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P.O. Box 804, Pinedale, Wyoming 82941

Email: [rpact2021@gmail.com](mailto:rpact2021@gmail.com)

Website: [www.rendezvouspointe.com](http://www.rendezvouspointe.com)

Phone: 307-367-2881 Fax: 307-367-6769

Hours: Monday—Friday, 8am—4pm

This complete newsletter  
can be viewed on our website.

April  
2024

### Mother's Day Tea

Sublette County Mothers, you are invited to tea

on May 12th from 1:30pm - 3pm.

Please join us at Rendezvous Pointe

425 E. Magnolia, Pinedale, WY

R.S.V.P. by May 6th, 2024

to 307-367-2881 or stop by the office!



This document was developed under grants from the Wyoming Department of Health, Aging Division.





**EMPLOYEE DIRECTORY**

**Director** - Kevin Warren  
**Financial Director** - Cher Rosencranse  
**Adm. Asst.** - Charlee Thomson  
**Activity Director/Newsletter** - Kathy Allen  
**Transit Coordinator** - Hannah Bennett  
**Transit Driver** - Blake Ober

**Case Manager/SAMS** - Karissa Aldava  
 Gail Toth—Homemaker  
 Jacqueline Murray—Homemaker  
 Flor Quezada--Homemaker

**Kitchen Manager** - Holly Hansen  
**Cook**—Kerri Anderson

**Kitchen Staff**—  
 Jody Wilson, Wanda Jones,  
 Sharon Bell, Lydia Petersen,  
 Zoey Hedgepeth

**Board of Trustees**

Max Lockett - Chair 371-2654  
 e-mail: maxlockett@msn.com

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 e-mail: dwightdibben40@gmail.com

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Scott Willman (661) 619-6416  
 e-mail: willmanscott@yahoo.com

Jeanene Esterholt 231-1231  
 e-mail: ridinginthewinds@gmail.com



With Kevin retiring, Bobby is giving him a lot of pointers to up his game of pool, he may just have more time to play and have fun!!



**From the Director**

As many of you already know I will be retiring from Rendezvous Pointe at the end of April. It has been an absolute pleasure to be a part of this organization over the past three years. I want to thank the entire staff at Rendezvous Pointe for their commitment to this organization, tireless work, and professionalism. There is no question Rendezvous Pointe's incredible staff is dedicated to serving Sublette County seniors to the best of their ability.

I want to thank the town of Pinedale and the Sublette County Commissioners for recognizing this organization's critical role in this community and for providing the resources to keep Rendezvous Pointe strong.

Thank you to all of you seniors for engaging with me and for your donations of time, talent and treasure. Thank you for telling me your stories and for lots of laughter. I feel more connected to this community than ever before because of all the kindness you have sent my way. It is all of you that make Rendezvous Pointe a well respected and thriving community organization.

I will be seeing you all soon but from the other side of the desk. Thank you all so much.

Kevin



Holly did a great job on the Specialty Desserts for the Pie Social and Dessert Auction. Yummmmm, what to bid on!! We had a good lunch crowd on Pi (Pie) Day!! Thank you to all that came and supported our fundraiser!!



Cindy says, give me those dice, I can roll a BUNCO!!  
Go Cindy!!







Our sweet Bella Rose turned 1/2 year old on March 6th !

← Our Rendezvous Pointe Greeter is growing too fast!



We love when Sheriff Lehr joins us for Coffee and Conversation. He brought one of the Dispatchers with him this time, her name is Devon Moceika. Devon has been with the department for almost 9 years now and doing a great job.

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Jared Rogerson talked to us at Coffee and Conversation about his life and how his music career came about and how it brought him to where he is today!



Leslie Hagenstein gave us a power point presentation on her tour at the South Pole and Healthcare provided there.



Coffee & Conversation at 9:00am on Friday mornings!  
Sponsored by First Bank

April 5th ~ Andre Irey with county maintenance

April 12th ~ Shannon Harris, Superintendent of Pinedale Schools

April 19th ~ Lesta Erickson, Seniors and First Aid at Home

April 26th ~ Alise Watson from Sublette County Library/do you know all of what our Library has to offer the public?



On Thursday, April 11th at 12:30pm

Nursing students from Western Wyoming Community College are excited to be at Rendezvous Pointe to deliver a presentation to our community and seniors discussing the risks, prevention and management of COPD.

Please plan to attend this event, better yet, come in for lunch and you'll already have your seat!!

Ladies mark your calendars for our Mother's Day Tea on Sunday, May 12th from 1:30pm - 3:00pm!

Call 307-367-2881 to reserve your seat!

Random dates in April you may or may not want to know!!

April 1st ~ National Sourdough Bread Day  
April 2nd ~ National Peanut Butter and Jelly Sandwich Day - (Yum!!)

April 4th ~ National Burrito Day and World Rat Day (seriously?)

April 7th ~ National Beer Day and National No Housework Day (this I like)

April 17th ~ Blah Blah Blah Day

Kevin is retiring at the end of April.

We would like to celebrate his retirement by inviting you to a retirement party on Wednesday, April 17th from 2-4pm.

Please come and join us as we celebrate Kevin and all the wonderful things he has done for Rendezvous Pointe.

We are going to miss him terribly, but are excited for him to begin this next chapter.

Thank you for everything Kevin - Forever Grateful, your Staff



Interviewer: "So tell me about yourself." Me: "I'd rather not, I kinda want this job."

When I say "the other day", I could be referring to any time between yesterday and 15 years ago! I hate when a couple argues in public, and I missed the beginning and don't know whose side I am on.

The older I get, the earlier it gets late

"Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak and the wrong. Sometime in your life you will have been all of these."



April '24

# Healthy You

## A Pro Chef's Slim-Down Tricks

Add explosive flavor to food—without piling on the calories By BOB BLUMER

RESTAURANT CHEFS often rely on salt and fat (mostly butter) to differentiate their food from yours. But you can get restaurant-level flavor at home without restaurant-level calories. I've eaten my way around the globe, traveling over a million miles in search of inspired foods. Here are some of the healthiest flavor hacks I've gleaned from the world's great chefs.

### Turn your pan crust into a pan sauce

Add a splash of wine or stock and a few seasonings to the brown leftovers in your pan, reduce over low heat for a few minutes, and you've got an instant savory sauce.

### Strain it

A chinois is a cone-shaped strainer of superfine woven metal mesh. Strain a pureed soup through it and the result will make you swear the soup was made with heavy cream.

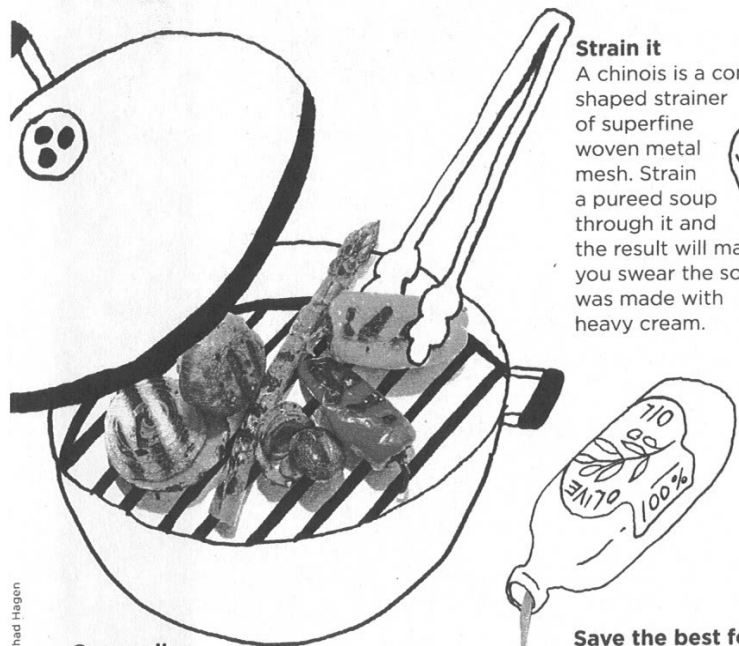
### Add high-impact, low-calorie flavorings

Citrus zest, citrus juice, fresh ginger, fresh herbs and chiles can add brightness to a dish. Balsamic vinegar, miso paste, anchovies, Dijon, soy sauce, Parmigiano-Reggiano and harissa contribute a richer and deeper flavor.

### Taste and adjust as you cook

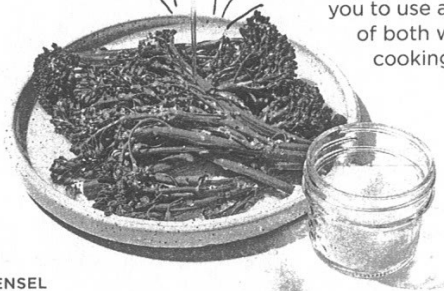
It's such a simple mantra, but home cooks often get distracted while multitasking and forget to taste—thereby robbing themselves of the opportunity to fine-tune the saltiness, sweetness, spiciness and acidity of a dish.

*Bob Blumer is a writer and former Food Network host. His latest book is Flavorbomb: A Rogue Guide to Making Everything Taste Better.*



**Caramelize your veggies**  
Carrots, cauliflower, sweet potatoes and brussels sprouts contain natural sugars, yet when raw or steamed they still taste vegetal. But expose them to high heat, and those sugars caramelize, transforming them into addictive candy bombs. Set grills on high, ovens at 425°F, and roast for 20 to 30 minutes, or until browned.

**Save the best for last**  
Finish veggies and proteins with a judicious drizzle of your very best olive oil and a pinch of flaky sea salt. Adding a little salt and fat at the last minute will allow you to use a lot less of both while cooking.



PHOTOGRAPHS BY CAITLIN BENSEL

AUGUST / SEPTEMBER 2022 33

Food stylist: Torie Cox; illustrations by Liana Jegers; top icon by Chad Hagen



### Attention

My Hearing Center is coming to Rendezvous Pointe the second Monday and Tuesday of each month.

If you need an appointment, please call My Hearing Center in Rock Springs, 307-212-3234.



Lunch & Movie in Marbleton

Thursday, April 25th

Van departs RP at 10:20am  
Sign up on bulletin board!

### Podiatrist Dr. Stanton Smith

will be coming to Rendezvous Pointe on April 22nd, July 22nd, and October 21st in 2024.

There are still appt. times open April 22nd.

If you have any foot problems that need attention, call Charlee at Rendezvous Pointe at 367-2881 to make an appointment for any of these future dates with Dr. Smith.

Appointments start at 12:30pm, schedule every 15 minutes and last appointment time is 2:45pm.

If coming for the first time please bring your I.D. and Insurance information!

### Sorrow and Sighs

Over the grave where a young man lies  
Kneels his mother now broken with tears in her eyes  
To her wishes, her son never paid heed  
As he loved the feel when he drove at high speed  
His family's now left with sorrow and sighs  
For he left them behind without any goodbyes

----Rich Boettcher

### Sable Stitchers are Giving Back!!

On the 3rd Tuesday of each month there will be a drawing for a lap quilt made by the Sable Stitchers.

All you have to do is dine in for lunch on the 3rd Tuesday and put your name in the hat for a chance to win the lap quilt.

Winner will have his/her choice of the two lap quilts pictured!



Caroline won the March Quilt!



### April Showers

I know all about the famous April showers  
and how they always bring May flowers,  
as the seeds burst  
with quenched thirst,  
and display for us their remarkable powers.

—C. F. Kelly

I remember being able to get up without sound effects!

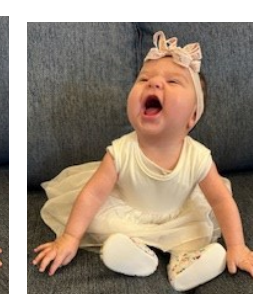
I had my patience tested, I'm negative.

All seniors are encouraged to attend the [May 9th](#) "Connections" presentation at 1:00pm here at Rendezvous Pointe sponsored by the Bronx Club.

The program through St. John's Hospital for diagnosing, treating, and caring for people with memory loss.



Bella is a baby with many faces!  
Her expressions are priceless!





# ACTIVITIES



Jacob from Four Pines PT on **Wednesdays at 10am** for guided exercise to help improve mobility, balance, strength, and overall well being thru exercise. New exercises added weekly! Come improve your physical well being!

Thank You Jacob for your dedication to our seniors!



**Yoga with Teisha !!**  
**Mondays and Thursdays** from 10am - 11am at Rendezvous Pointe. Come and take part in a fun yoga session!! Your body will thank you!!



April book is:  
**"Where Coyotes Howl"**  
by **Sandra Dallas**

Book discussion will be on Friday, April 19th at 1:00pm

### Dog Toenail Clipping

Thursday, April 18th @ 12:45p

with **Patti Baxley**  
Only 2 dogs inside the building at a time, so please have your dog on a leash!



### Dominoes

Come join the fun of mental exercise! No need to sign up, just come and play! We learn new versions regularly. All Fives, Threes and Fives, Moon and more.

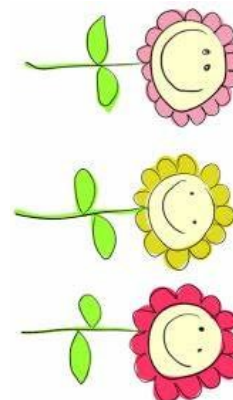
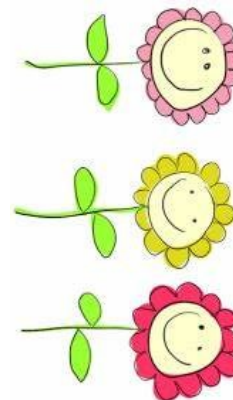
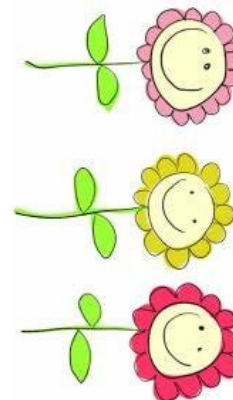
### BUNCO !!

Bunco is on Thursday afternoons at 1:00pm.

Come join the fun!!

### Bingo Players

**White Elephant Bingo day will be on Monday, April 1st.** Bring a white elephant gift in a bag (no need to get fancy) and your \$10 for 10 games as always. (\$10=four cards for \$1 per game, play 10 games.)



1	Dee Christensen Teresa York
2	Carol Brown Linda Wedgworth Geri Cameron
3	Colleen Martin
4	Ole Skinner
5	Melita Snow Bill Mecham Daniel Jones
6	Steve Bloxham Betty Cheeney
7	Kathy Allen Jim Hutchinson Kay Meeks Lynn McGarr
9	Theresa Hager Deborah Less

10	Karla Bird
12	Bill Lanning
13	Barbara Burrough Josephine Allen Jim Gehhausen Tom Hunt
15	Julie Konicek Laura Winters
16	Charles Thomas Bonnie Nelson
17	Sylvia Ferrier Michael Harker
18	Jeptha Richie
19	Helen Hegardt Maureen Dempsey

20	Charles Goodrich
21	Juanita Bertonceij Mike Wedgworth Mike Denney Crystal Engeberg
22	Ric Stott
23	Kay Malkowski
24	Mark Mirak
25	Colleen Cox James Howard
28	Shelby Dyess Gary Condos
30	Ilse Tan Barbara Ford Melissa Anderson

## April Birthdays



Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Chicken Salad Sandwich</b> , Pasta Salad, Mixed Green Salad, Wheat Crackers, Strawberries & Bananas	2 <b>Cheese Ravioli w/Meat Sauce</b> , 3 Bean Salad, Carrot Coins, Garlic Bread, Fluffy Fruit Cup, 1/2 orange	3 <b>Meat Loaf</b> , Parsley Potatoes, Lettuce Salad, Carrot Coins, Hot Roll, Fruity Gelatin Salad	4 <b>Chicken Pot Pie</b> , w/Chicken, Potatoes, Peas, Carrots & Biscuit, French style Green Beans, Mixed green Salad w/multigrain croutons, Fruit Pizza	5 <b>Hamburger Steak</b> , Mashed Potatoes, Tossed Salad w/ Italian Dressing, Broccoli, WW Roll, Chilled Apricots
8 <b>Fish Sandwich</b> , WW Bun, Scalloped Potatoes, green Beans, Under the sea gelatin Salad, Cantaloupe	9 <b>HAPPY BIRTHDAY!</b> <b>Roast Beef</b> , Mashed Potatoes, Relish Tray, Roasted Brussels Sprouts, WW Bread, Peach & Berry Crisp	10 <b>Turkey Rueben Sandwich</b> , 3 Bean Salad, Mixed relish Tray with Beets, SF Gelatin w/ Banana, 1/2 Orange	11 <b>Pizza w/Meat &amp; Veggies</b> , Three Bean Salad w/ WW Cracker, Cinnamon Apples, Creamy Rice Pudding	12 <b>Chicken Cordon Bleu</b> , Baked Potato, Steamed Broccoli, Sliced Strawberries, Lemon Bread
15 <b>Beef Stroganoff</b> , Pasta, Lettuce Salad, Herbed Broccoli, Cindy's Rolls, Fluffy Fruit Cup	16 <b>Chicken Stir Fry w/ Vegetables</b> , over Sesame Noodles, Asian Salad, Ginger Pears, Almond Bark Cookie	17 <b>Philly Cheesesteak Sandwich</b> , Coleslaw, Fruit Salad, Oatmeal Raisin Cookie	18 White Chicken Chili, Sweet Potato Wedges, Cornbread, Sliced Strawberries	19 Turkey Club Sandwich, Mixed Green Salad, Italian Pasta Salad, Wheat Bread, Tropical Fruit, Brownie
22 <b>Taco Salad</b> w/ lettuce, tomatoes & salsa, Chuck wagon Vegetables, Cottage Cheese & Cantaloupe, Citrus Fruit Cup	23 <b>Chicken Fried Chicken</b> , Mashed Potatoes, Steamed Broccoli, Wheat Roll, Plum	24 <b>BBQ Pork</b> , Boston Baked Beans, Tossed salad w/ Italian, Steamed Broccoli, Hard Roll, Banana	25 <b>Asparagus Chicken Bake</b> , Rice, Carrot Apple Salad, WW Roll, Orange	26 <b>Baked Fish</b> , Baked Potatoes, Waldorf Salad, Oriental Vegetables, WW Bread, Strawberries & Bananas
29 <b>Biscuits &amp; Sausage Gravy</b> , Roasted Potatoes, V8, Wheat Biscuit, Fruit Cup, Parfait w/ berries	30 <b>Chili Dog</b> on Wheat Hot Dog Bun, Relish Tray, Lettuce, Tomato, Pickle, Melon Cup	<b>April</b>		

**Please Call Rendezvous Point @ 367-2881 for your Reservations**

Mon	Tue	Wed	Thu	Fri
1 10a~Chair Yoga w/Teisha 1p~White Elephant Bingo	2 9a~Wii Bowling 9a-4p~Art 12:30p~Pinochle 1p~Mahjong	3 9a-12noon~Art 10a~Four Pines PT w/Jacob 10a~Pool 12:30p~Bowling in Marbleton 1p~Pottery/Ceramics 1p~Dominoes	4 10a~Chair Yoga w/Teisha 1p~Fiber Guild 1p~Pool 1p~Bunco	5 9a~Coffee/Conversation Andre Irey with county maintenance 1p~Hand & Foot
8 10a~Chair Yoga w/Teisha 1p~Bingo	9 9a~Wii Bowling 9a-4p~Art 12:30p~Pinochle 1p~Mahjong	10 9a-12noon~Art 10a~Four Pines PT w/Jacob 10a~Pool 1p~Pottery/Ceramics 1p~Dominoes	11 10a~Chair Yoga w/Teisha 1p~Fiber Guild 1p~Pool 1p~Bunco	12 9a~Coffee/Conversation Shannon H./Supt. Schools 1p~Hand & Foot
15 10a~Chair Yoga w/Teisha 1p~Bingo	16 9a~Wii Bowling 9a-4p~Art 12:30p~Pinochle 1p~Mahjong	17 9a-12noon~Art 10a~Four Pines PT w/Jacob 10a~Pool 1p~Pottery/Ceramics 1p~Dominoes	18 10a~Chair Yoga w/Teisha 1p~Fiber Guild 1p~Pool 1p~Bunco	19 9a~Coffee/Conv. Lesta E. Seniors & 1st Aid @ Home 1p~Hand & Foot 1p~Book Club Discussion
22 10a~Chair Yoga w/Teisha 1p~Bingo	23 9a~Wii Bowling 9a-4p~Art 12:30p~Pinochle 1p~Mahjong	24 9a-12noon~Art 10a~Four Pines PT w/Jacob 10a~Pool 1p~Pottery/Ceramics 1p~Dominoes	25 10a~Chair Yoga w/Teisha 1p~Fiber Guild 1p~Pool 1p~Bunco	26 9a~Coffee/Conversation Aisee/Your county library and more 1p~Hand & Foot
29 10a~Chair Yoga w/Teisha 1p~Bingo	30 9a~Wii Bowling 9a-4p~Art 12:30p~Pinochle 1p~Mahjong			

# April 2024

