the Wake Robin backyard that hosts lawn games like bocce and croquet.

After Hours at Wake Robin



Still lots to do after 5pm!

Wake Robin is an active, vibrant community offering many activities to suit the interests of our residents. After a busy day of living life on their own schedule, many people do a reset over dinner and decide how to spend the evening. Here is a sample of what was offered over

the past few weeks.

Presentations

Laz Scangas – Grand Central Station

John Abele – The Collaboration Paradox

Wolfgang Mieder – The Government Of, By and For the People

[Click here to read more on the Wake Robin blog...](#)

Ask Wake Robin



Question of the Month: Is that a new sign?

You might have noticed a recent enhancement on our campus. When you turn off Bostwick Road to come up Wake Robin Drive, your new reference point is our upgraded entrance sign.

It was time to say goodbye to our wooden sign that was showing evidence of wood rot. The new sign has a larger footprint and features support posts made of Barre granite. It is surrounded by a low stone wall similar to the walls built last summer in front of the Community Center. The same stone mason did both constructions.

The garden bed needed a refresh as well and we have new plantings that will provide year-round interest and encourage pollinators and birds. Night-time illumination for the new marker features a solar lighting system, another effort in our dedication to sustainability and environmental stewardship.

Day or night, you can't miss where to turn to find your way to Wake Robin!



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!

Therapy Corner:

5 Hidden Health Benefits of Pickleball



“Pickleball is a great sport for active living across the lifetime,” says Jonathan Casper, Ph.D., an associate professor of sports management at North Carolina State University. “Because it’s similar to other racquet sports, you can learn the game pretty quickly, and you can play for as long as your body will let you.”

If that’s not reason enough to give it a try, consider these five health perks of playing pickleball.

Pickleball Benefit #1: You’ll Lower Your Risk of Heart Disease

A study in the *International Journal of Research in Exercise Physiology* found middle-aged and older adults who played one hour of pickleball three days per week for six weeks improved their blood pressure, cholesterol, and cardiorespiratory fitness levels.

“These positive changes to heart health are significant, as a large number of adults have elevated cholesterol levels, hypertension, or low cardiorespiratory endurance, which puts them at increased risk of cardiovascular disease,” says study author Lance Dalleck, Ph.D., an associate professor of exercise and sport science at Western Colorado University.

Pickleball Benefit #2: You’ll Cut Your Risk of Depression

Exercise in general is a proven mood booster — and pickleball is no exception. A study in *Leisure Studies* found older adults who played in pickleball tournaments had a lower risk of depression.

“I believe it makes older adults’ lives richer and happier,” says study author Jungsu Ryu, Ph.D., an assistant professor of sport management at Marshall University in Huntington, West Virginia. “Engaging seriously in playing pickleball may buffer any type of negative emotions that people have during transitions to retirement and later life.”

If tournaments aren't for you, no problem. The important thing is the commitment to pickleball as serious leisure or the continued pursuit of a sport or hobby so you gain special skills, knowledge, and experience.

Pickleball Benefit #3: You'll Get Hooked on Exercise

Many older adults start playing pickleball because a friend or partner suggests they join them one day. Some may be skeptical when they arrive, but more often than not, they enjoy it enough to come back for more, Casper says.

Science offers one explanation: A study in the *Journal of Aging and Physical Activity* found people become loyal to the sport because it helps them meet their fitness goals and enhance social connections. It's a two-for-one workout!

"Sometimes people are more willing to play a sport when it's fun, and people report that playing pickleball is way more fun than going for a walk or going on the treadmill," says Casper, the study author. "If you were to spend 60 minutes in the gym," he continues, "it usually feels like 60 minutes. But when you're doing something, you enjoy, like pickleball, where you typically have time to talk and laugh in the game, all of a sudden you've been playing for 60 minutes and you think, 'Where did the time go?'"

Only about 20 percent of adults get the recommended amount of physical activity each week, according to the U.S. Department of Health and Human Services. That means a lot of people may need to find an activity they'll stick to—and pickleball may be the ticket.

Pickleball Benefit #4: You'll Socialize More—and Feel Less Lonely

Pickleball is a great social outlet. And that desire to connect with friends will keep you coming back again and again.

"There's this fun aspect, which really ties into social support," says Chris Gagliardi, a spokesperson for the American Council on Exercise. "It's not this individual journey, like going to the gym by yourself to walk on the treadmill," he says. "You can play doubles, you can have a teammate, and someone is expecting you. For some people, it can be the only socializing they may have that week."

Pickleball Benefit #5: You May Stay Independent Longer

Older adults who play pickleball regularly may improve their reflexes and balance, which can help them live independently for longer, Gagliardi says.

You may also improve your range of motion, which can help minimize arthritis symptoms that prevent you from performing everyday tasks with ease.

"As a result of not being physically active, you typically lose range of motion," Gagliardi says. "If you're doing something you enjoy, you're more likely to do it. "But also, with pickleball, you have to think about the strategy and the hand-eye coordination," he explains. "If you're sedentary, you're not doing that at all."

Information gathered from:

<https://www.silversneakers.com/blog/pickleball-health-benefits/>

Want to get more tips from our Therapy Department?
Contact media@wakerobin.com!

Marketing Events



Enjoying the slow birding session at Wake Robin

Priority Depositors get invitations to various special events on the Wake Robin campus. Our most recent one came at the end of July and it was called “Slow Birding.” It was a quiet, contemplative morning led by Vermont’s Birding Diva, Bridget Butler.

Participants came together as a group to experience a chance to connect with birds, the land, and themselves. It started with an orientation to who’s who on the landscape (and treescape) that day, followed by a quiet session of sitting, watching, and listening with prompts from Bridget to get to know our birds beyond simple identification. Some participants made use of the Merlin app to identify birdsong and check themselves for their own abilities. An after-session wrap-up of shared observations helped to extend these skills to build a personal Slow Birding practice.

The final advice from Bridget was to “give yourself permission to slow down, be on the land, let the birds call you into awareness, then it opens up everything else.”

Sometimes all you need is a portable chair, a pair of binoculars, and some quiet time to enjoy nature on the fly.

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 was honored to be named one of Casella's 2023 Sustainability Leadership recipients. Click above to learn more. Wake Robin was also featured in Vermont Biz. To read the article – [click here.](#)



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