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Hours: Monday—Friday, 8am—4pm

This complete newsletter
can be viewed on our website.

**August
2025**



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



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Lydia Petersen, Zoey Hedgepeth,
Mavzuna ToshpuLatova

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From all of us here at Rendezvous Pointe

We wish to extend our heartfelt gratitude to Kathy Allen for her dedicated years of service here at Rendezvous Pointe. Kathy has been not only a valued colleague but also a cherished friend, and we wish her nothing but the very best in her health journey. We eagerly anticipate hearing about her progress and hope to still have the pleasure of her presence here from time to time.

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

Coffee & Conversation is on hold for the summer, watch for it to start back up again the middle of September.



Podiatrist Dr. Stanton Smith
will be coming to Rendezvous Pointe on
October 13, 2025

There are still appointment times open.
If you have any foot problems that need attention, call
Charlee at Rendezvous Pointe at 367-2881 to make an
appointment for this date 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 or be prepared to pay day of visit.

SABLE STITCHERS



Sable Sewers (Sable = Stash accumulated beyond life expectancy) is a sewing group at Rendezvous Pointe. Bring your sewing machine and sewing projects and join the fun!! This group meets the 2nd and 4th Friday of every month from 9:00 a.m. to 4:00 p.m.

NOTICE: The art room will be unavailable in the afternoon on Tuesday, **August 5th, 2025** as the UW STEM Class will be taking place in there. It will be a great class, plan to attend.

Start gathering your flowers and pressing them for a pressed flower class happening on **August 20th, 2025 @ 1PM**. We will be preserving them.

BINGO!!!
Mondays @
1:00pm



We will be having a meeting
to discuss our cookbook
fundraiser on

August 11th, 2025

10:30 AM

Please come join us with your
ideas!!



Lunch and a Movie
in Marbleton
Thursday, August 28, 2025

Van will depart at 10:15am under front car port.

Homemaker Services



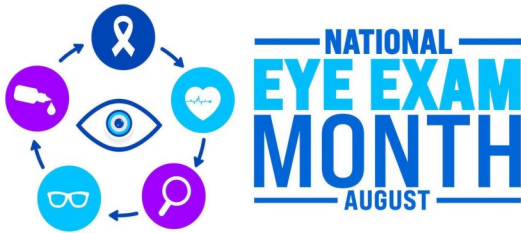
If anyone is in need of
homemaker services which
consists of light housekeeping,
basic meal preparation, shopping
and laundry, please call Rendezvous Pointe and ask
for Jennifer at 307-367-2881. At this time, we are
compiling a waiting list and will be adding staff to
accommodate the need.

The Bank of Jackson Hole will be hosting our lunch twice
a month this year!!

August dates are the 12th and 26th

It was decided to have these lunches on the second and
fourth Tuesdays of each month.

Please make it a point to thank Pat for their generous
support of Rendezvous Pointe seniors as you get your
lunch!



EYE EXAM FREQUENCY

Birth to 2 years

Children should have their first eye exam **between 6 and 12 months**.

2 to 5 years

A second eye exam is important **between 3 and 5 years**.

6 to 18 years

Beginning in first grade, children should have **yearly exams**.

19 to 64 years

Adults should have a comprehensive eye exam **every 1-2 years**.

65+ years

Seniors age 65 and older should have **annual eye exams**.

Eye Health in Older Adults

About the US Senior Population



Approximately 18.4 percent of the U.S. population is covered by Medicare.¹



Visual disorders become more common as people age.²



About one in four adults 65 and older cut back on food, utilities, clothing or medication due to healthcare costs.³



37% of adults 65 and older are concerned they will not be able to pay for needed healthcare services in the next year.³

80.8 million

By 2040, the number of older adults in the U.S. is expected to reach 80.8 million.⁴

Eye Disease in Older Adults

20%

In the United States, 20% of all people over the age of 85 experience permanent vision loss.⁵



75% of those who are legally blind because of glaucoma are seniors.⁶



More than half of all Americans age 80 or older either have cataracts or have had surgery to get rid of cataracts.⁷



The prevalence of diabetic retinopathy is rising in the elderly and is expected to reach 9.9 million by the year 2050.⁸



In seniors ages 65 and older, age-related macular degeneration (AMD) is the leading cause of vision loss and blindness.⁹

To learn more, visit [versanthealth.com](https://www.versanthealth.com)

1 Statista Research Department. (Sept. 15, 2023). Percentage of U.S. Americans covered by Medicare 1990-2023. Retrieved Feb. 17, 2023 from <https://www.statista.com/statistics/200962/percentage-of-americans-covered-by-medicare/>
2 National Institute on Aging. (Jan. 25, 2023). Talking With Your Older Patients. Retrieved Feb. 17, 2023 from <https://www.nia.nih.gov/health/talking-your-older-patients>
3 Wilkerson, N. (June 15, 2023). Older Adults Sacrificing Basic Needs Due to Healthcare Costs. Gallup. Retrieved Feb. 17, 2023 from <https://www.gallup.com/poll/593494/older-adults-sacrificing-basic-needs-due-healthcare-costs.aspx>
4 Promoting Health for Older Adults. (Sept. 8, 2022). Centers for Disease Control and Prevention. Retrieved Feb. 17, 2023 from <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/promoting-health-for-older-adults.htm>
5 Flaxman A, Wittenborn J, Roblek T, et al. Prevalence of Vision Loss or Blindness in the US. JAMA Ophthalmology. doi:10.1001/jamaophth.2021.1027. Published online May 13, 2021
6 Leahy, N. (Jan 15, 2023). Glaucoma: A Guide for Seniors. Retrieved Feb. 17, 2023 from <https://aiaa.org/consumers/a-guide-for-seniors/>
7 Cataracts. (Jan. 13, 2023). National Eye Institute. Retrieved Feb. 17, 2023 from <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/ataracts>
8 Levey, S.F., Challa, T.A., and Branswick, A.D. (July 15, 2021). Diabetic Retinopathy in the Aging Population: A Perspective of Pathogenesis and Treatment. National Library of Medicine. Retrieved Feb. 17, 2023 from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8289197/>
9 February is Age-Related Macular Degeneration Awareness Month (Jan. 29, 2023). UNC School of Medicine. Ophthalmology. Retrieved Feb. 17, 2023 from <https://www.med.unc.edu/ophth/2023/01/february-is-age-related-macular-degeneration-awareness-month/>



UNIVERSITY OF WYOMING

The UW STEM Roadshow will be here on August 5, 2025 at 1PM.

Brainiac Bootcamp: Exploring the Human Brain

Get ready to flex those mental muscles! In this hands-on session, participants will dive into the structure and function of the human brain through a series of interactive and engaging activities. We'll kick things off with a quick pre-session knowledge check to see what you already know about the brain. Next, you'll team up to uncover the roles of different parts of the human brain, followed by an interactive matching game that introduces brain scanning techniques. Learn how scientists use tools like fMRI and PET scans to map the brain and connect its structures to specific functions. We'll wrap up with a fun post-session quiz so you can see just how much your brain has grown during your time in "Brainiac Bootcamp".



Ever wanted to see how they make airplanes? Aviat Aircraft in Afton is the longest continuously operating aircraft builder in the United States. They produce the Husky aircraft which is a bush plane that can take off and land on almost any surface.

Join us for a tour on

August 19th, 2025

August Birthdays

1	George Staidl
	Fran Weksler
2	Albert Santillo
3	Karen Rule Jahna Groh
5	Jocelyn Moore
6	Connie Owen
7	Elizabeth Palmer
8	Nadine Babcock Norman Pape Joseph Hruska



9	Barbara Lauger
11	Tim Burns
12	Kathleen Petersen Ron Taylor Irma VanDerVelde
13	Christy O'Connor
14	Janet Doering Debbie Vickrey
15	Stephanie Harker Mary Anne Sherbrook Debra Fisher Jeannie Hale
16	Karen Moulton
17	Melva Post Gene Pearson Sandy Jorgensen
18	Jami Anderson
21	Fred Sensenig Mary Pendergast
22	Peggy Weber

23	Deborah Laseke
25	Rosemary Howard Shirley Mills Jacqueline Strike Virginia Rossow
27	Andy Pfaff
28	Dale Kingsbury
29	Katherine Kelly
30	Nellie Johnson Mary Bluemel Liz Bartlett
31	Tom Johnston



Mon

Tue

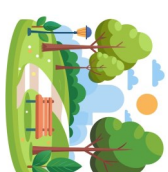
Wed

Thu

Fri



AUGUST 2025



4 10a ~ Chair Yoga / Teisha 1p ~ Bingo	5 9a ~ Wii Bowling 9a - 4p ~ Art 12:30 p ~ Pinochle 1p ~ Mahjong 1p ~ UW STEM Presentation Exploring the Human Brain	6 9a -- 4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes Suncatcher Art	7 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool FOOD BANK OF WYOMING	8 1p ~ Hand & Foot Fossil Buttes - Kemmerer Sable Stitches
11 10a ~ Chair Yoga / Teisha 10:30a ~ Cookbook Meeting 1p ~ Bingo	12 9a ~ Wii Bowling 9a - 4p ~ Art 12:30 p ~ Pinochle 1p ~ Mahjong Darcy Toenails	13 9a -- 4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes Darcy Toenails	14 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool	15 1p ~ Hand & Foot
18 10a ~ Chair Yoga / Teisha 1p ~ Bingo	19 9a ~ Wii Bowling 9a - 4p ~ Art 12:30 p ~ Pinochle 1p ~ Mahjong AVIAT Tour in Afton	20 9a -- 4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes 1p ~ Pressed Flower Class	21 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool Dog Toenail Clipping/ Patti	22 1p ~ Hand & Foot Sable Stitches
25 10a ~ Chair Yoga / Teisha 1p ~ Bingo	26 9a ~ Wii Bowling 9a - 4p ~ Art 12:30 p ~ Pinochle 1p ~ Mahjong	27 9a -- 4p ~ Art / Pottery 10a ~ Four Pines PT / Jacob 10a ~ Pool 1p ~ Dominoes Violet Starts Class	28 10a ~ Chair Yoga / Teisha 1p ~ Fiber Guild 1p ~ Pool Marbleton Movie/Lunch	29 1p ~ Hand & Foot Hospital Tour

All activities are subject to change.

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
4 National Chocolate Chip Cookie Day Grilled Ham & Cheese Slider, Minestrone Soup, Spinach Mandarin Salad, 3 Bean Salad, Pineapple, Chocolate Chip Cookie	5 Roast Turkey, Mashed Potatoes w/Gravy, Caribbean Blend Vegetables, Cran-Apple Salad, Wheat Roll, Apple Juice, Pumpkin Cookie	6 Chicken Sandwich, Oven Fries, Broccoli Slaw, Blueberry Cobbler	7 Beef Stroganoff, Pasta, Lettuce Salad, Herbed Broccoli, Cindy's Rolls, Fluffy Fruit Cup	8 Herb Baked Chicken, Mashed Potatoes, Caesar Salad, Seasoned Green Beans, Hot Roll, Citrus Fruit Salad
11 Cheese Ravioli w/Meat Sauce, 3 Bean Salad, Carrot Coins, Garlic Bread, Fluffy Fruit Cup, 1/2 orange	12 Happy Birthday! Scalloped Potatoes & Ham, Carrot & Celery Tray, Green Beans, Wheat Roll, Citrus Fruit Salad	13 Salisbury Steak, Mashed Potatoes, Vegetable Salad, California Vegetables, Hot Roll, Mandarin Oranges	14 Cranberry Chicken, Steamed Brown Rice, Spinach Salad with mandarin oranges, Herbed Broccoli, WW Roll, Apricots	15 Chef Salad, Carrot Stick Garnish, Homemade Bread, Strawberries & Bananas, Chocolate Chip Cookie
18 National fajita Day Beef Fajita, Spanish Rice, Tossed Green Salad, Peas and Carrots Mix, Starch in Main, Chilled Grapes	19 National Potato Day Herb Roasted Pork, Mashed Potatoes w/Gravy, Scandinavian Blend Vegetables, Creamy Cole Slaw, Chunky Applesauce, Cinnamon Coffee Cake	20 Meatballs on a Hoagie, Crunchy Calico Salad, Green beans, Chilled Peaches	21 Parmesan Chicken, Garlic Mashed Potatoes, Mixed Relish Tray, Seasoned Zucchini, WW Bread, Fresh Fruit	22 Eat a Peach Day Baked Breaded Fish, Baked Squash, Spring Blend Vegetables, Spinach Bread, Peaches and Cream
25 Teriyaki Chicken, Brown Rice, Spinach & Mandarin Salad, Steamed Broccoli, Wheat Bread, Tropical Fruit Salad	26 Happy Birthday! Chicken Fried Steak, Mashed Potatoes, Cauliflower & Broccoli, Wheat Crackers, Honeydew Lime Salad	27 Swiss Chicken Bake, Tossed Vegetable Salad, Broccoli Raisin Salad, Roll, Apricots	28 Cottage Pie, Garden Vegetable Salad, Tangy Carrots, Cindy's WW Rolls, Applesauce Cake	29 Biscuits & Sausage Gravy, Roasted Potatoes, V8, Wheat Biscuit, Fruit Cup, Parfait w/ berries

Serving time for lunch will be 12noon!

Please Call Rendezvous Point @ 367-2881 before 9:30am for your Reservations

ACTIVITIES



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

Thank You Jacob for your dedication to our seniors!

**We would also like to thank Megan and Brooke for
helping to change it up for us every once in a while!**

Attention Bingo Players!!

**Candy Bar Bingo Day will be the first Monday
of the month.**

**Bring a regular size candy bar for an additional
prize for each game!!**



Ukulele Practices

**Every 2nd and 4th Thursday of the
month at 1:00 P.M.**

A fun time to learn and practice!!



Chair 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!!**

Dog Toenail Clipping

on August 21, 2025

at 12:45pm.

Please have your dog on leash.



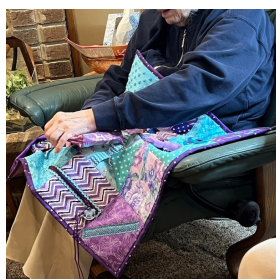
Dominoes

Wednesdays at 1:00pm

**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 & 42.**



**Public Health will be here on Thursday, August 14th,
2025 during lunch for blood pressure checks.
Come have yours checked!**



**The Sable Stitchers are making Fidget Lap Quilts for
the Memory Care Unit at the hospital. They will
have kits available if you would like to help with
this project. Please stop by Rendezvous Pointe to
pick up a kit. They will need to be completed by
August 22, 2025.**

**She booked up quickly in July, so she has added
an extra day this month.**

Darcy will be here to cut toenails on

August 12 & 13, 2025

**Please call Charlee to schedule your
appointment.**



**Thank you Darcy for doing such a
great job and your generosity for
our seniors!!**



“Seniors On The GO” 2025



A HUGE THANK YOU goes out to BOCES for \$4000.00 in grant funds to support our Seniors On the Go Program! This support helps enrich our seniors' lives and fosters a spirit of adventure by educating our seniors on Wyoming's rich history. Thank you again for your ongoing support of Rendezvous Pointe and our programs to enhance our senior's well being. Following are some planned excursions:

August 8--Kemmerer, WY: Fossil Butte National Monument, Ulrich's Fossil Gallery

Trip fee: \$10.00/person

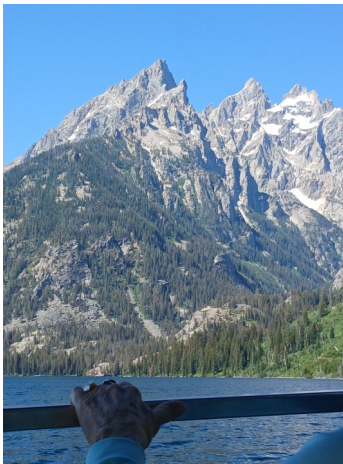
August 12-14 -- Cody WY: Buffalo Bill Museum, Buffalo Bill Dam and Heart Mountain

Trip fee: \$25.00/person; admission fees are included in trip

August 18 -- Afton, WY: AVIAT Tour

Trip fee: \$10.00/person

Sign up sheets will be posted about 2 weeks before each trip. Trip fee must be paid at least three days before trip departs RP. Seven passengers on each trip in van. Seniors are responsible for their meals on trips, unless stated otherwise. Always water and snacks in van! All trips subject to change.



**What a beautiful day on the lake we had!!
Jenny Lake Boat Tour was amazing, our guide was a lot of fun and so knowledgeable. The history and geology of the area is quite fascinating.**

We saw bears...a mama and two cubs on the hillside and a cub at the dock when we





**Had a great time visiting the Green River Valley Museum!
So much history to look at!!**



We participated in the South Pass Auto Tour during Rendezvous. It was a great experience following where the mountain men traveled. Our guides from the Mountain Man Museum were wonderful!



The Dinosaur Museum was fantastic! We visited a dig site where bones and footprints were still there!

It's so surreal that these creatures once roamed in Wyoming.





With all this hot weather it is hard to believe
that we need to be thinking about and
starting to plan for the

21st Annual Holiday and Craft Fair.

Tentatively set for November 7 & 8, 2025.

More information to come!

WE ARE COUNTING DOWN!



We are excited to announce our participation in Foundation 23's
Race to Raise Community Fundraising event 2025

From July 23rd to September 27th, Rendezvous Pointe will be participating in Foundation23 fundraising event again this year!

This is an opportunity for all of Sublette County to come together to support Rendezvous Pointe and our seniors. Your donations to Rendezvous Pointe through the Community Fundraising event will be amplified because of the opportunity to match donated dollars!

With your generous contributions that we receive, 1000's of nutritious meals are served, and our transportation department provides approximately 2500 rides throughout the year. Rendezvous Pointe also offers many activities and endless social interaction opportunities to keep our seniors healthy and active. Currently our WYHS crew serves 26 homes per week which provides in home care for our homebound seniors. A lot goes into our efforts to improve the quality of life for Sublette County's seniors and to help them stay in their own homes for as long as possible. At Rendezvous Pointe every little detail counts when it comes to our seniors!

Your donation to Rendezvous Pointe through the Foundation23 Community Fundraising event will be amplified because of the opportunity to match donated dollars. From all of us at Rendezvous Pointe to all of you, thank you in advance for supporting Rendezvous Pointe through this endeavor – your donation helps us help others.

To ensure your donation is included in this match, be sure to follow the giving guidelines:

Donations via credit card: must be made through Foundation 23's secure registration/donation site (www.foundation23.org).

Checks: must be made out to Foundation 23 with the designated nonprofit in the memo line. Mail checks to PO Box 2135, Pinedale, WY 82941

Donations must be received by the end of day Saturday, September 27!



425 E. Magnolia
P.O. Box 804
Pinedale, WY 82941

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The weather was not on our side this year, but we had a great 4th of July celebration!!

Our kitchen and staff did a great job putting it all together!!

A special thank you to Gary Neely and Richard Smith who always comes through for us when its time to grill burgers!!!

