



# WakeRobin

VERMONT'S LIFE PLAN COMMUNITY

Wake Robin Newsletter

September 2023



Peak foliage in Vermont is set to begin October 2nd!

## The Last Ice Cream Party of the Season



Ice cream makes everyone smile!

How do you get a group of people to do something that isn't really on anyone's list of "things I want to do?" Sometimes a sweet incentive works, a friendly form of bribery.

We recently asked employees to participate in a staff survey. It wasn't very demanding and didn't take a lot of time but somehow it got relegated to the "later" pile. After a few reminders and a promise of a group reward, we had a good sample of responses. The treat? A great excuse for another ice cream party, the last of the season.

It's pretty obvious that nearly everyone at Wake Robin *loves* ice cream. This time, we had a visit from the [Lake Champlain Chocolates](#) ice cream truck, dishing out a dozen flavors. The sun was shining, the cones melted as they were supposed to, and the entire community was happy to enjoy an end-of-summer treat.

# Ask Wake Robin



## Question of the Month:

The Cleaning team at Wake Robin – How can I do that at home?

Over the months of these e-newsletters, you have read about our various “green efforts.” Among them are the use of CFL and LED light bulbs, tankless hot water heaters, low-flow toilets and faucets, and kitchen composting. We have made a serious commitment to recycling and all of these practices are part of life at Wake Robin.

This month, we put the spotlight on the 28 members of our

Housekeeping team, the people who maintain our high standards of institutional hygiene. The department adheres to the concept of “green cleaning,” an effective way of cleaning without the use of chemicals that can harm people and the environment. According to Tammy Latreille, our Manager of Environmental Services Support, “The idea is to create healthier buildings and reduce environmental impact. Beyond the chemicals, it is also about *how* you clean.”

Our main ingredient is a product called Clean by Peroxy described as an all-purpose cleaner that is formulated with the cleaning power of peroxide. This one product can clean windows, mirrors, floors, walls, carpets, bathrooms, and kitchens. It can be diluted with water to make different concentrations for a variety of tasks and minimize the number of products we need. We also use ozone in our laundry facility and that alone saves us thousands of gallons of hot water. This type of ozone has a very strong oxidizing power, has stronger germicidal properties than chlorine, and does not add chemicals to the water.

On the *how* side of our cleaning protocol is the use of microfiber cloths and mops that we wash and reuse. For carpet cleaning, we use the Host dry extraction system. It’s another “green” product that pulls dirt out of the fibers with powerful brushes and a special cleaning compound that works like thousands of little sponges. No water is added to this process so drying time is much shorter.

Besides the products mentioned in this article, a good source of recipes for non-toxic household cleaners can be found in your regional solid waste district. You can adapt many of Wake Robin’s professional practices to make them your own at home.



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](mailto:media@wakerobin.com) and we will have it answered in our next newsletter!

**LobsterFest!**



Residents enjoying their lobsterfest feasts!

For many people, lobster is a special treat involving a bit of work to eat it. When you ramp that up to the level of Wake Robin's annual Lobster Fest, it's a whole new level of planning. The prep work starts three days before the meal and includes steaming 375 lobsters in our kitchen. We offer diners the option of crack-your-own or what is referred to as "lazy man's lobster" where someone else has done the work for you.

This year, 200 of those crustaceans were removed from the shell. That requires some finesse to extract the meat from the claws and tails without damaging it. It's all about presentation!

Looking back into our archives, it is not quite certain in which year this tradition began but it is circa 1995 and credit for the idea goes to one of our early residents, Catherine Boettcher. She was the first chair of the Wake Robin Residents Association Social Committee and was the initiator of several events including Lobster Fest.

The kitchen staff puts in many hours preparing for this annual dinner and the servers are Wake Robin directors and CEO. There is plenty of creative attire and a lot of laughs. When September rolls around each year, our dining team knows it's time to get cracking!

## Become a Priority Depositor!



Priority Depositors get invited to Wake Robin events – like the Art Hop!

*Did you know...* Wake Robin's Priority Depositors receive special invitations to campus events? Whether in-person or virtual, these gatherings provide future residents with a better understanding of the community they may, one day, call home.

Upcoming presentations include the Vermont International Film Festival Preview and Creative Conversation on October 13<sup>th</sup> and The Gentry Lecture Series with featured speaker Marc Shultz, Ph.D., author of *The Good Life: Lessons from the World's Longest Scientific Study of Happiness*, on October 17<sup>th</sup>.

If you are a Priority Depositor, you will receive an e-invitation shortly. Make sure to watch your inbox, registration will fill up quickly!

To learn more about becoming a Priority Depositor, contact Wake Robin at 802.264.5100 or [info@wakerobin.com](mailto:info@wakerobin.com).

## Stay Connected



Wake Robin's participated in the Shelburne Farmers Market by sponsoring face painting by The Fun Factor Inc.



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](mailto:info@wakerobin.com) | [wakerobin.com](http://wakerobin.com)