



P.O. Box 804, Pinedale, Wyoming 82941

Email: rpact2021@gmail.com

Website: 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.

February 2026





EMPLOYEE DIRECTORY

Director - Tina Kaumo-Corazza
Financial Director - Cher Rosencranse
Adm. Asst. - Charlee Thomson
Activity Director/Newsletter - Anissa McCutchan
Transit Coordinator - Melanie Howey
Transit Driver - Blake Ober
Mike Deleeuw
Case Manager/SAMS - Jennifer Peterson
Homemakers - Michelle Hines
Kodie Hammer
Kitchen Manager - Kerri Anderson
Assistant Kitchen Manager— Holly Hansen
Kitchen Staff—
Jody Wilson, Sharon Bell,
Lydia Petersen, Zoey Hedgepeth,
Mavzuna ToshpuLatova, Michelle Hines

Board of Trustees

Richard Smith - Chair 559-352-5047
e-mail: rxsmith2552@yahoo.com
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e-mail: ltrimmer719@gmail.com
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e-mail: david.dement@ymail.com



From the Director



February is here! The year 2026 is already soaring, and this month, the shortest of the year, is sure to do the same. Hopefully, many have started the year strong and are working towards achieving many of their goals and resolutions. Valentine's Day, a hallmark of February, serves as a gentle reminder to express our love and appreciation for those who matter most.

As we move through February, let's embrace the spirit of connection and gratitude. Reach out to someone you love, share a laugh, or simply spend quality time together. Remember that love, in all its forms, is a powerful force that can uplift and inspire. Here's to a February filled with love, connection, and self-acceptance!

From all of us here at Rendezvous Pointe we are so very grateful to all that have donated through our Friends of Rendezvous Pointe, as well as those who have donated their time.

You are all amazing and appreciated!

We are so blessed to have such a wonderful family here at Rendezvous Pointe from our staff to our seniors to our supporters – thank you for who you are and all you do!

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

February 6 ~ Jeff Grant, Unintentional Injury Prevention Coordinator,
Wyoming Department of Health;

February 13 ~ Left open for Jeff Grant in case of inclement weather as he is coming from Cheyenne

February 20 ~ TBD

February 27 ~ Debbie Vickery, Elevation Tax & Accounting
Speaking on tax updates and more



Getting up to attend Coffee & Conversation is a great way to start your day! Our guests give so much information and educate us on a wide variety of topics. Repeat guests bring us up to date on local matters and projects too. Come join us on Friday mornings at 9am! The coffee and snacks will be ready!!

Podiatrist Dr. Stanton Smith

will be coming to Rendezvous Pointe on
Monday, April 13th, 2026

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.



Board of Trustees Meetings are the 2nd Wednesday in January, March, May, July, September and November.

The next meeting will be on

March 11, 2026 at 1PM

Everyone is welcome!



Scandinavian Star Ornament Class



10A - 4P

Open class,
come when you
can

**Friday
February 20,
2026**

Come learn to make these beautiful ornaments with our Sable Stitchers. They looked so beautiful on our Christmas Tree. Supplies are provided however if you would like to use your own fabric it will need to measure 4" wide by 16" long and 4 strips per star.



Lunch and a Movie
in Marbleton

February 26, 2026

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

The Bank of Jackson Hole will be hosting lunch on

February 9, 2026



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

Did You Know?

People with developmental disabilities are more likely to experience increased cardiovascular risk than their peers. To change that you need to:



Know your numbers! Ask your doctor about your blood pressure, pulse, and cholesterol levels



Identify foods that are heart-healthy and make up a well-balanced diet



Make a commitment to move 30 min daily

Locate places to exercise and learn equipment safety



Be kind to others. Practice self-love and know mental health is important to your physical health



February is American Heart Month

Know the Facts About Heart Disease



Heart attack is caused by reduced or cut-off blood flow from the arteries supplying the heart.

SYMPTOMS

- Chest pain
- Shortness of breath
- Weakness
- Dizziness or lightheadedness
- Pain in one or both arms, legs, neck, back or jaw

Heart disease is the

#1

cause of death for men and women in the United States

Clot-busting drugs and other artery-opening treatments work best to stop a heart attack if

GIVEN WITHIN 1 HOUR of the start of symptoms



Heart disease can appear different for men and women...

MEN

- Men are more likely to experience heart disease symptoms like **ARRHYTHMIA**, which is when the heart starts to beat at an abnormal rate
- 25% of all heart-disease-related deaths occur in men between the ages of **35 TO 65**
- Men usually develop heart disease **10 YEARS EARLIER** than women and are therefore more likely to die of it in the **PRIME OF LIFE**



WOMEN

- Rather than chest pain during a heart attack, women may often feel a **DULL, ACHING, TIGHT OR HEAVY SENSATION IN THEIR CHEST, JAW OR SHOULDER BLADES**
- 2/3 of the women who die suddenly of coronary heart disease have **NO PREVIOUS SYMPTOMS**
- Women tend to have heart attacks **10 YEARS LATER THAN MOST MEN**

PREVENTABLE CAUSES OF HEART DISEASE



Lifestyle



Stress



Obesity



Unhealthy Diet



Alcohol Use



Blood Pressure



Smoking

Heart disease is the leading cause of death for both men and women. Know the risk factors, signs and symptoms to help reduce your chance of having a heart attack.

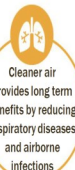


Benefits of Having an Air Purifier

Air purifiers help to clean the air by removing pollutants from indoor air. They are very helpful for people who suffer from asthma or allergies.



Help remove dust and allergens that cannot be removed with normal cleaning



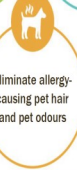
Cleaner air provides long term benefits by reducing respiratory diseases and airborne infections



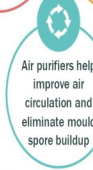
Removes pollen introduced by indoor and outdoor plants



Filters out larger airborne particles such as hair, fibres, dusts and debris



Eliminate allergy-causing pet hair and pet odours



Air purifiers help improve air circulation and eliminate mould spore buildup



12 Best Indoor Air Cleaning plants for first-time planters



PEACE LILY



ENGLISH IVY



SNAKE PLANT



MONEY PLANT



FLAMINGO LILY



JANET CRAIG



SPIDER PLANT



ALOE VERA



BOSTON FERN



RUBBER PLANT



MONEY BONSAI



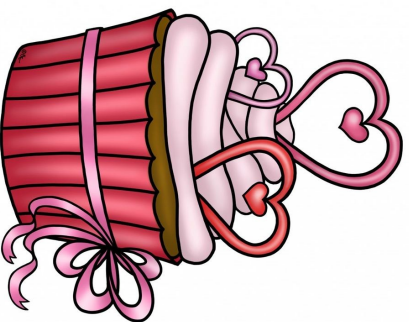
CORNSTALK DRACENA



Healthicle.co

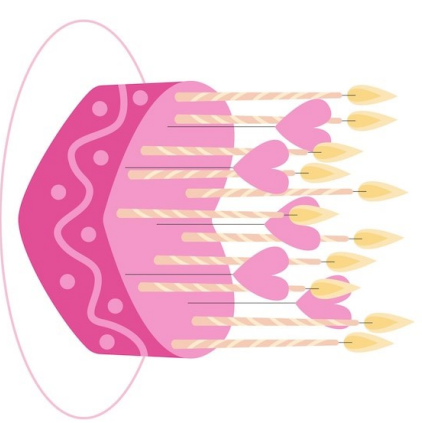
February Birthdays

1	Betty Rasmusson Martha Henson
3	Les Burrough Lynda Leeper Larry Goddard Teryl Hartman
4	Tyler Wilson
5	Richard Smith Darrold Stefan
7	Phil Carr
8	Rosemarie Brewer
9	Dereeth Gehlhausen



10	David Carney
11	James Percy Dori Welsch
12	Annette Pape
13	Sue Eversull
14	Cindy Van Terry Keys
15	Joleen Wright Diane Merriam
16	Sherry Kellen
18	Donna Nystrom Lillian Farmer

20	Donna Skinner
21	Rosemary Mickey Earl Wright Barbara Van Skike Patrice Wappel
22	Mark Bowers
23	Gary Brown
27	Nancy Fischer
28	Katherine Dunning Michael Vargo
29	Scott Varley



Mon

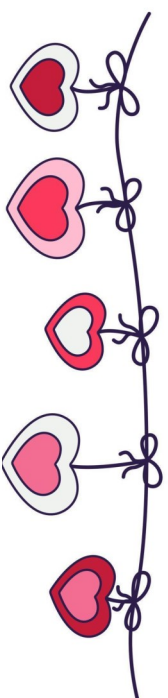
Tue

Wed

Thu

Fri

February 2026



All activities subject to
change without notice.

2
10a ~ Chair yoga / Teisha
1p ~ BINGO

3
9:30 ~ Wii Bowling
9a-4p ~ Art
12:30p ~ Pinochle
1p ~ Mahjong

4
9a-4p ~ Art / Pottery
10a ~ Four Pines PT / Jacob
10a ~ Pool
1p ~ Dominoes

5
10a ~ Chair Yoga / Teisha
1p ~ Fiber Guild
1p ~ Pool
1p ~ Bunco
1p ~ **Alzheimer's & Dementia Educational Series Pt 2**

6
9a ~ Coffee & Conversation
Jeff Grant, Wyoming Department of Health
1p ~ Hand & Foot



9
10a ~ Chair yoga / Teisha
1p ~ BINGO

10
9:30 ~ Wii Bowling
9a-4p ~ Art
12:30p ~ Pinochle
1p ~ Mahjong

11
9a-4p ~ Art / Pottery
10a ~ Four Pines PT / Jacob
10a ~ Pool
1p ~ Dominoes
Darcy Toenails

12
10a ~ Chair Yoga / Teisha
1p ~ Fiber Guild
1p ~ Pool
1p ~ Bunco
Darcy Toenails
Dog Toenails/ Patti

13
9a ~ Coffee & Conversation
12:30p ~ Library outreach
1p ~ Hand & Foot
Sable Stitchers

16
**WE WILL BE CLOSED ON
PRESIDENTS DAY**



17
9:30 ~ Wii Bowling
9a-4p ~ Art
12:30p ~ Pinochle
1p ~ Mahjong



18
9a-4p ~ Art / Pottery
10a ~ Four Pines PT / Jacob
10a ~ Pool
1p ~ Dominoes
1p ~ **Movie TBD**

19
10a ~ Chair Yoga / Teisha
1p ~ Fiber Guild
1p ~ Pool
1p ~ Bunco
1p ~ **Alzheimer's & Dementia Educational Series Pt 3**

20
9a ~ Coffee & Conversation
TBD
1p ~ Hand & Foot
10a-4p ~ **Scandinavian Ornament Class**

23
10a ~ Chair yoga / Teisha
1p ~ BINGO

24
9:30 ~ Wii Bowling
9a-4p ~ Art
12:30p ~ Pinochle
1p ~ Mahjong

25
9a-4p ~ Art / Pottery
10a ~ Four Pines PT / Jacob
10a ~ Pool
1p ~ Dominoes

**Pottery Glazing Class
by BOCES**

26
10a ~ Chair Yoga / Teisha
1p ~ Fiber Guild
1p ~ Pool
1p ~ Bunco
Lunch/Movie Marbleton

27
9a ~ Coffee & Conversation
Debbie Vickrey, Elevation Tax
12:30p ~ Library outreach
1p ~ Hand & Foot
Sable Stitchers

Monday

Tuesday

Wednesday









Thursday

Friday

February 2026



**2% Milk, Butter, Iced Tea
and Lemonade Served
Daily**

2 National Tater Tot Day Tater Tot Casserole, Spinach Mandarin Salad, Wheat Roll, Pears & cottage cheese 	3 Chicken Cordon Bleu, Rice Pilaf, Tossed Salad, Asparagus, Wheat Roll, Orange, Lemon Bar	4 Lasagna, Mediterranean Veg, Mixed Green Salad, Garlic Bread, Bluebarb Crisp	5 Poppy Seed Chicken, Steamed Rice, California Blend Veg, Spinach Mushroom Salad, WW Roll, Bananas & Mandarin Oranges	6 Beef & Spinach Wrap, Carrot & Celery Sticks, Granola Bar, Fresh Fruit
9 National Pizza Day Pizza w/Meat & Veggies, Three Bean Salad, Cinnamon Apples, Creamy Rice Pudding 	10 Happy Birthday Meat Loaf, Parsley Potatoes, Lettuce Salad, Carrot Coins, Hot Roll, Fruity Gelatin Salad 	11 Teriyaki Chicken, Rice, Spinach & Mandarin Salad, Steamed Broccoli, Wheat Bread, Tropical Fruit Salad	12 BBQ Pork, Boston Baked Beans, Confetti Coleslaw, Spinach Salad with tomatoes, Wheat roll, Apricots	13 Chicken & Herbed Fettuccine, Relish Tray, California Blend Vegetables, Homemade WW Roll, Grapes & Bananas, Russian Cream W/Berries
16  CLOSED	17 Mardi Gras Hamburger Steak, Whipped Potatoes, Tossed Salad, Italian Vegetables, Wheat Roll, Pineapple & Strawberry 	18 Chicken Enchilada, Peas & Onions, Lettuce & Tomato Salad, Tropical Fruit Salad, Brownie	19 Ham & Cheese Slider, Minestrone Soup, Spinach Mandarin Salad, 3 Bean Salad, Pineapple	20 Chicken Salad, Potato Salad, Spinach Salad w/mandarin oranges, WW Bread, Chilled Apricots
23 National Chili Day Chili, Mozzarella Cheese Stick, Garden Bounty Salad, Cinnamon Roll, California Fruit 	24 Biscuits & Sausage Gravy, Roasted Potatoes, V8, Wheat Biscuit, Fruit Cup, Parfait w/ berries	25 National Clam Chowder Day Clam Chowder, Wheat Crackers, Spinach Salad w/ mandarins, Broccoli, Wheat Roll, Peaches 	26 Swiss Chicken Bake, Tossed Vegetable Salad, Broccoli Raisin Salad, Wheat Bread, Apricots	27 National Strawberry Day Lemon Baked Fish, Roasted Red Potatoes, Creamy Coleslaw, Italian Vegetables, Strawberry Shortcake, Wheat Crackers 

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!!

So much tastier than a white elephant!!

Pick a Prize Bingo Day will be the 3rd Monday of
the month.

Select a prize with each bingo!!



Job Opening at Rendezvous Pointe

Part-time Homemaker/Caretaker Support

If you are interested or know of anyone who
would be a great fit for our team, please let
them know we have an opening and to stop
by for an application!



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
February 12, 2026

at 12:45 pm

Please have your dog on a
leash!



Come join us for a movie on
February 18, 2026 at 1 PM
At Rendezvous Pointe
Movie TBD



Come join the fun!!
We will be having
BUNCO on
Thursdays at 1PM



Darcy will be here to cut toenails on
February 11th & 12th, 2026.
Please call Charlee to schedule
an appointment.

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



**Our kitchen
serving the last
lunch of 2025.
Thank you for a
great year of de-
licious food and
we are looking
forward to
2026!!!**



**A heartfelt thank you to our Sable
Stitchers for generously funding the
purchase of three iPhones for our
Transportation Department. This
vital support enables our drivers to
access satellite communication,
when necessary, thereby ensuring
the safety of all those in their care.**



**Sublette BOCES will be doing a pottery
glazing class on**

Wednesday, February 25, 2026 at 1PM

**This class will teach techniques for glaz-
ing pottery. Pottery and glaze will be
provided.**

Class size is limited.

This is a FREE class.

**Thank you to Sublette BOCES for bring-
ing this opportunity to our seniors!**



A child's lovely Valentine

**I saw her walking down the street
The sun shown on her hair so neat
Capping her radiance, oh so sweet
A lovely jewel I'd like to meet**



**She glanced my way and brightly smiled
My heart was beating rather wild
At 10, I didn't have a clue
Of what a boy my age should do**

**I think I fell in love that day
As there I stood with naught to say
I pondered that the whole night through
Of what a boy my age should do**

**Next day school bound, I looked around
But she was nowhere to be found
Valentine's Day, and I'm sad as can be
With not a one who cares for me
Then in my classroom, there she stood
My rigid body felt like wood
She said "Good Morning." and smiled my way
What to my new teacher could I say**

But,"Hello."

~~ Rich Boettcher



**Heritage Home residents opening their
fidget blankets made by our sable
stitchers.**



Pii / Pie Day at Rendezvous Pointe

Be sure to mark your calendar for
Rendezvous Pointe's annual
Pii / Pie Sale Fundraiser.

Friday, March 13, 2026

We are looking for pie bakers who
enjoy making pretty, homemade, de-
licious, mouth watering pies to do-
nate for this pie auction. The kitchen
will be making a variety of home-
made pies and desserts.

Let us know if you can donate an
item.



This quilt was
pieced together
by Alberta "Albie"
McAndrews and
donated to Sable
Stitchers who fin-
ished the quilt.
You can purchase
tickets from Sable
Stitchers member
or Charlee.

Albie Quilt Raffle
\$2 each / 3 for \$5
Drawing will be
May 12th



Alzheimer's Education Series

The Wyoming Alzheimer's Association will be presenting a 4 week educational presentation on Alzheimer's and Dementia.

February 5 - Part 3 / 1:00 pm

Communicating Effectively: Understand how dementia affects communication and gain tips for connecting with family, friends, and health care professionals.

February 19 - Part 4 / 1:00 pm

Responding to Dementia-Related Behaviors: Discover how behavior changes are a form of communication, explore non-medical approaches, and learn when additional help may be needed.

March 5 - Part 5 / 1:00 pm

Exploring Care and Support Services: Prepare for future care decisions and changes, including respite care, residential care, and end-of-life care.

Attend any class or all!

This is a free class!



Rendezvous Pointe is currently accepting participants for its In-Home Services and Caregiver Support Programs. These services are specifically designed for Sublette County seniors aged 60 and over, their spouses and certain disabled individuals to help maintain independence and stay in their homes as long as possible.

Support Services Provided are

- **In-Home Assistance** including light housekeeping, laundry, and linen changes.
- **Nutrition Support:** help with basic meal preparation and grocery shopping.
 - **Daily Errands:** support for essential tasks outside the home.
- **Respite Care:** temporary relief for primary caregivers to help prevent burnout and support long-term home placement.
 - **Assessment:** eligibility is determined through a personal needs assessment.
- **Cost:** fees are based on a sliding scale according to income, though services are often provided to those at high risk or with limited resources. These services are highly budget friendly.

To check for current openings or schedule an assessment, contact **Jennifer Peterson, Case Manager** at **307-367-2881**



FRIENDS OF RENDEZVOUS POINTE FUNDRAISER



Beginning in 2007, Rendezvous Pointe launched its annual fund drive, the **Friends of Rendezvous Pointe**.

Your contributions, no matter the size, play a vital role in enhancing the programs and services we offer to our cherished seniors.

We extend our heartfelt gratitude to all those who have supported the Friends of Rendezvous Pointe so far. Your commitment to our mission is invaluable and inspires us daily. For those considering a donation, we invite you to join us on this rewarding journey. Together, we can create a community where every senior feels valued, supported, and engaged.

Thank you for being a crucial part of the Rendezvous Pointe family. We look forward to what we can achieve together in the coming years, as we continue to uplift and empower our beloved seniors.

Thank you for your support.

Donations can be given directly to Charlee or mailed to Rendezvous Pointe, PO Box 804, Pinedale, WY 82941



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

NON - PROFIT
U.S. POSTAGE
PAID
PINEDALE, WY
PERMIT #34

HTA Request to Donate!

Mail to: Ridley's Family Markets

Att: Cherie

621 Washington St S
Twin Falls, ID 83301



208-324-4633
x10118

Organization Name:

Rendezvous Pointe

PO BOX 804

Pinedale WY 82941

Please process a new donation as marked below:

Name: _____

☐ Please donate all of the points in my acct
(1 x upon receipt)

☐ Address: _____

☐ Please donate _____ points
(1x upon receipt)

☐ Please donate all of the points in my acct
(now and at the end of each quarter
through the end of the year)

☐ Phone #: _____

Advantage Card #: _____

Signature: _____

Date: _____